he Necessity



ERY few persons understand the proper care and treatment of the hair, even in this day, when so many details in regard to it are requently published. This lack of nowledge and consequent carelessness is the cause of many of the cases of remature grayness, falling hair and diseases of the scalp. A healthy scalp means healthy hair, and therefore great care should be taken to keep it. In a perfectly healthy condition if a vigorous growth of hair is to be obtained. Neglect of the scalp and hair is fatal to health and beauty. Women are gradually awakening to the fact that the hair must be exercised; that it must be brushed and fed, and when sigkly and starved it must be doctored. No other part of the human body is more susceptible to unhealthy conditions, more in need of external nour-shment or more responsive to proper care. Give your hair proper care, and it will never die.

## USEFULINESS OF MASSAGE

One of the surest ways of stimulating the scalp and keeping up the amount of circulation it needs is scalp massage. Even ten minutes daily devated to this simple exercise would save many a case of falling hair and premature grayness. Loosen the hair and part it in the mid-die.

Loosen the flair and part it in the middle.

Place the hands on either side of the part with fingers a little separated, press gently and firmly into the scalp, at the same time pushing the fingers forward and making wheel-like movements.

Don't forget that the object is to loosen up the tight scalp. Nine times out of ten the person afflicted with falling or diseased hair is found to be what is called scalp-bound.

Where the scalp is in a healthy condition dry massage only is necessary, but if through neglect the scalp has become diseased, if it is afflicted with dandruff or is too dry or too olly, it is more beneficial to apply a suitable tonic when giving massage.

One of the commonest and deadlest enemies of the hair, and one of the most neglected, is dandruff. It may arise from singgish circulation, improper care of the scalp, mental strain and many other causes, but it is perfectly curable if properly treated.

If the legions afflicted with dandruff could only be brought to realize the dangers arising from it, I am' sure there would be a smaller percentage of poor hair, faded hair and bald heads. As soon as it begins to appear take steps to rout it.

The combination of scalp massage with a good dandruff remedy and frequent shampooing is the best treatment, and will invariably effect a cure if persevered in. Cleanliness is as essential to the hair as to the rest of the body, especially as dust and other impurities are very apt to collect in it. The periods between washings must be regulated by the necessities of the case and by common sense.

As a general rule, the halr should not

the necessities of the case and by common sense.

The sense of the case and by common sense.

The sense of the case and by common sense of the case of

borax may be added to the list bealt of water.

After thoroughly washing the hair and scalp, rinse thoroughly. Several waters should be used until the last one is perfectly clear.

Drying should be accomplished by rubbing with warm towels, followed by a

method of drying

good dry massage with the finger-tips until the whole head is in a glow. Whenever possible, dry your hair in the sun. A sun bath brings out its color and beauty as nothing else can.

When sunshine is not available, fanning is a good substitute. But avoid fire heat if possible. After the hair is thoroughly dry the tangles should be carefully removed with a coarse comb with smooth, round teeth, and then it should, be well brushed.

Don't neglect the ends; see that the brush touches the hair from the roots to the very tip ends.

## CLIPPING AND COMBING

Another important point which is often neglected is keeping the ends of the hair properly trimmed. They should be carefully examined, and at the least sign of splitting should be singed or trimmed. Neglect to do this is frequently a cause of premature graying.

splitting should be singed or trimmed. Neglect to do this is frequently a cause of premature grayness.

There are many devices in the shops for aiding in the care and beautifying of the hair. One of the newest is a scalp sprayer for applying tonic or perfume. This looks very much like a currycomb with nickel teeth, attached to a rubber bulb such as its seen on an atomizer. The teeth are hollow and are filled with tonic by compressing the bulb and then suddenly allowing it to expand. By running this comb through the hair close to the head and pressing the bulb the fluid is forced directly on the scalb. It is a much simpler process than rubbing tonic in with the fluiders or a brush. I believe that it is within every woman's power to possess beautiful, healthy hair if she will. And if you haven't it its because you are negligent. If you have beautiful hair, give it every care. If you have diseased hair, lose no time



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

to rinse

thoroughly

## MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS

Roughness of Skin on Arms Roughness of Skin on Arms

I am an interested reader of yoar columa, and noticing how many are benefited by your advice, I decided to ask you to help me also. Every winter, for imany years past—in fact, ever since I can remember. I have been troubled by the state of a remember of the state of the state of a remember 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 paris, while the rest of my body to exceptionally free from the years is also beginning the same way.

