and Beautiful Healthy



VALUABLE HINTS ON RELIEF FOR YOUR BLEMISHES BY MRS. SYMES.

'Afraid to Use Remedy

I saw your remedy for a large bust in yesterday's paper and showed it to several people, who promptly told me it would only make the bust smaller by making it wrink-led and flabby, and also yellow: If this is true, can you recommend anything to keep the bust firm during the falling off process. As my bust is not firm, I would be afraid to attempt to try anything to increase the trouble. I have great faith in your remedies, having used the cyclash grower, which worked wonders. Do you think the bust reducer can harm me in any way?

The remedy for rejuction of bust will have no harmful street. During treatment frequent applications of cold water and brisk rubbing with a coarse towel will aid in keeping the bust firm.

Troubled With Blackheads

Will you please give me, through your valuable column, a remedy for red blotches left by squeezing blackheads? I have pressed them so hard sometimes that the skin has come off and been sore; it has left a little scar. They make my face look bad. I make up my mind not to do it any more, but the blackheads come back, and I pick at them again. Please tell me how to get rid of them forever. I have a pretty good complexion, and would thank you to tell me how I can procure a smooth satin akin, like a baby a se that is what I should like. I also seem to be loring my color, and would be grateful to know how to get good, rich blood. Please recommend something. Thanking you in advance for the and past good advises which I have received. I am Exponded the comment of the same past in will aliay any inflammation, and is also very good for the enlarged pores which sometimes follow blackheads.

Treatment for Blackheads.

Get the current camet's-hair face scrub-

Get the correct camel's-hair face scrub-brush, a bland tollet soap, a little good brush, a bland tollet soap, a little good cold cream or tollet cream of superior merit-there are many of them—and a few cunces of con mon washing sods. If the black points are very distinct, press them black points are very distinct, press them but: if not, scrub the face marning and night with hot water, into which you have put a bit of the sods about a fibert in size put a bit of the sods about a fibert in size to each quart of hot water; soap the brush precisely as you would water you going to use it for your hands, and scrub the face thoroughly.

Flow to Use the Camel's-Hair Face

Scrubing Brush.

Impress the brush in water as hot as can
be pinasantly berne. Soap it well, just as
you would if you were about to use it for
your hands serub the face thoroughly,
taking sepecial care of the pinces that most
taking sepecial care of the pinces that most
require cleanana. Rinne the face with
cooler clean water, so as to get all the soap
out of the pores. Dry carefully and apply
a cream or tollet balsam; any good emoilient will answer.

Lotion for Inflamed Skin.

Borselo acid. I dram; distilled witch hasel, 2 outcess; resewater, 2 outces, Use as a
wesh two or three times a day.

To Darken Blonde Hair Kindly inform me if a hair stain can be made for blonde hair that will not be reddish, and what it may be? I have tried age tea, which answers for a while, but after continued use it looks on the hair a greenish shade. Can it be toned down to suit blonde hair, not a reddish hus? F.

Ten Hair Tonic.

Ten ar a basis for hair jonic is sucal in many cases. Fermula:
rum, 1 ounces; piyoerine, 2 ounces;
in. 2 ounces: infusion of black tes, io
and parfume to suit. The ten in-

fusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients; apply with a soft aponge to the roots of the hair. It will darken blonde hair.

I think you will find the black-tea tonic more satisfactory for your hair than the sage tea. Of course, all stains have to be repeated when the color needs renewing.

The Use of Pumice

I had been interested in reading the paper where you give advice to people that need help. I am a girl of 20 years, and have been bothered this last year with hair growing on my body. I don't know what makes it grow, and don't know how to remove it. I would ask you to kindly assist me.

For the removal of superfluous hair on the body, try the plaster stick or pumice stone treatment, both of which have proved beneficial in many cases.

Pumice Treatment for Superfluous Hair.

Get an ordinary 5-cent cake of pumice

Get an ordinary 5-cent cake of pumice stone. This is not pumice stone but the regular old-fashioned pumice stone. To remove the hair rub the skin afflicted with the superfluous growth and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice atome is best used at night before retiring.

Red Hands and Face

Red Hands and Face

Will you give me a remedy for red hands and face? My face and hands are not sunburned, but are always very red, and I will approciate some retackly which will make my face and hands whiter. If you will publish one in your columns, I will estrainly thank you. GREENSBORO.

Red hands and face come from various causes, and are frequently constitutioned, in which case they are very hard indeed to gombat. Abstain from blood-making foods, and do not use water that is extremely hot or cold. It is better to use a good face cream. I am giving you lotion for whitening the hands. Wearing cosmetic gloves has been very successful in some cases of red hands, and I am giving you directions for making them.

To Whiten the Hands.

To Whiten the Hands.

Lapolin, 100 grams; parama (liquid), Escams; extract of vanilla, in drops; oif of rose, i dron,

Mix and apply when necessary.

To Make Cosmetic Gloves.

Use soft, large leather gloves, three or four sizes too large. Rip them open and aprend the inside with one of the following preparations, then see the ripped seam up. The simplest, and therefore the least troublesoms, passe to make is this:

Cosmetic Glove Paste.

