

Glassful an hour before esting

OW and when and where we drink water seems to most of us such an unimportant part of our daily existence that we really ive the matter very little thought. It seems so much like something for nothing that we neglect what is really not only a preventive of, but a panacea for, A beginning of kidney trouble lies in

A beginning of kidney trouble lies in the fact that people, especially women, do not drink enough water. The few general hints I am giving are well worthy of consideration.

Try to drink as little water as possible with meals, but take a glassful about half an hour to an hour before eating. This rule alone, persisted in day after day and month after month, will improve the general health and the complexion likewise.

Water taken with meals should be sipped as well as taken sparingly. Ice water should be taken as seldom as possible, never would be a better rule. And the habit of putting chipped ice in the drinking water is to be avoided, as one never knows what may be taken into never knows what may be taken into the stomach through this medium. The better way is to fill bottles with water

and allow them to stand beside ice to Tests which have been made show that one gill of ice water, which means an average tumblerful, poured hastily down the throat reduces the temperature of the stomach so that it takes it more than half an hour to regain the heat it has lost.

Cold water, sipped slowly, will quench the thirst and not cause such a result. When in doubt about the purity of the drinking water the following simple test can be made: Pour a pint into a per-fectly clean bottle, cork it securely and allow it to stand five or six hours. In-stantly on withdrawing the cork smell

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OW and then people such as washerwomen, who use strong washing soaps or powders, are troubled by an obstinate eczema which cannot be cured until the cause is removed. I heard of a case like this the other day where a young girl who served as waitress also laundered the table linen. It was only after the most careful investigation that she admitted using a powder in the water for whitening the linen. Her hands were in such condition that she was obliged to wear gloves in her capacity as waitress, and her nails were in the most shocking state. No treatment did anything to alleviate this condition until the cause of the whole trou-I heard of a case like this the other ment did anything to alleviate this condition until the cause of the whole trouble was discovered and stopped.

Some girls suffer from itching or burning directly after the bath. This affection, called bath pruritus, may continue for only a few minutes, or it may last for full half an hour. It is confined chiefly to the legs. It seems to be increased by too long a stay in the water, or by extremes of temperature; it also may be caused by soap that is too may be caused by soap that is too

strong.

Scratching not only affords no relief, but seems to increase the itching. It is noticed most often in people whose skin is naturally irritable and in those in whom there is a tendency to hives or whom there is a tendency to hives or eruptions; it is due rather to the quality of the skin than to the bath. I have often noticed it in high-strung, nervous individuals.

In treating this disturbance, any ner-In treating this disturbance, any nervous or digestive trouble ought to be considered. The diet should be restricted and the person should take plenty of exercise; the bowels should be kept in good condition. Directions should be given not to remain too long in the bath. The soap should be of the best quality and not very strong.

There should be little rubbing after the bath, but the body should be dried gently, and it would be well to apply a dusting powder. ing powder.

A good one is composed of starch and A good one is composed of starch and zinc oxide, four parts to one. Oil is very soothing in this affection and should be gently rubbed into the parts which cause the trouble; it should be sweet and never rancid. Olive oil or the oil of benne is excellent for this purpose. There has been long and bitter controoil of benne is excellent for this purpose. There has been long and bitter controversy on the subject of the proper temperature of the bath. The defenders of the cold bath can see no virtue in the warm, while those addicted to the use of the warm bath see only harm in the cold. There seems to be only one point on which nearly all modern writers now agree. This is the necessity of individual judgment. udgment.

And how can you tell what bath is best suited to your own particular case? The proof of the effect of a bath is the reaction that follows. If this does not take place quickly and with comfort the kind of bath should be changed.

THE COLD BATH STIMULATES

The effect of the cold or cool bath is The effect of the cold or cool bath is stimulating. When the water comes in contact with the skin the superficial blood-vessels contract, and the blood is sent to the internal organs and the temperature there is elevated, while that of the body surface is lowered. Then comes the reaction and the skin vessels dilate, the blood rushes back to them and there is a pleasant glow all over the surface of the body.

is a pleasant glow all over the surface of the body.

To bring on the reaction a good rubbing is necessary and, indeed, forms one of the chief values of the bath. But if the bather feels chilly and languid, even if this lassitude does not develop till an hour or two after the bath, and if the finger tips and the lips are blue, then the bath has been either too long or too cold or the bather is not in a condition to take a cold bath at all. A tepid bath is much better. Cold baths use up superfluous energy, and you should decide before taking them how much you have to spare.

