BY MRS. HENRY HOW TO BE HEALTHY AND BEAUTIFUL---SYMES

CARE OF THE SMALL CHILD'S Don't Let the Stockings Wrinkle

First Shoes Should have Broad Soles

enough to let every little toe rest just as comfortably as though the foot were unabod.

There are so many fascinating little slippers and low shoes for little ones that it is hard to resist them, but at this critical time, while all the muscles are soft and pilable, it is wiser to select, a high boot which will support the tiny ankle. Of course, this does not matter quite so much until the little one commences to stand or walk, but when the first steps are being taken the ankles are scarcely equal to the weight they are called upon to carry, and it is then that the fascinating slipper and all their kin that are cut too low to support the ankles should be relegated to the background. Examins the little foot carefully, and if there is any tendency to malformation of any kind, begin at once to correct the fault.

So much can be done by using even so simple a remedy as absorbent cotton. Little bits of this cotton carefully placed will do a great deal toward keeping the foot shapely, and it is excellent for straightening the toes when there is any crookedness. It is too soft to create an undue pressure, and yet its continued use will train the soft little muscles in the desired direction.

Another known cause of many discomforts in childhood and after life is neglect to have the stockings properly put on. Frequently small children are allowed to put on their own stockings without supervision from an older person. In nine cases out of ten they will be worn crooked and wrinkled throughout an entire day. In an older person in his would only mean discomfort, which is the unknown cause of many an outburst of temper, but it may be pressing the tender flesh and muscles in a manner that will cause an ugly, ill-formed foot in after life.

The foot of the average young child is a thing of beauty, while the foot of the average grown up is rarely an attractive object. The trouble must lie with the treatment and care bestowed upon these useful members of the body.

Get a cake of bichloride of moreury soap ithe imported is the best and cur it into halves, and shave one-half into fine bits. Dissolve it in boiling water. You may set the mixture on the stove over a gentle hoat if you choose. You should have water to form a telly-like mixture when cold. To see, first wet the hair thoroughly with clear, warm water, then rub the soap mixture into the hair, taking care that every particle of the scalp is thoroughly saturated with the soap mixture. Give the head a good shampoo with this mixture and rinse several times.

If you follow these directions correctly, the result will be successful.

WORKING GIRL—Use the following pomade to reduce the bust and make frequent applications of clear alcohol: To Reduce the Bust.

To Reduce the Bust.

Iedide of potassium, 2 grams; vaseline, 50 grams; lanolit., 50 grams, tincture of bensoin. 30 drops.

Make into a pomade and rub all over the fat parts twice a day.

You anouth abstant from food that is especially fat-forming—creats, potatoes, corn, reas, beams, etc. You should also avoid sweets of all kinds.

BLOSSOM—I am giving you formula for the cherry lip saive, as you reduest, I am also giving you directions for making a good talcum powder, but there are many very good ones on the market at a very reasonable price.

Cherry Lip Saive.

Spermacett cintment, I cance.

Buermaceti ointment, I ounce.
Balsam of peru, 15 graina.
Alkanet root, 15 graina.
Oil of cloves, 5 drops.
Heat the sisanet in the spermaceti cinimust until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the selsam. Let it estite for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pois. It is ready for use as soon as cold.

Taigum Powder.

Bica four. 16 ounces: isleum, 16 ounces:

Rice flour, 16 ounces; taleum, 16 ounces; tales of sine, 18 ounces, Mix theroughly and sift twice through me bolting site. Perfume to taste.

Hygienic Talcum Powder.

Hygienic Talcum Powder.

Farina starch, to grams: powdered talcoum, B grams; powdered powdere

TALKS WITH CORRESPONDENTS

Individual Cases Taken Up and Discussed by Mrs. Henry Symes

A. N. C.—Better consult a reliable physician.

ANXIOUS MOTHER.—Try the following treatment for parasites in your child's hair.

Cure for Parasites.

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

Egg Shampoo.

Yolk of one egg, one pint bot rain water, spirit of rosemary. I ounce, Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.



