THE WEST, REGINA, WEDNESDAY, SEPTEMBER 28, 1908.

by Mrs. Henry Symes

ding Off Nerve Storms





able by all, but simply to rest for

One of the best ways of warding off

approaching nerve storms is pleasant activity. Physicians recognize this fact,

and prescribe the society of a kitten or a puppy for nervous patients, well knowing that in watching its antics half their imagined his will be forgot-

en. It is good, therefore, to have ne t hand some special piece of wor tterly unrelated to the daily busines

that will ease the mind while employ it; for, remember, "Absence of occu-tion is not rest." This work, be it of

ery, knitting, wood carving, o wer one pleases, should be of er ing interest, and should be key

BENEFICIAL EXERCISES

in a darkened chamber, with a

dage over the eyes, is



HEN coming in contact with the n my face gets red, and if I hold hands down at my sides, they so me red. Is there say examines tent me where I could get walls for staining the hair. MARY. trouble is probably constitu and is, in that case, peculia ll-blooded persons. There is nothing to relieve nwise to use any patent

the for reducing superfluous hair o for anything else. No "medicine," properly speaking, can remove super fluous hair at all. Only the X-ray o the electric needle do it permanently the best of all other remedies, th pumice treatment, being only tempo rary. It is as follows;

ce Treatment for Superfluous Hair.

an ordinary 5-cent cake of This is not pumice soap old-fashioned pumice ston ine hair. rub the skin affi perfuous growin, and th rill wear the hair off. Be e too heroic and irritate the tone is best used at night, before retiring. You should be able to get walnut uils at any druggist's. They are the ough, bitter skins surrounding the hells of black walnuts. If you can-lot get them in your own town, ask our druggist to give you the ad-livess of a reputable druggist in one of the large cities, and you will prob-tably be able to procure them from

Falling Hair, Etc. other correspondents an am through and comb m

As to the lump on the side of your need I am atraid what you say is too ndefinite for me to give you any use-tul advice. It may be a boil or a se-baceous cyst, or it may be simply due o accident. If it is in any way pala-ul or annoying, you should see a a. yo or about it.

To Contract the Lips kindly publish the r r cream? My lips are ne lower one. If it is

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OES any one nowadays read Louisa Alcott? If so, they will remember Maud, in "An Old-Fashioned Girl," who wanted to be "amoosed," because she had been told that she was "fwactious," and she falt the weight of the unknown disease

felt the weight of the unknown disease heavy upon her!

ALL STATES

It seems rather severe, in these days of the boasted athletic woman, to say that many girls and women work them-selves into nervous headaches and hysterics by pure fraction seems often the case. ess, but it Where one is not really ill or on the verge of nervous prostration from exhaustion or overwork, there is no excuse for the nerve storms from which some women suffer constantly.

While there is no excuse, however, there may be an explanation, and it is to be found in the petty Irritations of little things. Women, always more highly strung than men, lose control of themselves entirely too often for their own good. Though they can meet great crises with perfect calm and command of the situation, the minor annoyances of life leave them utterly infit to cope with them.

Usually, too, these annoyances are of so simple and unnecessary a character that one wonders how they could have ever occurred. For instance, a real instance may be cited which will be a useful lesson to many. was sewing found herself growing more and more irritable. Nothing seemed to go right, and she had almost worried berself into a nervous headache when she suddenly realized that for half an hour she had been holding a pencil between her teeth. There had been no necessity for this, and the unconscious tension had strained every nerve, bringing her unconsciously almost to the verge of nervous tears.

even if an old one, for those highly lng. Give up everything, and go away strung individuals who fiv to

## MAKE YOURSEL " COMFORTABLE

One of the first rules for warding off nerve storms is to make one's self as comfortable as possible when at work; a second is to ignore what one cannot have; a third, persistently to push aside unpleasant recollections and to take up some vigorous exercise, or to sing and sing and sing, until the tendency has fled.

Very often when sewing a woman will sit in a chair two inches too high for her, just enough to necessitate a strain upon the toes and calf muscles. Again, the article most needed will be farthest away; the spool, instead of being placed where it cannot fall, is put upon a little ledge, from which it drops at every opportunity in the most provoking man-ner. Let us, therefore, seek first for comfort and convenience. Let us not make anything "do" if better can be obtained.

