CARE OF ARMS IS NEEDED IF ONE IS TO BE BEAUTIFUL

"Are Your Elbows Soft and Round Enough?"—If Not, Advice Is to Begin Now to Make Shape More Attractive.

Rub Elbow With Powdered Pumice.

Lemon Juice Will Whiten The Arms.

ARMS have been neglected for several years—during the era of sleeves to the wrist. In the evening one could dust the arms with talcum or sponge them with liquid white lotion before donning a dance or theater frock; but now arms must come out into the light of day. Summer frocks will have sleeves to the elbow. Are you sure your arms are smooth and soft and white enough to stand the test?

And especially, are your elbows soft and rounded enough? An elbow forever hidden away in a long sleeve does seem to acquire a callous spot in some mysterious way or other and few women who do not weigh more than they ought for their height have really pretty elbows. Too bad that dimpled elbows—after the early 20s—belong only to those who are too fat all over!

Begin now, before summer and short sleeves arrive, and make your arms presentable. Lemon juice will whiten them. And milk baths are wonderful, making arms soft and fair. If you have a callous spot on the elbow joint—what the anatomists call the olecranon process—rub it with powdered pumice and then with cold cream, and keep on cold creaming it until the rough spot has disappeared. Sweet oil will help to make thin hands and forearms plumper. The upper arm can be made to take on beautiful contours by exercising it. Proper exercise will develop the muscles and round the arm perfectly. Exercises, also, will harden a flabby arm and give better lines to an arm that is too fat.

Answers To Correspondents

By Lilian Tingle

WALLA WALLA, Wash., March 20—Dear Miss Tingle: I am one of the numerous housewives who have many times been helped by your carefully given recipes, and am hoping you will kindly help me with two other culinary problems just now. Shall appreciate it if I may have a personal reply by mail, but if that is not possible, will carefully scan my Sunday Oregonian each week until my queries are answered, through the usual channels.

First—I should like a good recipe for chicken en casserole—without carrots or onions—just chicken, which may be served with little hot biscuits as a "Sunday evening supper" or for similar occasions.

Second—Will you give me directions for assembling a good "everyday" pastry made with Crisco or some other composition—now that butter is out of reach for such purposes? I use about the following quantities for my family, but the result is not always flaky, but is sometimes soft instead: 2 cups flour with teaspoonful salt and 1 of baking powder, 1 cup shortening cut into flour, cold water enough to moisten (for 2 small pies). Now, what's the matter with it?

Third—I lately heard of someone who made apricot jam or marmalade from dried apricots. Can you tell me how it's done? I made much less than usual of jams and conserves this year owing to sugar difficulties, but if there is such a process as this it would be a simple matter to accumulate a few such things, even at this late date, and I shall be grateful if you can assist me.

One more question and I have finished for this time. Can you refer me to an issue of The Oregonian containing recipes for using the cheaper cuts of meats, also one containing simple, everyday desserts?

I will inclose stamped and addressed envelope, hoping I may have a reply all my own. Thanking you.—Mrs. E. T.

I AM sorry to disappoint you, but it is never possible for me to give replies "all their own" to any correspondent, though I am always glad to answer questions in this column. Your reply, being a particularly long one, had had to wait until I could find time and space for a special article on pastry. I will try to give one on using the less choice cuts of meat and on "every-day desserts" as soon as possible, so please keep a lookout for them. I am glad you find this column helpful.

