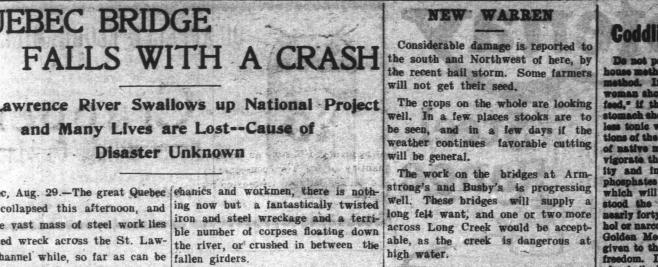


so little appreciate the position he er progress in proportion to its size Regina Pharmacy Stores.



WEST REGINA, WEDNESDAY, SEPTEMBER 4, 1907 THE

> vigorate the stomach into greater activ-ity and increase the secretion of the phosphetes from the food — a remedy which will do this is one which has stood the test of public approval for nearly forty years, and contains no alco-hol or narcotics. We refer to Dr. Pierce's Golden Medical Discovery. It can be given to the smallest child with perfect freedom. If the blood is impure, if pim-ples, holls, headaches occur, if the stom-ach is weak—first eradicate the poisons from the blood. from the blood. AN INITATION OF MATURE'S METHOD

used when you take an alterative extract of native roots, made without the use of alcohol, like Dr. Pierce's Golden Medical Discovery. This vegetable medicine conces the digestive functions and helps in the assimilation of food, or rather takes from the food just the autriment the

public for he tells just what is contained in Dr. Pierce's Golden Medical Discovery —its ingredients are Golden Seal root, -its ingredients are Golden Seal root, Queen's root, Stone root, Black Cherry-bark, Bloodroot, Mandrake and pure triple-refined glycerine. Concerning Golden Seal the highest medical authorities agree with Prof. John M. Scudder who says, "It stimulates the digestive processes, and increases the assimilation of food. By these means the blood is enrich By these means and inuscular system; this blood feeds the muscular system;



other s, we he latported Also from Write mples.

side the city.

M. pper nd erhanger

Street

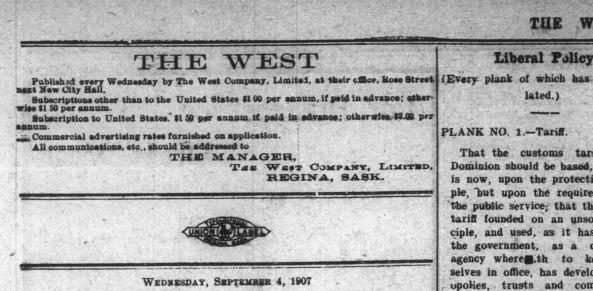
mpear_c

ested. He has an orphan, out im up would you n? I know how

age that remendous s a good

on thy sighing plad.

NOW" JTION CARE-



THE TWO POLICIES

Since the announcement of his policy at Halifax, Mr. Borden has been severely criticised by the government organs for what they term the use of "platitudes" and "usual statements" concerning honest administration.

Without reviewing in detail the unbroken pledges of the Liberal government, the people of Canada are not absent minded enough to forget the parade of political virtue which characterized the Laurier campaign preceding their victory in 1896, and because they failed in their solemn obligation to the electors is no criterion respecting the fulfilment of the pledges which Mr. Borden makes to the peoples of this Dominion to-day. It is no measure of the new Conservative party to say that the old party was corrupt (and they were paragons of virtue compared with the present occupants of the treasury benches), and because the Laurier government has wantonly broken faith with the people, does not prove that there are no honest public men in Canada.

The electors know how far the present administration has wandered from the path of rectitude, but, lest they forget, we publish below the two policies; that of the Liberals, adopted in their last party convention, and that of the Conservatives, as announced a few days ago by Mr. Borden. There is a great diversion from old Conservative tradition in Mr. Borden's policy but we believe that it is adequate to the needs of the country to-day, and we further believe that it will be endorsed by the people and executed to the letter and principle by its author.

Conservative Policy

PURITY OF ADMINISTRATION

More effective provisions to pun ish bribery and fraud at elections to ensure through publicity as to expenditures by political organisations, to prevent the accumulation of campaign funds for corrupt purposes, and to prohibit contributions thereto by corporations, contractors and promoters, to expedite the hearing of election petitions and to prevent collusive arrangements for the withdrawal or compromise thereof, to provide for a thorough investigation of cortupt practices, and if necessary to appoint an in-

(INDEPENDENT COMMISSION The development and improvement of our national waterways, the policy equipment of national ports, improvement of transportation cilities and consequent reduction of freight rates between the place production and the market whether at home or abroad, and the establishment of a thorough system of cold storage.

DEVELOP WATERWAYS

The reorganisation of the prese railway commission as a public utilities commission with wider owers and more extended jurisdic tion so as to establish thorough and more effective control over

That the customs tariff of Dominion should be based, not as it is now, upon the protective principle, but upon the requirements of the public service: that the existing tariff founded on an unsound principle, and used, as it has been by the government, as a corrupting agency where the to keep themselves in office, has developed monopolies, trusts and combinations It has decreased the value of farm and other landed property; it has oppressed the masses to the enrichment of a few; it has checked im migration; it has caused great loss of population; it has impeded com-merce; it has discriminated against **Great Britain**

In these and many other ways it has occasioned great public and private injury, all of which evils must continue to grow in intensity as long as the present tariff system re mains in force.

