

of the body. No other part of the human body is more susceptible to unhealthy condi-tions, more in need of external nour-ishment or more responsive to proper care. Give your hair proper care, and it will never die will never-die.

Nose Red and Coarse I noticed in your columns the article on blackheads. I have been in the habit of squeezing mine out, as a result of which nuch, and a husband who loves me very nuch, and they are all so pleased, when look particularly well that, if I can keep nyself fresh-looking. I feel it a duty. I know you must be very busy, but if you vill please let me know as soon as pos-tible I will begin your treatment imme-tately.

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Roughness of Skin on Arms

Koughness of Skin on Arms Tam an interested reader of your column, and noticing how many are benefited by prevention of the skin of the skin on my limbs and upper part of arms. It appears like small red pimples, and comes only in winter. In summer the skin is as smooth and white as marble what puzzles me is that it affects only these parts, while the rest of my body is scentionally free from blemishes. I notice my little daughter of 10 years is also be simming the same way. MRS, M. C. Think the roughness on your arms and limbs is the result of improper cir-culation of the blood, probably due to the extremely cold weather. I advise you to rub the affected parts briskly what a lesh brush night and morning. The sum this will correct the trouble.

Simple Remedy

Annoying Pimples and Blotches

Berner die. **USEFULLNESS OF MASSAGE**The of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and keeping up the amount of the surest ways of stimulating the sealp and premature grayness.
Thace the hands on either side of the search the hair of course, needs more than once in two or the surest has the object is to loost and making wheel-like movement.
Don't forget that the object is to loost of the hair is too and to be what is and to be what is and to be what is and to be what an is too and to be what and the hair is too and to be what and the hair is too dry, or too oily, it is afflicted with andruff or is too dry, or too oily, it is afflicted with warm towels, followed by a

light exercise. Wash your face once a day with pure soap and water, and at night before retiring apply the lotion for which I am giving you formula. Wash for Delicate Skin.

Boracic acid. 1 dram; distilled witch ha-zel, 2 ounces; rosewater. 2 ounces. Hips Too Large

I am a regular reader of your helpful hints to subscribers of your column, and thought you might give me some advice as to the following:

CLIPPING AND COMBING

The sense.
As a general rule, the hair should not be washed oftener than once in two of three weeks. However, I know of cases where once a week seems not to do any good condition. The effect of a sham of condition of the hair be taken into the condition of the hair be taken into consideration in order to decide this consideration in order to decide this is frequently accuse to do this is is frequently a cause of the hair be taken into the sound for the date of the hair. A good method in general is as followed by the sound for the hair be calp with the finger-tips, care being taken to avoid scratching with the malks.
A good method in general is as followed by the base and the conduction of the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than this is approximate the hair be oligi. More than the hair be oligi. More than this is approximate the hair be oligi. Several waters hould be used until the last one is performed the the fingers or a brush. This is a much simpler process than rubbing the hair be oligi. Several waters hould be used until the last one is performed the the fingers or a brush. The larger of a brush the malk is a prover to possess beautiful healthy on the approximate the bautiful the source of the bautiful the bauter the beautiful hea

in treating it. You will be amply repaid for all care and attention, bestowed upon it.

to rinse thoroughly

Be sure

the pores of my nose are very large, and it seems to have become kind of nobby or round on the end, and it looks very coarse ind red. is there any remedy? RAG. Try using the lotion for enlarged pores a vour nose Lotion for Enlarged Pores.

diately. A. H. W. I am quite in sympathy with your wish to keep yourself young and attrac-tive looking for the sake of your hus-band and children. I am giving you the formula for Dr. Vaucaire's remedy. As you will see, he advises the use of malt in connection with it. I scarcely think you will find it necessary to take a tonic while using the remedy and malt, as they both act as a tonic to the general system. For the works Boric acid, 1 dram; distilled witch hazel, ounces. Apply with a piece of old linen r a bit of absorbent cotton. Cleanse the kin thoroughly before applying.

> good skin food. Take one side at a time. Thrust the tongue under the line so as to hold it firmly up in contae. With the cushion of the hand. Smooth the line with this cushion just as yed would smooth a wrinkle out of a piece of sikk or satin-gently, but firmly, and with many movements-and then squeeze and twist the muscles gently all around it in such a direction as will tend to fill up the crease, but do not bridge the skin of your face and nect and leach for your face and nect and bleach for your neck. Go in the sympethic direction of exercise and get plenty of fresh at. Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galegs, (gatsrue), 10 grams; lacto pluschate of lime 10 grams; thuture of fennel, 10 grams; sim le syrup, 400 grams The dose is two southout fulls with water before each much. Dr. Taucarre files ad-vises the drinking of malt extract during meals

the general system. For the winkles running from nostrils to chin, try the following massage movements, using a llowing massage movements, using bod skin food. Take one side at

Bleach for the Neck.

A. H. W

Take fresh strained cucumber juice, bolt it for five minutes, and for every five ounces of juice add: Pulverized borax, 175 grams, Acetaie of soda, 90 grams, Tincture of quillaie, 2% ounce. Tincture of hensoln, i drams. Rosewater, 1 pint. Mix thoroughly and apply two or three times a day until the stain is removed.