Chicken en casserole—Clean and cut up the chicken as for fricasse, putting on the cleaned and skinned feet, the neck and the giblets to boil (with or without a very small strip of "yellow on both sides", lemon rind, a clove, a teaspoon of peppercorns and a stick of celery). Roll the chicken joints in very well-seasoned flour and brown lightly and quickly in a little tried-out salt pork, chicken fat or bacon fat, browning only a few pieces at a time (so as not to lower the temperature too much, and lose the juice) and transferring each as browned to a casserole well greased with bacon fat or butter. When all is in the casserole draw the fat from the frying pan and pour in a little stock (from the giblets) to dissolve the "brown" in the pan. Pour this into the casserole until there is barely enough to cover the chicken. The giblets may be added to the casserole, or saved to make additional gravy, as preferred and according to the size of the casserole. Cover the casserole very closely and bake in a slow oven three to five hours, according to the age and size of the chicken. The feet (and if liked, the giblets) may boil on the back of the stove, or be placed in the oven or over the gas simmerer, so as to provide stock for additional gravy or to replenish the casserole as may possibly be necessary if the lid does not completely keep in the steam as it should. Some makers make a flour and water paste to put around the crack of the cover and retain the steam and flavor. When the chicken is fully tender (but not stringy) give "final seasoning" to the gravy, as necessary, and thicken if desired with flour, roux or beaten egg yolks as preferred; then cover the chicken with little round biscuits about ½ inch thick cut from ordinary biscuit dough or from a richer crust as preferred. Increase the heat and bake until the biscuits are nicely browned. Drain, season and thicken the separate stock (enriching with milk, cream or egg yolks if desired, and adding minced giblets and a few drops lemon juice if liked) and send to the table in a gravy bowl. Serve the chicken in the casserole, of course. A garnish of crisp bacon, broiled in the oven, or a thin slice of boiled ham would add to the glory of the chicken. A few drops of lemon juice, with or without a little very finely chopped parsley may be used to flavor the gravy if liked. Peas or mushrooms may be added to the casserole if desired, when the chicken is partly cooked. As far as formula goes, your pastry sounds plausible, though you are using more shortening than is absolutely necessary for a "plain, every-day pie." The occasional unsatisfactory variation is due either to (1) measurement, (2) lack of "knack" or "good technique" in handling the paste and rolling pin (this no mere "recipe" can teach) or, most probably, to incorrect oven temperature. Use a hot oven at first. The only difference in using dried apricots for marmalade is that you have to soak the fruit over night in cold water until fully swollen. Then act as if they were fresh apricots. Cook until tender, pass through a sieve, combine with the desired proportion of sugar (from ½ to ¾ cup sugar to one cup pulp, according to the richness desired) and boil until the marmalade "wrinkles" on a cold plate. Store like any jelly or marmalade. Different conserves may be similarly made from the dried apricot pulp, by combining it with raisins, nuts and oranges or with dried or canned cherries or other dried fruits with nuts and orange or lemon juice and rind to taste. The thin-sliced rinds must, of course, be cooked until tender in water before they are added to the conserve.

HOQUIAM, Wash., March 20.—Dear Miss Tingle:—Can you publish through your columns a recipe for soft ginger cookies to be dropped from a spoon?

I find your recipes very helpful. Thanking you in advance. MRS. W. S.

Possibly the following will suit you. As flour varies in its thickening power, sour milk and molasses in thickness, and eggs in size, it is often wise (until you have gained experience in recognizing the proper texture) to bake a "try cookie" before the main batch. If it spreads too much you can add a very little flour; if not enough you can add a few drops of milk or water.

Soft Molasses Drop Cookies.—One cup shortening, one cup brown sugar, one and one-third cups molasses (or if the molasses is very strong in flavor use equal parts molasses and any rather thick table syrup), one cup thick sour milk, one teaspoon yeast ginger, cinnamon and salt, one and one-half teaspoons soda, about three cups flour, to make a very soft dough or very stiff drop-batter. Cream the shortening, beat in the sugar. Sift the spices, salt and soda with two and one-half cups of the flour, and add this alternately with the molasses, milk and well-beaten egg to maintain the "creamed butter" consistency, adding the main part of the flour at the last with as much more as may be needed to give the desired consistency. Drop from a spoon two inches apart on a greased baking sheet and bake in a moderate oven, taking care to secure an even color, not too dark, as molasses mixtures tend to brown easily. If the mixture is chilled before dropping from the spoon slightly less flour may be used and a slightly richer cookie may result.