That the highest interests of Canada demand a removal of this obstacle to our country's progress, by the adoption of a sound fiscal policy, which, while not doing injustice to any class, will promote domestic and foreign trade, and hasten the return of prosperity to our people; that to that end the the tariff should be reduced to the needs of honest, economical, and efficient government; that it should be so adjusted to make free, or to ecessities of life, and should be arranged as to promote freer trade with the whole world, more particularl with Great Britain and the United States. We believe that the results of 'the protective system have greviously disappointed thou sands of persons who honestly suj ported it, and that the country, in the light of experience, is now prepared to declare for a sound fiscal

The issues between the two poli tical parties on this question is now clearly defined. The government themselves admit the failure of their fiscal policy, and now pro fess their willingness to make som changes; but they say that such changes must be based on the prin ciple of protection. We denounce the principle of protection as radically unsound, and unjust to the masses of the people, and we de clare our conviction that any tariff

the Dominion should be to actual changes based on that principle settlers only, and not to specula must fail to afford any substantia tors, upon reasonable terms of setrelief from the burdens under which tlement, and in such areas as can the country labors This issue W be reasonably occupied and cultivatunhesitatingly accept, and upon it ed by the settler. we await with the fullest confidence at present much directed to the the verdict of the electors of Can-PLANK NO. 7 .- Provincial Franchise consideration of the admittedly That the franchise act since its great evils of intemperance, it introduction has cost the govern-PLANK NO. 2.-Reciprocity. ment treasury over a million dollars, besides entailing heavy expen-That, having regard for the pros diture to both political parties. perity of Canada and the United That each revision involves an ad-States as adjoining countries, with ditional expenditure of a further many mutual interests, it is desir quarter of a million dollars. That able that there should be the most this expenditure has prevented an friendly relations and broad and annual revision as previously inliberal trade intercourse between tended, in the absence of which them; that the interests alike of th young voters entitled to the fran-Dominion and the Empire would be chise have, in numerous cases, been materially advanced by the estabprevented from exercising their nalishing of such relations ; tural rights. That it has failed to That the Liberal party is preparsecure uniformity, which was the ed to enter into negotiations with principle reason assigned for its No a view to obtaining such a treaty introduction. That it has produced More including a well considered list o gross abuses by partisan revising **Razor** Troubles manufactured articles, and we are barristers appointed by the governsatisfied that any treaty so arrang-Possible ment of the day. That its provied will receive the assent of Hi visions are less liberal than those 365 Clean Shaves Majesty's government, without already existing in many provinces Every Year whose approval no treaty can be of the Dominion, and that in the opinion of this convention the act should be repealed, and we should revert to the provincial franchise. PLANK NO. 8 .- County Boundaries for Ridings. That the convention deplores the That by the Gerrymander acts, gross corruption in the manage the electoral divisions for the rement and expenditure of public turn of members to the House of moneys which for the past year has Commons have been . o made as 10 existed under the rule of the Conprevent a fair expression of the servative party, and the revelations opinion of the country at the genof which by the different parliameneral elections, and to secure to the tary committees of inquiry have

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X

for retaining in office a Minister of

the political contributions to him,

a member of the government, with

one hand, was receiving government

subsidies with the other. The con-

duct of the minister and the ap-

proval of his colleagues after the





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	" EVE'S
	The following poetry anticle on the exhibiti written by Mrs. Sherk of Fort William who for the fair, the guest
	Mrs. S. Horner at the Sherk is on the Herald
-	enterprising town at the "Kam."
X-X	REGINA, THE QUEI PRAIRIES
0-0-0-0-0	"A lion watches at 1 And all her gallant Is set with thorns, ah The hand that touch
	Regina, the queen of th Saskatchewan's star of Her diadem, royal red Bright elegantine gems
	Silver-bordered by lovel Are the green velvet train, While the blue-bell and daisy
	Gem the links of h chain
1 C	She smiles on her khak men. Standing close to the
	gown, Like the arms that lie h petals Of the rose in her rad
8	
8	Then her beautiful head them,
2 2	In sweet, stately hom When she thinks how the old England As they'd fight for Prairie Queen.
	Woe betide the rash for venture To touch the rich

Broad Streets)

P.O. Box 218

WHY BE MISERABLE?

Regina Pharmacy

BROAD ST

LIMITED

Caim and soft, soothin ful. I found the prairi the grandeur of the Roo rush of the mountain t effect of this change 1 sick and I longed for seemingly unemotional a the home surroundings. it, not unfavorably, wit and excitement of the projected by the lofty with at the national ungratefully inclined to council to the gleaming and distant, though wo cinating. I had succeed to the edge of two of but the triumph of at shrouded by the discover appeared; from a distant and solid beauty, was n gerous to those who a traverse its surface, bu soiled by the ravages of This feeling of dis-strong when I reached F welcomed her sweet way -the roses that invade to the very doors of houses. They were not Glorie de Dijon, not the Neyron, but the indescr and fragrant wild prain rolling meadows abo grounds were literally of their beauty, and the West Mounted Police dignity to their country' gathered rare blossoms desire for a nearer enjoy fragrance and hue. Th tion caused me to answe ed by the courteous pre agricultural association, what I should like to fruit and the flowers and please;not the women's So he showed me the t Peachland and Summer the rich products of th ing districts. Saskatche and prairies, forests

breast.

