## HEALTHY AND BEAUTIFUL

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A good flesh brush is a necessity

For Mrs. N. Chinese Evelash Stain

liquid in a powder, and then add the re-mainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

Hair Turning Gray

I am a reader of your column, and want to ask a question.

My hair is dark and some of the strands are turning gray, and I want to know what will restore it.

A READER. will restore it.

There is no way of restoring gray hair to its natural color except by using a stain. I am giving you formula for a stain. I am giving you formula for a dye which has proved very satisfactory

in many cases.

Dye for Hair. Dye for Hair.

Pyrogallic acid, 4 ounce; distilled water (hot), 18 ounces. Dissolve, and when the splution has cooled add gradually rectified.

The above is full strength, and will make the hair aimost black. Diluted with water, it will stain the hair from dark to light brown.

Advice About Pimples

Advice About Pimples

Having read some of your advice to girls
in the Heaith and Beauty Department, and
with your recipes. I was tempted to write
to you on my own account.

Will you tell me if your crange flower
while you tell me if your crange flower
away pinples from under the skin, and
also wrinkles under the eyes, or is there
something with carbolic saive in it that
is better for the former trouble? My amitis better for the former trouble.

P. S.—i am only 21 years old, and I
cannot understand why I have such wrinthing that will rid me of them.

Pimples under the skin indicate some
disturbance of the circulation or digestion. I advise you to go in for hygienic
living. Eat simple, wholesome foods,
with plenty of fresh fruit and vegetables. Take a good blood purifier. The
cream for which I am giving you formula is an excellent healing agent, and
will greatly aid in causing the disappearance of the pimples.

Fossati Gream for Pimples.

Fossati Cream for Pimples.

Hair of Different Shades

Face Covered With Pits

Found Remedies Successful be applied but about once in five or six weeks, I should think you might use the other lotion regularly in between.

Cure for Asthma Repeated If you receive the asthma cure that "Mrs. S." speaks of, will you kindly publish to see that to this address as soon as pos-ble? I noticed it was asked for and have so the second of t waited and watched for it to appear each sunday. In interested reader of your valuable department, and have used several of your recipes with good effect. As I am at present deep in the misery of an attack eagerness I shall watch for the coveted recipe.

Will you kindly ask Mrs. 7. G. E. H. Will you kindly ask Mrs. 7. S. If sh? I have tried a number of hings and found no relief. She worte in answer to inquirers, but did not send the remedy.

Asthma Gure.

Asthma Cure.

Asthma Cure.

Mrs. Symes: As no one has given Mrs.

Mrs. H. the sathma cure you published some time ago. I will copy if for you from the piece 1 cut from your page. It was given and was cured by asthma by it. It is syrup and was cured by asthma by it. It is syrup and was cured by asthma by it. It is syrup and was cured by asthma by it. It is syrup and was cured by asthma by it. It is syrup and was cured by asthma by it. It is syrup and by a syrup and the syrup is the syrup in the syrup is the syrup in the

Neck Too Fat

Neck I oo Fat

I have been a reader of your remedies on
health and hearty some three months, and
now I would like you to give me advice
as to how to reduce the flean on my neck,
it is in folds, with wrinkles or lines coar
around the neck. Also advise as to how
to month, has the end of outer edges of
the mouth it seems almost like a scar, thea
continues down the chin.

I am giving you formula for a pomade
to reduce fat which has proved successful in many cases, in addition to its
use, make frequent applications of clear
alcohol. Full directions for the removal
of wrinkles by massage have appeared
in this column since receipt of your istter.

Pomade to Reduce Fat. Pomade to Reduce Fat.
Iodide of potassium, 3 grams; vaseline, 2
grams; lanolin, 5w grams; tincture of bensoin, 25 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, oura,
peas. beans etc. You should also avoid
syects of all kinds.

## Talks to Correspondents on Health and Beauty

To Remove Brown Spots

Whitening Paste for Freckles and Brown Spots.
Salicylic acid, 60 grains; bay rum, 4

eunces.

Label. Apply night and morning with a coft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerin of starch. Superfluous Hair Treatment

hair? Also for pimples and blackheeds.

A CONSTANT RHADER.

The proper treatment for superfluous hair depends largely upon the character of the growth. If the hair is dark it can usually be made almost imperceptible by using peroxide of hydrogen as a bleach. The skin of the affected parts is first washed with a weak solution of ammonia and water. Then the peroxide is applied with a solution of ammonia and water. Then the peroxide is applied with a solution of ammonia and water. Then the peroxide is applied with a solution of ammonia had water on the peroxide is applied with a solution of the lip, for instance, can be peromanently destroyed by electrolysis, but this treatment should be given only by an expert dermatologist, if you cannot wifrod to have the hair removed by electricity. I consider the plaster stick or families stone treatment the safest for the inexperienced.

I am giving you formulas for several depilatories.

Depilatories.

a air giving you formulas for several depilatories. Depilatories.