Ground barler, the white of an egg, a teaspoonful of glycarine and one ounce of honey.

Dandruff Causes Hair to Fall Tam another one anxious to know if you can sall me what to do for my hair. It is coming one very badly, has been for a long time. An irothesid with dandruff. Washing does no good, for it is as bad as aver in a few days. My nerves are in poor condition. Would constitutional treatment be beneficial, combined with local treatment? My hair has never been as bing or thick as I desire, especially the latter? It is rather dry, so I would like something that would not have a telelency to dry the hair nor yet make it gressy or damp. If you can give me formula for something that will stop the falling, cure dandruff and make the hair grow long and thick you will have my lasting gratitude. My hair is blonde. I wouldn't wish it any darker. Thanking you in advance, and hoping you will help me as soon as possible. I am your, let my lasting from the sound of the dandruff, and I advise you to use the lotion for which I am giving you formula until it has entirely disappeared; then treat with the quinine tonic, which will promote the growth of your hair.

To Remove Dandruff.

or to match. Red, white or blue costumes are particularly good. Team work is the stronghold in basketball, and the sacrifice of personal glory to the genfect on mind and body.

Tincture of cantharides, I counce: liquid of animonia, I dram; giycerine, 's ounce; oil of thyme, 's dam.

Mix all together with six ounces of rosewater. Rob the scalp thoroughly with this preparation until no further evidence of dandruf is noticed.

Quinine Hair Tonic.

Sulphate of quinine, I dram; rosewater, 5 ounces; dilute sulphuric acid. 15 minims; rectified spirits, 2 ounces; mix, then further add glycerine, 4 ounce; essence royale or essence musk, 5 or 6 minims.

Agitate until solution is complete. Apply to the roots every day.

To Remove Wrinkles I am a new reader of your paper, and ask some good advice to remove wrinkles, which are under my eyes, and one gods across my nose, connecting with the laughing wrinkles. I am is years old, and very stoot. Please tell me how to remove them? IP. C. S. Massage with a good face cream, using the tips of the flagers gently, with a rotary movement upward and outward. This movement should be given fifty times each day.

Pores Too Large I am very much troubled with enlarged pores and blackheads. On my nose and cheeks the pores are very large, and I can squeeze a brownish matter out of them. I have used two bottles of the boric acid and witch hazel, but it did no good. Can you tell me something else to do? I will very many appreciate It.

Try the following lotion on your face, and at the same time abstain from spicy, stimulating, greasy foods and sweets:

Astringent Lotion.

Dried ross leaves, i ounce; white wine vinegar, 1/2 pint; rosewater, 1/2 pint. Pour the vinegar on the rose leaves and let them stand for one week, then strain and add the rosewater, throwing the rose leaves away. The lotion may be used either pure or did to the rosewater. Do not keep in a metal vessel.

Harmless Rouge.

Will you please give me the ingredients of a harmless rouge? Please publish in your columns as soon as possible. Also, will you please tell me what I can do to regain my rosy cheeks? I was very rosy until a few months ago, but since that time have been very pale. I should be very grateful to you. Yours truly.

I am giving you fosmula for a harmless rouge. Better try to bring the roses back to your cheeks in the natural way. Take plenty of exercise in the open air, bathe daily and cat good, wholesome food.

Strawberry Watural Blush

Strawberry Natural Blush,

Troubled With Blackheads and Pimples.

As you have helved other people before. I thought I would write and see If you could help me. I have had blackheaus and pim-

ples for over two years, and they disneure my face dreadfully. DISFIGURED.

I am giving you formula for a lotton which is excellent for the removal of blackheads; also one for a cream which has been very successful in the removal of pimples. However, if they are from internal causes, this will not effect a permanent cure. The woman who is troubled with blackheads and pimples should abstain from all rich food—pork in every form, hot breads and sweets. She should drink neither coffee nor tea and live as much as possible on fresh or stewed fruit and green vegetables. She should take a daily bath and a great deal of outdoor exercise if possible.

Blackheads of the Skin.

Held Ball

Binckneads of the Skin.

Beracle acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.

Use with friction twice a day on the skin affected.

Pimple Gream.

Petrolatum, 1 ounce av.; hanolin (anhydrous), 1 ounce av.; hydrogen peroxide, 1 fluid ounce; acetic acid, 1 fluid dram.

This preparation, usually employed for the removal of pimples, may be also used for blackheads.

Complexion a Worry My complexion is the source of a great deal of worry to me, and I feel most confident that you could help me. In the first place, I have freckles—not large, beavynes—but I believe I prefer those to the kind I am afflicted with, for I call it as affliction; but, instead, they are light yellow and very close together on the sides of my face. I also have them on other parts of my face, and my hands, too, have the mane kind, just heavy endugh to be noticeable. At times I just get so discouraged, especially after I am dressed to go out. Is there any kind of face wash of bleach or something of the kind which would sort of cover up the freekles, and if you will also suggest a lotton for the parmanent removal of same. I am sure I will certainly appreciate your kindness? Will you also, fell me what I might use to whiten my neck? It seems rather dark. I will watch your column with the utmost patience awaiting the answer of a troubled Alton girl.

