



## Bring Both Joy and

Fat and Flabby

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 waik, and in that hard housework can be of no use, i again beg of you to tell me of some-trould do at home. I remember having seen some articles you published some time sgo, 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-duce your flesh. I fear exercise alone will not help you, and you had better try dieting. I am giving you a few imple rules in regard to this, which may Diet to Reduce Flesh.

Diet to Reduce Flesh.

Tonic for Dry Hair.

Cologne, S ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, % dram each. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week. Orange Flower Cream.

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 Tossibly you have not been siving ways in the outer search in the sea

## Bumps on Her Face

Bumps on Her Face In your paper I saw a ourse for blacks which have and you of bumps which have any out or bumps the shift a greating out or bumps the shift a great many out or bumps the shift out of the shift and the shift of the shift of the shift and the shift of the shift o

White Heads (Acne Molluscum). White Heads (Ache Molituscum), Open each seed ache with the point of a fine combric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be beined with a fittle toilet vinegar and water, or with a very weak solution of carbolic aciu and water. Sterilize the meedle before using it by dipping it into boiling water.

As I am a constant reader of your "bayty column," I sak all from you. T have a bad, complexion. I have freekles the year around, and have had since about there or four years old, and am now six teen Flease give me, in next week's paper, something to take them away. Also let me to about how tong I will have to use it or a BEAUT WITH PRECKLES." A BEAUTY WITH PRECKLES." A BEAUTY WITH PRECKLES." A BEAUTY WITH PRECKLES." Distinct freekles. Distinct freekles. Distinct freekles. Bread dime. Set who is done bls. month & dram, set in, it's drams; give emove what remains with a little pow-dered boras and sweet oil.

Face and Neck Too Thin They heard so many speak well of the them that the decided the would ask on the them that the decided the would ask the decided the decided

A Red Nose

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water; Precipitate of sulphur, 4 grams; pure glycerin, 4 grams; magnesia, 4 grams; chec-ry laurel water, 4 grams; sicohol (rectified), 4 grams;

Gummy Substance on Hair Would you kindly tail me of something the second state of the second second

across my forehead. If you can suggest association of your hair is you were un-never the standard of the standard of the standard of your hair is your of the standard of your hair is your of the standard of your hair is you formula the to be the lotton for ally hair ally. Repeat the shampoo once in two un hair is in a healthy condition. Shampoo.

til your hair is in a healthy condition. Shampto. Potasium cut bondie, 1 ounce: ammonia water, 14 ounces: inclure of cantharides onces, water, 6 ounces. Dissolve the polassium carbonate in the water and add the remaining ingredients, hub well into the roots. Rinse theroughly in several waters. Then dry carefully. **Lotion for Oily Hair.** Alcohol, 3 ounces; witch hazel, 3 ounces; well into the scalp.

Theeks Lost Their Color

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To Be Tincture of cantharides, 1 ounce; liquid aminonia, 1 dram; glycerin, 4 ounce; ou

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of thyme, 14 ounce; rosemany on, 14 dram. Mix all together with six ounces of rose-water. Hub the scalp thoroughly with the proparation must the danaron entirely dis supports. Egg Shampoo.

Egg Shampon. Yolk of 1 egg. 1 pint of hot reinwars pirit of rosemary. 1 conce. Reat the rix ture incroughly and use it warm. Rub 1 well into the scalp and ringe several time in clear water. Eyebrow and Eyelash Grower.

Cologne. 2% ounces, sircerin, 3% ounces, id extract of shortanal, 2 drams. Agitate ingredients till thoroughly incor-reted. Apply to the eyebrows with the ush, and to the lance with a Uny met s-halt paint brush. The brush must freed from any drop and passed lighting and the edge of the eyelide, exercising, theme care that no minutest portion of a lotion touches the eye itself.

Wants Dark Hair

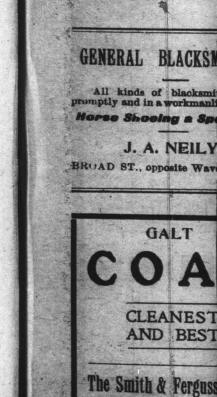
you please tell me something that it my hair dark? I send you a piece you see the color of it, and I think ery ugly, and I want it darker, almost if if were sandy. I think it would be better, and I will be very much at if you will tell me how to turn it. DAISY.