High Boots Support Young Ankles



As Nature Intended

these useful members of the body.

Mothers should start the good work by
lavishing every care upon the feet of

Mothers about a comfortable than one which has these painful incumbrances:

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goaterus), 10 grams; tacto thosphate of lime, 10 grams; theother of februel, 10 grams; simple syrdp, 400 grams.

The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals

K. K. K.—Bleach the hair on your lip with peroxide of hydrogen. This is per-fectly harmless, and will make it much less noticeable.

Blackheads on Chin.

My chin is one muss of blackheads, and I have tried the green soap treatment and hot water applications, but neither have helped me. If you know of any good remedy, which you would publish, you would greatly oblige.

The following remedy has proved successful where all cine has failed:

Obstinate Blackheads of the Skin.

Ether, 2 cunces; soap liniment, 2 cunces. Rub into the spot affected, and as soon as he mixture burns wash the surface with hot

Face Covered With Eruption.

Effect of Diet on the System

By Dr. Emma E. Walker

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A MODERN writer on constipation goes into careful details of the diet suitable for this condition. Rye bread is excellent for certain forms of dyspepsia with constipation. Rye mush, taken with molasses, is also advised. Oatmeal acts as a laxative in many cases. Of course, when there is a catarrhal condition of either bowels or stomuch, this diet is not suitable.

Graham crackers, graham bread, cracked wheat and hominy are all mentioned. Green vegetables, such as beet tops, greens, spinach, lettuce, cabbags, cauliflower and asparagus, all act on the bowels from the fact that they contain woody fibre.

Other vegetables, such as cucumbers, parsnips, carrots, green beans, green peas, sauer kraut, the various vegetable, sold as prepared with French dressing, and fruits, all have their place.

There are certain articles of diet which, although not containing much waste matter, still have a tendency to timulate the action of the bowels or to keep their contents soft. Of these are mentioned oils, fats, butter, butternilk, cottage cheese, molasses or syrup, vinegar and sait.

Some of the foods mentioned as having a tendency to cause constipation are potatoes, dried beans, dried peas, sago, rice, barley and cheese (not cottage). Hisckberries, nuts, eggs and pickles, green tea, milk, cocca, pepper and mustard are also included in this list.

Food should be carefully cooked; frying should be pythibited in the case of those who suffer from constipation. There is always a certain amount of dyspepsia in those who have this trouble, and fried food only adds to this complaint.

As to drinks, cool water offers an excellent stimulus to the action of the intestines. Those, then, who have a tendency to constipation should drink plentifully of cool, fresh water, at least three pints a day, between meals. As a routine measure they should take a glass of water the first thing in the morning and the last thing at night. Root beer and sweet cider are often beneficial. Alcoholic liquors, otherwise, should not be touched.

Tou have all heard how many times Gladstone used to chew each mouthful of food which he took. I believe it was about thirty times. The next time you take a mouthful of foread or meat, try this yourself. Notice how the very taste will change, and the consistence of the mouthful will be far more ready for the stomach's work than it ordinarily is. Many of the soft foods, such as breadand potato, in other words the starches, need careful mastication, because they are really partly digested by the juices of the mouth. Do not think, then, that because food is soft it is safe to swallow it without chewing. Of course, this means that your teeth must be in perfect condition.

ANCIENT EGYPTIANS

WORTH OF CLOG DANCING

The old Greek dances are fascinating, but the Spanish dance is really best suited for reduction of weight and making the body generally graceful. When one watches a Spanish dancer it is seen that every part of the body at some moment takes its share in the performance—the head, the hands, the arms, even the muscles of the body. The legs in some dances play an energetic part, but more often a subdued part.

Of an entirely different order, but most buneficial in its results, is clog dancing and many private dancing schools now have "wooden shoe" classes. It doesn't require much time or expense to organize a class devoted to this sort of thing, and I can assure you that you will be amply repaid for all trouble by the good health and good spirits that are bound to follow in the train of this healthful pastime.