Quick two-egg cake—One-third cup soft butter, 1 1-3 cups light brown sugar, ½ cup milk, 2 eggs, 1¾ cups flour, 2½ teaspoons baking powder, ½ teaspoon salt, ½ teaspoon nutmeg or any preferred flavoring. Put the ingredients all together and beat thoroughly for three minutes. Bake in a shallow pan previously greased and floured.

PORTLAND, Or., March 20.—Dear Miss Tingle: I am sending you a recipe for an inexpensive dark chocolate cake, which I hope you may find useful for your readers. Thanking you for much help received in the past. MRS. L. M. M.

Dark chocolate cake (Mrs. L. M. M.)—One cup sugar and ½ cup water (or 1 cup syrup, 2 tablespoons sugar and ¼ cup water), 2 tablespoons melted shortening, 1 egg yolk, 2 squares unsweetened chocolate, 1½ cups flour, ¾ teaspoon soda, ½ teaspoon cream of tartar, ½ teaspoon salt, ½ teaspoon vanilla. Melt the chocolate in a double boiler with the water until it thickens like custard. Then add the syrup and the butter and beat together when a little cooler, add the egg yolk well beaten, then fold in the flour with the other dry ingredients and bake in layer tins or muffin pans. The chocolate makes the soda foam. Sometimes I find one whole teaspoon soda is wanted, but too much will spoil the taste and make the cake fall. For frosting boil ¾ cup syrup to the very firm ball with 2 tablespoons sugar. Pour upon the egg white, beaten until stiff, beat until of the right consistency for spreading. If desired without frosting put together the layers with a little syrup and a few chopped nuts, then brush the top with hot syrup and sprinkle with sugar and chopped nuts. I find this satisfies my children without frosting and it is much less trouble to make. Then I can put the egg white into my cake if I wish for a lighter texture or I can use it some other way.

Sometimes I make a filling like this: Melt one square chocolate, add ¼ sup sugar, ¼ cup water and 1½ tablespoons flour mixed; smooth with ¾ cup milk; cook over hot water until it is like very thick custard and flavor with vanilla.

Thank you for your recipe. I am always glad to receive suggestions from my readers.

PORTLAND, Or.—My Dear Miss Tingle: May I infringe upon valuable time to inquire how the coffeecake is made which is served here in our restaurants? This special kind is flaky, of fine texture and not over an inch in thickness. A large number of your recipes have found their way into my book of choice "pet" recipes, and may I here express appreciation to you for the helpful suggestions and recipes given through the columns of The Oregonian? Again I thank you. M. H.

I am very glad indeed that you find this column helpful, though I fear I cannot give you just what you ask this time. Of course it is not possible for me to give you the exact proprietary recipe for the coffee cake from the place you name, but I offer below a "suggestive" recipe, which possibly you may be able to modify "to taste," so as to secure approximately the texture and flavor you desire. I doubt, however, whether it will be quite so good when made with domestic limitations.

The following recipe was given me in Europe (before the war, I need hardly say, considering the amount of butter used!) as a mark of special favor by a baker whose coffee cakes were quite famous.

Rich coffee cake—1¼ cups of rich milk, 1 cake fresh compressed yeast softened in ¾ cup luke-warm water, 2 tablespoons sugar, 1 tablespoon butter, 1½ teaspoons salt, flour to make a sponge. Scald the milk, add the shortening and sugar. Cool to luke warm and add the softened yeast. Add flour to make a drop batter and let rise until very light and full of bubbles, then beat in 3 well-beaten eggs, ¾ cup sugar, ¼ cup butter, the latter two creamed together; add flour to make a soft dough. Knead very thoroughly and let rise to double bulk. When well risen roll out in a square sheet ½ inch thick and spread with ¼ cup soft butter, fold or roll up loosely and roll out again and again. Spread with ¼ cup butter, roll up or fold again and flatten with the rolling pin into a strip about 7 inches wide, spread with the mixture given below, leaving about 1 inch margin at the edge; brush this edge with beaten egg and fold over lengthwise, having one lip projecting one inch beyond the other; form into a wreath, place on a greased baking sheet, let rise again and bake in an oven a little hotter than for ordinary loaves. When nearly baked brush with egg and milk and sprinkle with sugar or sugar and chopped blanched almonds.

