

Rub in an Unquent at Night

HE best manicures of to-day work in so simple a fashion that you often look at the rosy, polished nails after they are through with you and wonder how it all came about. It is the same with caring for the naiss yourself. Too many women make too much of an operation of it; too heroic treatment is almost as bad as not shough.

incenting a operation of it, too heroic treatment is almost as bad as not shough.

Any woman who is willing to devote a halt hour once a week and five minutes every day can have attractive-looking halls. Some, of course, are less responsive to treatment than others, but nome is hopeless. Some nails are too brittle, which causes them to break, and others are too soft, and bend in an annoying manner. This shows plainly that they need an emollient of some sort.

If you can, consult a reliable manicure, who will advise you just what will be best for your particular case. Pernevere until you find a preparation that is beneficial, and then persevere in using it until your nails are in a healthy normal consultion.

The beauty of the nails depends upon three points: the shape, color and satiny smoothness. Long, pink nails, heaufifully polished, with a moon-shaped curve at the base, are greatly to be desired.

After setting your halls in a healthy condition, the rest step is to get them well shaped.

Fachion as present decrees that the nails should follow the ourve of the end of the finger, and this is much the prettiest and most sensible way. For shaping the nails emery boards are the best. Run the board around the outline of the nails and shape them alone.

Constant snipping with curved seis-

alone.

Constant snipping with curved scissors is responsible for many a misshaped nail. The cuticle should next receive attention. There is no possible excuse for using scissors upon the cuticle, and the sooner the woman who is doing her own manicuring learns

this the better for the appearance of her hands. After soaking the fingers in warm water, push the cuticle gently back with a bit of soft Turkish towelback with a bit of soft Turkish toweling. If it is slightly obstinate, use a
little cold cream on an orangewood
stick very gently and with much caution. This will keep the nail long and
almond-shaped and cause the moons to
appear. There are moons at the base
of every na:1, and perseverance in this
treatment will make them appear.
Brilliantly polished nails are now in
style, and I will teil you how you can
make them look like polished rose
leaves.

make them look like polished rose leaves.

If there are any stains, bleach them with a solution of fifteen drops of carbolic acid to a tumbler of water. Apply with the orangewood stick dipping it into the solution frequently. When about to polish the mails run a little finely, powdered pumice over them, damben the buffer slightly and dip it in the pumice. This will take off any roughness and presere the nail for the polish.

For polishing, use the buffer and one

polish.

For polishing, use the buffer and one of the good pawders that come for this purpose; and it is most important that you get a good one, otherwise you may injure the nalls beyond redemption. The final polich should be given by putting a little powder on the palm of the hand and recount of the hand and the hand

Cance a week is quitte often enough for the general shaping, remoyal of stains and humice treatment, but once a day the cuttele should be raised and a little cold cream pushed under it; and at least once a day the nails should be briskly polished with the powder and buffer.

Many wrongly believe that manual or domestic work dooms the nails to ugliness, but this is not so. The treatment advised above will pring out all the natural shell tints of the nails and preserve their beauty indefinitely. But they must have regular attention, or their beauty will disappear.



Lift the Cuticle

Gently with

an Orange-flower Stick

hol, 1% gill; glycerin, 1 ounce; tincture of cantharides, 1/2 ounce, ammonia, 1/2 ounce. Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean

dean. The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the nair with a small brush—a toothbrush will answer for the purpose; then spread it evenly downward through the tresses with an ordinary hair-brush.

To Remove Wrinkles

with the The Hand Produces a Natural Polish

and abstain from eating rich, greasy foods and sweets. There are excellent rubber face brushes on the market

Blackheads of the Skin. Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces. Use with friction twice a day on the skin affected. Shampoo to Lighten Hair

Shampoo to Lighten Hair

I have been an interested reader of your column for some time, and at last ask, your advice. Can you give me the formula for an egg shampoo which will make the hair light and fluffy, and vill you please tell me how often the hair should be washed? Also, I would like to know if Dr. Shoemaker's bleach is a good skin bleach. I presume I can get any of your recipes filled at any reliable drug store, can I not? A. I. R. You will find the egg shampoo given below excellent. I think about once in three weeks is often enough to shampoo her hair, unless it is very oily, in which case it may be done more frequently. Dr. Sheemaker's bleach is intended more especially for the removal of tan and freekles. For ordinary purposes, I think peroxide of hydrogen is a good bleach.