QUESTIONS AND ANSWERS

Worried About Complexion

will also present things I know of to presone of the best things I know of to presone the hands from chapping is a very old-fashioned and simple remedy mutton tailow. If the odor of this is not agreeable to you, a few drops of any perfume may be added.

Pimples.

Beta-naphthol, 5 grains; off of chamse mile, 5 drops; offitment of bennomated one ide of sine, 1 ounce. Use on the surface.

Orange-Flower Cream.

Oil of sweet almonds, a cunces; white wax, a drams; spermaceit a drams; horaz l drams; glycerine lis ounces; crange down water, i ounces; oil of neroll, is drope; oll of petit grain, is drope, kelt the first three ingredients, add the glycerine to the crange downs water and dissolve the bears is mixture; then pour it slowly into the bianded fats, stirring continuously.

Eyebrow and Eyelash Grown Cologne, 1% ounces; glycerine, 1% consequences fluid extract of jaboranal, 2 drams.

Agitate ingredients till theroughly meroporated. Apply to the openous with the brush, and to the lasties with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the cyclica, exercising extreme care that no minutest portion the lotion touches the eye itself.

Hair Turning Gray

Please tell me it the use of heuna too will restore gray hair to its original color tay, dark brown). Would you advise the daily use of it? I would not want to change the color of my bair, but where it is turning gray restore to its original color, have been assured that the "Physician's Prescription," given in your last pease, is harmful to the brain, if you think beam tea would keep my bair dark, please tail me how to prepare it and how often to use it. Will you please tail me how in take wrinkles out of my handa? While they are white, the skin is loose and wrinkled, in spite of a daily manage with cold cream, Thanking you for your many nice recipes, which have been a real benefit. E. M. B. Henna stain will produce an auburn which have been a real benefit. E. M. R.

Henna stain will produce an auburatint in the hair, but will not restore
gray hair to its natural color. The Physician's Remedy is much better for this
purpose, and is not harmful when used
as directed. To improve the flabby condition of your hands bathe them in hot
water at night before rutiring, and rubthe following skin food well into them,
letting it remain on over night. Pull
on a nair of loose, soft kin gloves.

Skin Food for the Hands.

Cocca butter, I cunce; all of sweet almounts, I cunce; oxide of sinc, I dram; borax, I dram; oil of bergamot, 6 drops.

Heat the cocca butter and oil of almonds in a bainmarie, and when thoroughly blended add the sinc and borax; edir as a cools, and add the oil of bergamot inst.

Rub into the hands at night.

Hair Comes Out in Spots Can you tell me of a good formula for falling hair? A member of my family has a baid snot on top of his head, and in in fread of the setting larger. We have tried everything in the way of physicians formula. He is, by the way, a needlest each of a have undertaken to help him; he is not to sak anything about it. In times past he had a great deal of dandrysh, but performed the sake anything about it. In times past he had a great deal of dandrysh, but performed the sake anything about it. In times past he had a great deal of dandrysh, but performed the sake in the sake of the sake it is to be a sake anything about a fall to be a sake anything about a fall to be a sake anything about a sake anything about causes of a sake planting of the sake and the sake anything about a sake anything about a sake anything a sake a sake anything a sake a sake anything a sake a

of a mixture composed of equal parts of pure glycerine and castor oil.

In Doubt Will you be so kind as to tell me what to do? I had a freckle paste filled out of your page for obstinate freckles and the paste is hard so I can't use it. LUCY.

Go to the druggist who filled the prescription and insist upon having it properly prepared, which it evidently has not been.

Excessive Dandruff

I am in trouble about my hair and want you to help me. My hair is failing out by the handful, it is very dry and some dandruff and the scalp itches so badly I am almost wild at times. I hope you will be able to help me.

Excessive dandruff is most likely the cause of your itching scalp and falling hair. First give your hair a thorough shampooing and them commence treatment with the dandruff cure for which I am giving you formula.

To Bemove Dandruff.

