

How to Prepare for a Sport Which Will Bring Both Joy and Health

HERE is no more beneficial form of exercise than swimming. And in very hot weather, when other forms of exercise are apt to prove overheating, it is a delicious luxury to be able to jump into the cool vater and exercise every muscle of the body vigorously without looking or feeling uncomfortably warm.

Every physically sound person should be taught to swim, for it is not only a most enjoyable and beneficial form of exercise, but the knowledge of it frequently means saving either your own life or that of another.

Outside the possibility of saving life, which is surely worthy of consideration, it is of the greatest value as a physical exercise. It has been proved an easy method of reducing superfluous fesh, and it encourages an ease of movement which is apt to add grace to the car-

riage. The girl who wishes to develop her chest can find no surer or quicker way of accomplishing it than by going in for swimming.

It requires quite a lot of muscular exertion to become an expert swimmer, and the girl who is going to take it up as an exercise when the weather permits can do a great deal by way of preparation if she will commence at once to take the arm and leg exercises required.

It really is possible to learn to swim

to take the arm and teg exercises, required.

It really is possible to learn to swim on dry land, and after the proper movements have been mastered it is merely a question of nerve.

One of the most important requisites is learning how to properly fill the lungs and to hold the breath to the limit of one's capacity. The best practice is to empty the lungs, then close the mouth

until the lungs are completely filled. Hold the air as long as can be comfortably done. Then forcibly expel it through the mouth. Repeat fifteen times. Do this morning and evening for a week, and then gradually increase the number of fillings and expulsions to twenty-five or thirty each time. Frequent practice

of fillings and expulsions to twenty-five or thirty each time. Frequent practice at holding the breath will accomplish wonders.

Try first in a basin filled with water, and then when taking your morning tub see how long you can hold your breath under water without distress. It will not only increase your breathing capacity, but it will accustom you to the feel of the water over your face, which is apt to intimidate the beginner.

Swimming as an exercise, during the summer, is within the reach of nearly every woman. At the shore or in the country it is usually feasible, and for

the woman who is obliged to stay in the city during the hot weather, and who has little roney to expend for pleasure, there are the free swimming pools, which, foreinately, are now established in most large cities.

I have tried to illustrate the most important stroke movements of the arms and legs, and the woman who will practice these will find them excellent preparation for the actual swimming; much of the fatigue and awkwardness caused by untried muscles will be prevented, and just as soon as you gain confidence to perform the movements you have been practicing in your room in the water you will be actually swimming. It cannot be otherwise.

As to the matter of a suitable swimming costume, women are greatly handicapped. Custom has decreed a costume that is anything but rational or comfortable and it would be hard find any than any thing but rational or comfortable woman who is really going in for swimming as an exercise will a tleast refrain from large, fancy collars or picture sleeves, and will avoid every unnecessary thread in a costume. The

IN HYPNOTIC HOSPITAL

I wrote my mother's name on one piece of paper and three questions on three other slips. I folded the papers up, touched the medium's forehead, then I rolled them and he took them. He tore them up and told me what was in them. That's the way people tell a story like this. But on investigation I found the medium had used a legerdemain of his®own, had substituted other pellets of paper and had read mine."

read mine."

Dr. Hyslop also proposed that in the event of another marvel like Mrs. Piper turning up the society should have funds enough to employ detectives if necessary to prove he or she is a fraud.

## most practical sult is made in one piece, comfortably loose at the waitsband and steadily inhale through the nostrils Mrs. Symes' Health and Beauty Talks Beauty Talks The most practical sult is made in one piece, comfortably loose at the waitsband and of its, twelght woolen stuff. The skirt should be separate, and should just cover the knees, containing as little fullness as possible. Figures 1, 2 and 3 illustrate the proper arm movements; figures 4 and 5, proper leg movements; figures 4 and 5, proper darm movements; figures 6, the correct diving position.

As I am very stout and flabby for my height, I beg of you to tell me what would be the possible for me to go out and walk, and find that hard housework can be of no use, I again beg of you to tell me of some thing in the line of some exercise that I come articles you published some time ago, but have entirely forgot what they were, exactly. So, hoping to see this in print, or rather your answer, I remain, as ever, ONE WHO ANXIOUSLY WAITS.