Egg Shampoo. Yolk of 1 egg; 1 pint of rainwater (hot); 1 ounce of resemany spirits. Beat the mixture thoroughly up and use it warm, rubbing it well into the skin of the head. Rinse in several waters.

Used Formula With Success A few weeks ago I read in your column, a prescription to make the hair dry and arburn. Have used same, with good results. Would you please have it in again, as I have been unfortunate to lose it, and would be very grateful to you, as it is very good?

Lotion for Oily, Damp Kair.

For greasy, moist halr, the following is an

For greasy, moist hair, the following is on excellent drying lotion. If used daily it tends to produce a crisey condition and au auburn shads:

Powdered blearborate of some bereits of some daily powdersh, it ounce of each; eau de cologne. I fluid ounce; alcabol, 2 fluid ounces; tinoture of cochineal, is tiuid ounce; distilled water, 10 ounces, Mix and agitate until solution is complete. Mother Wants Help

I have taken an interest in your Heelth and Beauty Column, I will ask you to give a formula of connething that will kill lice and nits in the head. My little girl has had lice for some time. I fine-comb and had her head every day, but without success, I was at a loss what to do, the cfore appear to you. ANXIOUS MOTHER.

Gure for Parasites.

Gure for Parasites.

Get a cake of bichloride of mercury stap (the imported is the best) and cut it into halves and shave one half into line bits. Dissolve it in boiling water. You may set the mixture on the stove over a gentle that the property of the mixture of the stove over a gentle that the stove over a gentle water of the stove over a gentle water form the soap water of the stove over the st

Gray at 3



Acid and Water Makes anExcellent Bleach

Powder,

Pure oxide of zinc, 1 ounce; glycerin, 1 dram: rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolve it in just enough of the rosewater to cover it, then add the glycerin, next the remainder of the rosewater.

Shake well and apply with a soft zponge or an antisertic gaize. The face must be well wiped off before the liquid dries or it will be streaked. To Stop Hair From Falling

I would esteem it a favor to a reader of your paper if you would give me a formula to stop falling hat. I am 20 years old and my father and grandfather and bald before me. My hair is falling out very fast, and seems to be yery day and brittle. Hoglag you can relieve me as you have others. Formula for Dry, Falling Hair, Cologne 8 ounces; theretare of cantharides, i ounce; oil of English lavender, oil of resemany, 14 dram Apply to the root of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Wart on Chin I have been a reader of your column for years, and have received many blessings from them. Will you please be kind enough to tell how to get rid of a nairy wart on my chin. I pull the hairs out and put ammonia on it, and it is killing out the hair some, but the wart is still there. I acked my family doctor about it. He advised mo not to bether it for fear of turning it into a cancer; but doctors don't always know about these things. I thought of trying your formula for warts, but thought best to ask your advice first. I. T. C. From your description. I think it probe. From your description, I think it probable that the growth on your chin is a mole instead of a wart. In that case it can only be removed permanently and safely by a specialist.

Powder.

To Fatten Arms and Neck What skin food is the best to use to fatten the arms and neck and if not seking too much, what will tatien the legs and make them larger. What is the orange flower cream? Is it to whiten the skin or is it a skin food?

J. M. C. is it a skin food?

I know of no better skin food than the orange flover cream. Although it is not a bleach, it tends to whiten the skin. Exercise is the best possible method of enlarging the legs. A symnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot and with the other leg held out as nearly at a right angle to the bedy as possible, try to touch the knee to the floor. Rubbing with skin food or olive oil is also fattening.

Troubles of a Blonde I am a consistent reader of your advice, and you help so many others that I want you to help me. I am a disappointed honde and my heir is a me. I want you are the second of the second Shampoo your bair frequently with the following mixture and keep the scalp in good condition by massage. This treatment will keep your hair light and give it a lustre. Shampeo,

Dissolve half a cake of white floating scap in a quart of boiling water.

Let it simmer half an hour over a slow fire. Dissolve a tablescoonful of washing soda in a quart of boiling water. Add it to the scap mixture. Stir together and let cool. Use as a shampoo. Minse the hair always in four or five clear waters after using a shampoo mixture.

