

fluous flesh, particularly over the hips and abdomen, that I shall treat the subject generally, and trust that each in-terested reader will find the informa-tion that suits her particular case. How to reduce flesh without injury to the constitution is a question which is continually recurrent. As a rule, there are few cases of obesity which cannot be cured by careful regulation of diet and physical exercise. So many women say: "I have exercised" or "I have diet-ed, but it hasn't had any effect." Yes, how long have you persevered in such a course? The average woman goes in for vio-

lent exercise for a month or six weeks at the longest, and abstains from fat-making foods for the same length of time, and expects to get permanent results. This is not enough—the treatment must not be spasmodic; it must be regular and prolonged. The weman who s inclined to be too stout has not an easy road to travel in trying to keep ler. But she can succeed, if she will persevere.

In regard to reducing or increasing

weight, exercise is like a good rule-it works both ways. The general rule is to work hard and fast and long to reduce weight. The exercises given are good for general reduction, but they are especially adapted for reducing the hips and abdo-Stand erect, with the hands above the head, arms straight (Figure 1). Bend

as far backward as you can, and then forward, until the finger tips touch the toes, without bending the knees (Fig-

fast and long, this will prove a splendid exercise for reducing the stomach. Stand erect, raise the right knee, with the foot relaxed (Figure 4) until the knee bumps against the chest; bend forward a little to meet it. Repeat with

Lie on the back, raise one leg and then the other, as high as possible, making an extra effort to draw the knee nearer the breast (Figure 5). Lie on the chest; push up from the floor until the arms are straight (Figure 6). until the arms are straight (Figure 6), keeping the body and knees straight.

These exercises should be gone through regularly each day when the object is to reduce the hips and abdo-

Next to exercise comes the importance of systematic dieting. This is particularly necessary in the case of middle-aged people. Few people realize that, as one grows older, a less quantity of food is necessary to keep one in health: the body cannot consume and get rid of such large quantities of food, and the consequence is that unless the amount consequence is that, unless the amount of daily food be reduced as age advances, there will always be a tendency to fatty deposits. The articles to be avoided are white The articles to be avoided are white bread, sugar, rice, tapioca, macaroni and sago; all vegetables containing sugar or starch. Fat meat should be taken sparingly, and pastry is best avoided. Buttermilk and cream should be taken only in mederation. Alcoholic liquors should be eschewed by persons inclined to corpulate: malt liquors in Stand erect, with the feet well apart inclined to corpulence; malt liquors, in

dency. The very best beverage is un-doubtedly distilled water, and this should not be taken with meals, but at to those who wish to reduce their hips, and for those who have no oppor-tunity to indulge in outdoor sports. HEALTH AND BEAUTY RECIPES ANSWERS TO CORRESPONDENTS BY MRS. SYMES

Bread, cut in thin slices and toasted,

is much better for fat people than un-toasted bread. A word about your sleeping—limit your sleeping hours to seven at the outside, and do not take any rans during the day

least a half hour before or after eat- weight. I shall be very glad to hear

Fig.6

HEALTH THROUGH HYGIENE DEVELOPING THE BUST

By Dr. Emma E. Walker. Copyright, 1905, by A. S. Barnes & Co.

W HATEVER exercise will benefit a flat chest will also benefit a deficient bust. The most important exercise in this respect is deep breathing.

The exercises given for the development of the upper arm will develop the bust. In the muscular development of the arms girls are much inferior to boys.

Nearly any boy can pull himself up by a bar till his chin touches his fists, but very few girls are able to accom-plish this feat. There is such a close connection between the arms and the connection between the arms and the muscles of the front and back of the trunk that any exercise that develops the arms will also develop these upper trunk muscles. trunk muscles

A splendid resistance exercise for the

With arms at side, inhale deeply, clench the fists, flex the elbows, bring fists to shoulder, moving the lower arm only, and resisting the movement partly. Now, with fists shoulder high and held there, bring elbows slowly out and up to shoulder level; the third part of the novement is to carry the fists close under the armpits and back as far as possible; cross the fists high up on the back, and then lower them easily to the sides. Every part of the exercise includes resistance.

includes resistance.

Lifting weights from the floor to enlarge the upper arm need not be done with an actual weight in the hands; in fact, it is much better for the girls to control the resistance, regulating it according to their own individual strength, which varies from day to day.

