

symptoms of ill-health in the body as do the lips. Fever blisters are the disfiguring reminders of a cold; dry, broken or bloodless lips show that one is out of sorts, even more certainly than heavy eye or dejected mien, and it is a woman's duty to endeavor to restore them to their soft, rich redness, which is the outward and visible sign of good health.

To do this the general system must be toned up, diet regulated, and a regular house-cleaning gone into; but there are certain defects of the lips that can be overcome without all this trouble, because they arise from a woman's own fault. Many of us, from nervousness or habit, have a way of biting our lips which will surely result in swelling, bruise or dryness that is both uncomfortable and unpleasant to look at.

Therefore, the first step is to break off so pernicious a practice by watching one's self very carefully. Next, anoint the poor, bruised members with some healing salve of a pure make.

Do not, however, think to cure chapped lips by anointing them after being out in the air. The time for treatment is before the mischief is done, putting on a little cold cream every time you start out for a walk, which you will find highly beneficial and will keep your lips in winter just as sweet and rosy as when the milder zephyrs of summer rule the air.

Remedies for the Lips.

A writer whose knowledge of such subjects is beyond question says that glycerine and rose water should never be used to soften the lips, as this remedy has one great drawback, namely, that it induces the growth of superfluous hair, a warning which all women will gladly heed, for no one desires to pose as a bearded lady. When cold sores appear rub them with cold cream, being careful not to break them, and they will soon disappear.

The reason that they usually cling so long is, that they are tampered with by rubbing or biting, and therefore cannot have a chance to heal properly, as they would if left alone. The same writer