Filling for coffee cake—Cream together ¼ cup butter, ½ cup sugar, beat light with 2 egg yolks, 2 tablespoons milk and 2 tablespoons rice flour, flavor with ground cardamon seed. Add a few currants if liked. Spread between the folds of the coffee cake.

ASTORIA, Or., March 20.—Dear Miss Tingle:—Will you kindly tell me how Oysters Kirkpatrick are prepared. Also the kind of cheese used in the preparation. By so doing you will greatly oblige. MRS. G. A. B.

I am unfamiliar with the dish you name. Possibly some reader may supply a recipe, or I may find one for you later. I confess I cannot see much point in using cheese with oysters since delicacy of flavor is what we chiefly prize in oyster dishes. If any is used I judge that it should be Parmesian, very finely grated.

Table Damasks Suitable for Easter Gifts.

Fine, Soft, Heavy Linens Are of Sort That Endures.

TABLE linens have been so scarce for several years that most housekeepers find their stock sadly depleted and gifts of beautiful damask promise to be as popular at Easter as they were at the Christmas season. The shops are displaying special values in Easter linens—doubtless because there have been so many calls of late for table damask of the gift sort. That means fine, soft, heavy damask of the sort that endures for years and years and looks more beautiful and more lustrous after every laundering. With the new linens that have been arriving steadily since the end of the war when linen was released by the government for private use, are coming many new designs in table cloths—graceful flower effects in patterns for round and oblong dinner tables. A lily pattern seems particularly appropriate for Easter season.

"A skin you love to touch"

You, too, can have this charm

No matter what other charms you have, they count for little unless you have the greatest of all charms—a clear, fresh skin.

An authority on the skin has said: "Whatever your difficulty is, you *can* remedy the trouble, if you will only give your skin intelligent care and attention."

The following treatment brings the blood to the surface and stimulates the small muscular fibres. Begin it tonight and see how it will improve your skin.

Just before retiring, wash your face and neck with plenty of Woodbury's Facial Soap and warm water. After rinsing your face with warm water, rub a fresh lather of Woodbury's into your skin, using an upward and outward motion. Do this until the skin feels just a little sensitive. Then rinse the skin well in warm water, then in cold, finishing by rubbing for thirty seconds with a piece of ice. Always be careful to dry the skin thoroughly.

Make this treatment a regular habit, and in a much shorter time than you would imagine, your skin will take on the greater loveliness that it can have.

Get a cake of Woodbury's Facial Soap and begin tonight the treatment your skin needs. You will find Woodbury's on sale at any drug store or toilet goods counter in the United States or Canada. A 25 cent cake will last a month or six weeks.

The Andrew Jergens Company, Cincinnati, New York and Perth, Ontario.

Mushroom Shape Liked in Spring Hats.

Winsome Little Frocks for Youthful Women Have Tie-Around Bodices and Straight Slim Skirts.

THE most becoming spring hats are big mushroom shapes of fine straw, the brim drooping more at front and back than at the sides and the crown rather low and conical. Fluffy, uncurled ostrich is massed around the low crown and over the sloping brim and the whole hat is light and graceful—and most becoming. Feathers and straw are in exactly the same shade and the model comes in navy blue, taupe, brown, black—and perhaps most charming of all—soft gray.

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Winsome little frocks for youthful women have tie-around bodices and straight, slim skirts that are accordeon pleated. A particularly pretty model has the skirt of navy crepe de chine and the bodice of a new silk, heavy but very soft and with navy and red printings on an ivory ground. Tiny pleatings of navy crepe de chine to match the skirt edge the saucy elbow sleeves and the surplice bodice fronts, the pleating continuing all around the sash which is wide and has rounded tab-ends.

