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HEALTH AND BEAUTY

BEAUTIFUL HANDS IN SPITE OF HEAVY WORK



It's Important to Keep Them Perfectly Clean

RUBBER gloves are so old an invention that a woman who does her own work, who has the right sort of pride in her own appearance, who doesn't use them for at least half a dozen of things.

With nine out of ten women that is all there is to it. How the gloves are worn, in what condition, they are kept, how the hands are treated before and after putting them on are points that mean as much in the beauty care of the hands as does the actual protection of the glove itself.

Absolute cleanliness, both of hands and of gloves, must be observed. The gloves washed thoroughly in warm water with plenty of soap, both inside and out, each time after they have been used, and left dry where there is plenty of "fresh air blowing" to keep them sweet.

The hands must be no less carefully washed; carefully drawing a pair of heavy rubber gloves over hands hastily wrung out of ammonia or turpentine water must never be allowed. After washing them, dry them thoroughly and powder well with talcum powder before putting on the dry, clean gloves.

HOW TO DRY THE HANDS

After you are through work, and have washed your gloves, wash your hands again and rub into them the least bit of a good, simple cold cream or white vaseline. In a few moments, wipe the hands again, in case you have used a little more of the emollient than the skin will take up.

All this takes very little more time to do than it does to tell, but it counts mightily in its effect upon the hands. The same rule apply, though only in a measure, of course, to the loose old gloves discarded by the men of the family which prove so useful if you have no rubber gloves. Only, of course, they are not to be used in the work that is hardest of all upon the hands—that which means dishing in hot water and soap, the endless cleanings that are necessary in the simplest household.

ADVISE TO CORRESPONDENTS BY MRS. HENRY SYMES

To Clear the Complexion

MEXUERITE—I cannot express my opinion upon the value of your medicine for or against. I advise you to try the remedy as published in your paper, and if it does not cure you, I will refund you the money. I have been using it for some time, and I have seen many of my correspondents who have written to me that they had cured their skin troubles by using your medicine. I am a druggist, and he will prepare it for you.

Stubborn Freckles

Kindly give me a prescription for the removal of very long standing freckles on my arms and all over my face. I am 30 years old, and I have been using your medicine for some time, and I have seen many of my correspondents who have written to me that they had cured their skin troubles by using your medicine. I am a druggist, and he will prepare it for you.

Whitening Paste for Freckled Skin

Brown Spots, and all other skin troubles, can be removed by using your medicine. I am a druggist, and he will prepare it for you.

To Increase Height

Will you kindly answer these questions? I am 17 years old, and I am 5 feet 6 inches tall. I have been using your medicine for some time, and I have seen many of my correspondents who have written to me that they had cured their skin troubles by using your medicine. I am a druggist, and he will prepare it for you.

To Reduce the Hips

Place hands on the hips, shoulders well back, and feet wide apart. This is the best position for the body. I am a druggist, and he will prepare it for you.

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An Ounce of Prevention—Rubber Gloves



Protected through a Disfiguring Process

Dr. Vanczarek also advises the drinking of malt extract during meals.

Here is the Formula

Some time ago I read in your columns a recipe for making cucumber jelly or cream. I have made it, and it is a most delicious and healthy food. I am a druggist, and he will prepare it for you.

Cucumber Lotion or Cream

Expressed juice of cucumbers, 1 pint; denatured alcohol, 1/2 pint; glycerine, 1/2 pint; water, 1/2 pint. Mix all together and shake well. Apply to the face and neck.

Hair Bleached in Spots

Will you kindly inform me what to do in my case? I have been using your medicine for some time, and I have seen many of my correspondents who have written to me that they had cured their skin troubles by using your medicine. I am a druggist, and he will prepare it for you.

See Answer Above

Will you kindly inform me a formula for making cucumber jelly? I am a druggist, and he will prepare it for you.

The Vanczarek Formula

Will you kindly inform me the prescription of Dr. Vanczarek's remedy to relieve the hair? I am a druggist, and he will prepare it for you.

Superfluous Hair

LIKE lots of others, I am troubled with a growth of hair on my chin. My doctor advised me to try electrolysis, which I did, but it was not satisfactory. Now, instead of two small patches, my whole chin is covered. It seems as though the treatment had stimulated the growth, so that now the hair is prominent.

I wish to know who is a good one to remove hair without causing the surrounding parts to be worse. If you could give me any advice on this subject, I should be very grateful, as I have worried a great deal about it.

E. S. B.

Old Depilatory

One of the oldest depilatories manufactured, and which has a very large sale, is the following:

Sulphate of soda, 100 grains; chalk, 300 grains. Mix thoroughly and keep dry in well-closed bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is reached.

On the Care of the Hair

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