THE CARE WHITE HAIR NEEDS



every particle of the powder is removed, does the same work well.

If you are patient in both parts of
the process—seeing that the powder
is well rubbed into the scalp and
through every part of the hair, and through every part of the hair, and in the no less important part of brushing it out thoroughly—the result should be eminently satisfactory. If you are washing white hair, be careful to use the purest sort of soap, or the hair may take on the slightly yellow tinge, which so often spoils otherwise beautiful white hair.

In the last rinsing water put a few drops of bluing, just enough to make the hair come out a clear white, and rinse thoroughly with it.

Each of the rinsings, for that matter, should be as thorough as possible, the last one done with more elaborate care than any.

care than any.

Be careful how much bluing you get in, for just a bit too much will give the hair a dingy, grayish look, worse than if you left the bluing out en-

than if you left the bluing out entirely.

In curling, if you have occasion to use an iron upon the hair at all, try it upon white tissue paper first—there must be no suspicion of scorching, not only because it kills the hair, but because scorching shows up as badly upon white hair as it does upon linen, and no amount of bleaching and treatment will bring it back to its right color again. Ing and treatment was to to to its right color again.

If it is ever necessary to rub a little vaseline into the roots of the hair, use the white vaseline; the darker



ITH all that has been said and done upon the subject, five women out of ten either do not know the effect of wearing right or wrong corsets, or perhaps utterly ignore the difference. Yet there is no adjunct which is of so great importance in the training of a figure as the sort of corset that is worn.

worn.
"I just get cheap corsets for every-"I just get cheap corsets for every-day, and save my good ones for my, best clothes," is a common expression with women, and a still more common action. Yet if a corset has any effect at all upon the figure, the one that is worn most surely gets the greatest chance to affect the figure, and that is always the cheap corset.

It isn't necessarily how much money

Well

and too tight

you put into a corset that determines whether it helps or hurts you, but whether or not it fits you so that, as one woman put it (she's a large woman, too), "you don't know you have it on." That is when you get the greatest good out of it, but the same sort—not the same pair, of course, any more than you'd wear the same pair of shoes all the time—and set to your figure in the same way should be worn all the time.

Too short a correct, if you've a plump figure, is always a mistake. The flesh over the hips rolls up over the edge of the corset in a most ungainly fashion. gainly fashion. gainly fashion.

And too long a corset is as bad a fault—when you sit down your corset is forced up, raising the waist line, and, in a little while shortening it.

and, in a little while shortening it. It's impossible to have a long waist, no matter how you train for it nor how ardently you desire it, if you are in the habit of wearing a corset that is too long. It will even spoil a natural long waist, and that in a comparatively short while.

Too tight a corset brings so many ills in its trail, and is the direct cause of so many ugly points (the red nose, for instance, that many girls complain of), that it is more and more of a wonder that any one should endure the torture that it really is.

A perfectly fitting corset trains the figure; moulds it in the subtlest of ways, a little every day, but it does it without discomfort.

as sleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar: potatoes, fresh, sweet butter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaroni and spaghetti kinds, fish and cysters, toe cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe any one can gain fiesh if there is an internal disease, certainly not if there is any tondency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and falls in another a gymnasium course is advised. There is nothing better than bleyeling, unless it may be a regular gymnastic course. In order to pursue the latter properly the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercise prescribed by the attendant physician. These gymnasiums, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper part of the body swimming is also an excellent exercise. Walking is always wholesome. The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her nerves to get the better of her.

See Answer Above Would you please repeat formula for bust, as I missed reading the Vaucaire remedy in the last paper?

S. E. B. See answer to "Mrs. H. K."

Buttermilk Baths

Buttermilk Baths

I would like a lotion to whiten my skin a little; my neck, especially, seems to have become yellow, and my cheeks are thin. Would a skin food tone them up? If so, would you kindly give me a good prescription for one? I might add that my face is rather oily in warm weather.

I would like your lotion for growing heavier eyebrows and lashes.

I have on my neck a little sac wart and a few moles which I would like so much to remove. What would you advise me to try?

Would you also tell me what to do for my hair? It seems to be rather thin, although it is long. I do not have much dandruff, but my hair soily.

I know I am asking a great deal of you, but I do so long for this help, and I feel as though I can depend on your advice, if you will give it, as you have helped so many.

I am a married woman, 28 years of age, and, like many more, am anxious to look as well as I can

The following recipe will remove warts; but I advise you not to tamper with the moles. It is practically impossible for an amateur to remove them Wart Eradicator.

Too short

over the

hips

Send to the Nearest Town

We live in a small town, and I cannot get some of the ingredients in your recipes here, and cannot get pure galega at all. Would you kindly send me address of druggist where I could get it; also, liquid rouge? I have misplaced my sultana cream and orange-flower cream recipes. Mrs. J. L. B.