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Many of the linen dresses already appearing in numbers ready for warmer days, are trimmed with bands of fine tucking. One model of lavender linen has a tunic overskirt to the knee cut out in deep scallops which are piped with the linen. The elbow sleeves have turned-back cuffs edged with tiny pleatings of the linen. The feature of the frock, however, is a band of tucking which forms a deep U on the frock. The tucked band is about four inches wide and it runs down each side of the bodice, outlining a square necked vestee of the linen, passes under the sash and drops over the skirt, the lower edge of the U coming about six inches below the waistline. This simple tucked band gives a becoming long line and adds great style to the frock.

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At the club affairs where smartly dressed women congregate elbow sleeves have been seen accompanied by gauntlet gloves that reached only a few inches up the forearm. This left a good deal of bare arm between the top of the gauntlet and the edge of the short sleeve—but somehow the effect was rather smart. All women are going to wear the pretty comfortable elbow sleeves, but all women are not going to pay the awful price of long gloves. The loose wristed gauntlet seems to be the solution of the problem.

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Straw hats are growing more fashionable. Straw hats, that is, made of straw throughout, and not straw brims with silk crowns, or straw crowns mounted on fabric brims, such as have been worn for the past few years. The reason is, of course, that straw braids are becoming available again, now that war days are over and all-straw hats are again a possibility. Most women took the shortage of straw in hats very comfortably; they were far more concerned about having to go without linen suits and frocks in summer time. Now, however, both linen and straw are becoming plentiful again and that does give a new zest to summer dress preparations.

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Tailored lounging robes for women seem to go very well with pajama-shaped sleeping garments. Very smart are these tailored robes—just what a well set up young chap might select for bachelor coffee and newspaper on Sunday mornings. The robes are made of reversible Scotch cheviot, plain on one side and showing a neat check on the other side. This checkered pattern is on the inside of the robe and turns over to make collar and cuffs. A model in plain tan and white checked reverse side is bound with brown silk braid and girdled with brown silk cord.

SUPERFLUOUS HAIR WHY IT INCREASES

Hair growth is stimulated and its frequent removal is necessary when merely removed from the surface of the skin. The only logical and practical way to remove hair is to attack it under the skin. DeMiracle, the original sanitary liquid, does this by absorption.

Only genuine DeMiracle has a money-back guarantee in each package. At toilet counters in 60c, $1 and $2 sizes, or by mail from us in plain wrapper on receipt of price. FREE book mailed in plain sealed envelope on request. DeMiracle, 129th St. and Park Ave., New York

Have Curly, Wavy Hair Like "Nature's Own"

Women who have trouble keeping their hair in curl, or of securing the desired wavy effect—and especially those who realize the harm that the hot iron does to the hair—will do well to try the new silmerine method. In no other way can they acquire such pretty waves and curls, having all the appearance of "Nature's own." And the hair, instead of being singed, ragged or dead looking, has such a lively luster and wholesome beauty. The curliness is more quickly acquired than when a waving iron is used, and it lasts considerably longer. When the hair is combed out it is nice and fluffy. The hair will be quite manageable, no matter in what fashion it is done up.

If one will get a bottle of plain liquid silmerine at any drug store and follow the accompanying directions, she will be simply delighted with the result. This product is of course perfectly harmless and there is nothing sticky, greasy or unpleasant about it. It is also prized as a splendid dressing for the hair. As so small a quantity is required at a time, a few ounces will last for months.—Adv.

How Many Women Keep Young Looking

"A woman may be old at 18 and young at 80," says a prominent club woman. "Years don't matter. Didn't Ninon de L'Enclos have a proposal at 90?"

The youth of our women is more lasting than it was a generation ago because we are better acquainted with simple physiological laws. When the first aging marks appear—wrinkles, bagginess of cheeks, neck and chin—we realize that the cause is a loosening of the skin and softening of the tissue underneath. We know the cause must be removed. Instead of laying on pastes we send to the drug store for an ounce of powdered saxolite and a half-pint of witch hazel, mix them and bathe face, neck and hands in the solution. We know this tightens the skin, solidifies the tissue, induces a healthy circulation. We treat causes rather than effects. We use reason—and stay young.—Adv.