An English writer has lately to spare.

An English writer has lately calculated

mathematically how much energy is expended in the reaction after a cold bath. He compares it with climbing up the stairs of a high tower. The effects of the tepid and cool baths are the same as those of the cold, only in a less degree. The warm bath is soothing in its effects. The superficial vessels of the skin are relaxed, the blood flows in and the functions of the skin are increased.

skin are increased.

When the temperature of the water is when the temperature of the water is high, profuse perspiration is caused, and a very hot bath powerfully stimulates the netwous and the vascular system. It cannot be long borne and should be taken only by the advice of a physician who is acquainted with your constitution.

who is acquainted with your tion. Many of the temporary effects of a very hot sponge bath, if it is taken very rapidly, are the same as those of a cold bath, while it has the advantage of not calling upon the vitality in the reaction. For the instantaneous effect of hot water is the same as that of cold in contracting the skin tissues.



PROMINENT specialist in the

and Beautiful Henry Symps

four weeks leaves your hair elther too oily or too dry, it is an indication that the scalp needs some attention, and a good tonic should be applied. All tonics and applications should be rubbed well into the roots of hair, and the best way to do this without affecting the rest of the hair is to part the hair and use a good brush to make the application.

Much harm is done to both the scalp and hair by the incorrect use of comb and brush. The illustrations show the correct and incorrect way of brushing and combing. the greatest care. The comb should never be carelessly dragged through the hair, no matter when it is employed. If a particularly obstinate snari is met with, coax it along until it is far the same than the same the same the same the same than the same the same than t the greatest care. The comb should

lock to be wound around the finger, and then any struggle in getting out the snarl will not injure the root of the How To Treat A Tangle hair.
Extreme dryness of the hair is one of the danger signals that should receive immediate attention. One of the simplest and most effective of remedies for this is to rub crude yellow vaseline well into the scalp. It sometimes has a better effect if mixed with an equal quanter ter effect if mixed with an equal quantity of lanoline.
Scalp massage is another important

the scalp and hair healthy. It can be much more easily done than the average person realizes, and need not be a tax on either time or patience. It means covering the whole head with little wheel-like movements with the tips of the fingers, given in such a manner that they loosen the scalp from the Loosening the hair every night before

retiring and giving these few move-ments will only take a very short time and will eftentimes prove the means of keeping the hair in good condition indefinitely.

Pay attention to some of these simple rules for caring for the hair and it will not desert you in your old age, but will probably prove a "crown of glory" to the end of your days.

Wrong Way

Mrs. Symes' Aids to Correspondents

on brush used properly is helpful and not harmful. The correct brush is not harmful. The correct brush is about five inches long and oval in shape. It should have bristles soft enough not to scratch the delicate surface of the skin. I have heard of the suction brush you describe, but do not know anything out its merits.

B. T.—To strengthen your instep I advise you to procure one of the steel supports which come for this purpose. They are easily adjusted and give great relief. You can have the Vaucaire Remarkable of the company of the steel of the company of the steel of the company of the steel of the company of the comp edy prepared by any reliable druggist.

Will you kindly tell me through the Health and Beauty page how to prevent "perspiration" under the arms?

FONTIBELL.

Excessive perspiration usually indicates a nervous or run-down condition, and in such instances a tonic should be taken to build up the system. For external treatment, use freely a good pow-der which will tend to prevent oversecretion of the sweat glands. Washing under the arms night and morning with hot water and common brown kitchen soap has often proved most effective.
Washing with cologne and water or alcohol and water in equal parts is also

J. S .- The Vaucaire Remedy, for which formula is frequently given, is the only one that I know anything about. CATHARINE M. C.-I think this is

the cream to which you refer: Cleansing Cream. White wax, 2 ounces; spermaceti, 2 ounces; sweet almond oil, 12 ounces; distilled water, 2 ounces; glycerine, 2 ounces; salicylic acid, 90 grains.

L. S.—Rubbing a little vaseline into the roots of the hair is excellent for promoting its growth, and in the case of children. I think is preferable to a tonic. Keeping the ends properly trimmed is also most beneficial.

V. O. Q.—The condition you describe indicates some internal disturbance, and advise you to consult a reliable physician who can give you specific treatment.

BLACK EYES.—From your descrip-tion I think you are troubled with ecze-ma, and for this you should consult a

physician, who can give you specific

Pour into a clean bottle

the contents. If it has an unpleasant

The most important things to remember about drinking water are: First, be sure that it is pure; second, drink generously between meals, but sparingly with them; third, avoid chilling the stomach with ice water taken hurriedly and in

large quantities.