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 plying to do that.

Used Formulas With Success hair curly. It has been

know of nothing that will make the air permanently curry. Sometimes in the cases of very young children the air can be trained so that it becomes unly This, however, requires great atience, and is not aiways successful. Is d. me by dampening the hair when nort, brushing it the wrong way and aning it around the fingers. I am wing you formula for a solution which elps to keep the hair in curt when it as been done up on curlers. Solution to Keep Hair Curl

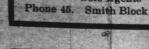
cohol, 2 fluid out ry and salanimon t two should be lastly add th the f

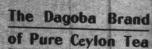


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Regina, Sa

 Front Hair Turning Gray
Will you kindly send me that formula for and about how much does it coast to have and about how much does it coast to have the prescription filled? Also, will you please recommend a good combinities and about how much does it coast to have skin cream, one that he they are rearring to any about how much does it coast to have recommend a good combined and the same recommend a good combined and the prescription filled? Also, will you please recommend a good combined and the prescription filled? Also, will you please recommend a good combined and the prescription filled? Also, will you please recommend a good combined and the prescription filled? Also, will you please place?
Tam giving you formulas for hair stain and tonic, as requested. Proprie-tary articles are not recommended in these columns, but there are many good soups on the market-while Castlie is one of the purest. The orange flower cream is one of the best complexion creams I know of. To Reduce the Dust. Jodide of potassium, 3 grams: vaseline, 50 grams: lamoin, 50 grams; fincture of ben-zoin, 20 drops: Make into a pomade and rub all over the fat parts twice a day. You should abstain from food that is es-pecially fat-forming-cereais, potatoes, corn, press, beans, etc. You should also avoid sweets of all kinds. Bagginess Under the Eyes

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-s toothbrush will answer for the one if you

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Front Hair Turning Gray

<text><text><text> Urange Flower Gream. White wax, I ounce; spermaceti, I ounce; lanolin, 2 ounces; cocoanut oll, 2 ounces; orange flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of ben-zoin, 30 drops. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly orange flower water. To Remove Scars Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 6 grams; sulphur precipitate, 5 grams; oxide of zinc, 2% grams; extract of violet, 10 drons. drops. Apply a very little of the cream to each pimple at night before retiring. Dandruff Cure. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, ½ ounce; oil of thyme, ½ dram; rosemary oil, ½ 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.

Diet to Reduce Flesh. Avoid all starchy and sweetened food, all cereals. vegetables containing sugar or starch, such as peas, beans, corn, pota-toes etc. Have your bread to asted; prinkle it with sait instead of butter. Milk, I regret to say, if it be pure and good, is fattenang. Skimmed milk may be drank. Hot vater is an excellent substitute for other liquids. Add a fittle of the juice of limes or lemons to it, if you choose. Limit your sieching hours to seven at the out-alde. No naps. -----

To Reduce the Hips

I o KEQUCE THE FITPS I have read your answer and advice to inquirers for several weeks, and have come for acvice. Kindly tell me in your next issue what I am to do to reduce too large or fat hips and abdomea? Am in good heith the feet three and a half inches tail, weigh ifs. In the formula given-todins' the totasum, is grams, vareline, s is it to be the three and the totas it to be the totas of the totas of the ment? And how often shall 4 bather with debold? Thanking you in advance, i am <u>GRATEFUL</u>. The pomade referred to is to be rubbed over the fatty parts in an ordinary way.

The pomade referred to is to be rubbed over the fatty parts in an ordinary way, just a: "out 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, washstand, etc., and raise your body to a sitting vosition, without allowing the feet to b, moved.

Worried by Pimples and

Dandruff

Will you kindly advise me? Am 32 years of ire, in average health, but am troubled with pingan meaking est around chen and

To Restore the Natural Color of the Hair. cian's prescription.) (A physician's prescription.) Sugar of lead. '4 ounce: lac sulphir. '4 ounce: essence of bergamot, '6 ounce; alco-hol. '4 gill: glycerin, 1 ounce; tincture of cantharides, '5 ounce; ammonia, '4 ounce. Mix all in one pint of soft water. Apply: to the roots of the hair, which must be clean.

