EN OUT OF DOORS





being drained as it would be in prolonged etudy, lack of seen, or dissipation of any description. The external treatment is sometimes effective temporarily, but cannot be permanent while the cause exists.

Local Treatment. Callous Spots on Hands Bathe frequently with cold water and use friction. A little turpentine liniment or water amounts, one part of diluted ammonia, to four of water, may be subbed into the skin daily (ones), but great care must be taken that it does not reach the eyes. LAURA B.—I am giving you the for-mulas as requested. Old-Fashioned Skin Lotion.

Badly Shaped Nose

Having noted in your health and beauty columns of all the advices you offer to readers. I would also like 'o sak a few questions.

My nose is very large and wide, and I would be pleased to know if I cap in any way do to bleased to know if I cap in any way are it a himser shape. My hands are very large and irregular shaped, due to the fact that I carried heavy grips and valies when my hands were yet growing. If you can inform me how to give them a normal shape. I would feel very graceful to you.

Much can be done toward training the nose into a desired shape, but it requires great patience, as the improvement is very slow. Very frequently press the side of your nose together between the thumb and forefinger. Begin at the bridge and press downward. The hands are not so easily trained, as the muscles have no doubt become enlarged. However, if you keep them white and well cared for, it will improve their appearance greatly.

Formulas Repeated

for Sultana cream and talcum powder. I like them both so much, but have mished them eines last summer.

I repeat the formula with pleasure. Am giving you two for talct m powder, as I do not know which one you wish.

Sultana Cream Make-Up.

Sweet almond oil, a ouncest white wax, melted. 22 grains; spermacetl. 22 grains; bensoin (finely powdered), 100 grains; time-ture of ambergraf, & grains; rice powder. 22 grains; pure tarmines. 15. grains.

Bland the fail in the inside exceptacte of a custard belier; add bensoin while they are heating, the rice powder and carmine while cooling and tincture last of all. Spread it on the face and throat, gently and cartfully, rubbing it into the skin, and avoid to the yes. Powder with any flesh-colored powder or veloutine, applying freely with a puff, and after a little while wipe on with bit of chamols. This make as effectually as a plaster of pastes and paints all silers imperfections of the skin without having the repulatively arrificial look which they give. Hy artificial liebt to is immempailible.

Talcum Fowder.

Rice flour, 10 ounces; talcum, 10 ounces: cride of sinc, 10 ounces; talcum, 10 ounces; cride of sinc, 10 ounces; talcum, 20 grams; one of the botting silk. Perturne to taste.

Hygienic Talcum Powder.

Farina starch, 20 grams; powdered talcum, 20 grams; powdered tycopodium, 20 grams; sail or boric acid, 19 grams; exsence of violet. 20 grams.

To Cure Nervousness.

Can you give me a simple cure for nervousness, 1 do not want to take any medicine, as I do not went to take any medicine, as I do not went to take any medicine, as I do not went to take any medicine, as I do not went to take any medicine, as I do not went to take any medicine, as I do not seed in just nervousness.

Drink plenty of act water between meals it is good for nervousness. Be out of doors every minute that you possibly can; there is nothing like blue skies, briak winds and sunshine to do away with an attack of "nerves." Go to bed early, take a guick bath every morning, don't read crazy, exciting

Reaucea Her Hips

Will you pisase give me your formula for Kentucky cold cream? I have reduced my hips and abdomen by using the exacting you gave me. I was exceedingly stout, but now, thanks to your beauty column. I am standar again.

Resewater, 4 cunces; almond ell. counces; apermacell, I cunce; white was, I cunces; apermacell, I cunce; white was, I cunce flower, illac, violet or elder-flower at pleasure, and the addition of one dram of tincture of bennoting the tree counting rancid.

Always wash the face with hot water before the massage treatment.

Found Formula Very Satis-

Have used several of your prescriptions and found them very satisfactory. I have just the paper containing them, Would you indry publish them seals for the paper containing them, Would you lindly publish them seals for the paper containing the mails, cream for cheef had and corn ours. The prescription for corn cure contains collections the other ingradient to cannot remember. How often should the physician's prescription for restoring the natural color of the hair be used?

Thanking you in advance, Yours gruly

Orange-Flower Cream.

White wax 1 puncer normanal 1 come.