Hairs Quickly Vanish After This Treatment

(Helps to Beauty.)

Science has aided in simplifying the banishing of hairy growth from the face, and according to a beauty specialist, the most effective treatment yet devised consists of applying a delatone paste to the hairy surface for two or three minutes. The paste is made by mixing some water with a little powdered delatone. When this paste is removed and the skin washed every trace of hair has vanished. Be sure to get real delatone.—Adv.

Eye Specialist and Medical Author Report on Wonderful Remedy to Strengthen Eyesight

Say It Strengthens Eyesight 50% in One Week's Time in Many Instances

NEW YORK.—Dr. Smith, a well-known eye specialist, and Dr. Judkins, a Massachusetts physician and medical author, make the following reports after a thorough test of a popular remedy for the eyes:

Says Dr. Smith: "When my attention was first called to it I was inclined to be skeptical. But it is a rule of mine to give every new treatment a chance to prove its value. Having specialized in eye work for many years I feel qualified to express an intelligent opinion on remedies for the eyes. Since this one has created such a sensation I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and I am frank to say that some of the results I have accomplished with Bon-Opto not only astonish myself, but also other physicians with whom I have talked about it, and I advise every thoughtful physician to give Bon-Opto the same careful trial I have and there is no doubt in my mind that he will come to the conclusion I have, that it opens the door for the cure of many eye troubles which have heretofore been difficult to cope with. I have had individuals who had worn glasses for years tell me they have dispensed with them through the use of Bon-Opto. In my own practice I have seen it strengthen the eyesight more than 50 per cent in one week's time. I have also used it with surprising results in cases of work-strained eyes, pink eye, inflamed lids, catarrhal conjunctivitis, smarting, painful, aching, itching eyes, eyes weakened from colds, smoke, sun, dust and wind, watery eyes, blurred vision, and in fact, many other conditions too numerous to mention in this report. A new and striking case that has just been brought to my attention is that of a girl 12 years old. Two prominent eye specialists, after a thorough examination, decided, according to her father, that in order to save the sight of her right eye, the left must be removed. While awaiting an opportunity for the operation and still undecided as to its wisdom, her father was told it would do no harm to use Bon-Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was pronounced saved. Just think of what the saving of that eye means to this little girl! Another case is that of a lady 93 years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon-Opto the lids were absolutely normal and her eyes are as bright as many a girl of 16."

Dr. Judkins, Massachusetts physician and medical author, formerly chief of clinics in the Union General hospital, Boston, Mass., and formerly house surgeon at the New England Eye and Ear Infirmary of Portland, Me., says:

"I have found oculists too prone to operate and opticians too willing to prescribe glasses, while neglecting the simple formulas which form the basis of Bon-Opto, which in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. Its success in developing and strengthening the eyesight will soon make eye-glasses old-fashioned and the use of Bon-Opto as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon-Opto that it will strengthen the eyesight at least 50 per cent in one week's time in many instances."

Victims of eye strain and other eye weaknesses and many who wear glasses will be glad to know that according to Drs. Smith and Judkins there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable remedy and many who once wore glasses say they have laid them aside. One man says after using it:

"I was almost blind. Could not see to read at all. Now I can read everything without any glasses and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me. A lady who used it says: "The atmosphere seemed to be with or without glasses, but after using this prescription for 14 days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eyestrain, caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and close work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long-distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited in this easy manner. Go to any drug store and get a bottle of Bon-Opto tablets. Dissolve one tablet in a fourth of a glass of water and use from two to four times a day. You should notice your eyes clear up perceptibly right from the start and inflammation and redness will quickly disappear. If your eyes bother you even a little, it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE: Another prominent physician to whom the above article was submitted, said: "Yes, the Bon-Opto prescription is truly a wonderful eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto referred to above is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen the eyesight 50 per cent in one week's time in many instances or refund the money. It is dispensed under guaranty by all good druggists in this city.—Adv.