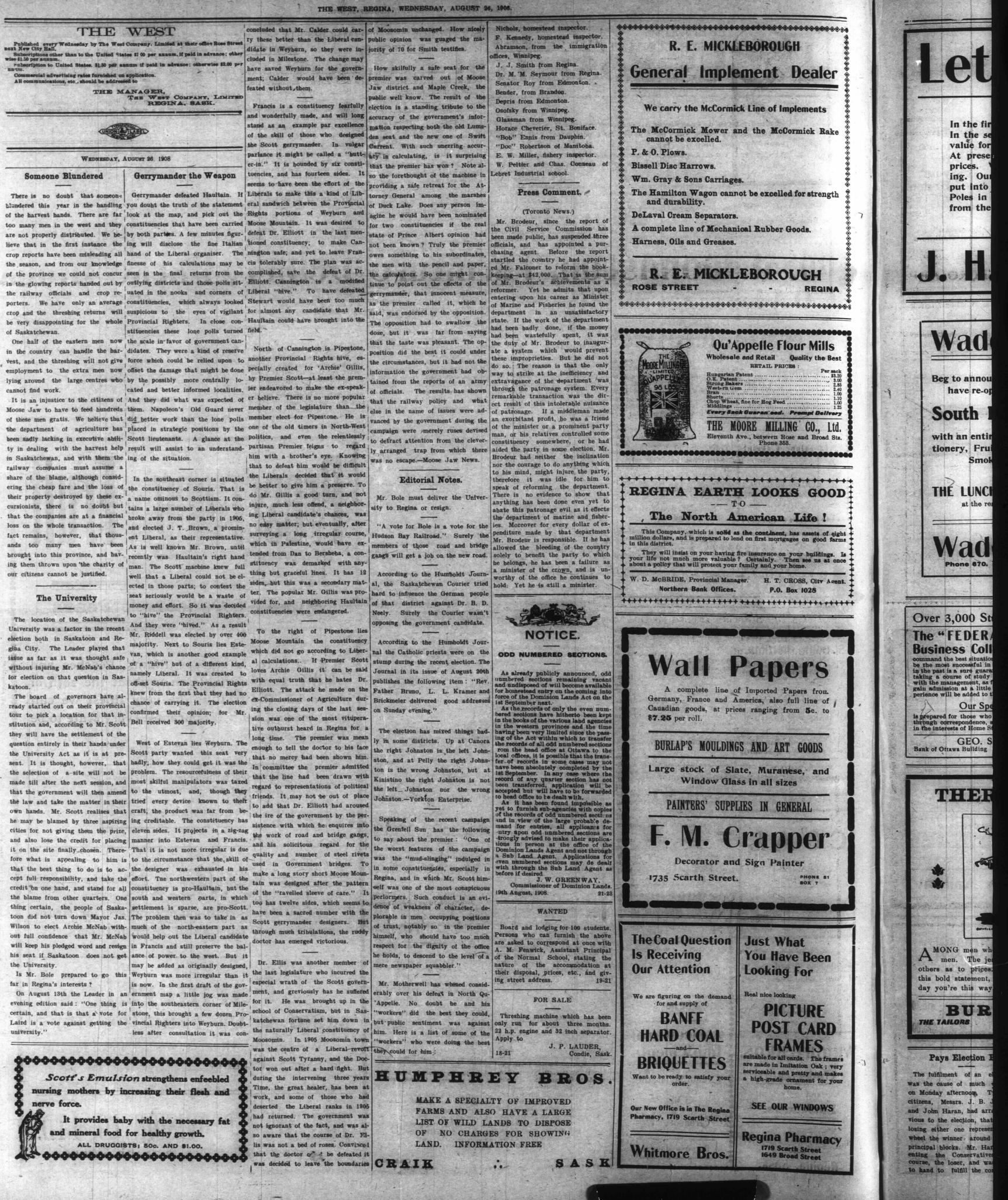
Bagginess Under me rayes I am a constant reader of your paper, and have taken much laterest in the inquiries from beauty seekers, so now venture to ask you regarding myself. For several weeks now I have moticed a baggy appearance un-der my eyes. I coan't decerible it in any other way. My general health is good. I have used a good skin food and also mas-eage faithfully, but it does not improve any. Do you think a good astringent would helv any? Please solvise me, and I shall remain ever grateful. I haven't any good recipe for an astringent. Please send me an astringent. Please send me think it will do any good. Mrs. C. R. C



To Reduce the Bust.