Orange-Flower Cream.

White waz 1 ounce; spermacell 1 cunces; innoin, 3 ounces; cocanut old 2 ounces; orange-flower water, 5 ounces; old of aweet almonds, 4 ounces; thotare of benzoin, 8 district of the first five ingredients together. Take off the first five ingredients together. Take off the first and beat until nearly cold, adding little by little the beazoin, and lastly orange-flower water.

Oream for Chapped Hands.

White petrolatum, \$\(\) ounces; parafflower, is ounce; lanoin, 1 ounce; water, 1\(\) ounces; old of rose, 3 erope; slocked, by drap.

ounces; oil of rose, 3 grope; alconor, a dram.

Melt the paraffin wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

Paste for Delicate, Brittle Pinger

Take equal parts of refined pitch and myrrh or of turpentine and myrrh melted, Mix together and spread upon the nails at night. Remove in the morning with a little clive oil.

Sometimes the paste will nourish the nails and make them stronger.

Corn Cure.

Corn Ours.

Sallcylic acid, 1 dram: colocilion, 4 cunes. Paint over the corn or bunion once a day, and scrape away the superficial growth at the end of three or four days.

Muddy Complexion

1 am a reader of your column and know how helpful your remedies are, so I should like to ask you about my face. I should like to ask you about my face, I should like to have a nice clour complexion. I used to have a nice skin, but how it is getting muddy, and does not look nice. I have tried a great many creams and isting muddy, and does not look nice. I have tried a great many creams and is itom, but they do no good. I am in soot bealth, and do not know what the cause in would kindly tell ine what to do. Answhat will take away little red blothes left from simples?

A muddy complexion is frequently the result of a torpid liver. Are you sure this is not the trouble in your case? Take all the exercise you can and brink quantities of water between made.

Wash your face every night before retiring with warm water and print with warm water and print of cornella—it will nearth. I make an apply the even for which I am ground you formula—it will nearth. I make an whiten it are moving the blothess are constituted.

LITTLE AIDS TO HEALTH

taining a small spongs which has soaked with the preparation.

A aplinter can be extracted with pain in this way: Nearly fill a mouthed bottle with hot water, the injured part over the mouth press tightly. The suction will draw flesh down, and in a minute or two splinter will come out.

Nervous Breakdown.—Nervous be down is oftener due to overworking digestive organs than to mental as such. Abstemious habits in combined with some attention to cive, make it possible for one to immense amount of hard brain without injury; but to attempt any out of the ordinary in the way of while subsisting on the ordinary while subsisting on the ordinary lating diet is to invite disaster.

Small warts on children's hands.

saful in many cases. I am giving you remula for a shampoo to keep the hair om turning dark.

Shampoo.

White castile soap, in shavings, I ounce; rator, if ounces; potassium carbonate, if rations between 10 grains; cologue water, ounces; bay rum. I ounces.

Dissolve the soap in the water and add he other ingradients. Rub well into the calls.

Annoying Pimples

Annoying Pimples

You have been so sweet and kind as to seep so many of your readers, and so persage you may be able to belp me.

The lenst year or so I have usen greatly rounled by a breaking out on my face-pimples, one after the other, very sore and of the kind that are necessary to open therefore they never datirely disappear, but save a art of sont, which remains formonts. They are only on my forehead and around my bose, mouth and chin-never as my cheeks, and, indeed, until now I have had a very good complemies. I also save blackheads. I am straid I have used so much water on my face, because I am siveys weaking my face and hands, always take a bath several times a week, bloogh not a daily bath. I am 15 years old, beight, I feat 5 inches, and I weigh his counter. I am rather light in compexion, with light brown hair, and my face is rather by hump. My general health has always been good, with a headache now and that the best attending to that part of it; but want me to bother with my face-time the determines. I am moder the doctors care, and he is attending to that part of it; but want me to bother with my face-times, and the other of the old-familioned kind, and does not want them now, unless I have to. We still keep to look our best before those we love, so won't you please haip me! Do you think to several meeting me managed to be married and I never had those things before those we love, so won't you please haip me! Do you think as attending in he was a sort of a diet. Have it sales candy or sweets for several months; but I am not any better than when I started.