There Is An Art in Being Attractive

Have You Mastered It?

Here Are Some Easy Helps.

By Madame Maree

NOT only must the woman of natural beauty be constantly on guard against the loss of her fascinations, but she who depends on artificial aids such as creams, hair tonics and the like, must be sure they are of permanent and lasting benefit.

Here are a few tested and tried preparations that may be made at home with your own hands. Then you'll know they are pure.

A Cream to Remove Blemishes.

There is but one thing you need to beautify your skin and bring it to a condition of incomparable loveliness in a short time. This has been used by thousands of women with extraordinary success. By the use of this cream you will soon find that all red spots, freckles, all muddiness and sallowness will have disappeared completely, leaving the skin pure and clear as a lily. You cannot get this result except by mixing yourself at home, in a very few moments, one ounce of zintone with a little glycerine and hot water. The zintone costs fifty cents at the drug store. This makes a remarkable cream, which, when used liberally, will not fail to give you the results.

Another Cream for Wrinkles.

It is really inspiring to know that removing wrinkles now depends almost entirely upon yourself. Just a few minutes' trouble at the start and more than half the battle is over. It will take but a few moments for you to make a mixture of two ounces of eptol, a little water and glycerine. The eptol can be obtained from your druggist for fifty cents. This cream produces startling changes in the skin in a short time. It renders the skin plump and youthful, very girlish, and the result is that wrinkles fill out and disappear. It will make you look many years younger if you will only use it faithfully.

For a Dependable Hair Invigorator.

You can easily prevent hair from falling, and you can make it grow thick and luxuriant by a very simple method, which is far superior in results to that of any so-called hair tonic you can buy. You will notice the difference in your hair in a very few days, and it will take on a vigorous lustre besides, and thin spots will at once begin to fill with new hair. This is done by simply adding one ounce of beta-quinol to a half pint of water and a half pint of bay rum. If you prefer you may use a full pint of witchhazel instead of the water and bay rum. The beta-quinol may be procured for fifty cents at any drug store. Try this and you will no longer find handfuls of hair coming out on your comb and brush, and your hair will be the envy of all your friends.

Or If You Wish a Shampoo.

Every scalp has constantly forming on it a thin, invisible film of fatty accumulations which soap cannot remove, not even with hard rubbing. The one way to remove this film, and let your hair breathe is to dissolve it. This is done by the use of a teaspoonful of eggol dissolved in a half cup of hot water, and used as a shampoo and headwash. This unseals the pores, and it will surprise you what a tremendous difference it produces in the appearance and growth of the hair. There is no more luxurious headwash possible, and it is, besides, very economical. In a twenty-five cent package of eggol, which can be secured at any drug store, there is enough to supply you with over a dozen of these shampoos.

To Remove Superfluous Hair.

There is a very remarkable way to remove superfluous hair. This is becoming exceedingly popular, because it is as easy and pleasing to use as a face lotion, and dissolves away the hair instead of burning it off as many other depilatories do. Simply moisten the hairs with a little sulfo solution. The hair begins to shrivel. You can see this dissolve, and then with just a swish of the finger, all the hairs can be rubbed off clear and clean, leaving the skin thoroughly free from all superfluous hairs, not leaving even a suggestion that you had any superfluous hairs at all. It is glorious. Every woman should have some sulfo solution on her dresser. It will cost one dollar at any drug store, and will last for a considerable time.

Blackheads Go in a Few Minutes.

It is only a question of a few moments to get rid of blackheads. The only thing that will do this is neroxin. You sprinkle a little neroxin on a wet cloth or sponge and rub the blackheads with this for a few moments. Looking in your mirror, you will find the blackheads gone. This is a very remarkable article, and you need no longer use tonics, face-steaming, and pinching, and other useless methods for many months at a time. For fifty cents you can get the neroxin from your druggist.