To Decrease the Bust.





WEDNESDAY, AUGUST 26, 1908 Someone Blundered

Subscriptions o wise \$1.50 per annu

There is no doubt that someontlundered this year in the handling you doubt the truth of the statement eral sandwich between the Provincial of Duck Lake. Does any person imof the harvest hands. There are far look at the map, and pick out the Rights portions of Weyburn and agine he would have been nominated too many men in the west and they constituencies that have been carried Moose Mountain. It was desired to for two constituencies if the real of Saskatchewan.

One half of the eastern men now the scale in favor of government can-

vest, and the threshing will not give force which could be relied upon to another Provincial Rights hive, esemployment to the extra men now offset the damage that might be done pecially created for 'Archie' Gillis, lying around the large centres who by the possibly more centrally lo- by Premier Scott-at least the premcannot find work. Moose Jaw to have to feed hundreds them. Napoleon's Old Guard never member of the legislature than the of these men gratis. We believe that did better work than the lone polls member elect for Pipestone. He is

in Saskatchewan, and with them the ing of the situation. railway companies must assume a

The University

The location of the Saskatchewan

katoon.

tour to pick a location for that in- confirmed their opinion; for Mr. stitution and, according to Mr. Scott Bell received 300 majority. they will have the settlement of the

question entirely in their hands under the University Act as it is at pre- Scott party wanted this seat very sent. It is thought, however, that badly; how they could get it was the the selection of a site will not be problem. The resourcefulness of their made till after the next session, and most skilful manipulators was taxed that the government will then amend to the utmost, and, though they the law and take the matter in their tried every device known to their own hands. Mr. Scott realises that craft, the product was far from behe may be blamed by three aspiring ing creditable. The constituency has cities for not giving them the prize, eleven sides. It projects in a zig-zag the work of road and bridge gangs, and also lose the credit for placing manner into Estevan and Francis. it on the site finally\_chosen. There- That it is not more irregular is due fore what is appealing to him is to the circumstance that the skill of quality and number of steel rivets that the best thing to do is to ac- the designer was exhausted in his cept full responsibility, and take the effort. The northwestern part of the credit on one hand, and stand for all constituency is pro-Haultain, but the the blame from other quarters. One south and western parts, in which thing certain, the people of Saska- settlement is sparse, are pro-Scott. toon did not turn down Mayor Jas. The problem then was to take in as Wilson to elect Archie McNab with- much of the north-eastern part as through much tribulations, the ruddy out full confidence that Mr. McNab would help out the Liberal candidate will keep his pledged word and resign in Francis and still preserve the bal-

his seat if Saskatoon does not get ance of power to the west. But it the University. Is Mr. Bole prepared to go this Weyburn was more irregular than it far in Regina's interests ? On August 13th the Leader in an ernment map a little jog was made certain, and that is that a vote for stone, this brought a few dozen Pro-

Scott's Emulsion strengthens enfeebled nursing mothers by increasing their flesh and nerve force.