Pimples on Face Pimples on Face

Being very much interested in your beauty page. I would like your advice for pimples. For the last year I have been troubled with breaking out on my face. Most of the pimples are on my forehead, fewer on my chin and around the nose. I also have blackheads. And indeed, until now I have had a very good complexion. I am a girl it years of age and am 5 feet 4 inches. I weight los pounds. I am rather light in complexion, with brown hair. My general health has been good, with now and then a severe cold. I am subject to eatch cold very easily in the least little draught. Only that about three or four years ag. The severe cold. I am subject to eatch cold serve the control of the

Hair Growing Dark I have been a constant reader of your columns for some time and here used several precarations with good results. I have light hair, but it is fast turning into a deriver shade. I am young and wish for my hair to stay light, as I have a very fair complexion and light blue eyes. I have used the shannoo, and I think it has prevented my hair from turning darker, but I want something that would make it every fair to be a support of the lighter of the same of the lighter in the hair lighter? If so, please tell me hour to use it and how much to use.

I road in one of the papers something about this said, but you did not, in that certain one sive the formula. Will it injure my hair or cause it to fall out? I do not want to do anything that would make it fall out, and if you can help me, you have my grateful thanks.

Is there anything for taking white spots of of finger nails? I have a good many and they spoil one's hand so bad.

The only way of keeping the hair light

and they spoil one's hand so bad.

MAMIE B.

The only way of keeping the hair light besides shampooing it is to bleach it, and this I do not advise. Don't think of applying peroxide or any other bleach yourself, as you might ruin your hair. Such treatment should only be given by an expert.

Shampooing the hair too frequently will cause it to become dry and brittle, and it is well to substitute a dry shampoo sometimes. Take the fluest ground white cornmeal, add a little powdered orris root, and aprivide the powder through the hair. Massage the soeip and rub the powder over it. Shake the powder through the long hair, letting it remain for baif an hour. Remove from the hair by bruching. This is especially good for keeping the hair light.

not form the growth of hair. M. D.

Depllatories do not permanently remove superfluous hair, and the treatment must be repeated when the hair reappears. For the hair on your arms, try the pumice treatment. Electrolyris is the most satisfactory treatment for the permanent removal of superfluous hair from the face, and if you possibly can, I advise you to try this method. Be sure to go to a reliable specialist, as

THE

and called u Christmas

Wants Brown Lashes Will you kindly tell me if the evaluate stain you give (Chinese) will in any way indure their sawth, and also could you give me an equally effective stain for brown and isshess harmless that would be brown more authorn.

The Chinese evelash stain will not in any way injure the lashes. You can make a brown stain by steeping walnut shells in alcohol. Care should be taken not to get the minutest portion in the eyes. Henna is a vegetable stain which will produce a reddish or auburn that in the hair.

How to Get Slim have read your advice to other thought I wo ask you to adv II, what could I do to get slim? It to use any remedies, but I -could suggest somether. Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans for polatoes, etc. Have your bread toaster sprinkle if with salt instead of outrier. Missistering Skimmed misk may be drank, Hot water is say, if it be pure and good, is fattering Skimmed misk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No maps 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 setting the vigorous exercises they requise in fact the vigorous exercises they requise feet to recollect in reducing flesh the one feet to recollect in reducing flesh the one feet to recollect means the carbon by the oxygen destroys or burns out carbon. You must consume the carbon by the oxygen, you take through your iungs. The more everycles, the more oxygen and consequent distruction of fat by the one healthful method of curring obesity.

The more starch and sugar you est, the more extended this limits that the one carbon to burn away. Rules for the Reduction of Flesh.

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Troubled With Dandruff Skindly sive the recipe for dandruff that Leonia says has so benefited her, and collise To Bemove Dandruff.

Tincture of cantharides, I counce; liquid of ammonia, I dram; glycerin, ½ counce; oil of thyme, ½ dram; glycerin, ½ counces of rose; water. Rub the scalp thoroughly with time proparation until no further evidence of dandruff is noticed. Brown Spots on Hands will you kindly tell me a recipe for removing brown spots from the backs of the hands?

