

VALUABLE HINTS ON RELIEF FOR YOUR BLEMISHES BY MRS. SYMES

Afraid to Use Remedy I saw your remedy for a large bust in yesterday's paper and snowed it to several people, who promptly told me it would only make the bust smaller by making it wrinkled and flabby, and also yellow; if this is true, can you recommend anything to keep the bust firm during the falling-off process?

As my bust is not firm, I would be afraid to attempt to try anything to increase the trouble. I have great faith in your remedies, having used the eyelash grower, which worked wonders. Do you think the bust reducer can narm me in any way?

FRANCES.

The remedy for reduction of bust will

indoor and cutdoor game, and girls who are thinking of getting up a team for the winter could not do better than be-

The remedy for reduction of bust will have no harmful effect. During treat-ment frequent applications of cold water and brisk rubbing with a coarse towel will ald in keeping the bust firm.

Troubled With Blackheads Will you please give me, through your valuatle column, a remedy for red blotches left by squeezing blackheads? I have pressed them so hard sometimes that the skin has come off and been sore; it has left a little scar. They make my face look bad. I make up my mind not to do it any more, but the blackheads come back, and I pick at them again. Please tell me how to get rid of them forever. I have a pretty good complexion, and would thank you to tell me how I can procure a smooth satin skin, like a baby's, as that is what I should like. I also seem to be losing my color, and would be grateful to know how to get good, rich blood. Please recommend something. Thanking you in advance for this and past good advice which I have received, I am DESPONDENT.

Try the following treatment for blackheads, and afterward use the lotion for which I am giving you formula. It will allay any inflammation, and is also very good for the enlarged pores which sometimes follow blackheads.

Treatment for Blackheads. Get the correct camel's-hair face scrub brush, a bland toilet soap, a little good cold cream or toilet cream of superior merit—there are many of them—and a few cunces of con mon washing soda. If the black points are very distinct, press them out; if not, scrub the face morning and night with hot water, into which you have put a bit of the soda about a filbert in size to each quart of hot water; soap the brush precisely as you would were you going to precisely as you would were you going to use it for your hands, and scrub the face

How to Use the Camel's-Hair Face Scrubbing Brush.

Immerse the brush in water as hot as can be pleasantly borne. Soap it well, just as you would if you were about to use it for your hands Scrub the face thoroughly, taking especial care of the places that most require cleansing. Rinse the face with cooler clean water, so as to get all the soap out of the pores. Dry carefully and apply a cream or toilet balsam; any good emollient will answer.

Lotion for Inflamed Skin. Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces. Use as a wash two or three times a day.

To Darken Blonde Hair

Kindly inform me if a hair stain can be made for blonde hair that will not be reddish, and what it may be? I have tried sage tea, which answers for a while, but after continued use it looks on the hair a greenish shade. Can it be toned down to suit blonde hair, not a reddish hue?

A. S. F.

ck tea as a basis for hair tonic is suc-

I think you will find the black-tea tonic more satisfactory for your hair than the sage tea. Of course, all stains have to be repeated when the color needs renewing.

terial is usually worn.

A picturesque costume for outdoor play is short skirt of cloth, with sweat-

er to match. Red, white or blue cos-tumes are particularly good. Team work is the stronghold in basketball, and the

sacrifice of personal glory to the gen-

The Use of Pumice

I had been interested in reading the paper where you give advice to people that need help. I am a girl of 20 years, and have been bothered this last year with hair growing on my body. I don't know what makes it grow, and don't know how to remove it. I would ask you to kindly assist me.

MATRON.

For the removal of superfluous hair on the body, try the plaster stick or pumice stone treatment, both of which have proved beneficial in many cases. Pumice Treatment for Superfluous Hair.

Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair rub the skin afflicted with the superfluous growth and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night before retiring.

Red Hands and Face

Will you give me a remedy for red hands and face? My face and hands are not sunburned, but are always very red, and I will appreciate some remedy which will make my face and hands whiter. If you will publish one in your columns, I will certainly thank you. GREENSBORO. Red hands and face come from various causes, and are frequently constitutioncauses, and are frequently constitutional, in which case they are very hard indeed to combat. Abstain from bloodmaking foods, and do not use water that is extremely hot or cold. It is better to use a good face cream. I am giving you lotion for whitening the hands. Wearing cosmetic gloves has been very successful in some cases of red hands, and I am giving you directions for making

To Whiten the Hands. Lanolin, 100 grams; paraffin (liquid), 25 crams; extract of vanilla, 10 drops; oil of

mix and apply when necessary. To Make Cosmetic Gloves. Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

Cosmetic Glove Paste. Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of

Cosmetic Glove Paste No. 2. Home-made soft soap, ½ pound; olive oil, 1 gill; mutton tallow, 1 ounce.
After boiling these together remove them from the fire before adding: Spirits of wine, 1 gill; ambergris or some other perfume to an amount to suit the taste, always being or your guard not to scent things too highly.