First try the simple remedy of glycerine lotion for the freckles. If this is not effective, use Dr. Shoemaker's bleach, which I am giving you below. To whiten your neck use peroxide of hydrogen. Four a little in a saucer and apply to the skin with a soft cloth.

Dr. Shoemaker's Bleach.

(For tan, freckles and yellow discolorations of the skin.)

Bichloride of mercury in coarse powder, 8 grains, distilled witch hazel, 2 ounces, rosewater. 2 ounces.

Agitate until solution is obtained. Mopover the affected parts. Keep out of the way of ignorant persons and children.

To Stop Hair From Falling

1 have had your prescription for black-heads-boracic acid, alcohol, rosewater-filled, and am using it. My skin is very small-pored. Is there any danger of chiarging the pores. If so, please tell me some way to avoid or prevent it. I have had considerable trouble with falling hair, especially the last few weeks. My hair is a yellow brown and curry around my face. When I use whisky and quintie it makes my hair straight and darker.

I have no trouble with dandruff. I never have rathed my hair. For a few months I have worn it paries and low on my neck. Before, I wore a loose pompadour and a low knot. I brush my hair every night, and shampoo once every two or three weeks. I know me cause for its falling.

If you can offer any suggestion, please tell me how soon I should notice the effects.

The lotion referred to will not injure the pores of the skin, I am giving you formula for lotion, which has been most successful in stubborn cases of falling hair.

Falling of the Hair.

Tinoture of nux vomica. I ounce; spirits of resemary, 2 ounces; alcohol, I ounces.

Apply several times a week to the roots.

Tincture of nux vomics. I cunce; spirits of rosemary, ? ounces; alcohol, ? ounces. Apply several times a week to the roots of the bair.

To Remove Fullness Under the

Will you kindly tell me if olive oil, when used on the tace, will cause hair to grow? I find it very cleaning, but am atraid to use it till I hear your advice, Also, my cres are very full undermenth, and it makes the cre look amaller. What shall I do to remove the fullness?

I always enjoy your page and have round some very good hints among your answers.

When there is a tendency to superfluous hair on the face, using olive oil will frequently promote the growth. However, I have known of cases where it has not had this effect. To remove the fullness under your eyes massage as follows: Use both hands, place the finger tips directly beneath the eyes press gently around the outer corners and upward, following the contour of the eye. This movement should be given about fifty times each day.

· Brown Spots on His Face

you'll try and give me a few remedies to what I've asked, especially the Brat.

I am giving you formula for pass that has been most successful in the removal of brown spots and freedle Any open-air game, such as tonning off, etc., would be a good thing for your nervousness. If this is impossible take a simple course of gymnastics your room each night before retiring the surerto have the windows open that the air will be pure and freed Peroxide of hydrogen will remove the stain on your neck. Pour a little in saucer and apply to the skin with a so cloth.

Whitening Pasts for Freekles and

PARTS OF THE

Whitening Pasts for Freckles and Brown Spots. Salleylle acid. 60 grains; bay sum.

Pimples Leave Scars.

I am a young tout, and have been a reader of your columns for quite awhile. My face has been covered with pinples, which have disappeared, leaving scars which are strong or the removal of scars which I am giving you.

Witch Hasel Gold Cream.

One ounce seek of white wax and specuacett, is pint of all of almosts.

Mainty pour into a morrar, which has been heated by being immeraed some times in boiling water. Very gradually add sounces of rosewater and I cutter of witch hasel and a saidcounty air the caliture until an institute is nearly cold.

This cream is particularly useful to had sore or stretched skin.

To Remove Scars.

Lanolin, 2 drams; ofniment of binlodids of mercury, 2 drams. Rub is well does a day.

To Remove Superfluous Hair

I saw your recipe for removing superfusion
hair printed several times in this degree
ment and tried it.

The one I rater to is perceite of hydrometa
hair the trouble was that I did not use if
often enough. I was a little at all.

If the property of the several times in the several
pour planes let me know through your per
partment how it may be use? The provide
as a very sight one on my chia. Other

Recipes Proved Helpful

HEALTH THROUGH HYGIENE --- THE VALUE OF GOLF

By Emma E. Walker, M. D.
Capyright. 1965 by A. S. Barres & Ca.,
New York

UR English sisters can teach us a most valuable lessup-the benefit that comes from outdoor exercise. When an English girl feels a little below par in body or mind, she recognifies Naturally, all of these details will depend upon the girl, a upon her condition.

If you are playing the first game of the senson you cannot do what you will be able to accomplish at your last game. In this way she refreshes herself and comes back again in fine condition. But we American girls are not apt to show the same good judgment under such circumstances. We good on the pobr, tired brain and body until overexertion is carried far; then we upbraid ourselves for being dull, while we follow just the course to make ourselves duller.

You will rarely see an English girl who takes less than two hours of outdoor reverantion daily. That is the great reason why she enjoys such glorious health, and such a beautiful, clear complexion.

Now, when you play golf, how will