Try the lemon and glycerin lotion for freckles so often published in this department.

partment.

Sallow, Oily Complexion

I noticed so many remedies for blackheads. I have tried some, but they did not seem to do me much good. I hereby wish to describe my case; The blackheads I have tree an intrure of large and small ones; and after some time they turn into so section is, they ulcerate. Now, if you would not see that is, they ulcerate. Now, if you would not seem to be a seed of the seem of the s Sallow, Oily Complexion

Skin Peeling Off Will you kindly inform me of a remedy for my skind. It is constantly peelins of, especially my nose, and has for a long time. I have tried several remedies, but they have falled to help it.

I think it quite possible that you are using hard water, which causes you skin to be dry and peel. If possible, use rainwater for a while; if you cannot procure this, put a pinch of borax in the water to soften it.

Permanent Remedy Will you please say if the treatment is permanent? A reciface cream with which to mass cleanse the moo, if refer to the knowled and brown discolorations, and and subject the treatment produced by the same of th

HEALTH THROUGH HYGIENE

REDUCING FLESH

By Dr. Emma E. Walker IGHT, moderate exercise for a short period will have very little effect in reducing fiesh. If you have allowed yourself to become awkward and heavy, it will take very serious attention on your part to reduce this superfluous fat. It is only through vigorous exercise and profuse perspiration that this can be accomplished.

An actress famous for her beauty, and now approaching middle life, has solved this important problem by swathing in flannel the overdeveloped parts and throughout an hour's vigorous exercise, drinking freely of hot water. These are legitimate aids in reducing fiesh.

Choose a few exercises and practice them faithfully, constantly increasing the number of repetitions and you will be rewarded by a return of symmetry and elegance of figure.

To make the waist small and flexible try this exercise of body raising. Stretch out on top of a table face down. With the feet held, or caught at one end of the table, bend the body at the hips over the opposite end of the table. Now, with feet firmly held, hands at back of the neck, elbows well back and head up, chin in, bring the torso to a horizontal position; bend downward toward the floor, then backward to horizontal position again; repeat three times. Do not practice this exercise if you find it strains the muscles of the back, as gerious results may ensue without proper precautions. Always have an atright, 1905, by A. S. Barnes & Co. serious results may ensue without proper precautions. Always have an at-

tendant when this exercise is taken. Do not take it alone.

The waist will be much smaller when the trunk is uplifted and the internal organs held high, in proper position, than it is when they are allowed to sag. The wearing of corsets is not the way to reduce the waist naturally.

Following a simple exercise will accomplish this within hyglenic limits. Take standing position, slightly advancing the right foot; sway the body well forward foot; raise the arms upward, hold well back, at the same time inhaling the breath gently and slowly, until, by the time the arms are fully extended upward, the lungs will be fully inflated. Hold this position for a moment, then exhale the breath quietly, allowing the arms to descend to their normal position, at the same time relaxing the muscles.

To reduce the double chin.—The various neck exercises are a wonderful help in reducing a double chin. Stretch the head first to one side as far as possible, and then to the other. Extend it backward as far as possible and then to the other. Extend it backward as far as possible and then to the other. Extend it backward as far as possible of this part on the stretch and help to tone them up.

In order to reduce a fat, ugly back, practice with a broomstick, using it as a wand. Keep it always behind the back; raise and lower it, jump with it in your hands, twist and turn and swing it, always working with it behind you.

MRS. SYMES' BEAUTY RECIPES

Ruddy Nose

Would you kindly answer the following:

T am 21 years old and am thoubled with a red nose, and very often with pimples. My skin seems to be clear. It is only on my nose that the pimples come, and they make my nose so red that I am ashimed to go out. Would you be kind enough to give me some advice?

So many internal difficulties may cause this disfigurement that it is first necessary to find the crigin. Poor circulation, digestive trouble, acidity of the stomach, tight diothes, etc.—all these will initiame the nose. Heat and cold have an immediate effect, both reddening, so that a person with a red nose should use only tepid water on the face, taking care that no hot water or cold fluid touches it. The lotion for pimples, for which I am giving you formula, will be beneficial.

Tossati Cream for Pimples.

Tossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 8 grams; sulphur precipitate, 5 grams; exide of zinc, 2½ grams; extract of violet. In drops. Apply a very little of the cream to each plingle.