Dandruff Causes Hair to Fall

in a few days. My nerves are in poor condition. Would constitutional treatment be beneficial, combined with local treatment? My hair has never been as long or thick as I desire, especially the latter. It is rather dry, so I would like something that would not have a tendency to dry the hair nor yet make it greasy or damp. If you can give me formula for something that will stop the falling, cure dandruff and make the hair grow long and thick you will have my lasting gratitude. My hair is blonde. I wouldn't wish it any darker. Thanking you in advance, and hoping you will help me as soon as possible, I am your, etc..

You must first get rid of the dandruff,

assets to be speed, accuracy, strength, endurance and, above all, control of

A game that requires these qualifications is bound to have a whosesome ef-fect on mind and body.

temper.

You must first get rid of the dandruff, and I advise you to use the lotion for which I am giving you formula until it has entirely disappeared; then treat with the quinine tonic, which will promote the growth of your hair.

To Remove Dandruff. Tincture of cantharides, I ounce: liquid of ammonia, I dram; glycerine, ½ ounce; oil of thyme, ½ dram.

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Quinine Hair Tonic. Sulphate of quinine, 1 dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces; mix, then further add glycerine, 4 ounce; essence royale or essence musk, 5 or 6 minims.

Agitate until solution is complete. Apply to the roots every day.

To Remove Wrinkles

I am a new reader of your paper, and ask some good advice to remove wrinkles, which are under my eyes, and one goes across my nose, connecting with the laughting wrinkles. I am 16 years old, and very stout. Please tell me how to remove them? P. C. S. Massage with a good face cream, using the tips of the fingers gently, with a rotary movement upward and outward. This movement should be given fifty times each day.

Pores Too Large I am very much troubled with enlarged pores and blackheads. On my nose and cheeks the pores are very large, and I can squeeze a brownish matter out of them. I have used two bottles of the boric acid and witch hazel, but it did no good. Can you tell me something else to do? I will very reappreciate it.

A READER. Try the following lotion on your face, and at the same time abstain from spicy, stimulating, greasy foods and sweets:

Astringent Lotion. Dried rose leaves, 1 ounce; white wine vinegar, ½ pint; rosewater, ½ pint. Pour the vinegar on the rose leaves and let them stand for one week, then strain and add the rosewater, throwing the rose leaves away. The lotion may be used either pure or diluted by putting a tablespoonful into a cupful of rosewater. Do not keep in a metal vessel.

Harmless Rouge. Will you please give me the ingredients of a harmless rouge? Please publish in your columns as soon as possible. Also, will you please tell me what I can do to regain my rosy cheeks? I was very rosy until a few months ago, but since that time have been very pale. I should be very grateful to you. Yours truly, I am giving you formula for a harm-

ss rouge. Better try to bring the roses

back to your cheeks in the natural way. Take plenty of exercise in the open air, bathe daily and eat good, wholesome Strawberry Natural Blush. Fresh, ripe strawberries, 3 quarts; distilled water, 1 pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire. fire. Let the water simmer for two hours, and strain through a fine hair sieve. When cold add pure alcohol, 12 ounces; best Russian isinglass (dissolved), 39 grains; pure carmine (first dissolved in the alcohol), 15 grains; attar of roses, 4 drops; oil of neroli, 2 drops; oil of cedrat, 5 drops.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Troubled With Blackheads and Pimples. As you have helped other people before, I thought I would write and see if you could help me. I have had blackheaus and pim-

ples for over two years, and they disfigure my face dreadfully. DISFIGURED. I am giving you formula for a lotion which is excellent for the removal of blackheads; also one for a cream which has been very successful in the re-moval of pimples. However, if they are from internal causes, this will not effect a permanent cure. The woman who is troubled with blackheads and pimples should abstain from all rich food—pork in every form, hot breads and sweets. She should drink neither coffee nor tea

and live as much as possible on fresh or stewed fruit and green vegetables. She should take a daily bath and a great deal of outdoor exercise if possible. Blackheads of the Skin. Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.
Use with friction twice a day on the skin affected.

Pimple Cream. Petrolatum, 1 ounce av.; lanolin (anhydrous), 1 ounce av.; hydrogen peroxide, 1 fluid ounce; acetic acid, 1 fluid dram.

This preparation, usually employed for the removal of pimples, may be also used for blackheads.