While her khaki-clad

round her-

Regina-the Queen of

THE WEST, REGINA, WEDNESDAY, SEP.E.ABER 4. 1907-

ed with that duty, to simplify the procedure therefor and to enforce the laws so amended.

CIVIL SERVICE REFORM.

A thorough and complete reformation of the laws relating to the civil service so that future appoint ments will be made by an independent commission acting upon the report of the examiners after a competitive examination.

SENATE REFORM

Such reform in the mode of lecting members of the senate as will make that chamber a more useful and representative legislative body.

SELECTION OF IMMIGRANTS

A more useful selection of the sources from which immigration shall be sought, a more rigid inspection of immigrants and the abolition of the bonus system, except under very special circumstances, and for the purpose of obtaining a particularly desirable class of settlers

SELECTION OF IMMIGRANTS

The management and development of the public domain (in which are to be included great national franchises) for the public benefit and under such conditions that a reasonable proportion of the increment of the value arising therefrom shall inure to the people.

PROTECTING PUBLIC INTEREST

We stand, therefore for the open trol or interference.

> That hacking cough continues Because your system is exhausted and your powers of resistance weakened. Take Scott's Emulsion. It builds up and strengthens your entire system. It contains Cod Liver Oil and Hypophosphites so prepared that it is easy to take and easy to digest. ALL DRUGGISTS: SOC. AND \$1.00

corporations owning or operating ada public utilities or invested with franchiese of a national character.

RE-ORGANISE COMMISSION.

The establishment, after due investigation, of a system of nation al telegraphs and telephones under conditions which shall be just to capital already invested in those enterprises.

IMPROVE POSTAL FACILITIES

The improvement of existing po tal facilities, especially in newly developed portions of the country, and the inauguration after proper inquiry as to cost of a system o free rural mail delivery. FISCAL POLICY

A fiscal policy which will pro-PLANK NO. 3.-Purity of Adminis mote the production within Cana tration da of all useful articles and com-

modities that can be advantageous ly produced or manufactured from or by means of our natural resources, having due regard to the interests of the consumer as well as to the just claims of our wage carning population. brought about disgrace on the fair name of Canada. The government

PREFERENTIAL TRADE.

which profited politically by these The promotion by negotiation expenditures of public moneys of legislation and other constitutional which the people have been defrauded, and which, nevertheless, have the punished the guilty parties, must the held responsible for the wrongmeans of a system of mutual preferential trade within the empire. doing. We arraign the government

RETURN STOLEN LANDS To restore their public lands

the crown proved to have accepted the provinces of Alberta and Sascontributions of money for election purposes from the funds of a railkatchewan upon fair terms. way company, which, while paying

The unimpaired maintenance

all powers of self-government which

have been conferred upon the pro

vinces of Canada under the consti-

PROVINCIAL RIGHTS.

ation and management of our goverament railways by an independent commission, free from partisan con-

proof became known to them are tution. calculated to degrade Canada in the estimation of the world and deserve the severe condemnation of the peo-LANK NO. 4 .- Strictest Economy. penditure of the Dominion and the consequent undue taxation of the

people under the governments that the have been continuously in power since 1878, and we demand the Phone 343 strictest economy in the administration of the government of the country.

Harvest and Threshing Time Will Soon be Here

And You will Want More Dishes

The cheapest and best way to get a plentiful supply is to buy a complete dinner set. This week we are offering one of our best lines in emi-porcelain

100 Piece Sets for \$8.00

We are also giving great values in Cutlery. Imported Sheffield Knives and Forks from 90c half dozen pairs.

We cannot but view with alarm Simpkins Bros the large increase of the public debt and of the controllable annual ex-Hardware and Crockery SCARTH ST., REGINA Sole Agents for Wood's Hotel Ware.

STR. ALL



A car lot of McCormick twine which we guarantee to be first class in every particular. Prices are right.

We have always on hand the New McCormick 1907 Binder which was thoroughly tested last year and proved to be one of the a lightest draft Binders built which, combined with its other many perfect qualities makes it a favorite with the farmers.