Therety of cantharides, I ounce; liquid

Tincture of cantharides, I cunce; liquid animonia, I dram; giverine, is cunce; oil thyme, is dram; resemany oil, is dram; Mix all together with 8 cunces of resewater. Rub the scalp thoroughly with this preparation until no further evidence of underful is noticed.

Wants to Darken Red Hair Will you kindly give me a recipe for darkening red hair? My hair is a bright red, and I would like to have it changed to an antion, and oblige GINGER. Do not know of any treatment that will darken red hair. Better consult a specialist in regard to this, as it is dangerous for an inexperienced person to attempt.

I am a reader of your department, and last summer commenced using one of your half tonics, with good results. I also use it on my little giff's half receasionally. I have a boy if years old, whose hair is a little thin, and, thinking it would benefit it, I put the tonic on the other day, and the following day his scalp was covered sores on his scalp. What is the reason of it? The tonic is the one that calls for sulphate of guintee, the ture of cantharides, atract of jaborandi, sicohol and glycerine. Please answer through paper, and I will be grateful to you.

There must have been some abrusion or irritation of the scalp, otherwise; the tonic would not have affected it in the way you describe. However, I advise you to discontinue its use for the present.

water, 1½ ounces; tincture of cantharides, 6 drams; bay run, 4 ounces; alcohol, 4 ounces; water 6 ounces.

Dissolve the potassium carbonate in the water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Hair Oily and Thin

Janey A Dancing as an

cercise

Hair Oily and Thin

I will be very grateful to you if you will kindly advise me in the following:

My hair is quite oily und falling out in large quantities, while in have great deal of dandrum, and my hair havery thin, Now, which of your red role one to keep hair from falling or the quantities tone to keep hair from falling or the quinting tonic? And, whichever you advise me to use, please print the recipe for same.

Now, I have another question to ask, what shall I use to whiten my face? I seldon have any pimples and but few blackheads, but my complexion is very poor; in fact, you might call it sallow, and when I am cold it is purple. My mose in always purplish red when outdoors, and in the house my whole face is all the same color. What I would like to have in the house my whole face is all the same color. What I would like to have in the house my whole face is all the same color. What I would like to have in the house my whole face is all the same color. What I would like to have in the same color. What I would like to have in the more cream carnet of cucumber cream of cream there wash, and it so can I be growth of hairs? Flease give manot get cucumber so ther kind of coid cream more whitening and that will me cause the growth of hairs? Flease give me recipe for cucumber cream, if you advise its use.

And one more question. My hands are red and very thin. What can I use to make them white and more fleshy? G. M.

Shampoo your hair thoroughly and commence treatment with the quining tonic. When the hair becomes too oily repeat the shampoo. The condition of your complexion indicates some inward disturbance. You will, however, find the following treatment very beneficial toward clearing it: Rub the face over just before washing it with two leaspoonfuls of flowers of sulphur, mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face. Use the skin food given below on your hands every night. It will make them plump and white. The hands should be washed with hot water a

simonds, 1 cunce; oside of sinc, 1 dram; borax, 1 dram; oil of bergamot, 6 drops.

Heat the cocoa butter and oil of almonds in a hainmarie, and when thoroughly blended add the sinc and borax; sit as it cools, and add the oil of bergamot last.

Bub into the hands at night.

Green Soap Treatment for Black reads

Will you kindly print again the recipe for stubborn blackheads, part of which called for one ounce imported green soap?

I have nuite a number of tiny blackheads on my face, and aspecially on my chin, and I find, even after opening the pores with hor cloths and representative of my chin, and I find, even after opening the pores with hor cloths and earlier a watch key, they will not come out.

I could not get the imported green soap in my town and had to take the domestic. Is this as good, and will it answer the purpose as well? It is dark brown in color and about the consistency of vaseline. If it will not do, I will try again for the imported. Is it necessary to use a watch key after using this preparation and them manage the skin? Kindly give me full instructions about the treatment.

Blackheads.

Tincture of green soap, 2 ounces; distilled.