Complexion a Worry

My complexion a Worry

My complexion is the source of a great deal of worry to me, and I feel most confident that you could help me. In the first place, I have freekles—not large, heavy ones—but I believe I prefer those to the kind I am afflicted with, for I call it an affliction; but, instead, they are light yellow and very close together on the sides of my face. I also have them on other parts of my face, and my hands, too, have the same kind, just heavy enough to be noticeable. At times I just get so discouraged, especially after I am dressed to go out. Is there any kind of face wash or bleach or something of the kind which I might use just before going out which would sort of cover up the freekles, and if you will also suggest a lotion for the permanent removal of same. I am sure I will certainly appreciate your kindness? Will you also tell me what I might use to whiten my neck? It seems rather dark. I will watch your column with the utmost patience, awaiting the answer of a troubled Alton girl.

First try the simple remedy of glycerine lotion for the freckles. If this is not effective, use Dr. Shoemaker's bleach, which I am giving you below. To whiten your neck use peroxide of hydrogen. Pour a little in a saucer and apply to the skin with a soft cloth.

Dr. Shoemaker's Bleach. (For tan, freckles and yellow discolorations of the skin.) of the skin.)

Bichloride of mercury in coarse powder, 8 grains; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Agitate until solution is obtained. Mopover the affected parts. Keep out of the way of ignorant persons and children.

To Stop Hair From Falling I have had your prescription for black-heads—boracic acid, alcohol, rosewater—filled, and am using it. My skin is very small-pored. Is there any danger of enlarging the pores. If so, please tell me some way to avoid or prevent it. I have had considerable trouble with falling hair, especially the last few weeks. My hair is a yellow brown and curly around my face. When I use whisky and quinine it makes my hair straight and darker.

I have no trouble with oandruff. I never have ratted my hair. For a few months I have worn it parted and low on my neck. Before, I wore a loose pompadour and a low knot. I brush my hair every night, and shampoo once every two or three weeks. I know no cause for its falling.

If you can offer any suggestion, please tell me how soon I should notice the effects.

M. S.

The lotion referred to will not injure The lotion referred to will not injure the lotton referred to will not injure the pores of the skin. I am giving you formula for lotion, which has been most successful in stubborn cases of falling

Falling of the Hair. Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

To Remove Fullness Under the Eyes

Will you kindly tell me if olive oil, when used on the face, will cause hair to grow? I find it very cleansing, but am afraid to use it till I hear your advice. Also, my eyes are very full underneath, and it makes the eye look smaller. What shall I do to remove the fullness?

I always enjoy your page and have tound some very good hints among your answers. IMPORTANT.

When there is a tendency to superwhen there is a tendency to superfluous hair on the face, using olive oil will frequently promote the growth. However, I have known of cases where it has not had this effect. To remove the fullness under your eyes massage as follows: Use both hands, place the

I am giving you formula for paste that has been most successful in the removal of brown spots and freckles. Any open-air game, such as tennis, golf, etc., would be a good thing for your nervousness. If this is impossible, take a simple course of gymnastics in your room each night before retiring. Be sure to have the windows open so that the air will be pure and fresh. Peroxide of hydrogen will remove the stain on your neck. Pour a little in a saucer and apply to the skin with a soft cloth.

PARTS OF THE

BODY

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

Apply and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerine of starch.

Pimples Leave Scars. I am a young man, and have been a reader of your columns for quite awhile. My face has been covered with pimples, which have disappeared, leaving scars so thick you can hardly see the skin. Will you please answer this in your column and oblige

BABY. Massage with the following cream

and use the lotion for the removal of scars which I am giving you. Witch Hazel Cold Cream. One ounce each of white wax and spermaceti, ¼ pint of oil of almonds.

Melt; pour into a mortar, which has been heated by being immersed some time in boiling water. Very gradually add 3 ounces of rosewater and 1 ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

To Remove Scars. Lanolin, 2 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a

To Remove Superfluous Hair I saw your recipe for removing superfluous hair printed several times in this department and tried it.

The one I refer to is peroxide of hydrogen. I am sorry to say it has had no effect. I think the trouble was that I did not use it often enough. I was a little afraid. Will you please let me know through your department how it may be used? The growth is a very slight one on my chin. Oblige.

ANXIOUS.

I have never claimed that peroxide of

HEALTH THROUGH HYGIENE --- THE VALUE OF GOLF

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you begin? Will you ride or drive to the links, or will you walk? How many holes are you going to play, and what do you mean to do after the game? Naturally, all of these details will depend upon the girl, the upon her condition.

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Golf is better than medicine, and will

courage and self-mastery will bring