

HOW to KEEP the NAILS BRIGHT and MAKE them GILSTEIN

Rub in an Unguent at Night

THE best manicures of to-day work in no simple fashion that you often look at the rosy, polished nails after they are through with it. It is the same with caring for the nails recurrent. Too many women make too much of an operation of it; too heroic treatment is almost as bad as not enough.

Any woman who is willing to devote a half hour each a week and five minutes every day can have attractive-looking nails. Some, of course, are less responsive to treatment than others, but there is no hopelessness. Some nails are too brittle, which causes them to break, and others are too soft, and tend in an annoying manner. This shows plainly that they need an emollient of some sort.

If you can, consult a reliable manicurist, who will advise you just what is best for your particular case. Perhaps you will find a manicurist who is beneficial, and then persevere in using the "right" nails until you find a "healthy" normal condition.

The beauty of the nails depends upon three points: shape, color and growth. Long, pink nails, beautifully polished, with a moon-shaped curve at the base, are generally considered the most desirable. The nails should be kept in a healthy condition, and the manicurist is to get them well-shaped.

Manicures present dangers that the nails should follow the curve of the end of the finger, and not be pointed, pretentious and most sensitive way. For shaping the nail, use a nail file, and be sure the nail is smooth and free from any sharp edges. The nail should be kept in a healthy condition, and the manicurist is to get them well-shaped.

Constant snipping with curved scissors is responsible for many a misshapen nail. The manicurist should not receive attention, there is no possible excuse for using scissors upon the cuticle, and the manicurist should be 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 towel. 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 nail, and perseverance in this treatment will make them appear.

Brilliantly polished nails are now in style, and it will tell you how you can 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. Wash about to polish the nails run a little powdered pumice over them, dampen the brush slightly and dip it in the pumice. This will take off any roughness and prepare the nail for the polish.

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

Once a week is quite often enough for the general cleaning removal of stains and polish treatment, but once a day the manicure should be raised and a little cold cream pushed under it, and at least once a day the nails should be briskly rubbed with the powder and buffed.

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

HEALTH THROUGH HYGIENE

REDUCING FLESH

By Dr. Emma E. Walker

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THE exacting nature of a short period will have very little effect in reducing flesh. If you have allowed yourself to become fat, it is only through vigorous exercise that this can be accomplished.

An actress famous for her beauty, and by approaching middle life, has advised this important problem by availing in detail the exercises she has followed throughout an hour's vigorous exercise, drinking freely of hot water. These are legitimate aids to reduce flesh.

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 making. Sit on top of a table face down. With the feet held, cut the feet on 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, allow neck and head to drop, and the body to swing forward. Repeat this exercise three times. Do not practice this exercise if you find it strains the muscles. Do not expect serious results may ensue without proper precautions. Always have an attendant when this exercise is taken. Do not take it alone.

The waist will be much smaller when the trunk is supported and the internal organs held high in proper position. This is when they are most active. The wearing of corsets is not the way to reduce the waist naturally.

Follow a simple exercise will accomplish this within hygienic limits. Stand in a room, facing a wall, and lean forward, throwing the feet onto the wall. Hold the feet, and 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, the feet are touching the wall. Hold this position for a moment, then exhale the breath, gently, allowing the arms to drop 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 the neck. Stand with the head flat to one side as far as possible, and the neck to the other side, backward as far as possible. Repeat directly back and then twisting the head to the right and left, using it as much as possible. Practice with 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: I am 35 years old, and my nose is very red, and very often with pimples. I have used many remedies, but none has done any good. I am sure that the pimples come only on my nose. 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 cause. Poor circulation, digestive troubles, acidity of the stomach, tight clothes, etc.—all these will irritate the nose. A red nose should use only cold water, or cold milk, and avoid hot water, or anything that touches it. No hot water, or anything that touches it. No hot water, or anything that touches it.

To Remove Pimples

Will you kindly give me formula for the removal of small-pox pimples and "strawberry nose"? I am 35 years old, and my nose is very red, and very often with pimples. I have used many remedies, but none has done any good. I am sure that the pimples come only on my nose. Would you be kind enough to give me some advice?

To Restore Gray Hair

I used the henna according to your direction, and it made no impression. My hair is gray, and I would like to know if there is anything else that I can do to restore my hair to its natural color. I have used many remedies, but none has done any good. I am sure that the hair is gray because of the henna. Would you be kind enough to give me some advice?

To Restore the Natural Color of the Hair

(A prescription.)

Buena de Ind. 4 ounces; Turb. 1/2 ounce; essence of bergamot, 1/2 ounce; also



Solution of Carbolic Acid and Water Makes an Excellent Bleach

Friction with the Palm of the Hand Produces a Natural Polish

Lift the Cuticle Gently with an Orange-Flower Stick

How to Clear the Complexion

I am in utter despair over the condition of my face. It is all covered with pimples, which seem to be under the skin, but when you wash them they come out like a little worm, and then some of them are large festers, which have been opened and washed out until they heal. I have taken a course with soap, but this has done me no good. I have used many remedies, but none has done any good. I am sure that the pimples come only on my face. Would you be kind enough to give me some advice?

Warts 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 give me a formula for the removal of warts on the chin? I have used many remedies, but none has done any good. I am sure that the warts come only on my chin. Would you be kind enough to give me some advice?

To Fatten Arms and Neck

What skin food is the best to use to fatten the arms and neck, and if not eating much, what will fatten the legs and make them larger? What is the best skin food to use to fatten the arms and neck? I have used many remedies, but none has done any good. I am sure that the arms and neck are thin because of the skin food. Would you be kind enough to give me some advice?

Troubles of a Blonde

I am a blonde, and I have many troubles. I have used many remedies, but none has done any good. I am sure that the troubles come only on my blonde hair. Would you be kind enough to give me some advice?

Skirt Too Oily

Will you please recommend something for blackheads and oily skin? I have used many remedies, but none has done any good. I am sure that the blackheads and oily skin come only on my face. Would you be kind enough to give me some advice?

CORRESPONDENTS ANSWERED

Wants Brown Lashes

Will you kindly tell me if the extract will give me brown lashes? I have used many remedies, but none has done any good. I am sure that the lashes are brown because of the extract. Would you be kind enough to give me some advice?

How to Get Slim

I have read your advice to other people, and I thought I would ask you to advise me. I am very fat, and I would like to know how to get slim. I have used many remedies, but none has done any good. I am sure that the fat comes only on my body. Would you be kind enough to give me some advice?

Pimples on Face

Being very much interested in your beauty page, I would like to know how to get rid of pimples on the face. I have used many remedies, but none has done any good. I am sure that the pimples come only on my face. Would you be kind enough to give me some advice?

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THE

Had called upon Holmes upon Christmas morning, and found her sitting in a wicker chair, with a pile of books on her lap, and a pile of papers on the table. She was evidently very busy, and I was sure to interrupt her. I sat down in a wicker chair, and she looked at me for a moment, and then she said, "What is it?"

"I have called upon you," I said. "I am sure that you are very busy, and I am sure to interrupt you. I sat down in a wicker chair, and she looked at me for a moment, and then she said, 'What is it?'"

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