As to hot water, there is no end to the good that may be acquired through this simple remedy. Cold-blooded people, who have little thirst, will do well to make a business of drinking a certain amount of hot water every day throughout the winter season. It lessens the tendency to take cold and improves the circulation. Before going to bed is a good time for this, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.

Many cases of indigestion, headache, neuralgia, cold hands and feet can be quickly cured by drinking slowly one or two pints of water so hot that it almost burns the throat.

The most important things to remem-

to test.

odor, beware.

large quantities.

most burns the throat.

T. E. C.-Formula to darken the hair has been repeated since receipt of your letter. Following is an excellent sham-Shampoo.

Potassium carbonate, 1 ounce; ammonia water, 1½ ounces; tincture of cantharides, 6 drams; bay rum, 4 ounces; alcohol 4 ounces; water, 6 ounces.

Dissolve the potassium carbonate in the water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

ANXIOUS .- Continue using the dandruff cure, and if it makes your hair too oily, shampoo once a week with the egg shampoo during treatment. At any other time about once in three weeks is often enough to wash the hair. Egg Shampoo-Dandruff Cure.

Yolk of one egg, one pint of rainwater, spirit of rosemary, one ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

B. H.-I think the following treatment will be very effective. Extract of lark-spur, which may be purchased from any spur, which may be purchased from any drug store, is also excellent for this purpose. It is deadly poison, however, and should be kept out of the way of ignorant persons and children.

Cure for Parasites. Get a cake of bichloride of mercury soap (the imported is the best) and cut it into halves and shave one half into fine bits. Dissolve it in boiling water. You may set the mixture on the stove over a gentle heat if you choose. You should have water to form a jellylike mixture when cold. To use, first wet the hair thoroughly with clear, warm water, then rub the soap mixture into the hair, taking care that every particle of the scalp is thoroughly saturated with the soap mixture. Give the head a good shampoo with this mixture and rinse several times.

If you follow these directions correctly, the result will be successful.

MISS E. R.-I think you will find the Quinine Hair Tonic

Sulphate of quinine, 1 dram; rosewater, 8 ounces; diluted sulphuric acid, 15 minims; rectified spirits, 2 ounces, Mix, then further add glycerine, % ounce; essence of royale, or essence of musk, 5 or 6 minims. Aglate until solution is complete. Apply to the roots every day.

To Remove Wrinkles.

treatment of the hair says: "I

have no reverence for baldness!

have no reverence for baldness! I do not consider it a sign of age, nor an indication of wisdom, but rather a flagrant exhibition of folly." She also claims that the hair was intended to live and thrive so long as life lasts.

There is a natural falling of the hair during certain seasons, but when the scalp is in a normal condition this is immediately followed by a new growth. And in this manner the shedding is barely perceptible.

barely perceptible. / Hair never falls to excess without rea-

son, but the wisest plan is not to wait until this condition arises, but to watch the scalp and hair carefully so that the first sign of a diseased condition may be noticed and treated.

The necessity of cleansing the hair is imperative from every point of view, as rauch for health as for cleanliness, since the hair and scalp cannot be healthy, any more than the skin, unless they are thoroughly cleansed of all impurities.

The frequency of a shampoo depends

upon individual conditions. Some persons' hair becomes more oily in a given time than others, some perspire more freely, etc., and judgment must be exercised as to the number of shampoos required.

If shampooing about once in three or

Please give prescription for premature wrinkle lotion and also state if you would use malt extract in connection with Dr. Vaucaire's treatment, and do you consider the latter without injury to persons in moderately good health?

S. Y. C. I am giving you the formula requested. Many of my correspondents report that they have got very good results by tak-ing malt extract in connection with the Vaucaire Remedy.

Lotion for Premature Wrinkles. Alum, 60 grains; almond milk (thick), 1½ ounces: rosewater, 6 ounces.
Dissolve the alum in the rosewater, then pour gently into the almond milk with constant agitation.

Elbows Sharp I have been a constant reader of your beauty column for some time, and now thought I would ask you a few questions of my own. thought I would ask you a few questions of my own.

First, I want to know whether the liquid powder for whitening the skin, which I saw in your columns, is to whiten the skin permanently or just while it is on the face?

Can you give me a recipe that will fill out the hollow in my neck and elbows?

My elbows are very poor and sharp, and it is very inconvenient when I want to wear a low neck or short sleeve waist.