To Remove Pittings

Will you kindly give me formula for the removal of small-pox pittings and directions for same? I am 22 years old. Thanking you in advance, I remain an ADMIRER. I am afraid treatment by a skin specialist would be the only way of removing the scars and pittings. However, you can, no doubt, improve the appearance of your face by personal effort. Massage every night with the witch hezel cream and use salve for

scars, for which I am giving you for-

Witch Hazel Cold Cream. One ounce each of white wax and spermaceti; ¼ pint of all of almonds. Meit pour into a mortar which has seen heated by being immersed some time in boiling water. Very gradually add 3 conces of rosewater and I ounce of wich hazel, and assituously stir the mixture until an emulsion is formed, and afterward until the mixture is meanly took this gream is purficularly useful to heal sore or stretched skin. Scars. Lanolin, 2 drams; cintment of binicdide of mercury, 1 dram, Rub in well once a day,

To Restore Gray Hair I used the henna according to your direction, and it made no impression. My hair is gray. Will you please tell me if there is anything like alcohol to be put in it to keep it? I have tried it faithfully and cannot seem to make it work. I have been using a tint for five years, but it is to much trouble, and think it is injurious. I would like something harmless and easy to apply to give my hair a light brown sinde.

Mrs. L. A. F. Henna is not a dye for gray hair. It is a stain to produce an auburn or reddish tint in the hair. I advise you to try the Physician's Remedy for restoring gray hair to its natural color, formula for which I am giving you.

To Restore the Natural Color of the Hair. (A physician's prescription.) Sugar of lead, 1/4 ounce; lac sulphur 1/4 ounce; essence of bergamot, 1/4 ounce; also

Will you kindly tell me what your as-tringent lotion is? I read in last week's aper of one jubilant who has used your clon, and would be very thankful indeed to you will rebeat it. MINNIE. Lotion for Fremature Wrinkles. Alum, 60 grains; almond milk (thick), 1½ ounces; rosewater, 6 ounces.
Discolve the alum in the rosewater, then pour gantly into the almond milk with constant agitation.

Worried by Superfluous Hair Having read so much of the good you have dome for others, I have taken the liberty of writing to you having you will help me, too, its you will have taken the worried, about superfluous had a whole and I am a victim, and having had of which is a victim, and having had you will publish as soon as possible how to treat with it, and if you have to use it constantly to freep half from coming back. If you will do so, you will oblige J. F.

Pumice Treatment for Superfluous Hair. Get an ordinary 5-cent cake of pumics stone. This is not pumice soon, but the regular out-dashed unnince stone. To remove the hair rub- he skin afflicted with the superfluous growth and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold groam. The pumice stone is best used at night before retiring. In last week's paper I see where you had given advice in the paper for pumice treatment for superfluous hair. Will you piesse tell me how you use the pumice stone and if you use the powdered or other, and if any charge for same? M. E. W. See answer to "J. F."

Skin Too Oily Will you please recommend something for blackheads and olly skin? I squeeze my face to try to remove the blackheads, and it makes my face all red and I am trying a rubber brush. Will you tell me if a rubber brush is any good? PEARL.

Try the lotlon for blackheads which I

can you tell me why at 30 years I have

Finely Ground Pumice and Olive Oil Brings a

How to Clear the Complexion I am in utter despair over the condition my face is in. All the lower part is cov-ered with little pimples, which seem to be under the skin, but when you mash them you get a little white substance, which comes out almost like a little worm. And

keep the ends of the hair carefully trimmed or singed. Am giving you for-mula requested. Let your boy of 6 wear an ear cap whenever he is sleep-ing. It will aid greatly in making his ears set close to the head. For Whitening the Skin-A Liquid

Hair on Face and Arms I am loced sorry to bether you with my questions. But am greatly troubled with superfluous hair on my face and arms. I have tried your realps of ammonia and peroxide, but, as I have pimples on the face, it is very painful and does not seem to help me much. My hair is very dark, I have your recipe for depliatory, but before using swould like to sek if one would have to use it often? And if after using it leaves any noticeable mark et all? Also a good cream for using after that does not form town the growth of hair. M. D. Depliatories do not correspondit pro-