Treatment of Blackheads

Will you kindly give me advice as to the treatment of coarse pores and b ack-heads (nim.1s seppear very seldom). Flesh-worms in the mes are large, and pressure lesves an opening which does not close. The complexion birus and jure soap are used nightly, but seem to be of no avail, and cold creams clog the pores rather than benefit.

benefit. Benefit the pores rather than BELLE. I am giving you formula for a lotion which has proved most successful in the treatment of obstinate blackheads also see answer to "Rag" for formula for lotion for enlarged pores. Lotion for Blackheads. Pure brandy, 2 ounces; cologne, 1 ounce: liquor of potassa, ½ ounce. Apply at night, after washing the face thoroughly with soap and water.

A Sick Room Hint.

A Sick Room Hint. I Na recent case of illness in which a pleasant air of the sick room was no-ticeable. When commented on, the nurse explained how it was managed. A few pleases of arown paper had been soaked in situeture water and allowed to dry. When occusion required, a piece of his was laid in a tim pan kept for the purpose (the er al scuttle would do), a handful of dred lawender flowers laid use for the suggestion in the same ine applies to the use of lawender in another form. A few drops of oil of lawender poured into a glass of very another will purify the air of a room

Amatons to Acco 100mg Twould like your advice in regard to my omposition. I sum wery thin, little woman of 0, and -well in a sum going to try ban my commission of your help in more than my commission of the bust; and which is the better, ported or ale, for quick results? Thave two lines running from the nose to the corners of the mouth should the; be massaged up or with dow ward strokes and how many? My complexion, or sith is discolored

If the beneficences of sunshine were more generally understood and appre-clated, every house owner would have somewhere about the house a solarium or sun room. The ancient Romans knew the value of sunshine and always had solariums attached to the house or form-ing part of it.

Clean fresh eggs and clean pure milk are free from the bartful elements der tected by a microscopic examinatio- of supposedly good meat.

you might give me some advice as to me following: I am very anxious to reduce my hips, which are too large, considering the other sortions of my body. I have been doing the exercise prescribed by many physical cul-turists, "stiffening the knees and bending down as far as possible," but this seems to increase my hips. Do you think this prob-able? I am a great walker. Any information offered will be much ap-preciated. A.S.

MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS.

A. S. I know of no exercise better than the one you mention for the reduction of the hips. Continue with that, and make fre-quent applications of clear alcohol. Be careful not to eat flesh-producing foods.

Permanent Cure for Superfluous Hair

Simple Kennedy An very much interested in your recipes though your column what will remove superhous hair from the face, as I have a based in the second second second second to the second second second second second to the second second second second the second second second second the second se Kindly inform me through your column if superfluous hair can be permanently re-moved. If so, how? HOPE. Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced per-son.

Harmless Dye

Harmless Dye Thave profited by a good many of your recipes, but this is the first time I have My hair was coal black, but now it is prinkled with gray. Can it be restored to the thing of the second the second the prinkled with gray. Can it be restored to the thing of the second the second the the second the secon Innoying Pimples and BlotchesspringWill you please give me a little addresMy face is entirely too fat and puffy-lookmy face is entirely too fat and puffy-lookWill you please give me a little addresMy face is entirely too fat and puffy-lookmy face is entirely too fat and puffy-lookwill you please give me to keep freeMy face is entirely too fat and puffy-lookmy face is entirely too fat and puffy-lookwill you please give me to keep freeMy face is entirely too tim noreMy face is entirely too tim norewill you please it to burn and breakWy face is to burn and breakMy face is entirely for out morewill you please it to burn and breakWy face cleared of pimples andMy face is entirely for out morewill be you claumeWill be you you fatMy face is entirely for out morewill be you claumeWill be you you fatMy face is entirely for out morewill be you claumeWill be you you fatMy face is entirely for out morewill be you claumeWill be tweet hourMy face is entirely for out for out morewill be you claumeWill be you you fatMy face is entirely for out for out morewill be you claumeWill be tweet hour fatMy face is entirely for out for out morewill be you claumeWill be tweet hour fatMy face is entirely for out for out morewill be we a furt and take someMy face is entirely for out for out morewill be we a furt and take someMy face is entirely for out for out morewill be we a furt and take someMy face is entirely for out for out morewill be we a furt and take Dye for Hair.

Pyrogallic acid, % ounce; distilled water (hot), 1% ounces; Dissolve, and when the solution has cooled add gradually rectified spirit, % fluid ounce. The above is full strength, and will make the hair almost black. Diluted with water, it will stain the hair from dark to light

brown. Dyes should never be applied when there is any irritation or abrasion of the scalp.