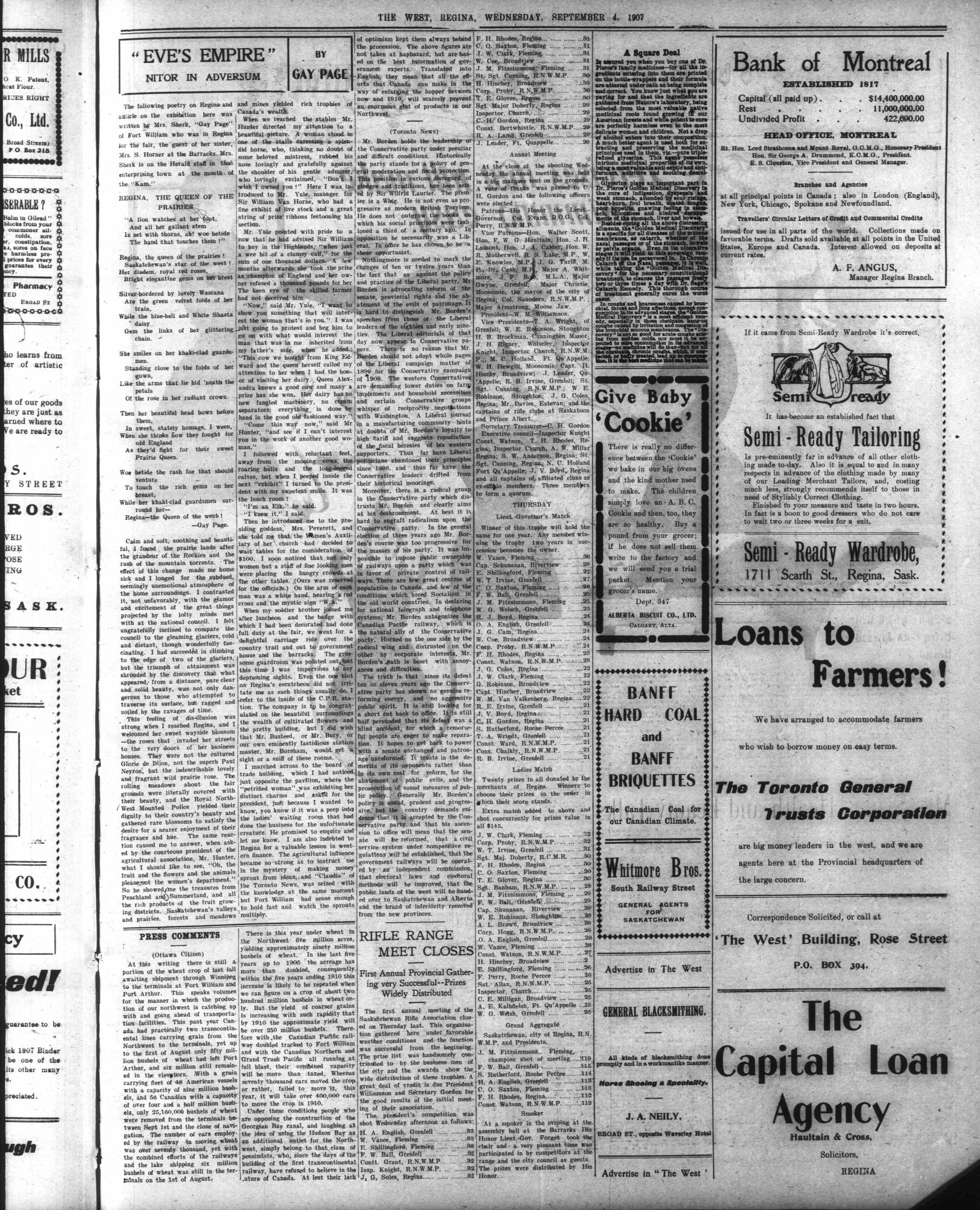
A call will convince you and will be much appreciated.

R. E. Mickleborough

ROSE STREET

PRESS COMM

(Ottawa Citize At this writing the portion of the wheat cro awaiting shipment throut to the terminals at Fort Port Arthur. This s for the manner in which tion of our northwest in with and going ahead o tion facilities. This par ada had practically two ental lines carrying gra Northwest to the termi to the first of August of lion bushels of wheat 'Arthur, and six million ed in the elevators. carrying fleet of 48 Am with a capacity of nine els, and 56 Canadian wi of over four and a half els, only 25,160,000 bus were removed from the tween Sept 1st and the gation. The number of ed by the railway in was over seventy thous, the combined efforts of and the lake shipping bushels of wheat was s minals on the 1st of Au



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ick 1907 Binder be one of the its other many

preciated.

THE WEST, REGINA, WEDNESDAY, SEF ELBER 4, 1907



a Sport Which Will Bring Both Joy and

Health

T HERE is no more beneficial form of exercise than swimming. And in very hot weather, when other

forms of exercise are apt to prove overheating, it is a delicious lux-ury to be able to jump into the cool water and exercise every muscle of the

water and exercise every muscle of the body vigorously without looking or feel-ing uncomfortably warm. Every physically sound person should be taught to swim, for it is not only a most enjoyable and beneficial form of exercise, but the knowledge of it fre-quently means saving either your own life or that of another. Outside the possibility of saving life, which is surely worthy of consideration, it is of the greatest value as a physical exercise. It has been proved an easy method of reducing superfluous fiesh, and it encourages an ease of movement which is apt to add grace to the car-

Fat and Flabby

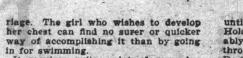
As I am very stout and flabby for my height, I beg of you to tell me what would be the best exercise for me. As it is im-possible for me to go out and walk, and find that hard housework can be of no use, I again beg of you to tell me of some-thing in the line of some exercise that I could do at home. I remember having seen some articles you published some time ago, but have entirely forgot what they were, exactly. So, hoping to see this in print, or rather your answer, I remain, as ever. ONE WHO ANXIOUSLY WAITS. If hard housework does not tend to re-

ONE WHO ANXIOUSLY WAITS. If hard housework does not tend to re-duce your flesh. I fear exercise alone will not help you, and you had better try dieting. I am giving you a few simple rules in regard to this, which may prove beneficial.