I think the roughness on your arms and limbs is the result of improper circulation of the blood, probably due to the extremely cold weather. I advise you to rib the affected parts briskly with a flesh brush flight and morning, and then rub in a softening oream.

Simple Remedy

Simple Remedy

Am very much interested in your recipes and advice. Will you kindly tell me through your column what will remove superfluous half from the proper lip? I would be glad if something could be done at home for it. Hoping you can tell me something to do, from an ANXIOUS ONE.

Wash the skin of the affected parts with a weak solution of ammonia and water, then put a little peroxide of hydrogen in a saucer and apply with a soft linen cloth. If this does not prove beneficial, you might try one of the depliatories trequently published in this department. I know of no other home treatment. If you can afford the services of an expert, electrolysis is a safe and permanent cure.

Annoying Pimples and Blotches

Will you please give me a little advice.
My face is entirely too fat and pully-looking. Also my pores are filled with sebaceous
matter. I keep pressing them out, but it is
a-very hard matter for me to keep free
from blackheads. Green soah, and ore
some real my face of the separation of the separation of the
sout in large blotches also to puff out more.
What caused this first I believe was the
use of a very strong ointment, which I
used to a swell and will eruption all over
my cheekes. I took blood purifiers for some
time. My face cleared of pimples and
blotches, but remained very swollen-looking, with range-d-looking wash rag, but still
the pores set clogged. I will be very happy
if you can advise me in any way through
your columns.

If think you can improve your complexion by being careful of your diet.
Abstain from rich food, pork in every
form, hot breads and sweets. Do not
trink coffee or tea, but a great deal of
water, especially between richels. Live
if you can rest of your field.
Abstain from rich food, pork in every
form, hot breads and sweets. Do not
irink coffee or tea, but a great deal of
water, especially between richels. Live
if you can great of the property of the period of the property of the period of th Annoying Pimples and Blotches

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 the second of the Hips Too Large

Permanent Cure for Superfluous Hair

Kindly inform me through your celumn if superfluous hair can be permanently removed. If so, how?

Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced person.

Harmless Dye

I have profited by a good many of your recipes, but this is the first time I have written for your advice. I am 40 years pid. My hair was coal black, but now it is sprinkled with gray. Can it be restored to its natural was coal black, but now it is sprinkled with gray. Can it be restored to its natural one send me a recipe that will not injure the hair or scalp. MRS. C. L.

I know of no method of restoring gray hair to its natural color except by staining it. The stain for which I am giving you formula has proved most successful in many cases.

Dye for Rair.

Pyrogalile acid. % outdoy: distilled water

Dye for Rair.

Pyrogallic acid. % ounce: distilled water that, 14, ounces. Dissolve, and when the solution has cooled add gradually rectified some add gradually rectified. The above is full strength and will make the hair almost black. Dill d with water, it will stain the hair from dark to light brown.

Dyes should never be appare, when there is any irritation or abrasio the scalp.

Skin or abrasof the scalp.

Skin on Face in on Face in on season time ago I used a RONTing medicine on my face by mist nee then my skin is very dry; cheeks is drawn.

Could be season to back the season to be sea

now it is dry and drawn. Around my eyes I have wrinkles; before using it I did not have the sign of a wrinkle in my face. Do you think it affected the oil glands of my face? I do not perspire any since using it. I will be deeply grateful to you for answering this.

I think it quite possible that the strong medicine used on your face may have affected the oil glands. However, the skin can, no doubt, be brought to its natural condition by proper treatment. The cream for which I am giving you formula has proved beneficial in similar cases. Try massaging the skin with it twice a day—just before retiring is a good time, and then it is well to allow the cream to remain on overnight.

Witch Hazel Cold Cream.

One ounce of white wax and spermaceti:

Witch Hazel Gold Creem.
One ounce of white wax and spermacetl:
one-quarter pint of oil of almonds.
Melts pour into a mortar which has been
heated by being immersed some time inboiling water. Very gradually add three
ounces of rosewater and one ounce of witch
hazel, and assiduously stir the mixture ustil
an emission is particularly useful to heat
sore or stretched ekin.

