

THE CARE WHITE HAIR NEEDS



A dry shampoo



Don't let the iron scorch the hair

WHITE 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 two weeks is really long enough to allow.

If the hair shows signs of coming out from frequent shampooing, alternate the washings with dry shampoo, 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,

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 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.

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 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.

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

WITH 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.

"I just get cheap corsets for everyday, 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

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 tight a corset brings so many ills in its trail, and is the direct cause of so many ugly points that 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 inflicts.

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, food water and spaghetti, kidney, fish and oysters, ice cream, desserts without pastry, plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. If there is any tendency 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 bicycling unless it may be a regular gymnastic course. In order to guard the latter, 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 gymnasts, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper limbs, the body swimming is also an excellent exercise. Walking is always the best. 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 missed reading the Vaucaire remedy in the last paper? S. E. B.

See Answer Above

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 dry in warm weather.

I would like your lotion for growing heavy eyebrows. I have on my neck a little wart and a few moles which I would like so much to remove. What would you advise me to try?

What you also tell me what to do for my hair? It seems to be rather thin, and I don't know how to get it to grow. 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, 23 years of age, and, like many more, am anxious to look as well as I can.

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 these pills, and how long after the pills? Directions. Could you suggest another tonic or medicine to build up and fatten other parts of body? Mrs. H. K.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatweed), 10 grams; lacto phosphatic of lime, 10 grams; tincture of fenel, 10 grams; simple syrup, 10 grams. The dose, two spoonfuls with water before each meal.

It is also well to drink malt extract during the treatment.

Follow these rules for increasing flesh generally:

Absolute freedom from care and anxiety, as would be required in your case, is my best. 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.

To Darken Light Hair

Will you kindly tell me if there is any-

How Corsets May Make or Mar a Figure.



Too long and too tight

Too short over the hips

Well set

Too long and too tight

Too short over the hips

Well set

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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 some gales 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.

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 galea to some well-known establishment in a large city the druggist 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. F.'s" letter.

A Good Curling

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

Dampness is pretty hard on artificial curls, 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 Keep the Hair Curled

Take gum arabic, 1 ounce; good moist sugar, 1/2 ounce; pure hot water, 1 pint. Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bichloride of mercury and salicylic acid, 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 fingers of curlers.

Wart Eradicator.

The following treatment for warts has been tried with most satisfactory results. Sublimed sulphur, 10 grains; crotonole, 1 fluid ounce; acetic acid, 1 fluid ounce. 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 laboratorist, for which I am giving you formula, has less oil than many others.

Jaborandi Tonic

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

The quinine should be dissolved in the alcohol; the jaborandi in the glycerine; then the other ingredients added, and the whole filtered. Rub into the roots of the hair every day.

Frequent shampooing is also good for your hair.

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 nursing. Now, this is the information I would like to have. Where can I get this by mail, and what will it cost me?

You can get this remedy from any reliable druggist or 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

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?

For the last few years I have had very short, stubbly hairs growing on my neck. They have the appearance of black, but are not. Can they be removed?

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

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 against my rules.

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 cantharides, 1/2 ounce; oil of lavender, 1/2 drop; oil of rosemary, 1 drop.

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then wash off.

This ointment may be used for the eyebrows also. In this case it should be very carefully applied. It will inflame the eyes, so say all will, if it gets into them.

Do long that they rise up

Will a skin food help 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; linolin, 1 ounce; coconut oil, 1 ounce; orange-flower water, 3 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 10 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 cucumbers juice will bleach it.

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