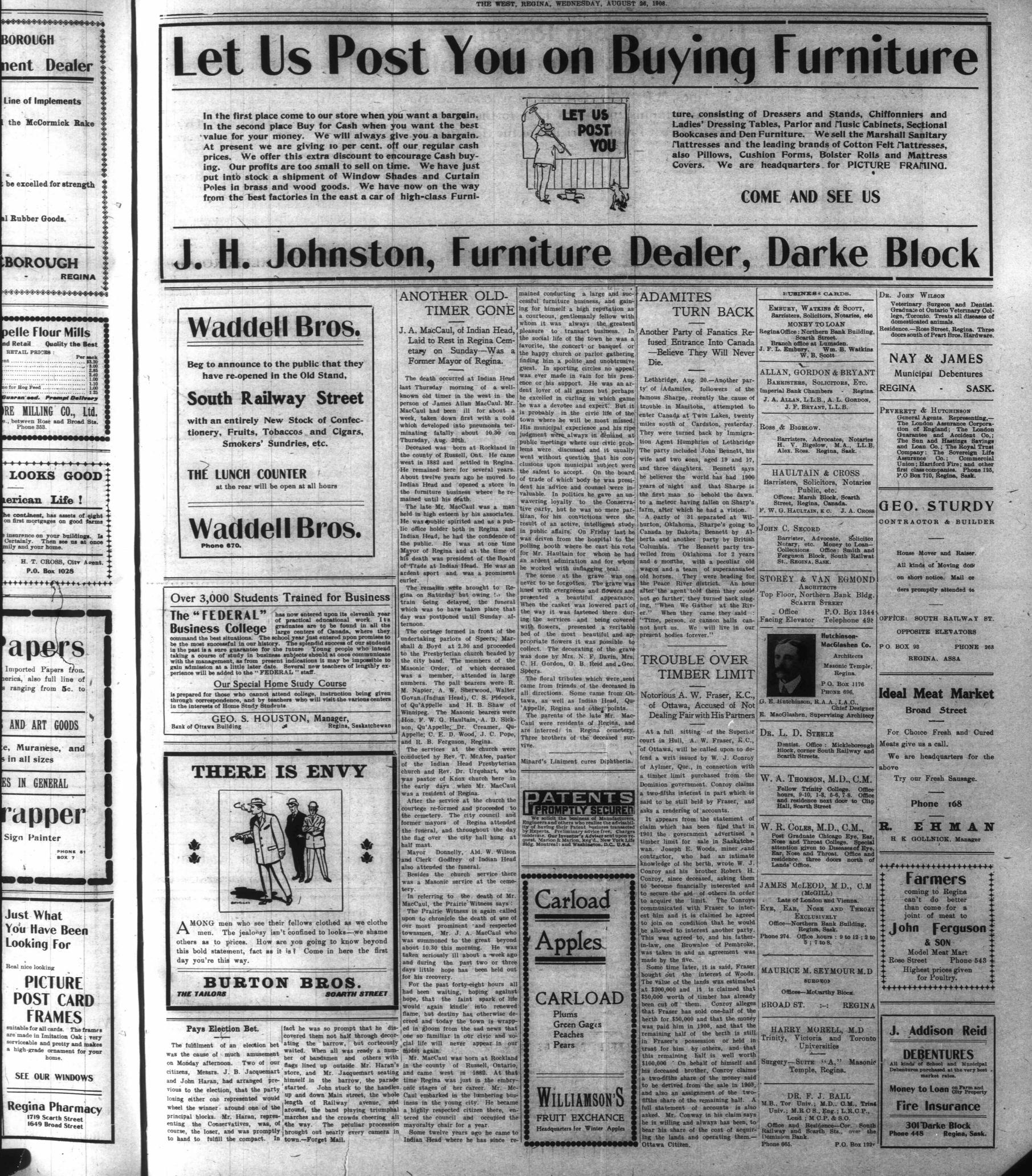
university."