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 sak you if you would be so kind as to picture the correct position at table of body when eating. Should be been that as to picture the correct position at table of body when eating. Should the hands rest on table or in lap when at The osteopathle doctor tells me my beck is sift—will not bend back or forward—and I am using youf movements given a tew weeks ago to try to limber it up. I believe it will in time. That is the reason I have an comfort eating my meals, I suppose.

I suppose.

I make very much to know just the correct position, and would try to attain it. Thanking you for the many helpful hints I have already received, I am, yours respectfully.

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.

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

Pomade to Medice Fat.

Iodite of pofuseinn, 5 grams; vaseline, 56 grams; lanolin, 50 grams; tincture of ben20 dops, 30 dops, 30

Will you please give me advice in regard

to sears that come from cold blisters a think I must have scaled my face with ammonia, for I used it on the cold blisters, to take them away. They are very annoy-ing; the dirt seems to settle in the scaled-skin. The sken is always very rough. Hop-ing to get advice in the paper, I reman, I am giving you formula for a lotion which has proved very successful in the removal of scars. In addition to its use massage them frequently "ith the witch hazel cream, formula for which is given to-day in answer to "Bessie S.". Penyors Sony

To Remove Scars. Lanolin, 3 drams; continent of binicidide of mercury, 1 dram. Rub in well once a day.

Eruption on Face Will you kindly think of what you can do for my face? There are little red and white blotches, aometimes they go away, but they do not stay long. In worth they do not stay long. The Tink-ing you would help me, it would be a great benefit to me, and I thank you in advance. E. P.

There is usually an inward cause for eruptions such as you describe. Generally they are due to some form of digestive trouble. The salve for which I am giving you formula is very soothing and healing, but I think constitutional treatment will be necessary to effect a permanent cure.

Cream for Pimples.

Impatient for Results Impatient for Kessuts

I got the prescription filled you had in
the paper to develop the full that
you have the prescription for the more would
you advise me to get it filled out again, as
I would like to get stouter, or can you give
me another prescription? Oblige a faithful
reader of your paper.

L. C.

You are too impatient for results.
One bottle of the Vascaire remedy
will scarcely produce visible development. Try at least three or four before you become discouraged.

Commercial Addresses Not Given In reading your advice in the beauty column. I see you recommend the physician's
remedy for restoring gray hair to its natural,
color, but you did not state where to purchase 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 druggist will fill the formula for physician's
remedy at a moderate cogs.

To Whiten the Hands 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 quite understand.

First, I do not understand how the cosmetic glove paste is applied; and can this remedy be put up at the drux store; do they have "home-made soft soap"? When is the remedy "To White the Hainds" applied, and how, or are the two applied together. Do you consider these remedies bear than some others referred to by "Leonis"? The cosmetic paste is poured into large, loose gloves, and these are worn at night. The lotion to whiten the hands can be applied during the day whenever convenient.

How to Apply Hair Stain How to Apply Hair Stain

Some hair dyes, I notice, we are told to apply with finetooth comb, combing through and through, or with small brush.—Should think, in either case, if the discolored, or are 'here some dyes which do not color the skin, yet do the hair?

Can the hair, be shampooed after using dye, without affecting the dye?

Please accept much gratitude for the manily have received through your untiring efforts, and believe me, very sincerely yours.

Hair stain sheuld always be first applied to the roots of the hair with a small brush; a clean toothbrush will answer the purpose. Next, with an ordinary brush distribute the stain evenly through the hair. If a small quantity gets on the scalp it can be carefully removed with soap and water, but the hair always requires an application of the stain after a shampoo.

Chickenpox Left Scars

Chickenpox Left Scars Chickenpox Left Scars

I have a little girl just I year old who had the chickers about three weeks ago. I have a little girl year of the second of the chickers about the weeks ago. I have been seen to be seen to see the sears on her face. Would you kindly let me know it anything could be done to remove them?

I do not think you need worry about the sears on your little girl's face, as the sears left by chickenpox generally disappear gradually, or at least fade until they are searedy netticable. Rubbing frequently with a good cold cream will no doubt help them to disappear more rapidly. See also formula for a lotton to remove sears in answer to "A New Member."