Take a long step forward, and bend to the floor with the hands touching the

floor; take a deep breath, clench the fists and pull the arms up, as if lifting a heavy weight; as you lift, carry the weight of the body slowly to the back foot, flexing the back knee; keep the elbows high, and twist the fists until the palms are up, elbows back as far as possible; now forcibly expel the breath, at the same time shooting the arms forward and down, bending again to the floor, every muscle relaxed.

Repeat three times to the right, and three times to the left; follow by three deep slow breaths.

deep, slow breaths.

There is an important back muscle in the upper arm which is not reached by lifting weights. An eminent piano teacher recommends a movement for this muscle to increase facility in octave playing: Take position with arms front, shoulder high the healts of the bands. shoulder high, the backs of the hands together. With a strong tension, contract all muscles vigorously; slowly twist the hands around, moving the forearm only; when you come to the point where the hands can go no further, pause a moment; then twist the

forearm only; when you come to the point where the hands can go no further, pause a moment; then twist the entire arm as far as possible; come back to position in the same way, twisting first the forearm, and then the upper arm. Repeat till tired.

To increase the size of the forearm, open and close the hand rapidly with tension, increasing the number of times daily. Also bend the wrist back and forth as far as it will go, being careful not to use too much vigor, as the wrist is delicate, and should not be strained. The exercise of clenching and relaxing the fingers, given for development of the forearm, will also develop the strength of the hand.

For the development of the calf and the thigh, nothing could be better than fencing, if taken both with the left and the right, to insure symmetrical development.

Liquid extract of galega (goatsrue). 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals. Troubled With Acne I saw in Mrs. Symes' recipes yesterday that some one had found Monin's remedy successful in curing acne. I am troubled with acne and have tried several remedies, but none did any good. Will you please tell me if this Monin's remedy is a patent medicine and remedies medicine, and where it can be obtained? I should like to try it; also, would the orange flower cream be good for my face? I have some trouble with superfluous hair on my face and have to be very careful about using creams unless recommended.

Low chains are formed with R. J. E.

particular, have a very fattening tendency. The very best beverage is undoubtedly distilled water, and this

How to Get Popular Remedy Will you kindly send me the formula of Dr. Vaucaire's bust remedy, or tell me where the remedy can be obtained?

M. Q. A.

I am giving you formula for Dr. Vau-

caire's remedy. Any reliable druggist will fill it for you.

Dr. Vaucaire's Remedy for the Bust.

I am giving you formula for the acne recommended by Monin, which any druggist will fill for you. The orange flower cream will not promote growth of superfluous hair on the face. Cure for Confluent Acne-(Monin). Apply the following mixture to the afficted parts morning and night:
Glycerine, 40 grams; oxide of zinc, 5 grams; soap tincture, 10 grams; potassa alum, 2 grams. Mix.

For internal treatment in connection with the above the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

Bad Complexion I thought I would write and tell you my trouble about my complexion. I have black-heads and pimples, but not the kind that come to be open; they get sore and red and get to be a large, hard lump; have used cold cream, but find no relief, and used all kinds of blood tonics from my doctor.

Would you also please tell me what will make a good tace bleach? How is peroxide.

Try Monin's cure given to "R. J. E."
I think it will help your complexion.
Peroxide of hydrogen is an excellent face bleach. Pour a little in a saucer and apply with soft cloth.

Lotion Improved Her Complexion I want to thank you for sending me the recipe for oatmeal and glycerine cream. I have only been married a short time and I am so anxious to keep young and freshlooking. My skin seems to be getting dry and rough, but the cream has improved it wonderfully. It is so easy to make and so inexpensive that I can afford to use it generously on my face and hands. Will you now tell me of something to keep the breath sweet?

Am glad to hear that the lotter proved.

Am glad to hear that the lotion proved so satisfactory. To keep the breath sweet, great care should be taken of the teeth. They should be thoroughly cleaned after meals and the mouth rinsed with a good antiseptic mouth wash. Listerine and water is excellent. It is also well to place a little carbonate of soda round the teeth just before retiring. It corrects any acidity arising from

To Darken the Eyebrows

I wrote you two weeks ago and asked a little favor of you, but since you did not get answer I have coincluded you did not get my letter. Will you kindly answer this in next week's paper as I am going away very soon?

My hair is dark red, and my eyebrows and eyelashes are light. Can you tell me what will stain or dve them dark brown? The Chinese prescription seems to make them-black, so I fear to try it without your advice. Is there any way of removing the stain should it prove unbecoming?

At present I am using a brown grease pencil for darkening them. Excuse the length of this—you need not print it all—unless you wish. Thanking you in advance, I am Very truly.