Diet to Reduce Flesh.

Avoid all starchy and sweetened food, all ereals, vegetables containing sugar or starch, such as peas, beans, corn, pota-toes etc. Have your bread tokasted; sprinkle it with sait instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of allmes or lemons to it, if you choose. Limit your sleeping hours to seven at the out-side. No naps.

To Reduce the Hips



in for swimming. It requires quite a lot of muscular exertion to become an expert swimmer, and the girl who is going to take it up as an exercise when the weather per-mits can do a great deal by way of preservition if she will commence at once preparation if she will commence at once to take the arm and leg exercises re-

to take the arm and leg exercises re-quired. It really is possible to learn to swim on dry land, and after the proper move-ments have been mastered it is merely a question of nerve. One of the most important requisites is learning how to properly fill the lungs and to hold the breath to the limit of one's capacity. The best practice is to empty the lungs, then close the mouth and steadily inhale through the nostrile

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and the second s

Tonic for Dry Hair.

Orange Flower Cream.

To Decrease the Bust.

To Reduce the Bust.

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Possibly you have not been giving ever massage directly beneath the food and use the following movements is not been notice an improvement. The ever provement is should be given each day of the ever. Fifty of these of the ever fifty of the ever the ever fifty of the ever here the ever for the ever fifty before ever fifty before ever for the eve

'A Red Nose

<section-header><section-header><text><text><text><text>

Gummy Substance on Hair Would you kindly tell me of something f can use to clean my hair? I have long heavy hair, and the last year a black gum-my substance has gathered in it, making it stiff and hard to handle. I have tried wash-ing if with most everything, and nothing but aslods and coal oil takes hold of it, and it soon comes again. My soalp is very loose, and when I raise my systerows my sealp comes forward, making deep furrews

5

WRITERS un topics an housewi

sity of preserving an e

ture for rising dough in The old-fashioned cook bread tray in flannel

pers and scolded the tr left the kitchen door of dough was put to bed in ner. The trained coo sets her dough in a pat

a perforated top, out draughts, and consults eter regularly and solic

The average housew if she does not assert, breads can take care o In reality, overfermen

grave an evil as the an ess. Summer boarders

to be reminded how m week sour bread receive

est of apologies from the

mistress. If she thinks

while to attempt corre

damage done to ther night, she kneads in heavy hand that leaves streaks in the baked i

neutralizing the acidity Yet good bread is n necessity of comfortable in warm weather. Sour

sults gastric juides and

utmost delicate muscles heat. Hot yeast bread right to the winter bill

does not begin to "riper cold, nor does it sit er

majority of stomachs

been twelve hours out o It is so well understo

of common intelligence cakes come and depart that I need not enlarg reason of their banishme tables of people who knowledge of gastrono

Since many eaters, es men and brothers for wh

tion women cater and have hot breakfast bre

to-day some tried and cipes for a few of these

work of fermentation i in the baking. They a the biscuit family, and made, are delicate and d

Nonpareil Quick B

Nonpareil Quick B One quart of flour, two h spoonfuls of lard, two cut if you can get it-new m Jpoonful of soda, two tes cream tartar, one saltspoor Rub the soda and cream t flour and sift all together are wet, then put in the lard, rubbed into the pr quickly and lightly, lastly milk. Work the dough ra ing with as few strokes

much of

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across my forehead. If you can suggest anything to cure or help, 1 shall be very grateful. N. R. H. of thyme, ½ ounce; rosemary oil, ½ dram. Mix all together with six ounces of rose-water. Rub the scalp theroughly with the preparation until the dandruff entirely dis-appears. Egg Shampoo.

Yolk of 1 egg, 1 pint of hot rainwater, spirit of rosemary, 1 ounce. Beat the ris-ture thoroughly and use it warm. Rub it well into the scalp and rinse several times in clear water.

Eyebrow and Eyelash Grower.

anything to cure or heip, I shall be very reactive N. R. H. The condition of your hair is very un-proved by proper treatment. Shampoo the thoroughly with the shampoo mix-ity of the shampoo mix-and then use the lotion for oily hair of the state of the shampoo once in two and then use the lotion for oily hair of the state of the shampoo once in two and then use the lotion for oily hair of the state of the shampoo once in two weeks, and continue with the lotion un-the state of the shampoo once in two states is a negative condition. **Bhampon** Mater and states of anotherides, and the roots allow the states of anotherides the states of the roots allow the states weeker and add the remaining ingredients. **Lotion for Oily Hair**. Alcoho 2 ounces: with harel, sounces weeken the the scale. Cologne, 2% ounces: glycerin, 1% ounces; fluid extract of jaborand; 2 drams Agitate ingredients till thoroughly incor-porated. Apply to the eyebrows with the brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Wants Dark Hair

Will you please tell me something that will turn my hair dark? I send you a prece to let you see the color of it, and I think it is very ugly, and I want it darker, almost black. If it were sandy, I think it would be much better, and I will be very much obliged if you will tell me how to turn it. DAIST.