If hard housework does not tend to reduce your flesh, I fear exercise alone will not help you, and you had better try dieting. I am giving you a few simple rules in regard to this, which may prove beneficial.

Diet to Reduce Flesh.

Diet to Reduce Flesh. Diet to Rectuce Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar, or starch, such as peas, beans, corn, potatoes etc. Have your bread toasted; sprinkle it with salt histead of butter. Milk, sprinkle it with salt histead of butter. Milk, stattening. Skingsed milk may be drank. Hot water is an excellent substitute for cher liquids. Add a little of the juice of limes or lemons to it, it you choose. Limit your elsepting hours to seven at the outside. No naps.

To Reduce the Hips

I have read your answer and advice to inquirers for several wagles, and have come for advice. Kindly fell me in your next issue what I am to do to reduce too large or fat hips and abdomen? Am in good belief, the second of the second half inches had been seven to be a second of the second of the

with alcohol? Thanking you in advance, I am GRATEFUL.

The pomade referred to is to be rubbed over the fatty parts in an ordinary way, Just as you would apply any lotion. The alcohol may be applied several times a day if agreeable. One of the best exercises for reducing the hips and abdomen is that of standing with the feet together and touching the floor with the finger tips, without bending the knees. Another good one is to lie on your back, flat on the floor, with your feet under some heavy article of furniture, bureau, washstand, etc., and raise your body to a sitting position, without allowing the feet to be moved.

Worried by Pimples and Dandruff

on forehead, which, when opened, form a seab and heal to make room for more. Also, my scalp is not as it ought to be. Have had dandauft for years, the scales extending far down my forehead, and even eyebrows. I frequently shampoo my head with egg, which I find is a relief, but no cure, my head being soon covered with dandruff as before. I. L.

The first step toward improving your complexion will be to improve your health. Pimples are the outward indication of some inward disturbance, and until this is righted they will continue to appear. The cream for which I am giving you formula is an excellent healing agent, but it will not prevent the reappearance of the pimples unless the original cause is removed. I am also giving you formula for an excellent remedy for dandruff.

Fossati Cream for Pimples.

Fossati Cream for Pimples.
Lanolin, 5 grams; sweet almond oil, 5 grams; super sweet almond oil, 5 grams; strate of violet, 10 grams; extrate of violet, 10 of zinc, 2% grams; extract of violet, to drops. Apply a very little of the cream to each pimple at night before rejiring, Dandruff Cure.

Tincture of cantharides, i ounce; liquid ammonia, i drams glycerin, % ounce; oil of thyme, % dram; rosemary oil, % dram. Mix, all together with six ounces of rosewater. Rub the scall thoroughly with this preparation until no further evidence of dandrung is noticed.

Front Hair Turning Gray

Will you kindly send me that formula for a harmless half dye? My front hair is quite white and the back scarcely turned, as the prescription filled? Also, will you please recommend a good complexion soap and a skin cream, one that is the least "hair-raising": also, a tonic for dry hair? I would like to buy all but the hair dye made up. Could you recommend me to some the prescription filled to the prescription for the prescription filled to the presc

the Hair.

(A physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; cachol. ½ gill; glycerin, I ounce; theture of cantharides, ½ ounce; aammonia, ½ ounce, Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. the Hair. to the roots of the hair, which most be clean.

dye should never be applied if there are trintation or abrasion of the scain. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the

Tonic for Dry Hair.

Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of resembly, & dram each, the hair once of twice a day. It is positively necessary that the control of t Orange Flower Cream.

White wax, I ounce; spermacett, I ounce; lanolin, 2 ounces; occoanut oil, 2 ounces; orange flower water, 2 ounces; oil of property of the orange flower water, 2 ounces; theture of benzoln, 30 drops.

Melt the first five lagredients together. Take off the fire and beat until nearly cold, adding little by little the benzoln, and lastly orange flower water.

Please let me have water.

Please let me have full directions as to use of following, which you published for the benefit of scars:

Lanolin, 2 drams, and otherment of biniodide of mercury, 1 drams, will be greatly after the scars of the scars, in addition to using this lotion.