Skin on Face Drawn

Some time ago I used a very strong medi-cine on my face by mistake. Since then my skin is very dry; the skin on my checks is drawn. Could you suggest anything to soften it? I have used different things on it, but it does no good. It seems as if the skin could not absorb it; in the morning it is as dry as ever. Before using this I had nice, soft skin;

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which hazel cold Cream. One ounce of white wax and spermaceti; e-quarter pint of oil of almonds. Meit: pour into a mortar which has been ated by being immersed some time in iling water. Very gradually add three nees of rosewater and one ounce of witch zel, and assiduously stil the mixture until emulsion is formed, and afterward until e mixture is nearly cold. This cream is particularly useful to heal re or stretched škin.

Correct Sitting Position

Correct Sitting Position I have been taking the paper for some time and enjoy your page more than the other pages altogether. I wanted to ask you if you would be so kind as to pic-ture the correct position at table of body when eating. Should the hands rest on table or forward—and I am using? Should feet be crossed, or how? The osteopathic doctor tells me my back is stift—will not bend back or forward—and I am using your movements up. A believe it will in time. That is the correct position, and would try to attain it. Thanking you for the many helpful botts I have already received. I am. Your respect-tury. The correct position for sitting at the

fully, MRS. C. A. The correct position for sitting at the table is with the body upright and the feet on the floor close together. In leaning forward, bend from the waist only, keeping the body in an upright position. When not in use, the hands should rest in the lap.

Todide of potassium, § grama; vaseline, 56 rrams; lanolfn, 50 grams; tincture of ben-soin, 20 drops. Make into a pomade and rub all over the lat parts twide a day. You should abstain from food that is er-pecially fat-forming-cereals, potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

Lost Formula I saw in your beauty column some time ago a remedy for reducing flesh, which I have cut out and mislaid. Will you kindly publish it again? MADGE. I repeat the formula with pleasure. Pomade to Reduce Fat.

Annoying Scar Will you please give me advice is regard This is the first time that I have written you, but I am quite interested in the care of the hands, and in a recent issue I noticed an article on this subject; but I must be very stupid, because I confess that I do not vuite understand.

to sears that oome from oold bitsters? I think is more scaled in with a sub-take them away. They are very annoy take them away. They are very annoy take them away. They are very annoy take the are sub-take the are state in the are of the A NEW MEMBER A NEW MEMBER

Lanolin, 3 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a

Impatient for Results

To Whiten the Hands

st. I do not understand how the o glove paste is applied; and con by be put up at the drug store; do i "home-made soft scap"? When is y "To White the Hands" applied, or are the iwo spolled together? you consider these remedies batter t Eruption on Face Will you kindly think of what you can do for my face? There are little red and white blotches, sometimes they go away but they do not stay long. I have tried everything for a clear complexion. Think-ing you would help me, it would be a great benefit to me, and I thank you in advance. E. P.

Do you consider these remedies batter than some others referred to by "Leonie"? L The cosmetic paste is poured into large, loose gloves, and these are worn at might. The lotion to whiten the hands can be applied during the day when-ever convenient.

There is usually an inward cause for eruptions such as you describe. Gen-erally they are due to some form of digestive trouble. The salve for which an giving you formula is very sooth-ing and healing, but i think constitu-tional treatment will be necessary to effect a permanent cure. **Cream for Pimples.** Salleyfic acid, 30 grams; calomel, 1 dram; ind, 1 ounce.

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I got the prescription filled you had in the paper, to develop the bust, but you advise me to get will filled out again, as a would like to get storight oblige a faithful reader of nur paper. L C. You are too impatient for results. One bottle of the Vaucaire remedy will scarcely produce visible develop-ment. Try at least three or four be-tor you become discouraged.

Guckenpox Left Scars Thave a little girl just 1 year old who thas beet here with four scars on here these beet here with four scars on here these beet here with four scars on here these beet here with four scars on here MRS G. 1. T. To no st think you need worry about MRS G. 1. T. To do not think you need worry about MRS G. 1. T. To do not think you need worry about MRS G. 1. T. Mass of the scars on your little girls tace, as the scars on your little girls tace, as the scars is of your little girls tace, as the scars on your little girls tace, as Commercial Addresses Not Given In reading your advice in the beauty col-uma, I see you recommend the physician's remedy for restoring gray hair to its natural color, but you did not state where to pur-chase it. Will you kindly tell me, through the paper, where I can obtain it. M. M. Commercial addresses are not given in this department, but any reliable drug-gist will fill the formula for physician's reliedy at a moderate cost.

To Remove Scars.

Lanolin, 2 drams; continent of biniodide of mercury, 1 dram. Rub in well once a

Ghickenpox Left Scars

As massage will both add to and reduce fesh, how can one be sure that applying it to hips and abdomen will iessen it. as de-sired?

Careful

singeing is

important

to hips and abdomen will lessen it. as de-sired? I have profited several times by your ad-vice, but this is the first time I have writ-ten. My arms and legs afe very small, and I would like to do something to enlarge them before summen, and as I work all day and am very fired at night, would not have much, time for excreise. However, could give some short time to this. Is there noth-ing I could apply? I also have a stiff lead-er on the left side of my neck, and it pro-trudes out somewhat. Is there any remedy? TROUBLED

To Enlarge the Legs and Arms

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Anxious to Keep Young