Cheeks Lost Their Color

Tincture of cantharides, 1 ounce; liquid mmonia, 1 dram; glycerin, 1 ounce; oli

DAIST. You are very foolish, indeed, to wish to change the color of your hair. The sample you submitted is very pretty in color and has a beautiful sheen. There is no way to darken it except by ap-plying a stain, and it would be a great pity to do that.

Used Formulas With Success

<section-header><section-header><section-header><text><text><text><text> Used Formulas With Success There are your valuable column every with great success, and now I wish to say the girls hair curly. It has been cut of the girls hair curly. It has been cut of the girls hair curly. It has been cut of the girls hair curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the hair bermanently curly. Sometimes in the cases of very young children the sometimes it around the fingers. I am the cases of very young children the fingers in the cases of the hair in curl when the sometimes it around the fingers curled. The of gun arabic i ounce; good motif

Take of gum arabic 1 ounce; good moist muss, is an ounce; pure hot water. & pint. Dissolve. When this solution is cold, add sicohol; a fluid ounces; bichforate of mer-cury and sistmmoniac, 6 grains each. The isst two should be dissolved in the alcoho before admixture. Lastly add snough water to make the whois measure one pint. Fer-fume with cologne or layender water. Moisten the hair with the full before pup-ting it in papers or bins.

10 Keauce the maps

with alcohol? Thanking you in advance. I GRATEFUL. The pomade referred to is to be rubbed over the fatty parts in an ordinary way, just as you would apply any lotion. The alcohol may be applied several times a day if agreeable. One of the best exer-cises for reducing the hips and abdomen is that of standing with the feet together and touching the floor with the finger tips without bending the knees. Another good one is to lie on your back, flat on the floor, with your feet under some heavy article of furniture, bureau, washetand, etc., and raise your body to a sitting position, without allowing the Seet to be moved.

Worried by Pimples and ' Dandruff

Will you kindly advise me? Am 22 years of are, in average health, but am troubled with pinting breaking out around the and

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Mrs. Symes' Health and Beauty Talks

Cologne, S ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each. Apply to the roots of the hair once or twice a day. If is positively necessary that the scalp should be kept clean. Shampoo at least once a week. Vinite wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; coccanut oll, 2 ounces; orange lower water, 2 ounces; oll of soin 3 linonds, i ounces; tincture of ben-zoin 3 linonds, i ounces; tincture of ben-zoin 3 linonds, i ounces; until nearly cond, and the first five ingredients together. Take off the first sue ingredients together. Take off the first sue ingredients together. and isotiy orange flower water.

Fossati Cream for Pimples.

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops. Apply a very little of the cream to each pimple a night before retiring. Dandruff Cure.

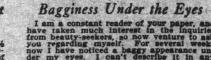
To Remove Scars Please let me have full directions as to use of following, which you published for the benefit of scars: Lanolin, 2 drams, and continent of binlo-dide of mercury, 1 dram. Your immediate attention will be greatly appreciated by a CONSTANT READER. This lotion is to be rubbed in thor-oughly once a day. Very often results can be got more quickly by frequently massaging the scars with a good cream, in addition to using this lotion. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, 3 ounce; oil of thyme, 3 dram; rosemary oil, 3 dram. Mix all together with six ounces of rose-water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

To Decircuse the Dust. Inclosed you will find an envelope, stamped and addressed to myself. You would creat-ly oblige me if you would send me the name of a sure cure for decreasing the bust, or put me in a way to find the same. Not increase, but decrease. M. M. B. Try the pomade for which I am giv-ing you formula, and in addition to this make frequent applications of clear al-cohol. To Reduce the Bust Front Hair Turning Gray Front Hair Turning Gray Will you kindly send me that formula for a harmless hair dye? My front hair is inde shout how much does it cost to have the prescription filled? Also, will you please recommend a good complexion soan and a skin cream, one that is the least "hair-ray in the to buy all but the hair dye made up, could you recommend me to some place." Mrz. H. T am giving you formulas for hair stain and tonic as requested. Proprie-tion of the purest. The orange flower creams I know ot. To Restore the Natural Color of the Hair.

Iodide of potassium, 3 grams; vaseline, 50 grams; lanciin, 50 grams; tincture of ben-zoin, 20 drops. Make into a pomade and rub all over the fat parts twice a day. Tou should abstain from food that is es-petially fat-forming-cereals, potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

the Hair. (A physician's prescription.)

(A physician's prescription.) Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alco-hol, ½ gill; glycerin, 1 ounce; tincture of cantharides, ½ ounce; annonia, 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 is any irritation or abrasion of the scalp. The best way to use any stain is to ap-ply it to the roots of the hair with a small brush-a toothursh will answer for the



Bagginess Under ine Lyes I am a constant reader of your paper, and have taken much interest in the inquiries you regarding myself. For several weeks now I have noticed a baggy appearance un-der my eyes. I can't describe it in any other way. My general health is good. I have used a good skin food and also mas-sage faithfully, but it does not improve any. Do you think a good astringent weuld helv any? Please advise me, and I shall reacher for an astringent. Please and me one if you think it will do any good.

