

Mrs. Symes' Health and Beauty Talks

As I am very stout and flabby for my height, I beg of you to tell me what would be the best exercise for me. As it is impossible 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 something in the line of some exercise that I could do at home. I remember having seen some 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 re-ONE WHO ANXIOUSLY WAITS.

If hard housework does not tend to reduce your fiesh, 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. 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 instead of butter. Milk, I regret to say, if it be pure and good, is fattentng. Skimmed milk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or iemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps.

To Reduce the Hips

I have read your answer and advice to inquirers for several weeks, and have come for advice. Kindly tell me in your next issue what I am to do to reduce too large or fai hips and abdomen? Am in good health five feet three and a half inches tall, weigh 168. In the formula given—ledide of potassium, 5 grams; vaseline, 5 grams; tincture of benzoin, 20 drops—how is it to be applied, up and down movement? And how often and how much of it at a time? Also, how often shall I bathe with alcohol? Thanking you in advance, I am

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

Worried by Pimples and Dandruff

on forehead, which, when opened, form a scab and heal to make room for more.

Also, my scalp is not as it ought to be. Have had dandruff to 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.

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; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple at night before retiring.

Dandruff Cure.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, % ounce; oil of thyme, % dram; rosemary oil, % dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Front Hair Turning Gray Will you kindly send me that formula for a harmless hair dye? My front hair is quitte white and the back scarcely turned, and about how much does it cost to have 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 place?

I am giving you formulas for hair stain and tonic, as requested. Proprietary articles are not recommended in these columns, but there are many good soaps on the market—white Castile is one of the purest. The crange flower cream is one of the best complexion creams I know of.

To Restore the Natural Color of the Hair.

the Hair. (A physician's prescription.) (A physician's prescription.)
Sugar of lead, % ounce; lac sulphur, % ounce; essence of bergamot, % ounce; alcohol, % gill; glycerin, I ounce; tincture of canthardes, % ounce; ammonia, % ounce.
Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean.
The dye should never be applied if there is any irritation or abrasion of the scalp. 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.

Orange Flower Cream. White wax, 1 ounce; spermaceti, 1 ounce; ianolin, 2 ounces; coccanut oil, 2 ounces; orange flower water, 2 ounces; oil of sweet almonds, 4 ounces; incrure of benzoin, 30 drops.

Take off the fire and boat until nearly cold, adding little by little the benzoin, and lastly orange flower water.

To Remove Scars

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

Lanolin, 2 drams, and oliment of biniodide of mercury, 1 dram.

Your immediate attention will be greatly appreciated by A CONSTANT READER.

This lotion is to be rubbed in thoroughly once a day. Very often results can be got more quickly by frequently massaging the scars with a good cream, in addition to using this lotion.

To Decrease the Bust. Inclosed you will find an envelope, stamped and addressed to myself. You would greatly oblige me if you would send me the name of a sure cure for decreasing the bust, or put me in a way to find the same. Not increase, but decrease. M.M. B. Try the formade for which I am giving you fermula, and in addition to this make frequent applications of clear alcohol.

To Reduce the Bust

Iodide of potassium, 3 grams; vaseline, 50 grams; lanciin, 50 grams; tincture 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, peas, beans, etc. You should also avoid sweets of all kinds.

Bagginess Under the Eyes

Possibly you have not been giving enough massage directly beneath the eyes. I think if you use a good skin food and use the following movements you will soon notice an improvement. Place the finger tips directly beneath the eyes, press gently around the outer corners of the eye. Fifty of these movements should be given each day. If this does not bring the desired improvement, try the astringent lotion for which I am giving you formula.

Astringent Lotion.

Alum, 70 grains: almond milk (thick), 1½ ounces; rosewater, 6 cunces.

Dissolve the sium is the rosewater, then pour gently into the almond milk with constant agitation. Apply with a soft linen cloth every night before retiring.

Bumps on Her Face

In your paper I saw a cure for black-bads—witch hazel and green song. 2 cures.