I feel sure that the pimples on your

Possati Gream for Pimples, polis, a concest and property of the property of the great and the property of the great the great and the great an

Found Remedy Successful Found Remedy Successful

As I have tried the cure (Monmin) you recommended for same, and received in it is sure indeed, I hope that you will fadvise in what to do write my hair. I have been it is not a present to do write my hair. I have been it is not a present but my hair and that I had a present but my hair still fails out a great seal, but my hair still fails out a great seal, but my hair still fails out a great seal, has made my hair grow very dark, with his hotton that he measured my sealing the world like it to remain light.

I am that very liable to chills, after which will not seal to the dark fails of the seal of the country of the seal of the country of the seal of the s

bad condition I came to you for help. The preparations you told me about were fine, and I never had such nice looking hands in cold weather before. Now I have lost the recipes and come to you hoping you will not think it too much trouble to give them to me again. There were three, one for commetic gloves to wear at night, a cream to whiten the hands and something to cure subburn. I remember that it had petrolatum in it

I repeat the formulas with pleasure and trust they are the ones you want. I am giving you three for cosmetic glove, as I do not know which one I gave you before. They are all good.

To Whiten the Hands.

Lanolin. 160 grams; paratin diquid). B

To Whiten the Hands.

Ianelin, 100 grams; paradin (liquid), 3 grams; extract of vanilla, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

To Make Cosmetic Gloves.

Use soft, large leather gloves, three or four sizes too large. Rip them open, and spread the inside with one of the following preparations, then saw the ripped seam up. The simpless, and therefore the least troublessome, paste to make fa-this:

Cosmetic Glove Faste.

Ground barier, the white of an egg. a Ground barley, the white of an egg, a caspoonful of glycerin and one ounce of

Comestic Glove Paste—No. 2.

Comestic Glove Paste—No. 2.

Home-made soft scap, % pound; olive off. i elli; mutton tallow, i ounce.

After boiling these together remove them from the fire before adding: Spirits of wine, i elli; ambergris or some other perfume to an amount to suit the taste, siways being on your guard not to scent things too highly.

Cosmetic Glove Paste—No. 3.

Refined pine tar, I teaspoontul; olive off. i pint.

Meit in a water bath, scenting with rosewater or some other perfume. This is a preparation which does not spoil.

The following preparation for use with cosmetic gloves is slightly more elaborate:

Myrrh, I cunce; homey, a cunces; yellow war, I cunces; rosewater, i cunces.

Meet the wax in a water bath and add the myrrh to it while it is hot. After beating tham together add the honey and rosewater. Seat all up and add glyowin by the teaspoonful until you secure a paste which will apread nicely.

For Sumburn.

White perrolatum, by ounces; parafin

White petrolatum, \$4 ounces; paramn exx. 4 ounce; lanolin, lounce; water, 1% unces; oil of rose, l drops; alcohol, 46 ounces; oil of rose, I drops; slooked, to dram. Melt the paraffin wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

Wants Lighter Eyelashes Would you be aind enough to tell me what will turn the systemes one shade lighter? A lady friend told me that the lashes and brown should be of the same shade as the hair, and as my hair is chest-nut brown and isahes and brows darker, I trust you will tell me of something harmless to lighten them. HROWNIE. I do not know of a harmless, satisfactory bleach for the systems and isahes. I do not agree with your friend, but think the effect is much prettier when the brows and isahes are slightly darker than the hair.

Worried About Circles Under

As I never askin a favor before, I wish you would grain one to me in your ment week's paper. I have dark circles under my ayes that are very worrisons to me always. As I am a subscriber of your paper, I wish you would blease tail me sees sure and obligs one that is worried.

Dark Circles Under the Eyes.

There is always, in my opinion, some internal cause for the black circles under the system. The tendency is commitmed because for the black circles under the system. The tendency is commitmed because the commitmed because the commitment because to the black circles under the service of the following discussions on an are rarely, if over found succentifications of the subject to anomalia, and there is an importruent of the chamical congrises of the black, or when the sweam is

Oid-Fashioned Skin Lotion.

Spermaceti, 12 grains; white scap, in puwder, & dram; white was (paiverjzed), & dram; almond oil (sweet), & dram; Jordan almond, I conces; pure sloohol, sounces; ounces; ettar of roses, & drops; oil of neroll, f drops; escace of jasmine, b dram; escence of white rose, & dram.