I am sorry to have kept you waiting, but, you know, I have a great many correspondents and must answer the letters in turn.

Letting the shells of black walnuts stand in alcohol for a time will produce a stain that will color the brows and lashes brown. Care should the soon become

from my correspondents who get bene-

of course, exercise of any kind, walking, bicycling, tennis, etc., is very valuable for the general reduction of fiesh, but the exercises given above are particularly for reduction of abdomen and hims and for those who have no emporation.

Too Fat Will you kindly answer the following questions:
1. What exercises are best to rapidly reduce "large hips," "large arms" and "large duce "large hips," "large arms" and "large breasts"?

2. Would the "hot vinegar" rubbed on the fleshy parts help to reduce flesh as rapidly as the clear alcohol?

3. Do you think walking four miles a day, with careful diet and some exercises, would reduce one from twelve to fitteen pounds in one month?

4. What kind of skin food would you recommend for a "dry, scaly-looking, blotchy complexion"?

C. D.

C'ince receipt of your letter exercises Since receipt of your letter exercises for the reduction of superfluous flesh of various parts of the body have been pub-lished in this department. Rubbing the affected parts with clear alcohol several times a day is excellent for reducing superfluous flesh. By exercise and diet-ing you should be able to reduce your weight greatly in a month. The orange flower cream would be good for your complexion.

Wart on Her Neck I have a good complexion, but I have a lot of brown spots or small moles on my face which spoil my appearance very much. They are all slightly raised, and one especially, which is as large as a mole and looks very bad. There is no sign of hair whatever in any of them.

I should feel very thankful if you could let me know of something in your next issue that would successfully remove them without causing sores or harming the skin.

I have also a black wart on my neck which prevents me from wearing low collars. Could you let me know of something that would remove it? A SUBSCRIBER.

The lotion for removal of moth patches The lotion for removal of moth patches which frequently appears in this department will banish ordinary brown spots on the face, but if they are moles I advise you to consult a specialist in regard to their removal. Am giving you formula for a wart eradicator.

Wart Eradicator. Sublimed sulphur, 120 grains; glycerine, 5 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly to each wart, continuing the treatment for several days. The warts

be secured. Also ask you what exercise do you think is advantageous to secure such results.

X. F. Y. W. Follow the general rules for the re-luction of flesh and make frequent applications of hot vinegar or clear alcohol

turbances of some kind. The best way to remedy this is to get yourself in good physical condition. Dark circles under the eyes are another indication of a rundown system. I advise you to take active measures to get your liver in proper condition and tone up your whele system, and I am sure the sallowness will disappear. disappear.

Dark Circles Under the Eyes. There is always, in my opinion, some internal cause for the black circles under the eyes. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins of the part and are rarely, if ever, fund excepting under one or more of the following croumstances:

When the subject is anaemic, and there is an impairment of the chemical constitution of the blood, or when the system is being drained, as it would be in prolonged study, lack of sleep or dissipation of any

Local Treatment. Pathe frequently with cold water and use friction. A little turpentine liniment or weak ammonia, one part of diluted ammonia to four of water, may be rubbed into the skin daily (once), but great care must be taken that it does not reach the eyes.

Sunken Eyes and Wrinkles

Four ounces of walnut skins, beaten to a pulp, to which is added rure alcohol, 16

Let stand eight days and drain. Then apply as any other dye.

Green walnut shells, 2 ounces; alum, 1/4 ounce; pure oil, 4 ounces.

Legs Too Thin

I am a constant reader of your recipes, and I am going to ask your advice. I am 29 years old and well developed in all parts of my body except my lower limbs, which are so thin and bony I am really ashamed of them. Now, dear Mrs. Symes, I hope you will tell me what to do. Have tried exercise, but they don't get any stouter. Please tell me if you think massaging with olive oil will add any flesh to them; also tell me how to use your lotion for premature wrinkles.

Exercise is the best possible method

Exercise is the best possible method

of enlarging the legs. Long walks will soon produce results. Rising on the tiptoes frequently is also excellent exercise. Rub well night and morning with olive oil or a good skin food. Apply the wrinkle lotion with a soft linen cloth.

A Good Skin Food

Will you kindly tell me if your orange flower cream vill fill out the face and neck? I am 42 years old and have used camphor lee for over ten years; my skin is fairly good, but does not seem to fill out. Will you kindly tell me if it can do me harm? I am so anxious to keep myself looking as nice as possible. I have begun to take a nerve and flesh food, as I am painfully thin. Will you please give me your valuable advice on the above? I have been advised to use olive oil and drink milk, but fear the result would be billousness.