Sulphide of coda, 100 grains; slaked lime, 80 grains; starch, 20 grains; limewater, 4 to grains; starch, 20 grains; considered for depilatories. The standard formula is: Bartum sulphide, 80 grains; nowdered for depilatories. The standard formula is: Bartum sulphide, 80 grains; nowdered for make with water. The bartum sulphide, 80 grains; nowdered must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin stouch of the standard of the standard formula an efficient depilatory. It is made as follows:

Request for Formula

Orange Flower Cream. Oil of same almond, do nones white wax 5 drams almond, do nones horax 3 drams; glycerin, ils ounces the property of the control of the control of the control of the control of petit grain, is drops. Meit the first three ingredients, and the glycerin to the craines flower water and dissuje the borax in the mixture, then powel it showly into the blended fairs, silvring continuously.

Stubborn Goitre

Could you, through your Sunday paper, give me a cure for gottre? I have tried iodine in every way, had any number of different prescriptions from several good different prescriptions from several good through your paper, if anything can be done, and if so, what.

Fears Tonic Darkens Hair

I cars I onto Darkens Hair
I am using your laborand tonic for failing hair with success, but I fear it is dark
ening my hair, which is perfectly white,
naturally so. Will-you kindly tell me in
your Sanday column if my fear is justified?
The jaborandi tonic will not darken
your hair permanently; possibly it may
show a little on the white hair just after
application. I advise you to shampoo
your hair frequently while using the
tonic.

Peculiar Numbness of Body Peculiar Numbness of Body
Will you kindly give me your valuable
advice? I have been troubled some months,
on getting up in the morning, with a peculiar numbress, and bloating all over my
have a good appetite and go outdoors every
day; also feel dased during the day and
the same and the same for the same property
day also feel dased during the day and
savery patent medicine that was recommeded to me by friends, but with no good results.

MRS M.
Your symptoms indicate some internal
disorder, probably of the kidneys, and I
disorder, probably of the kidneys, and
that so you to consult a reliable physician at once.

Wants Fair Complexion

SCHOOLGIRL.

If your skin is smooth and clear dog't begin using coametics. If it is yellow and mudde it is most likely due to a disordered digestion or some liver trouble, in which case the remedy must come from within, and no amount of powder will cover the defect. No young girl, or woman either, for that matter, should wear French heels if she values her health. I am giving you formula for a good tollet powder.

Table Devades

Toilet Powder. Rice flour, 10 ounces; talcum, 10 ounces; exide of zinc, 10 ounces.
Mix thoroughly and sift twice through fine bolting silk. Perfume to tasts.

To Whiten the Skin

In one of your numbers you gave an article. For a lily-white skin." stating that
this was a liquid powder, and if the face
was not wiped before drying, it would
streak. Kindly tell me if this is a regular
white the skin are streak to the skin
permanently. The ingredients were pure
oxide of zinc. I cunce. glycetin. I simmly
oxide of zinc. and casence of the skin
permanently. The ingredients were pure
is drope.

The preparation referred to is simply
a liquid powder and will not whiten the
skin permanently.

Finds Remedy Beneficial I finds Kemedy Beneficial

I am using your orange flower cream, and
find it beneficial. I want to ask you, though,
just how to age to the second of the
first to be to the second of the
first to the second of the second of the
first to the second of the first the
first to the second of the first the
first to the second of the second of the
first the second of t shade and naturally curly and rather dry. I have dandruff. I have taken each massage treatments for nearly two years, with two separate courses of brushing the hair, all to no effect. For the last year my hair to no effect. For the last year my hair is more than to make the hair glossy, but I do not loss to make he hair glossy, but I do not loss to make the hair glossy, but I do not loss grateful I shall feel toward you if you will be so kind as to prescribe for me to prevent my hair from further turning gray, and the state of the s

Excessive Perspiration of the Feet

I have read the recipes in the Sunday
spectrum and arm very interested in them.
The spectrum and the spe

Hair Turning Gray at 23 Will you kindly help me as you have so many suffering from different complaints? My friends have been greatly benefited by your kindness. So here is my failing: I you kindness. So here is my failing: In yety gray, and so fast. At times I have got to take down my hair after dressing it, on account of the gray hairs showing. I have cried myself to sleep mors than once over it. My hair is of a brown han once over it.

How to Massage the Scalp How to Massage the Scalp
Your page in the paper is, to me, by far
the most interesting of any other depart,
in the quinine help tonic change the color of
the heir in any way? Also, do you consider
it better than most any other tonic for the
heir? Do the reassage the scalp between
the fingers in such a way as not to let the
nails touch the scalp? I am taking a tonic
for my general health. Do out thicker
to my general health. Do out this
tonic that the scalp is a tonic
for my general health. Do out this
tonic the scalp? I am taking a tonic
for my general health. Do out this
tonic that the scale is a tonic
tonic that the scale is a tonic
tonic that the scale is a tonic
that seems that these are many question
answer them you don't know how much
that the scale is the scale is the scale
will appreciate it.

The quinine hair tonic is one of the
best tonics I know of, and will not
change the color of the hair. Great care

To Remove Dandruff.