Blanch the slmonds and beat them into a smooth puste, adding some water gradually to form a thin cream. Melt the was, apermacett and simond oil together, and to this add the scap, previously rubbed down with one-haif cume of water. To this add, in small quantities, the remainder of the water, assiduously subbed down with one-haif cume of water. To this add, in small quantities, the remainder of the water, assiduously stirring. Then add the strained almond cream and finally the sloohol and the perturne.

A little of this milk may be rubbed into the skin several times during the day. The effect is permanently beneficial.

Honey, I cunce; white scap in powder, it described in the stress almost oil of sweet almond of the stress almost oil of sweet almonds.

Honey, I ounce; white soap in powder, it ounce; oil of sweet almonds, I ounces; oil of bitter almonds, it dram; oil of bergamet, it dram; oil of cloves, I drope; balaam of Pess. It dram; liquid potassa, it dram.

Mix the oils with the balaam, then mix the honey with the soap in a mortar, adding enough of the potassa to produce a nice

Will you piease send formula that will remove bard piaces on the hands, caused by sweeping? I find your page very valuable.

J have no regular formula for the removal of callous biaces on the hands, but there are many simple remodles that will help you. Rubbing pure dilve oit on the hands but there are many simple remodles that will help you. Rubbing pure dilve oit on the hard spot several times a day and at night before retiring. The following simple mixture has proved very successful in such cases; 1 ounce; camphor, 20 grains; glycarin, is ounce.

Outdoor Sports That Make You Healthy

By Dr. Emma E. Walker
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F. A number of girls in your set are
athletto in their tastes they will find
a good deal of fun in a Hare and
Hounds Club, when the weather
grows cool.

Have five or six on a side and choose
a leader for the "hares." Practice daily
and you will soon be able to cover long
stretches of country in your run.

Hocker.

Those of you who have the coportu-nity to study it will hardly find a bet-ter all-round exercise than fencing. For this arest some equipment is necessarily

a girl should have a perfectly sound body to begin with, and be very stret that none of her organs are weak. Folls, masks and a plastron are used, and an instructor is absolutely essentist. Learn to fence with both hands, so that the forearm, calf and thigh are developed symmetrically on both sides. The results are wonderful. Three months of fencing practice will give you a lighter step, grace of movement and a more agile form. It trains the eye, the hand and the mind indeed, I knew of no better mental symmastics than a bout with the folis. The exercise is vigorous and causes profuse perspiration, and if you are a little heavier in weight than you would like to be, swathe the hips and abdomen in fiannel before your practice hour, and note how quickly they are reduced. Begin with a thirty-minute lesson only, and gradually lengther the time as your strength increases. Lie down for thirty minutes after each practice hour. Fencing is a fine art as well as an exercise, and one of the most fascinating of sports.

a most healthful and ciss.
One of its advantages is that it can be played alone. It is the mational partime of Ireland
Basketball.
Although so many girls are devoted to

the game of basket ball, it seems to me that it ranks with football rather than with girls sports. In playing this game one is apt to become so excited that she forgets all care for herself or for others. I do not feel that the dangers of the game are compensated by any advantage that may come from it.

Any girl who has a weak heart should carefully avoid all vigorous games unless she has the permission of her physician to indulge in them.

Gardening.

Gardening.

So many girls are desirous of getting rid of superfluous flesh that I wonder more of them do not try gardening. The same motions are involved is this partime that come into many household duties, especially bed making. The girl who loves her garden is continually stooping and rising again, motions most advantageous for the one who desires to lose weight.

Coming close to Mother Earth is a blessing in itself. She loves her children, and the closer they come to her tha more freely she offers them besuty and hould.

Gardening is a fascinating pursuit, as you will find if you once take it up. Begin in a small way at first, but do it well, and it will not be long before your boundaries will spread out. The joy of seeing the first bud and flower on your own plant that you have nourished is an exquisite pleasure. Not only does a beneficent physical effect come from the close contact with nature, but I do not know of anything that will give you such a realight peace of mind all gardenies.

Handball is a fine game for all-round physical development. Every muscle of the body is exercised. It cultivates quickness and precision of the eye. The running and struggling which it involves are of great benefit to breathing. It is a most healthful and exhibitrating exercises.