Tincture of green soap 2 ounces; distilled-witch hasel 2 ounces. Let this mixture stay on only a few minutes; then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream. Green soap may be purchased at any good drug store. It is not a regular "cake soap," but is about the consistency of custard.

Dry Skin

Will you kindly send me a formula for a fund powder? My sain is so dry that sa dinary powder will not adhere. M. F. E. For Whitening the Bhin—A Liquid Powder.

Pure calle of size, I convex glycerus, I dram; convents. I convex glycerus, I dram; convents. I convex glycerus, I dram; convents.

Face Covered With Eruption.

I giways read your recipes with interest and save all that I think night benefit me, but I wish to tail you about a number of troubles which I have, and I do underely hope you may be able to help me, I need a good medicine to enrich, and purity my blood and build me up in general, but do not know what to take.

My race is literally covered with a hard white substance. Acne, I think, I cannot touch the saim in many places with a pin point between those leads; some are as large as the head of a pin. Is there anything I can take to drive that out of my system? They are still coming out over my face. Also, I perwire so dreadfully under my arms that I just ruin any kind of a fancy weist. Can only wear a white waist twice without washing. Shaids do not check it any. They are damp through in an hour a time. Besides being very annoying, It is also were offensive. I also have enlarged power, caused from blackheade. I have person using boric acid and distilled witch head. I have habod, but does not cure. I do wish I might have a clear, smooth skill.

I am giving you formula for a cure for a cne, which will improve the condition of your face. For the exceasive perspiration under your arms try the following treatment: Wash night and morning with hot water and common brown kitchen soap. Bathe afterward with boric acid powder.

Cure for Confinent Acme (Monin). Used Tonic With Good Results Skin Chaps Easily

Have been reading your health and beauty aids. My skin is rough coarse and easily chapped. Thinking that the orange-flower cream would be beneated, I had some prepared, but was afterward told that it acts as a skin food, and makes the face become full-(and ofter fat) by developing tissues. Will you please let me know if this cream does develop or fill out the tissues, thus making the face fuller? If so, I shall not use it, as face is large. By thus obliging me you will bestow upon me a not soon-forgotten favor. Also, let me know how (Monin's) cure for acne is best applied.

(Monin's) cure for acne is best applied.

The orange-flower cream will ful out the tissues of the skin. If you do not the tissues of the skin lif you do not wish this, use the witch hazel cream, which will keep the skin soft and prevent chapping. Monin's cure for acne should be applied night and morning with a bit of absorbent cotton.

Witch Hazel Cold Cream. Witch Hazel Cold Cream.
One ounce such of white wax and spermscett, is plut of cil of almonds.
Melt: pour into a mortar which has been
heated by being immersed some time in
boiling water. Very gradually add 5 ounces
of rusewater and 1 ounce of witch hasel,
and assiduously etir the mixture until an
enusion is formed and afterward until
the mixture is nearly cold.
This cream is particularly useful to heal
sore or stretched skin.

Many Troubles

Many Troubles

Being a constant reader, I write these few lines, hoping that you will be able to help me out in my trouble. It is this, if y hair used to be very light, but it is getting dark very quickly, and would like to have you tell me something that will make it light. I don't want a bleach, but would like something that would turn it light, and keep it so, for I want light hair very badly. Now, just one thing more, and that is, my hair is lailing out and combing out terribly, and i am greatly worried about it. Do you know of anything that will make my hair grow thick, as I wear it down on my neck, and it looks awful? I can only comb it just one way, which, of course, I get tired of doing Dear Mrs. Symes, I hope I haven't taken up too much of your valuable time, and if you can help see in his trouble! will be a thousand times obliged to you as this really worries me more than enything else. A VERY WORRIED STENOGISCHEMER.

To keep your half light use the strampoo given below, about once in two weeks. The tonic for failing hair has proved very satisfactory to many of my correspondents and I hope you will find it heipful.

Palling of the Hair.

Tincture of nux vomica, I ounce; spirits of resemary, I ounces; alsohol, I ounces.

Apply several times a week to the roots of the hair.