MC2289

POOR DOCUMENT



Buttermilk will Whiten the Arms

How to Take Care of the Nose and Ears

Copyright 1906, by A. S. Barnes & Co. The mouth forms an important fact the muscles of the mouth are, like those of the rest of the moded by habit. The habit of the mouth its greatest charm, No interacting of the second beauty to the second beauty to the second of the second beauty to the second of the second beauty to the second beauty to the second of the second beauty to the second beauty to the second of t

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Nothing adds more to the beauty of the mouth than well-cared-for teeth. Incir good ondition has much to do with the state of the general health, for without thorough mastication of food perfect health is impossible. The care of the teeth should begin with the first set. The teeth should be examined not less than twice a year by a competent dentist.

TO PROTECT THE TEETH

The tectn should be examined not less that. They should be washed with luke-warm water before breakfast, after each meal a. d before retring. There are so many excellent dentifices that it is hard to decide which is best. It is a good plan to ask your dentist's advice, as he is well acquainted with the particular character of your teeth. Precipitated chalk is always good. and may be rubbed about the gums before retiring. It will releve the sen-sitiveness of the teeth which is so com-mon at the margin of the gums. An antiseptio is also indispensable. It helps to preserve the teeth and also before retiring. It will releve the sen-sitiveness of the teeth which is so com-mon at the margin of the gums. An antiseptio is also indispensable. It helps to preserve the teeth and also hydrogen is a good antiseptic mouth wash. It also bleaches yellow teeth and whitens them. Dilute alcohol is a firefreshing antiseptic for the mouth. Powdered pumice stone used once in a while is excellent for removing stains. An extremely important item in the tare of the teeth is the use of dental floss always after eating. This, to-rether with a soft orange wood or TO PROTECT THE TEETH Medicines that injure the trath are the liquid prepara ons of iron and the mineral acids. Such medicines should and the state of the tong the should be approximate the

habit of "bolting" food all have a ten-dency to cause this disturbance. There are certain local causes for this affliction-affections of the mouth, nose, throat and lungs. Moth-breathers, whose nostrils are not well open, often suffer ...om bad breat. Sometimes this trouble exists when to cause can be found for it. **REMOVE THE CAUSE** In treating it, the cause must first

REMOVE THE CAUSE In treating it, the cause must first be discovered, if possible, and re-moved. If the gums are spongy or re-reding, a tooth wash containing myrrh is helpful. The best care should be taken of the teeth. If the stomach is at fault, aside from special treatment, a bit of charcoal may be taken soon after meals. An excellent mouth-wash is: Thymol, seven and a half grains; borax, fifteen grains; dis-tilled water, one pint. The mouth, is to be rinsed frequently with this solu-tion.

tilled water, one pint. The mouth is to be rinsed frequently with this solu-tion. Did you ever stop to think how you breathe? Do, you know that as a rule we are actually too lazy to breathe properly Well, we are, and so we do much to impair the beauty of both form and figure. Have you not often noticed the ugly mouth-breather? This habit of breath-ing through the mouth is unattractive enough in children, but even more so in girls. Mose breathing and deep breathing for most important and magical aids to health and beauty. There is a little volume entitled "Shut Your Mouth and Save Your Life." Rather startling, isn't it? But it is true, as startling things often are. "Breathe through your nose, and keep your hearing till you die." The deformity of the whole face re-sulting from habitual mouth breath-ing can be prevented by appropriate medical care in childhood. Masal breathing is the best pre-ventive of colds in the head (the noss statins out the bacteria from the air). Deep nose breathing cannot be too often practiced when in the open air, and the purer and lits results will soon become apparent in your stalighter should breater the air the once, and it will really better developed chest, clearer skin and sweeter breath. FOR WHOOPING COUGH

FOR WHOOPING COUGH

FOR Whooping cough an excellent syrup is the following: Slice some onions thinly, sprinkle well with brown sugar, piace between two hot plates with a weight on the top. In a couple of hours' time remove the weight, and tilt the plates in a basin so as to allow the juice to flow out. Give a spoonful occasionally.

Beauty Hints to Correspondents by Mrs. Henry Symes

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; cocc unut cil, 2 ounces; orange flowor water, 2 ounces; oll of sweet

Plenty of Fruit Juices

hair. Formula for Oily Hair. Use the following mixture daily, rubbing well into the scalo: Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 16 grains.

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Mix and apply when never the second s

hair was always very thick till the last year, when it got so thin. D. S. Try the following lotion, which will, I think, improve the condition of your

Remedy Removes Dandruff

How to Make Cream Have node several attempts to make your orange flower cream, but each time my cream was a failure, at the ingredients sep-strated. Will you kindly explain why, and the me directions just how to prepare the orange is the greasy effect owing to the fact of material not being properly mixed? Being a constant reader of your columns, and this being my first inquiry. I hope to receive at early reply. Mrst E. C. If you follow the directions for mix-ing the cream given below, I do not think you will have any further diffi-culty. Orange Flower Cream. White was, I connect spermaceti, I concet

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Red Knuckles
I have very large and red knuckles, and as the rest of amy hand is very white, they have been as a strain of the fingers and working backward to more the strain so very finith. Can you give me any images the following by some means and proven a turger to the fingers with the following by some means and proven a turger of the fingers and working backward to ward the wrist. Enlarged knuckle joints frequently indicato rheumatic or gouty tendencies, and, if they do not a disappear, I advise you to consult a physician, who can probably give you an internal remedy.
Skin Food for the Hands.
Coca butter, I ounce; old of sweet almonds, I ounce; oxide of sinc, I dram; borar. I dram; old of bergamot, 6 drops.

Heat the cocca butter and oil of almonds in a bainmarie, and when thoroughly blend-ed add the sinc and borax; sitr as it cools and add the oil of bergamot last.

Carelessness in Use of Peroxidi

TO RELIEVE PAIN

F OR severe stomachache wring a square of house nannel out of boiling water, fold into a soft pad, lightly sprinkle a small teaspoonful of turpen-tine over it, and apply as hot as pos-sible. This is also excellent treatment for chest colds.

I used the percide of hydrogen you rec-ommended for bleaching the skin, but some of it got on some of my hair and has turned it red. Please tell me armething that will turn hair back to natural color. I shall look anxiously for it in next week's paper. You did not recommend the percide to me, but some one else; but, as I needed such a rem-edy, I used it. Flease do this for me,