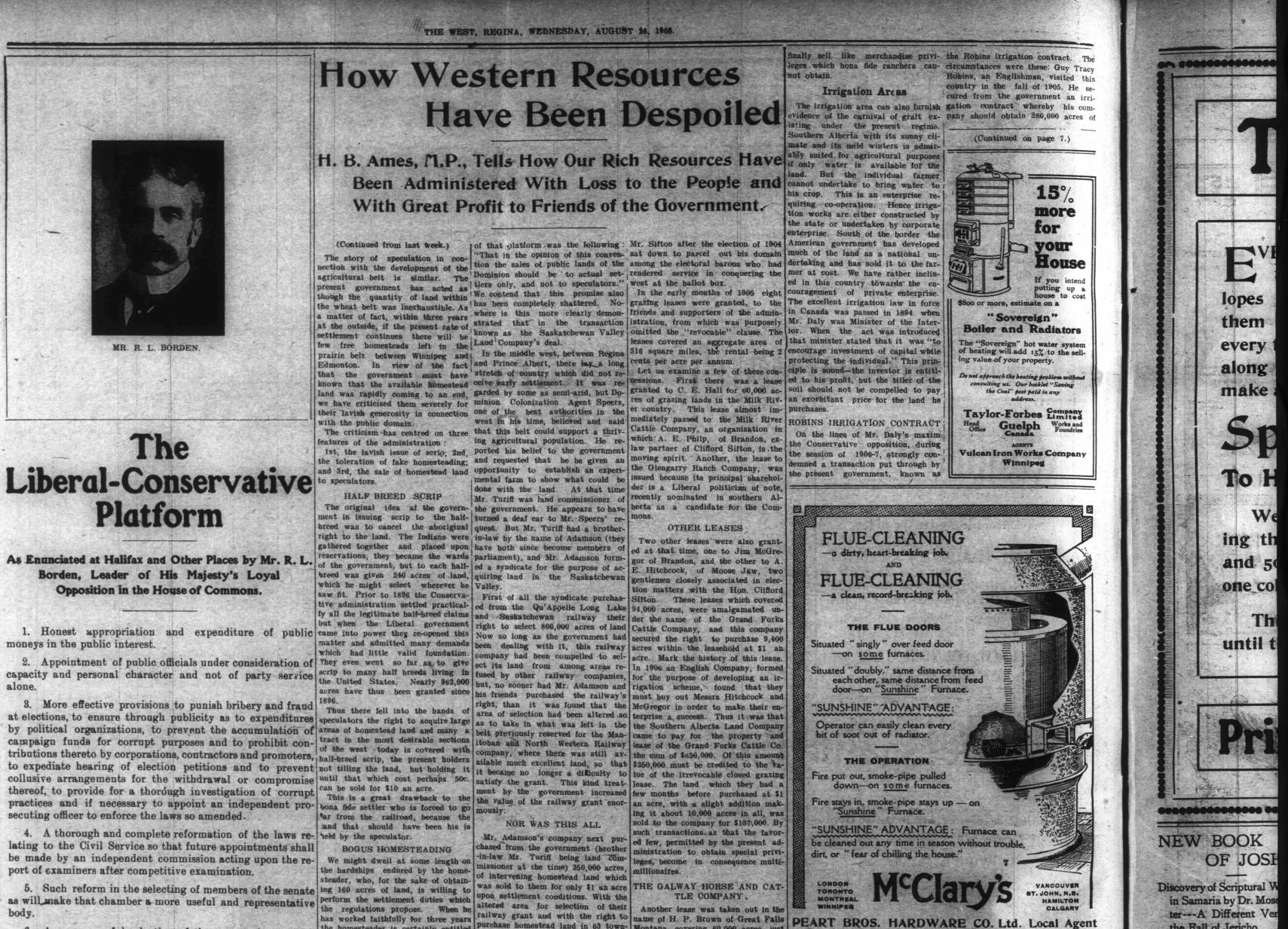
It provides baby with the necessary fat and mineral food for healthy growth. ALL DRUGGISTS; 50c. AND \$1.00. 





THE WEST, REGINA, WEDNESDAY, AUGUST 26, 1908.





Liberal-Conservative Platform

**Opposition in the House of Commons.** 

moneys in the public interest.

3. More effective provisions to punish bribery and fraud secuting officer to enforce the laws so amended.

lating to the Civil Service so that future appointments shall be made by an independent commission acting upon the report of examiners after competitive examination.