One way, for instance, of guarding against these sewing troubles is to have a sewing screen, such as that shown in the picture. Thus every-thing is in its wonted place, and ordinary neatness will keep them there. In fact, "a place for everything and everything in its place" is a good rule,

Impoverished Blood

Impoverished Blood A sappreciated your advice regard-ing care of the hair and skin, and have tried several of the recipe for co.4 cream, finding them very astisfactory, especially the orange-flower cream. Now, I come to you for advice. My skin is very dry, and as soon as the cold weather scale something like eczema, but I get no scale something like eczema, but I get no scale something like as such. It is very sore, and when out in the cold seems al-most to freeze. Malso in need of a good blood-maker, as my blood seems to be impoverished. . C & D.

Am also in need of a good blood-maker, as my blood seems to be impoverished. C. B. D. What you need is a good infusion of iron into the system. Your impov-erished blood and the skin condition you describe are both due to lack of this important element. Of course, you would not take it plain, but in one of the many good malt or wine com-pounds. After you have taken it steadily for a time, you will find that your blood and your complexion will alike improve. Keep out in the open air as much as possible and take a great deal of exercise. You will find that local tree ment will then be un-necessary.

To Straighten a Nail

I have done copying in an office for say eral years, and holding the pen so steadly between the forefinger and the second fin-ger has caused the nall to turn, so that it looks very croked. Can you tell me what to do to straighten it?

I am very sorry, but I know of nothing that will surely straighten your nail. You may be able to do this, however, by learning to hold your cen in some other position.

A Sewing 50

Chair that Is too High Causes Nervous Tension

Bandage the Eyes with a Black Ribbon

<text>

Reducing Flesh

Will you kindly prescribe exercises to re-duce hips, side and back, also limbs from hip to knee? Please tell me what the proportions should be for a height of 5 feet 1/4 inches. Is there any exercise for shortening the walet line? How would you advise me to commence reducing my fleash? I would like to lose about 20 pounds. Mrs. C. J. The following exercises will un-

to here about 30 pounds. Mrs. C. J. The following exercises will un-houbtedly help you to reduce hips, sides, back and limbs: **Tr Reduce the Hips and Back.** Hi, circling can be done with good re-suits , the way of decreasing size if the principle of resistance is employed. Taking

This sounds hard, but I mycelf have never held a pen between the fore-finger and second anger in my life. Gradually accustom yourself to an-other position, and perhaps in time the nail will grow straight again.

A Formula Repeated

Have been greatly interested in your alda o correspondents' column, but have always nissed the recipe for Cream of Sweet manges. Would you kindly publish again HURONIC.

I am sorry that you have never found this formula before. I am re-peating it for your benefit, and trust that it will prove satisfactory.

Cream of Sweet Oranges.

Oil of sweet demogram with boiling water; Band the jam jar in this; shred the wax and spermaceti into the jar; let it dissoive, heat almond oil and add to the wax; heat orange-flower water; add it half a tea-goofful at a time, stirring the mixture quickly; lift the jar out of the saucepan; eat mixture with the whisk; heat, and add oil of sweet orange; whisk cream until i' is

Prescription Not Propely

Compounded

After deriving much benefit from a num-ber of your valuable formulas I resolved to try Suffician cream make-up. I had the pre-scription filled by a reliable druggist, but was much disappointed in it, as it does not seem berfect to me. Inclosed you will find a

eat mixture with the whise; oil of sweet orange; whise cre cold. Put in pots and cover,

(A skin food.)

strung individuals who fiv to pleces at the least irritation. The screen mentioned is fully within the capacity of the home carpenter, be-ing simply two painted boards, hinged together, and supplied, as shown in the illustration, with hooks, nails on which to place spools, a capacious bag and two shelves. Its mere possession will ward off many a nerve storm from the busy housemother. But days come when, in spite of pre-caution, everything goes wrong. The

caution, everything goes wrong. The scissors fall, the cotton knots, the goods slip, the dishes break and noth-ing is as it should be. Then the vicing is as it should be. Then the vic-tim may be sure the trouble lies in her own nerve centres. There is but one thing to do-face the fact and deal with it, not by fighting, but by yield-

chest and shoulders immovable. Contract all the muscles used in this exercise and