Whatever information you give me will be more than appreciated, and I trust next week the formula for orange flower cream may be in your valuable columns. Is the face to be washed before putting on the cream? Will cold water do? I never have used warm water on my face, but will follow your directions.

I know of no better skin food than

I know of no better skin food than the orange flower cream. It is perfectly harmless. To get the best results, first bathe the face in warm water and then apply the cream, rubbing well into the skin; wipe off with a soft cloth afterward, At night, before retiring, is the best time to make the application, and the face should be washed in cold water in the morning.

Orange Flower Cream. White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; cocoanut oil, 2 ounces; orange flower water, 2 ounces; oil of sweet almones, 4 ounces; tincture of benzoin, 30 dropped from the control of th

Discouraged About Development

Will you please give me a little advice in developing the bust? I have taken all kinds of exercise, but it does not seem to help me. Kindly send me vour recibe, also stating how to use it. Thanking you in advance,

If you will take the Vaucaire remedy,

for which I am giving you formula, I am sure you will soon notice an improvement. You can get quicker results by drinking malt extract with meals

and massaging daily with a good skin

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams. The dose is two soupspoonfuls with water before each meal.

To Reduce the Bust

Have been a constant reader of your paper, and especially of your beauty column, and will kindly ask you to publish something that is not injurious and will reduce the bust and also what kind of a diet

in the morning.

Brown Hair Stain.

This is my first request to you, although I always read your beauty and health column. I am 45 years old and have always been told that I was very young looking. I have husband and two grown sons, who have always been so proud of me, but in the last year the corners of my mouth have begun to droop; there are two deep furrows, you might say, from each corner, and my eyes are very sunken-looking and wrinkles under my eyes. I have had lots of trouble and worry, too, which I have tried to repress. Could you help me? If so, I will feel very grateful indeed. Am I too old to try Dr. Vaucaire's remedy for my bust? Please answer in your page as soon as possible. swer in your page as soon as possib Yours. Mrs. J. Z. T Persistent massage with a good skin

Persistent massage with a good skin food would soon improve the appearance of your face. For the sunken eyes, massage each eye separately. From outward corner stroke the lid toward the inner corner and at the same time roll the eye outward. The rolling of the eye produces a slight resistance to the touch which is beneficial. For the furrows at the side of your mouth, take one side at a time, thrust the tongue under the line so as to hold it firmly in contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk or satin—gently but firmly and with many movements. Then punch and twist the muscles gently all around in such a manner as will tend to fill up the crease, but do not bruise the flesh. When you have massaged the one side, take the other, and be as thorough as you were with the first. I do not think your age would prevent you from getting beneficial results from the Vaucaire remedy would prevent you from getting benefi-cial results from the Vaucaire remedy.

Found Remedies Very Satisfac. tory

Would you please tell me the recipe for scant eyebrows and lasher? I know that it has been published often, but have mislaid the paper; also something for the scalp. After I have washed my hair in a little while, not two weeks, it nearly sets me crazy with the itching. I did have a recipe about a year and a half ago. It had cologne in it. I cannot remember anything else. I think it cost sixty cents. I am using your hair tonic for oily, damp hair and find it the best thing I have ever tried. My husband is also using your quinine hair tonic for a bald spot on his head. He has been using it for the last month and now we can see some improvement, and several other things that I have tried have proved satisfactory.

You will find the formula for eyebrow-

You will find the formula for eyebrow-grower in answer to "C. A. R." From the itching sensation in your head that you describe. I think you are troubled with dandruff. Try the dandruff cure I am giving you. It is very gratifying to hear such satisfactory coports of my hear such satisfactory reports of my remedies.

To Remove Dandruff. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ dram.

Mix all together with 6 ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

To Keep the Hair Dark Will you please tell me if possible something to make my hair darker? It was a very dark brown, but has begun to get lighter. I have never used anything to change the color. Also please tell me what I can use to make my eyelashes longer and thicker. thicker. Miss C. A. R.
Rubbing vaseline into the roots is good
for the hair and tends to darken it. I
am giving you formula of lotion to promote the growth of the eyebrows and
leaber.

Eyebrow and Eyelash Grower. Cologne, 2½ ounces; glycerine, 1½ ounces; fluid extract of jaborandi, 2 drams. Agitate ingredients until thoroughly incorporated. Apply to the evebrows with a brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the evelids, exercising extreme care that no minutest portion of the lotion touches