6. A more careful selection of the sources from which immigration shall be sought, a more rigid inspection of the homesteader is certainly entitled to become the owner of his land, but as land has grown more valuable, the homesteader is certainly entitled to become the owner of his land, but as land has grown more valuable, there have been many who desired to immigrants and the abolition of the bonus system, except under very special circumstances and for the purpose of possess it without working for it. These have blanketed homesteads

control or interference.

tlers homesteaders. 9. Development and improvement of our national water- We pointed out that 15,000 entries how they could justify such a transways, the equipment of national ports, the improvement of stood upon the books as unaccounted action and make it conform with the ways, the equipment of national ports, the improvement of transportation facilities and subsequent reduction of freight with the principles from Do-minimining and agents, which had been been the principles laid down in their conven-tion platform they were silent. It At last under criticism, the Departrates between the place of production and market, whether garbled and suppressed by the govat home or abroad, and the establishment of a thorough ernment, that these agents realized promises. the extent of the abuse and demandsystem of cold storage. ed their reformation.

10. The re-organization of the present railway com- The Minister of the Interior de-10. The re-organization of the present railway com-mission as a public utilities commission with wider power and more extended jurisdiction, so as to establish thorough and effective control over all corporations owning or operat-ing public utilities or invested with a franchise of a national character.

free rural mail delivery.

manufactured from or by means of our natural resources, the right of the settler vindicated. having due regard to the interests of the consumer as well as to the just claims of our wage-earning population.

14. The promotion by negotiation and other constitutional empire.

15. The restoration of the public lands to the provinces of Alberta and Saskatchewan upon fair terms.

name of H. P. Brown of Great Falls

under very special circumstances and for the purpose of obtaining particularly desirable classes of settlers. 7. The management and development of the public do-main (in which are to be included great national franchises) for the public benefit and under such conditions that a re-spectable proportion of the increment of value arising there-Ottawa in the course of a single spectable proportion of the increment of value arising there-from shall inure to the people. 8. The operation and management of our government railways by an independent commission, free from partizan control or interference. searched diligently for upwards of two years for H. P. Brown, he was never found during all that time. No settlers were permitted to enter should open them to bona fide set- middleman. When the Conservative thereon, although they petitioned for opposition asked this government the right to do so. No rancher could graze his stock upon these acres an

although no rent was paid the land ment of the Interior appears to have oncluded that Mr. Brown must be ound or the lease cancelled. Then

Grazing Leases strange thing happened. A. J. Adam Turning now to an examination of son, M.P., called at the department

11. The establishment after due investigation of a system of national telephones under conditions which shall be just to capital already invested in those enterprises. The origin of the lines, the 12. The improvement of existing postal facilities, es-tied. . . Behind the forms of law affairs was clearly recognised by the was given an irrevocable closed lease a daring cold-blooded hold-up and Conservative government when in and was forgiven all the overdue pecially in newly developed portions of the country, and swindle is being perpetrated." Then, power, and all leases granted by them rent. Now Adamson did not want inauguration, after proper enquiry as to cost of a system of at last, the government undertook a to ranchers contained a clause per- the lease for himself. He was a timpartial investigation and an inspec- mitting the government to revoke the ber merchant from northern Saskat-

13. A fiscal policy which will promote the production no less than 1,712 cases discovered tice, it the lands were required for lease he forwith let it be known within Canada of all useful articles that can be advantageously where homesteads improperly held other purposes. This law was in throughout southern Alberta that it down, should be released. Thus was force when the Liberals came into was for sale to the highest bidder power. It was followed for the first He disposed of it in this way. A SASKATCHEWAN VALLEY LAND two years by their administration. rancher by the name of John Cowdry But Mr. Sifton as Minister of the came to Ottawa in person to obtain

DEAL Interior, had all power placed in his, if possible an irrevocable lease. But The Liberal party in 1893 held a own hands. He gradually acquired Cowdry was a Conservative and almeans of a system of mutual preferential trade within the convention at which a platform was the right to decide the terms and though he importuned the departdrawn up. It contained many planks conditions under which the public ment for six long weeks, his prayer which were presented to the country lands should be alienated. He secur- was in vain. He was finally forced as promises to be fulfilled if a Liber-al government was returned to pow-leases from which the irrevokable the lease which that worthy had no Alberta and Saskatchewan upon fair terms. 16. The unimpared maintenance of all powers of self-to abolish the senate, to reduce tax-which the rancher might be permit-which the rancher might be permit-paid a sum exceeding \$20,000.

government which have been conferred upon the provinces at a tion and expenditure, to cut down ted to purchase at \$1 an acre one-of Canada under the constitution been broken. But one of the planks' Then like William the Conqueror, hawk them about the country

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Regina

ter---A Different Ver the Fall of Jericho.