Rules to Be

commune with one's self, but, if possi-ble, to banish thought entirely. To "let down" the mental system, so to speak, to retire to an absolutely dark closet, is an excellent thing under such circumstances. "Aunt Johnny," one of John Strange Winter's hero-ines, was wont to say that she took fifteen minutes each day and "emptied her brain." That is what the nervous woman needs.

une with one's self, but, if possi-

Sewing

Screen Save

Many Useless

induces main the start is what the nervous headaches has devised a plan of resting which has devised a plan of resting which has devised a plan of resting which is the two the excelled. She had a large closet with one window in it. It would just hold a cot along one wall. The walls were painted a restiful green, and the window was curtained with the window was curtained with the same color. Here each day regulary she would come for a little rest. Here she found nothing to attract the eye, nothing to cause mental effort, nothing to cause mental effort, nothing to cause mental effort, nothing to attract the eye, nothing to cause mental effort, nothing to attract the eye, and the nerves. If she found a nerve she found a nerve she found a nerve she found a she too, the each day was abort time in this sanctuary warded it off. The shall amount of time she devoted to that little green solitude each day was of course, an entire room is not attain.

that I have to wear long sleeves, when the short, elbow sleeves are worn so very much and look so dainty. How long, by steady perseverance, will it take to bring about the desired effect? M. P. with salt instead of using butter. Milk, I re-gret to say, if it be pute and good, is fat-tening. Bkimmed milk may be drunk. Hot water is an excellent substitute for othes ilquids. Add a little of the fulce of limes or lemons to it. If you choose. Limit your sleeping hours to seven at the outside. No

M.P. It is indeed unfortunate that you should be so afflicted. I think, how-ever, that massage will help you out. Use a good massage cream, either one of those so frequently given here, or some such thing as cocca butter or al-mond oil. The vegetable creams are leas likely to raise hair. Massage reg-ularly and with perseverance, and I am sure you will succeed. It may take some weeks, or even months, but by summer, when short sleeves are most worn, you will probably be able to don them also. Wishes Bust Enlarged I am 33 years old and marrix. Would ke my buse enlarged. I am rather stout hoss bips, but not in the bust. My health s good and have plenty of outdoor exercise. Ar weight is generally from 110 to 190 ounds. I would like to know how Dr. fatcaire's remecy is to be used-taken in-varidly or used outwardly. Would very much like to try it. If you think it would o me any good. Do you think a drug-fat will dill the prescription properly? PEARL.

PEARL TIMELY ADVICE TO CORRESPONDENTS BY MRS. SYMES The Vaucaire remedy has been so frequently printed in these columns that it will be unnecessary for me to repeat it. It is to be taken internally, two soupspoonfuls before each meal, in water. Dr. Vaucaire also advises the drinking of mait extract during meals. Will you please ormula for eyebrow

The dose is two soupspoonfuls with water The dose is two soupspoonfuls with water before each meal. Dr. Yaucaire also advises the drinking of mait extract during meals. Ablutions of cold water and massage will also help to increase the size of the bust and to make it firn

tened fool alling sugar or

· All and the

for a very s

me

Animate alkanet. If grin Dooroot thank it is good to help contr the lips? If you have anything better, kind mough you have anything better, kind mough you have anything better, any you tell me of a recipe or oil to on the hair that wilk keep it curly when is raining or when the weather any terms Simple exercises, too, are often of benefit. If possible, they should be taken in the open air, walking itself being an excellent tonic. All the breathing ex-ercises and those involving motions of he head and neck are also good. Praclice deep breathing regularly. Stand before an open window once daily and inhale and exhale slowly twenty times.