It is against my rules to give names or addresses of dealers in this department, so I cannot help in this respect. But I think if you ask your druggist to send for the galega to some well-known establishment in a large city (he doubtless has a list of such dealers), he can procure it for you.

You will find the recipe for Sultana cream in the answer to "M. K." The orange-flower cream also you will find under "Mrs. L. P.'s" letter.

A Good Curline

Would you kindly give me a formula for a good curline, one that will positively keep the hair in curl in damp weather?

A READER.

Dampness is pretty hard on artificial turls, and I cannot say positively that the following will absolutely defy moisture-laden air; but I do suggest that you try it. It is very good.

Solution to Keen the Heir Carles.

Solution to Keep the Hair Curled.

Take gum arabic, 1 ounce; good moist sugar, ½ ounce; pure hot water, ¾ pint. Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bichlorate of mercury and salammoniac, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curiers.

The following treatment for warts had been tried with most satisfactory results:
Sublimed sulphur, 120 grains; glycerine, I fluid drams; acetic acid, 1 fluid dram.
Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off. Almost all tonics for promoting the growth of the hair have a certain degree of oiliness. The jaborandi tonic, for which I am giving you formula, has less oil than many others.

Jaborandi Tonic Quinine sulphur, 20 grains; tincture of cantharides, 2 fluid drams; fluid extract of jaborandi, 2 fluid drams; alcohol, 2 fluid ounces; glycerine, 2 ounces; bay rum, 3 fluid ounces; rosewater, 16 fluid ounces.

The quinine should be dissolved in the alcohol liquids by warming slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

Frequent shampooing is also good for You can keep the wrinkles in abeyance by the use of cold cream. It softens the skin and makes it more responsive to your smoothing strokes, which you must give to the parts frequently.

Against My Rules I read where Dr. Vaucaire's treatment is perfectly harmless and will enlarge the bust or restore it after nurshin. Now, this is the information I would like to have: Where can I get this Dr. Vaucaire's treatment, and about what will it cost me?

Mrs. E. I. C. Mrs. E. I. C.
You can get this remedy from any reliable druggist oy giving him the formula, published under the letter of "Mrs.
H. K.," to prepare for you. It is against
my rules to quote commercial rates.

A Plaster Stick for Superfluous Hairs

Hairs

I am very anxious to try the Vaucaire remedy, but want to be sure that it is the "real stuff" before I use it. Will you kindly tell me where I can get the prescription filled correctly? For the last few years I have had very short, stubby black hairs growing on my nose. They have the appearance of blackheads. I have tried to bleach them, but to no avail. Can you help me?

Another request and I am through. Will you recommend a reliable dermatologist in Atlanta?

I regret that I cannot recommend to you any dealer; that is against my rules. Any reliable druggist will prepare the formula for you.

I would suggest removing the hairs on your nose by the use of a plaster stick. This, too, may be obtained from a druggist or dealer in toilet articles. If it does not prove efficacious, let me know and I will give you a depilatory.

Recommending any specialist is also Recommending any specialist is also

THITE hair, to be kept the snowy crown of beauty that it should be, needs a little different treatment to that employed for younger hair. Not longer than three weeks should elapse between the times of washing the hair, and Don't let the irons scorch two weeks is really long enough to llow.

If the hair shows signs of coming

Mrs. Henry Symes' Advice to Correspondents

as to cause any irritation of the skin—allowed to remain there for three or four hours, and then brushed out thoroughly, making sure that the scalp itself comes in for its share of brushing and keeping it up until

out from frequent shampooing, alternate the washings with dry shampoos, which will be found very effective. Certain powders are manufactured for just this purpose. But a good talcum powder, well rubbed into the scalp—not so violently, however,

Remove Dandruff First AM having a great deal of trouble with my hair. A year ago it was long and thick. Now, whole handfuls fall out and I dread to comb my hair. I have lots of dandruff; my head is just full of scales. Perhaps this is what makes my hair fall. Please tell me what to do to remove dandruff, stop my hair from falling out and make it long and thick again. Is egg shampoo good? Also, will henna stain give dark brown hair an auburn tint? How is it applied, and where and at what expense may I obtain it?

A DISCOURAGED GIRL.

By all means remove this dandruff.

By all means remove this dandruff arst. Following is a recipe: To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil thyme, ½ dram; rosemary oil, ½ dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed. When this trouble is corrected apply this tonic:

Hair Grower. Bay rum, ? ounces; distilled witch hazel, ounces; common salt, 1 dram; hydrochloric acid (5 per cent.), 1 drop; magnesia sufficient.

Mix the bay rum and distilled extract of witch hazel and shake with a little magnesia. Filter, and in the filtrate dissolve the salt and add one drop of hydrochloric acid.

The magnesia will cause the preparation to turn quite vellow, but the yellow will to turn quite yellow, but the yellow will disappear when the hydrochloric acid is added.