London, Aug. 19.-Dr. Mos ter, chief rabbi of the Span Portuguese Jews in England ported to have discovered re Samaria, a new book of which furnishes a novel version fall of Jericho. According to leged account, Joshua was a by King, Shobach and h trapped and encircled by seve of iron, made by the wizard chanters in the service of Joshua prayed to God. A d to him; he tied a letter to and it bore a message to Ki ah, who, with his tribes, Joshua's rescue. The priest blew a trumpet once, the down, and Joshua defeated This new book starts with ite date of the era of crea year 2794 from the creat given as the date of the Moses, and from the year s new calculation of the jub then describes how Joshua manded to proceed to the the promised land. Joshu the counting of the people does not appear in the Bil it states that the spies went cho, and on their return ga port to Joshua and the Hig Eleazar. They crossed the eceded by the Ark and pu tones in Gilgal, but there ention of the reproach of I A beautiful story is give in of Achan. This differs Bible account. In the latt is stated to have stolen a ccording to the new book golden idol from a templ uilt was discovered by t on the breast plate of the h ing dim and losing he name of the p d. The sto a of the capture of ted but no mention is ua holding up the Bible, by the way, says t sent 30,000 men against Ai, the new book says that he 3,000. In an account of the Gideonites, however,





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No. 22

VOL. 12

weak ones

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HEAD OFFICE, TOP

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July

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The Bes

Armstron

HEALTH AND

terday from Prince Albert. Mr. Cates, editor of the Moose

Mrs. R. J. Westgate.

ened on Monday.

The Y.M.C.A. will be formally opbe a program each evening.

The registration of voters concluded in the city on Saturday evening. There are 2295 on the lists.

Mrs. N. F. Davin, who is visiting Moose Jaw to spend a week.

old McInnis house on Rose street, behind the Peart Block, on Saturday afternoon.

managers.

Duck shooting commences next force : of September.

couple of months for the benefit of 31st. Mr. Littler's health.

Major A. E. Whitmore, M.L.A., is present progress continues will be out of bed in about ten days.

The marriage of Hon. W. R. Motherwell to Miss Kate Gillespie takes place today at the File Hill boarding school at File Hills, Sask.

The St. Paul's church Sunday school picnic which was to have been has been postponed until next week. by the shooter.

quarters at Winnipeg, died on Sun- 10 a day, total 100.

the Regina lacrosse club has been for a bird license \$25. Permits to challenged for by the St. Paul team and it is likely that a game will be from guardians for \$1. played here within the next month.

peg.

The Chipman cup which is held by Saskatchewan, for non-residents \$100



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Double-barrel Shot Guns, from \$9 to \$65 each.

Winchester Repeating Shot Guns.

by Rev. W. Ross of Grand Coulee.

and the Regina Excelsior Band will give an open air concert on the vacant grounds in front of the Regina Trading Co.'s store next Sunday afternoon. A silver collection will be taken and the money used for the benefit of the sufferers of the recent Fernie fire.

ception they were without funds, and were unable to find work. This afternoon they were arrested by Sergt. Lett of the Mounted Police and charged before Magistrate Hastings with vagrancy. As they were technically liable to the law, Mr. Hastings was obliged to impose a nominal fine on each, which he afterwards remitted, together with all the court costs, except what the police claimed for making the arrest .- Estevan Mercury.

The Canadian Elevator Company has now in course of erection eight elevators, along the line of the G.T. P., at the following towns: Venn, Waterous, Young, Nokomis, Landis, Quinley, Redford and Scott. Ten other elevators will be built very shortly by the same company at other towns along the line, but the locations have not yet been determined upon. These elevators are of a uniform size, of 30,000 capacity. Each of the elevators is to be painted in harmony with the colors used by the G.T.P. on the stations, so that the appearance will be pleasing to the eye. It is the intention of the company to have the elevators complet-