To Decrease the Bust. Inclosed you will find an envelope, stamped and addressed to myself. You would great the state of the state o

To Reduce the Bust. Iodide of potassium, 3 grasss; vaseline, 50 grams; lanoith, 50 grams; knowe of benzoln. 20 drops.

Make into a pomade and rub all over the fat parts twice a day.

You should abstain from food that is especially fat-forming—cereals, potatoes, corn, pear, bears, etc., You should also avoid sweets of all kinds.

Bagginess Under the Eyes I am a constant reader of your paper, and have taken much interest in the inquiries from beauty-seekees, so have wenture to ask now in the industries of the

Possibly you have not been giving enough massage directly beneath the eyes. I think if you ase a good skin food and use the following movements you will soon notice an improvement. Flace the finger tips directly beneath the eyes, press gently around the outer convention of thought the given of these many tips of the convention of thought be given of the convention of thought be given of the convention of

Bumps on Her Face In your paper I saw a cure for black-heads—witch hazel and green son? 2 ounces each. I got this preparation at the drug store. I baven't any blackheads on my face, but a breakfig out or bumps under the skin; a great many-on my cheeks, especially around my eyes. I am using the mentioned. Will you be so kind as to tell me fir you think this will/help my face, or tell me something else to try? NANA.

I do not think it wise for you to use the green soap preparation, except for blackheads. From your description it appears to me that you are troubled with whitcheads, and I am giving you formula for their removal.

White Heads (Acne Molluscum).

Open each seed acne with the point of a

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water. Freckles Spoil Beauty As I am a constant reader of your "beauty column." I ask aid from you. I have a bad complexion. I have freckles the year around, and have had since about three or four years old, and am now six-something to take them away. Also let me know about how long I will have to use it to eradicate them.

"A BEAUTY WITH FRECKLES."

I am giving you formula for a lotton which has proved very successful in removing obstinate freckles.

Obstinate Freckies.

Oxide of zinc, ¼ dram; sublodide of bismuth, ¼ dram; dextrin, ½ drams; giycerin, ½ drams; dextru upon the freekies at Spread the past of the freekies at light between cling to bed. In the morning rand the power of the property of the power of the property of the pr

Face and Neck Too Thin

I have heard so many speak well of
your advice and how much you have benestied them that I decided I would ask
am fairly built, with exception of face and
neck, which are very thin indeed, I wish
you would tell me something that will build
them up, as I am very anxious about it.
Juliable be grateful to you if you would
publish be grateful to you if you would
them up, as I am you not set when you publish the answer.

Massage with a good skin tood will do more than anything else to develop your face and neck. Deep breathing is also excellent for developing the neck. Since receipt of your letter I have published an article containing many valuable hints on making the figure plump.

A Red Nose

I have been a reader of your "question and answer" department during the last year, and have found some valuable suggestions therein; however, this is the first time I have requested, a reply, and, would thank you to make me a personal reply. If it is contrary to the rules of conducting your department, kindly let it appear in an early issue of your paper. Conducting your department, kindly let it appear in an early issue of your paper. Or the part of the papear in a carly issue of your paper. Or fresh air and exercise of the body, and have nothing to retard the circulation. Kindly suggest a remedy.

As I have frequently stated, there are to retard the circulation. Kindly suggest a remedy.

As I have frequently stated, there are so many internal difficulties that may cause a red nose that it is usually necessary to find the origin before advising treatment. You seem to be sure that your trouble is not caused by indigestion or retarded circulation. Possibly some acidity of the stomach is causing it. Massaging the nose will frequently prove most beneficial. The rubbing must be gentle, although given with considerable pressure. Rub with the middle fingers from the tip up the sides of the bridge to between the eyes. Here it should be well manipulated, and likewise at the base of the nostrils. Use the following compound when massaging, first washing the nose in tepid water:

Precipitate of sulphur, 4 grams; pure

Gummy Substance on Hair Would you kindly tell me of conteibing. I can use to clean my hit? I have long, heavy hair, and the last year a black gummy substance has gathered in it, making it stiff and hard to handle. I have tried wasling it with most everything, and nothing but salsoda and coal oil takes hold of it, and it soon comes again. My scalp is very scalp comes forward, making deep furrows

across my forehead. If you can suggest anything to cure or help, I shall be very grateful.