Bumps on Her Face In your paper I saw a cure for black-mads-witch hazel and green soap. Jounces store. I got this preparation at the drug store. I haven't any blackheads on my fue skin: a great many on my checks, se-pectally around my eyes. I am using the above preparation for this trouble I just me if you think this will help my face, or the skin this will help my face, or the scient this will help my face, or the scient for the store of the source of the store of the store the green soap preparation, except for happears to me that you are troubled with whiteheads, and I am giving you comula for their removal. Open each seed some with the point of a

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the giand should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

As a second seco

Oxide of zinc, % dram; subiodide of bis-muth, % dram; dextrin, 1% drams; glyc-erin, 1% drams. Spread the paste upon the freckles at night before going to hed. In the morning ramove what remains with a little pow-dared herax and sweet cil.

Tace and Neck Too Thin I have heard so many speak well of void them that I decided I would ask you a question. I am 80 years old, and neck which are very thin, indeed. I wish you would tell me something that will build the grateric to you if you would builts the am very similous about it, would be grateric to you if you would builts the am wery similous about it, would be grateric to you if you would builts the am wery finding the short would be grateric to you for your short the start of your is to develop your face and neck. Deep breathing is about face on the short of the set of since receipt of your letter I have pub-sished an article containing many val-

Face and Neck Too Thin



normal phenomena, ned fraudulently in what he meant by normal psychology. French psychologist, d, who went insans ed by suggestive in-

be established by

HOSPITAL

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petroleum and eat rishment. By hypanity.

y nothing has been of disease. We shall four society should ry are still afraid of they fear it would to facilitate publica-the cases on Ward out of asylums and out of asylums and ng employment goes,

lary." l be the aim of the ociety for Psychical subjects on a basis y spirit mediums to-light of the more litogether. ltogether. hear of in Brooklyn if religion, but they

n in thought trans-

klyn," he said, "and of paper and three ded the papers up, rolled them and he what was in them. e this. But on in-et a legerdemain of of paper and had

ne event of another society should have cessary to prove he

mary oil, 1/2 dram.

x ounces of rose-roughly with th' lruff entirely dismpoo.

nt of hot rainwater, unce. Beat the mix-ise it warm. Rub it i rinse several times

elash Grower. glycerin, 1½ ounces; d, 2 drams. li thoroughly incor-eyebrows with the sahes with a tiny th. The brush must o and passed lightly eyelids, exercising minutest portion of ye itself.

rk Hair

me something that ? I send you a piece r of it, and I think ant it darker, almost I think it would be will be very much me how to turn it. DAISY.

h, indeed, to wish f your hair. The is very pretty in iful sheen. There it except by ap-would be a great

With Success uable column every me of your formulas now I wish to ask ething to make my It has been cut off ould like to have it M. C.

nat will make the at will make the y. Sometimes in ung children the that it becomes requires great ways successful. ug the hair when wrong way and s fingers. I am a solution which in curl when it rilers.

Hair Curled.

ounce: good moist hot water, & pint. Jution is cold, add bichlorate of mer-grains each. The wadd shough water uure one pint. Per-isvender water. he fluid before pup-

TYTRITERS upon culinary topics and practical housewives make much of the necessity of preserving an even temperature for rising dough in winter time.

The old-fashioned cook wrapped her bread tray in flannel and newspa-pers and scolded the trespasser who left the kitchen door open after the dough was put to bed in a warm corner. The trained cook of to-day sets her dough in a patent pan with a perforated top, out of possible draughts, and consults her thermom-

been twelve hours out of the oven.

made, are delicate and digestible. Nonpareil Quick Biscuits.

It is so well understood by people.

eter regularly and solicitously. The average housewife assumes, if she does not assert, that summer breads can take care of themselves. In reality, overfermentation is as grave an evil as the arrested process. Summer boarders do not need to be reminded how many times a week sour bread receives the slightest of apologies from the farmstead mistress. If she thinks it worth her while to attempt correction of the damage done to her dough over night, she kneads in soda with a

Roll out lightly, cut into cakes at least half an inch thick, and bake in a quick oven. heavy hand that leaves acrid, yellow streaks) in the baked loaf without

Brown Biscuits. neutralizing the acidity of the mass.

An Improved

Flour Can

neutralizing the acidity of the mass. Yet good bread is never more a necessity of comfortable living than in warm weather. Sour viscidity in-sults gastric juices and taxes to the utmost delicate muscles made lax by heat. Hot yeast bread belongs of right to the winter bill of fare. It does not begin to "ripen" until it is cold, nor does it sit easily upon a majority of stomachs until it has been twelve hours out of the oven. It is so wall understood he measured

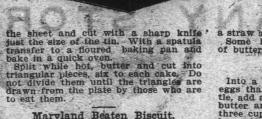
Graham Biscuits.