The valuable part of your prescrip-tion lies in the tannin, which has irreat contracting powers. Instead of the formula you give, it would be just as good and much simpler to use plain glycerite of tannin. That ought to have the effect you desire. The formula for orange-flower cream is as follows: After all, however, nerve storms are usually due to concentrated egoism, if

## Orange-Flower Cream.

yceride Mange-flewer water Mi of netti grain Melt the first three ingredients, dycerne to the orange-flower w issolve the borax in the mixtu our it slowly into the blended fats, southmenely.

The effect of damp weather on the is solution will keep hair curie is time, though I do not know

Solution to Keep Hair Curley fluid ounces; bichlorate of her-salammoniac, 6 grains each. The chould be dissolved in the alcoho mixture. Lastly, add enough wate the whole measure one pint. Per en the hair with the fluid bel papers or pins.

Hair Falls Out Worse on Right Side

Can you tell me what makes my huhr, which is very long, but rather thin, come out worse on the right side? I am using the quinine tonic and massage my scalp the best i know how, but it seems to be hide-bound on the right side more than on the left. Ought the massage movements to be onfess 1 am at my wits to do. I do dread to los AN OLD SUBSCRIBER

The cause of your trouble sems to me to be a very simple one. You are right handed, are you not? Most persons you know, are. Well, then, you hav, simply been uncompelent Eyebrow Stain and Almond Milk mula for evence or evelash stain 7 will a slao tell me where I can get almond ik? I have tried at the druggist's and told me he never heard of it. Can you I me how to make it? Mrs. M. B. simply been unconsciously pressin harder on the right side than on the left and your ill-treated scalp is having it revenge! Some women seem to thin that massage means merciless drubbing Continue your use of the quinine tonk and make your massage movements little gentier, and I am sure all will come out right in the end.

let me know if peroxide of hydro-armless for the hair and head. A ays I should rub the white of an d before using peroxid then it will not harm any. How much and hould I use it, as my hair is of a made, and I would like to have it a shade? Should I use soap while

the best thing to certainly not a sl 

send me direction or eyelash stain?

rould like the formula for a good bath er-something to use in the bath to me the body and make the skin soft I know of no extremely good bath powder, though several of the proprie-tary powders are excellent. The lotion I am giving you will, however, fill all requirements, I am sure.

Peroxide on the Hair

-WRIGHT Underta

> and Embalme

Day Phone

Regina,

Night and Sunday

The chinese eyelash stain I am giv-ing you is a very good one, and may be used for the eyebrows as well. Be very careful in applying it not to touch the eye. The Vaucaire Remedy I am in need of a good bust developer, and would be very grateful if you will send me the formula of the Vaucaire remedy, or tell me where it can be produced. Mrs. L. C. Chinese Eyelash Stain.

The Vaucaire remedy is so frequently given in these columns that it seems strange that any one should miss it. It is, however, as follows:

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goats-10 grams 10 grams 10 grams ue) ..... eto phosphate of lime...... ncture of fennel ......

e all-important question which I ask is with reference to my arms, which so this and unshapely that I have to an from wearing short sleeves, ey are of very good size directly below

Recewater in ink and gum and triturate Powder the ink and gum and triturate mail quantities of the powder with the rosewater until you get a uniform black ing-uld in a powder, and then add the remain-der of the rosewater to it. It should be ap-plied with a very tiny camel's-hair bouch. What I know as almond : lik is simply powdered almonds mixed with water. If this is what you want, you can yourself see how easy and sim-ble it is to prepare. It is the only thing I know under that name, ap-4 I rust that it is what you mean. Good Bath Powder

Developing the Arn.s

There is no way of actually short-ing the waist line, though a clever rangement of the dress can often ake it seem shorter than it is. The easurements for your height are, proximately, 32 bust, 22 waist and hips. I am giving you some rules the general reduction of flesh, and you persevere and have patience

e' Flesh.

To Reduce Waist and Hips. D breathing will help to reduce the measure and enlarge the chest. The hing exercise, too, are splendid as depleters. Raise the arms high the head, then, holding knees straight, o touch the floor with the fingerips. I erect, place hands on hips, bend from as far as possible to the right, then

To Reduce Hips and Legs. To Reduce Hips and Legs. A good exercise to strengthen the back of provide the strengthen the hips the strength of the strengthen the hips of the strength of