Apply at night to the roots, with friction.

Apply at night to the roots, with friction.
Brush the hair a great deal. It is good to give it a hundred strokes, once, or better, twice a day. Egg shampoo is excellent. It seems to act as food to the hair, giving it a pretty gloss.

As I never give commercial rates in these columns, I cannot tell you the cost of henna, but I am glad to give you any other information about it. It may be obtained from a druggist.

Henna may be applied in several ways, but the simplest and easiest method for the amateur is to use a tea made of the leaves. In preparing the tea use one ounce of leaves to a quart of water, and boil the whole down to one pint. The stain should be applied to the roots of the hair with a small brush; a clean toothbrush or a nailbrush will answer. Next, use an ordinary hair hrush, distributing the henna through the hair. A thorough drying, either in the sun or by heat, concludes the procurrent.

To Darken Light Hair

thing that will make light hair a darker shade, with red gold in it? E. A. N. Henna hair stain will probably do what you wish. You will find rules for its use in the answer to "A Discouraged Girl."

Neck Too Thick

Can you give an exercise that will decrease the size of the neck? My neck is too stout. I would also like an exercise that would help me to acquire a round, tapering waist. I am flat waisted and hollow in the back. Beleg only a young girl, I thought some exercise might remedy this condition.

I would suggest that you bathe the neck frequently with cold water and apply clear alcohol. This has a tendency to reduce fleshy parts. cy to reduce fleshy parts.
You say you are a young girl; but how young? Perhaps your form has not yet assumed the matured proportions of woman. What kind of corsets do you wear, or do you wear any? Tell me more about yourself, and then perhaps I can sug-gest exercises to suit your particular

Have Your Druggist Prepare It Is it possible to get Dr. Vaucaire's remedy for developing the bust already prepared? If so, where and how would I get it?

A SUBSCRIBER. it?

I have heard of Dr. Vaucaire's remedy being sold as a proprietary article; but perhaps you would feel more confident if you knew the exact ingredients and their quantities. It is quite safe and effective to have the formula frequently published here prepared for you by your druggist.

Staining Hair

I am a young woman with a very olive complexion and dark brown hair. I think if my hair was a jet black my complexion would not appear so dark.

If you can give me some recipe for staining brown hair black, still not injurious, I would appreciate it very much.

OLIVE. The application of strong dyes to the hair, as would be required in your case,

should be attempted only by an expert. I advise you to go to a first-class spe-cialist in this line and have the work 170 Pounds at 20 My trouble is to me a burden. It is this:

I weigh 170 pounds and am only 20 years
old. The largest part of me, in proportion, is my bust. It is too big altogether,
Could you tell me how I could reduce it a
little? I noticed it in the paper in the winter, but have lost it since.

You should first follow the general rules for the reduction of flesh, which are as follows:

point to emphasize.

kind is bound to stain the hair, even though slightly.

Absolute cleanliness, both as to the hair itself and the brushes and combs that are used upon it, is the great

the hair.

Rules for the Reduction of Flesh. Avoid all starchy and sweetened food, all ereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, starch, such as peas, beans, colin, polatoes, etc. Have your bread toested; sprinkle it with sait instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons that it was choose. Limit your sleeping. an excernent sustantial and constantial and a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon—oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the obesity.

The more starch and sugar you eat the more carbon to burn away.

Make frequent applications of clear alcohol and use the pomade for which I am giving you formula:

Pomade to Reduce Bust. Iodide of potassium, 3 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of bengrams; lanolin, 50 grams; tincture of pen-zoin, 20 drops.

Make into a pomade and rub over the fat-ty parts twice a day.

To Gain Flesh Generally Would you be kind enough to publish Dr. Vaucaire's treatment in the paper? How long do you think it necessary to take to restore fallen bust after nursing? Also, full directions. Could you suggest another tonio or prescription to build up and fatten other parts of body? Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; fincture of fennel, 10 grams; simple syrup, 400 grams. The dose is two soupspoonfuls with water before each meal. It is also well to drink malt extract

Absolute freedom from care and anxiety. At least ten hours' sleep out of svery twenty-four. In addition to this, haps during the day if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health

Follow these rules for increasing flesh



So long that they rise up

Will a skin food fielp to prevent wrinkles?
I have only a few tiny ones as yet.
Mrs. D. F. D.
Massaging with a good skin food
would be excellent for building up your
cheeks. I give here a reliable formula: Skin Food.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; occoanut oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 30 almonds, 4 ounces; tincture or benzoin, 30 drops.

Melt the first five ingredients together.

Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

Buttermilk baths are excellent for whitening the skin. Also, raw cucumber duice will bleach it.

When your skin is disagreeably oily, try this lotion:

Lotion for Oily Skin. Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Ointment for Scant Eyebrows. Vaseline, 2 ounces; tincture of cantha-rides, 4 ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops.

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often. less often.
This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.