Graham Biscuits. Stir together in a chopping bowl a pint of Graham flour and a half pint of white flour. To this add a teaspoonful of salt, one of sugar and two rounded teaspoonfuls of baking powder. Mix thoroughly and chop into the mixture two tablespoonfuls of lard or other fat. Add a pint of milk, and if the mixture is then too stiff to handle, add enough water to make into a soft dough. Turn upon a floured board, roll out and cut into biscuits, handling as little and as lightly as possible. Bake in a steady oven. of common intelligence that griddle cakes come and depart with frost, that I need not enlarge upon the reason of their banishment from the tables of people who have any knowledge of gastronomic ethics. Since many eaters, especially the men and brothers for whose delectation women cater and cook, will have hot breakfast breads, I offer to-day some tried and proved re-

Sour Milk Biscuits.

cipes for a few of these. Here the One pint of sour or buttermilk, one teaspoonful of soda, two teaspoonfuls of melted butter. Flour to make soft dough-just stiff enough to handle. Mix, roll, cut out rap-idly, with as little handling as may be, and bake in a quick oven. work of fermentation is completed in the baking. They all belong to the biscuit family, and, if rightly

Nonpareil Quick Biscuits. One quart of flour, two heaping table-spoonfuls of lard, two cups of sweet-if you can get it-new milk, one tea-Jpoonful of soda, two teaspoonfuls of cream tartar, one saltspoonful of salt. Rub the soda and cream tartar into the flour and sift all together before they are wet, then put in the sait, next the lard, rubbed into the prepared flour quickly and lightly; lastly, pour in the milk. Work the dough rapidly, knead-ing with as few strokes as possible. Tea Cakes. Sift a quart of flour three times with two teaspoonfuls of baking powder and one of sait. Chop into flis a tablespool-ful of butter and one of lard or other fat. Mix in a bowl with a wooden spoon, adding about three cupfuls of milk, or enough to make a soft dough. Turn out upon your board and roll with swift, light strokes into a sheet half an inch in thickness. Reverse a jelly cake tin upon



Maryiand Beaten Biscuit. One pint of four, one cup of water, one teaspoonful of salt. Mix into a stiff dough, transfer to a floured block of wood and beat with a rolling pin steadily for ten minutes, shifting the dough often and turning it over several times. Cut into round cakes, prick with

a straw and bake in a brisk oven. Some housewives add a tablespoonful of butter. A REAL PROPERTY AND A REAL Graham Gems.

A 1 1

TITE

DT BESTE

Graham Gems. Into a quart of warm milk stir four eggs that have been beatth only a lit-duter and sugar. Add now gradually three cuptuls of Graham flour that has of baking powder. Beat very hard for seven or eight minutes and bake in greased and heated gem pans. **Popores.** Two cups of flour, sifted twice, with

ALC: NO

one teaspoonful of baking powder, half a teaspoonful of salt, two cups of milk, one egg, beaten very light. Beat for four minutes and bake in hot, buttered pate or gem pans in a brisk oven. Serve at once.

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of butter, a little sait. Mix with sweet milk into stiff dough, roll out very thin, cut into round cakes, and again roll these as thin as they can be handled. Lift them carefully, hay in a pan and bake very quickly. These are extremely nice, especially for invalids. They should be hardly thicker than writing paper. Flour the baking pan instead of greasing. Wafers (No.

One pound of flour, two tablespoonfuls

Wafers (No. 2). walers (AU, 2). Rub two tablespoonfuls of builter into a pint of flour, add enough iced water to make a stiff dough, put upon a floured board and roll eut as thin as writing paper in rounds as large as a saucer. Bake in a floured pan in a quick oven. They should be rough and "bubbly" on top. Eat cold.

ant.

7 5 BE 14

• Marion Harlans

AROUND THE HOUSEWIVES' COUNCIL TABLE WITH MARION HARLAND

W HAT shall we do with our children's test in summer time? Shall we allow them to discard shoes and tookings entirely and go basefoot? Here whose greatest delight is to go about in them to do it. Would you advise laying them to do it. Would you advise laying to induige in the barefoot habit? It seems to induige in the barefoot habit? It seems which do you them their greatest pleasure kindly favor me with an early reply, as the weather is so seasonable now for bare-

tried everything we can think of, and now ask, "Can any one help us?" A NEW MEMBER FROM THE WEST. made the child familiar with it it ceases to be "salutary." Forgive my further plain speaking when I say that the im-plements you mention—"rattan," "cow-hide" and "stray"—form a detestable trio that should never enter a civilized household. A small supple switch that stings, yet cannot bruise or mangle the tender flesh, is altogether adequate to the demand for chastisement. My moth-er maintained that willow switches were a "means of grace." the child familiar with it it ceases

A NEW MEMBER FROM THE WEST. As plainness of speech upon nursery government seems to be the order of the day this week, I submit that your child should have been taught obedi-ence to rightful authority and in whom that authority was vested by the time he was a year old. I think you are

mistaken in supposing that he is not old enough to understand the meaning of "punishment by deprivation." When he is determined to have his way, show him that you are even more deter-mined to have yours. If "spanking" hardens him, try standing him in a cor-ner, tying him in a chair or withhold-ing from him something he wants to have. Be very patient and very firm

For Round

Loaves

with him, keeping before your mind all the time that in compelling him to obey you you are teaching him the rudi-ments of self-government. You can hardly do your child a greater wrong than to allow him to grow up undis-ciplined and wayward. Sacrifice your present comfort and his to avert this evil. You cannot begin too soon; much time has already been lost.

Newspapers Ideal Mops-Best Way to Clean a House

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over if vermin of any sort have lodged there. This is a case where an ounce of pre-vention will be found equal to a ton of cure. Destroy every sign and vestige of any objectionable insects before it is possible for them to get into beds or any furniture. Nothing is a more effications vermin-destroyer than fumigation done with a sulphur candle. This is very easy in an empty house, but it can be done at any time-along with proper precau-tionary measures.

Tea Cakes.