Also, can the cucumber cream which you publish be purchased at the drug store? I do not know where to obtain the cucumber extract. The liquid powder only whitens the The liquid powder only whitens the skin temporarily; in fact, has just the same effect as an ordinary face powder. Develop your neck and arms by massage with a good skin food, and the angles will disappear. There are many good cucumber creams on the market, but the one for which I give formula is not a proprietary article.

Hair Falling Will you kindly give me a good tonic for falling-out hair—one that can be used for dark and light hair alike, if possible? If not, please give me something for light hair, and greatly oblige E. L. K. The following formula is equally good for light or dark hair:

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.

Ruddy Nose

I have been troubled with a very red nose for over a year. I wish you would let me know if you can help me any. I do not think any liquid would be any good, for I have used some without any effect.

So many internal difficulties may cause this trouble that it is necessary to find the origin before deciding upon treatment. Poor circulation, indigestion, acidity of the stomach—any of these may be the cause; so, of course, external treatment will do no good until this is corrected.

Needs Tonic

Being a constant reader of your "Health and Beauty" advice, I write to ask if Dr. Vaueaire's remedy is a tonic as well as a developer. If so, will you kindly let me know where to get the genuine remedy; also the price, as I should like to try it for a run-down system?

The Vaueaire Bernade is to the price of the price as I should like to try it for a run-down system? The Vaucaire Remedy is intended for bust development only, although it frequently acts as a tonic to the whole system. Any reliable druggist will fill the prescription for you.

factor and will do much toward keeping

Lost Formula

Removing tangles should be do

away from the scalp for

Please forward me a recipe for hair dye. Please forward me a recipe for hair dye.
It is not the "Physician's Prescription" or
the walnut stain. I cannot remember anything in the one I wish. I have been watching the paper anxiously for some time to
see it repeated. I used it and found it fine,
but misplaced the recipe.

Mrs. G. S. Possibly this is the stain to which

you refer.

Dye for Hair. Pyrogallic acid, ½ ounce; distilled water (hot), 1½ ounces. Dissolve, and when the solution has cooled, add gradually: Rectified spirit, ½ 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.

Good Results From Formula About a year ago I used your prescription containing tincture of nux vomica, alcohol and spirits of rosemary for failing hair, and was able to note the good results after the first day, so I come to you with confidence this time.

My hair is dark, curly, inclined to be oily and very thin. Can you tell me what will make it grow thick and long, please? Some tonic that will not take long to show results. I have your formulas for the jaborandi and quinine hair tonics, but I am uncertain which to get. Will you tell me, please, which would be the better, or if you know of one that will be more effective still for my annoyance? I will be very grateful for it.

Am glad you found the tonic for falling between Am glad you found the tonic for falling hair so satisfactory. I think the jaborandi tonic will be best for you now.

To Darken the Hair Will you please repeat the doctor's pre-scription for gray hair, as I would like to try it? Mrs. J. D. C. To Restore the Natural Color of the Hair.

(A physician's prescription.)
Sugar of lead, ½ ounce; lac sulphur, ½ ounce: essence of bergamot, ½ ounce; alcohol, ½ gill; glycerine, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ½ ounce.
Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. The dye should never be applied if there The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose—then spread it evenly downward through, the tresses with an ordinary hair-

To Darken the Eyebrows Will you please send me a recipe for eyelash and eyebrow stain? One you can recommend. I wish something that will stain them dark brown.

Chinese Eyelash Stain. Gum arabic, 1 dram; india ink, ½ dram; Posewater, 4 ounces.

Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

When the Hair is Dry Will you kindly tell me what to do for little red veins on the side of the nose and across the face? Is it from some stomach disturbance? My skin is very thin. Also of a good tonic for dry and brittle hair that is turning gray quite fast; it is a very dark brown almost approaching black.

Guides to Beauty in Formulas for the Hair and Complexion I would like a good tonic to promote new growth and nourish what I have, without danger of turning it. If you will answer these soon, I will be duly grateful.

ANGELA DEVOTA. I advise you to consult a skin special-ist in regard to the red veins in your-skin. They could probably be removed by the electric needle. Try the following lotion. It has been most successful in

treatment of dry, brittle hair. Lotion for Dry Hair. Glycerine, 1 ounce; eau de cologne, 14 pint; liquid ammonia, 1 dram; oll of origanum, 15 dram; oil of rosemary, 12 dram; tineture of cantharides, 1 ounce.