To Remove Scars.

To Remove Scars.

Lanolin, 2 drams; ointment of biniodida of mercury, 1 dram. Rub in well once a day.



Nose Red and Coarse

I noticed in your columns the article on blackheads. I have been in the habit of squeezing raine out, as a result of which the pores of my nose are very large, and it seems to have become kind or gobby or round on the habit produced in their any remedy? RAG.

Try using the lotion for enlarged pores on your nose.

Lotion for Enlarged Pores. Soric acid, I dram; distilled witch hazel, bunces. Apply with a piece of old linen a bit of absorbent cotton. Cleanse the

singeing is important

To Enlarge the Legs and Arms As massage will both add to and reduce flesh, how can one be sure that applying it to hips and abdomen will lessen it, as desired as the sure that applying it to hips and abdomen will lessen it, as desired as the sure that a sure that

Thanking you in advance, I am yours.

One of the easiest and simplest exercises to develop shapely legs is to riso on the tip-toes frequently. This develops the calf and keeps the anke small. You can practice walking on tip-toes in your room while dressing. Since receipt of your letter I have written an exhaustive article on how to improve the arms, and you will find it contains all the information you need in this resur neck a hand rubbing every light with witch hazel or some good the receipt of the stiff leader with with hazel or some good in the sexcellent. It is no doubt puzzling to be told ito increase flesh take massage, and, again, 'to reduce flesh take massage,' but this can be easily explained. If you are too fat, take very vigorous massage, which will cause the fat to disappear; while on the other hand, if you are too lean, take gentle massage, land, upon the content of the content o

Anxious to Keep Young Anxious to Acep 1 totals

I would like your advice in regard to my complexion. I am a very thin, little woman of the and-well, I need your help in more than my complexion. I am going to try to the better, porter or ale, for quick regular.

I have two lines running from the nose to the corners of the mouth. Should they be massaged up or with downward stroken. and now many.

217 Complexion, or skin, is discolored.

sible I will begin your treatment immediately.

I am quite in sympathy with your, wish to keep yourself young and attractive looking for the sake of your husband and children. I am giving you the formula for Dr. Vaucaire's remedy.

As you will see, he adyless the use of mait in connection with it. I scarcely think you will find it necessary to take a tonic while using the remedy and mait, as they both act as a tonic to the general system. For the wrinkles running from nostrils to chin, try the following massage movements, using a

following massage movements, using a good skin food. Take one side at a time.

Thrust the tongue under the line so as to hold it firmly up in contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk 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 bruise the fiesh. Massage will also be good for the skin of your face and neck, and I am giving you formula for a good bleach for your neck. Go in for hygienic living—drink quantities of water. gienic living—drink quantities of water, be careful to eat wholesome food, take some form of exercise and get plenty of fresh air.

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of mati-extract during meals.

Bleach for the Neck. Bleach for the Neck.

Take fresh strained cucumber juice, boil
it for five minutes, and for every five ounces
of suice do for every five ounces.
Pliverized borax, 175 grams,
Acetate of sods, 80 grams.
Tincture of guillais, 2½ ounces.
Tincture of benzoin, 4 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 black, heads opiniple saphear very seldom). Flesh worms in the mose are large, and pressure leaves an opening which does not close. The complexion brush and pure soup are used nightly, but seem to be of no avail, and cold creams clog the pores rather than benefit.

tam giving you formula for a lotton which has proved most successful in the treatment of obstinate blackhead; also see answer to "Rag" for formula for lotton for enlarged pores.

Lotion for Blackheads.

Pure brandy, 2 ounces: cologne, 1 ounce; liquor of potassa, ¼ ounce.

Apply at night, after washing the face thoroughly with soap and water.

A Sick Room Hint.

A Sick Room Hint.

In a recent case of Iliness in which a trained nurse was employed, the pleasant air of the sick room was noticeable. When commented on, the nurse explained how it was managed. A few pleces of brown paper had been soaked in saltpetre water and allowed to dry. When occasion required, a plece of this was laid in a tin pan kept for the purpose (the coal scuttle wowers laid upon it, and a match applied. The aroma was particularly suggestion in the same lime and same lime and the same lime and the