The condition of your hair is very unusual, but I think it can soon be improved by proper treatment. Shampoo it thoroughly with the shampoo mixture for which I am giving you formula, and then use the lotion for oily hair daily. Repeat the shampoo once in two weeks, and continue with the lotion until your hafr is in a healthy condition.

Shampoo.

Potassium carbonate, I ounce; ammonia water, 1¼ conness; incuture of cantharides, 6 drams; bay rum, 4 ounces; accond, 4 ounces, water, 6 ounces, condition.

Shampoo.

Lotion for oily Hair.

Alcohol, 2 ouncess witch hazel, 2 ounces; recordin, I calme, apply daily, rubbing well into the sculp.

Cheeks Lost Their Color

Checks Lost Their Color

Won't you be good enough to help a girl
of the come had long, hick hit and
quit a bloome had long, hick hit alling out fast, and have quite a good deal
of dandruff. Could you give me a recipe
for making the hair thick without turning
it derker, and at the same time kill the
difference of the color in the color
if I wash it more than once in six weeks
I cas't do a thing with it. I have tried
your remedies, and have a smooth white
skin, but have lost all my color. What
cas't do a thing with it. I have tried
your remedies, and have a smooth white
skin, but have lost all my color. What
at the same time make them very dark?
You say not to use a "cream that has
tweeline or animal fat as its base."
The dandruff cure, formula for
which see in answer to "J. L.,"
has proved beneficial in many cases,
and will, I feel, stop your hat
from falling. While using it shampoo
the hair once a week with the egg
shampeo. To gain the color in your
cheeks go in for hygienic living; nothing else will bring the desired result. Be careful to eat nourishing food,
drink quantities of water, live in the
open air as much as possible, practice
deep breathing and take some form of
exercise. If you follow these rules
with energy for a short time, I am
sure you will see the color return to
your cheeks. I am giving you formula
for a lotion to promote the growth of
the eyelashes. The orange flower cream
so often published in this department
is free from injurious animal tats.

To Remove Dandruff.

Tincture of eanthardes, I ounce; fluid
ammonia, I dram; glycerin, ½ ounce; oil Cheeks Lost Their Color

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, ½ ounce; oil

preparation until the dandruff entirely disappears.

Egg Shamppoo.

Yolk of 1 egg. 1 pint of hot rainwater, spirit of rosemary, 1 ounce, Beet the mixture thoroughly and use it warm. Rub it was clear water.

Eyebrow and Eyelash Grower.

Cologne, 2% ounces; glyceria, 1% ounces; and the color water of the color water of the color water of the color water. Agitate ingredients till the color with a first of the color water of the system with a tiny camela-shall paint by the brush, and to the lashes with a tiny camela-shall paint push. The brush must be greater that no minutest portion of the lotion touches the eye itself.

Wants Dark Hair Will you please tell me something that will turn my hair dark? I send you a please to let you see the color of it, and I think it is very ugly, and I want it darker, almost blook. If it were sandy, I think it would be much better, and I will be very much obliged if you will tell me how to turn it. DAIST.

You are very foolish, indeed, to wish to change the color of your hair. The sample you submitted is very pretty in color and has a beautiful sheen. There is no way to darken it except by applying a stain, and it would be a great pity to do that.

Used Formulas With Success

Used Formulas With Success
I have read your valuable column every
week, and have used some of your formulas
with great success, and now i wish to ask
that you give me something to make my
several times, and I would like to have it
curl, if possible.

I know of nothing that will make the
hair permanently curly. Sometimes in
the cases of very young children the
hair can be trained, so that it becomes
curly. This, however, requires great
patience, and is not always successful.
It is done by dampening, the hair when
short, brushing it the wrong way and
training it around the fingers. I am
glying you formula for a sofution which
helps to keep the hair in curl when it
has been done up on curlers.

Solution to Keep Hair Curled.

Solution to Keep Hair Curled,