In your paper I saw a cure for black-heads—witch hazel and green soap, 2 ounces each. I got this preparation at the drug store. I haven't any blackheads on my face, but a breaking out or bumps under the skin; a great many on my checks, especially around my eyes. I am using the above preparation for this trouble I just mentioned. Will you be so kind as to tell me if 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 whiteheads, 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 sak 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 sixteen. Flease give me, in next week's paper, something to take them away. Also let me krow 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 Freckles.

Oxide of sinc 24 dram; sublodide of bis-

Face and Neck Too Thin I have heard so many speak well of your advice and how much you have benefited them that I decided I would ask you a question. I am 30 years old, and 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. I would be grateful to you if you would the many that you would publish the answer.

ANXIOUS.

Massage with a good skin food 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.

What causes my nose to become and remain red while I am in the open sir? My digestion is good, get plenty of 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 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 glycerin, 4 grams; magnesia, 4 grams; cherry laurel water, 4 grams; alcohol (rectified), 4 grams. 'A Red Nose

Gummy Substance on Hair Would you kindly tell me of something I can use to clean my hair? 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 washing it with most everything, and nothing but aslocia and coal oil takes hold of it, and it soon comes again. My scalp is very loose, and when I raise my eyebrows my scalp comes forward, making deep furrows

anything to cure or help, I shall be very grateful.

N. R. H.

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 hair is in a healthy condition.

Shampoo.

Potassium carbonste, I ounce; ammonis water, 1½ ounces; incture of cantharides, 6 drams; bay rum, 4 ounces; alcohol, 4 ounces; water, 6 ounces.

Dissolve the potassium carbonste in the water and add the remaining ingredients, Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Lotion for Oily Hair.

Alcohol, 2 ounces; witch harel, 2 ounces; resorcin, 14 grains. Apply daily, rubbing well into the scalp.

Cheeks Lost Their Color

of thyme, 4 ounce; rosemary oil, 4 dram.
Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the
preparation until the dandrum entirely disappears. Egg Shampoo.

Yolk of 1 egg, 1 pint of hot rainwater, spirit of rosemary, 1 ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse several times in clear water. Eyebrow and Eyelash Grower. Cologne, 2% ounces; glycerin, 1% ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with the brush, and to the lashes with a tiny came! s-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutent portion of the lotion touches the eye [tself.

Wants Dark Hair

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
little girl's hair curly. It has been cut off
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
giving you formula for a solution which
helps to keep the hair in curl when it
has been done up on curlers.

Solution to Keep Hair Curled.

Take of gum arable I ounce; good moist

Take of gum arabic 1 ounce; good moist rugar, ½ an ounce; pure hot water, ½ pint. Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; hichforate of mercury and salammoniac, 5 grains each. The iast two should be dissolved in the alcohol before admixture. Lastly add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the full before pupting it in papers or pins.

WRITERS up topics an housewi much of sity of preserving an e ture for rising dough in The old-fashioned cook bread tray in flannel pers and scolded the tr left the kitchen door of dough was put to bed in ner. The trained coo sets her dough in a pat

a perforated top, out draughts, and consults eter regularly and solic The average housew if she does not assert, breads can take care o In reality, overfermen grave an evil as the aress. Summer boarders to be reminded how m week sour bread receive est of apologies from the mistress. If she thinks while to attempt corre damage done to ther night, she kneeds in heavy hand that leaves streaks in the baked l

neutralizing the acidity Yet good bread is no necessity of comfortable in warm weather. Sour sults gastric juides and utmost delicate muscles heat. Hot yeast bread right to the winter bill does not begin to "riper cold, nor does it sit es majority of stomachs been twelve hours out o

It is so well understo of common intelligence cakes come and depart that I need not enlarg reason of their banishme tables of people who knowledge of gastrono Since many eaters, es men and brothers for wl tion women cater and have hot breakfast bre to-day some tried and cipes for a few of these work of fermentation is in the baking. They a the biscuit family, and made, are delicate and d

Nonpareil Quick B One quart of flour, two to if you can get it—new m spoonful of soda, two tea cream tartar, one saltspaor Ruo the soda and cream t flour and sift all togethes are wet, then put in the s lard, rubbed into the pr quickly and lightly; lastly milk. Work the dough ra ling with as few strokes