Briskly agitate for ten minutes, then add camphor julep, 14 pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added. PAULA S.-Commercial rates are not given in this department; but both formulas can be filled at a moderate cost.

Use of Peroxide Have read how excelent peroxide of hydrogen is for bleaching, and wish to know how it comes, how it should be used and just how often. Does it come in powder form? and if so, should it be moistened? or in what way should it be applied? Please tell if I can get the pomade for reducing the flesh by carrying the recipe to any druggist.

BELL.

Peroxide of hydrogen comes in liquid

form. To use it, pour a little in a sau-cer and apply with a sponge or soft cloth. Any druggist will prepare the fat-reducing pomade for you. ANXIOUS .- Use the jaborandi tonic commended to M. R. Y. on your hair. For the pimples on your face try the

Pimples. Beta-naphthol, 5 grains; oil of chamomile, 5 drops; ointment of benzoated oxide of zinc, 1 ounce. Use on the surface. Good Hair Tonic

Will you kindly give me a recipe for making the hair grow—one that does not cause the hair to become greasy? Have been using vaseline, but find it is too greasy; and will you please advise as to whether sage tea will darken the hair or not? Am a constant reader of your department, but never called on you for advice before, and sincerely hope I may receive a reply.

M. R. Y. Almost all tonics for promoting the Almost all tonics for promoting the growth of the hair have a certain degree of oiliness. The jaborandi tonic, for which I am giving you formula, has less oil than many others. Sage tea is very beneficial to the scalp and hair. Used in moderation, it will not affect the color. the color.
Jaborandi Tonic.

Quinine sulphur, 20 grains; tincture of cantharides, 2 fluid drams; fluid extract of jaborandi, 2 fluid drams; alcohol, 2 fluid ounces; glycerine, 2 ounces; bay rum, 6 fluid ounces; rosewater, 16 fluid ounces. The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

Troubled With Red Eyelids Would like to ask your advice how to reduce a double chin. Should you recommend massage, kindly explain how I am to do same. Would also thank you for some information of how to reduce my hips, Am troubled with red eyelids and a little granulation. Can you recommend a wash? To reduce the double chin. massage

the throat as follows: Place the fingers of one hand opposite to those of the other, so that spread out they meet in the middle of the throat; then, with a movement in which the finger tips describe small circles, go carefully over the whole surface, using firm pressure. I am giving you formula for a salve which will relieve the granulation of the eyelids.

Salve for Granulated Eyelids. Yellow oxide of mercury, 1 grain; rose salve or unsalted butter, ½ ounce. Apply to the eyelids night and morning. Rose salve is the common rose ointment of the apothecary.

Pimples Leave Scars

I have read your page with great interest, but have not seen a remedy for my case. Would it be too much trouble to tell me what you think best? I have marks or sears on my chin, left there after pimples have gone, and it makes them still look like pimples. Rub a little of the following cream on the scars every right before retiring: Witch Hazel Cold Cream.

One ounce of white wax and spermacett: one-quarter 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 three ounces of rosewater and one cunce 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 core or stretched skin.

Hair Very Thin

I have been reading your beauty columns with great interest, and hope you can help me.
My hair is damp and oily and has always been very thin. Can you recommend something that will make my hair grow and keep it dry? it dry?

Do you think it possible to make much improvement in hair which has always been thin? Both my father and mother have thin hair.

D. D. H. hair.

I think it quite possible to promote the growth of the hair by care. Massaging the scalp is excellent, and you will also find the following lotion beneficial:

Lotion for Oily, Damp Hair. For greasy, moist hair the following is an excellent drying lotion. It would daily, it tends to produce a crispy condition and an auburn shade: auburn shade:
Powdered blearbonate of soda, borate of soda (also powdered), ¼ ounce of each; eau de cologne, 1 fluid ounce; alcohol, 2 fluid ounces; tincture of cochineal, ¼ fluid ounce; distilled water, 16 ources.

Mix and agitate until solution is complete.

Warts on Her Face

I am an interested reader of your useful advice to health and beauty seekers and now I am going to tell you my troubles. I have seem to grow larger. Could you tell me some harmless way of removing them, as they hart my looks very much? I shall certainly appreciate an early reply. Mrs. Symes. I thank you in advance.

Moles and warts on the face should Moles and warts on the face should only be removed by an expert. Otherwise they may cause permanent disfig-

VIOLETTE-I do not know anything about the tablets to which you refer.
The only thing I recommend for this purpose is Dr. Vaucaire's Remedy, prepared from the formula which is frequently published in this department.