Sensible Summer Dress

HOW TO BE HEALTHY AND BEAUTIFUL--- BY MRS. HENRO

NEW WAY TO ACQUIRED TAPERING FINGERS



A LMOST every woman has an instinctive yearning for tapering finger tipa. Undoubtedly they add much to the beauty of the hand, and if the finger ends are thick and chubby the general appearance of the hand is marred. Much may be done by shaping the nails properly. In my opinion, the best effect is obtained by making the nail follow the line of the finger end as nearly as possible.

the way they should go. They are little things, like steel thimbles, and are lined with soft felt. There are different sixes for the various fingers, and these are adjusted by pressing them to the desired size.

The pressure should not be hard enough to cause any discomfort. Of course, results are not at once visible, but by continually wearing these little devices at night, and as often during the day as convenient, even very thick finger ends may be trained into a much more tapering effect.

Feeding Children

UP TO THE year of 10 children are much better without tea or coffee. Milk or milk and water is far better. Neither shou!! pickles nor condiments of any kind except sait be allowed, and meat should only be allowed once a day. If children were more carefully fed, instead of being allowed to eat anything that is provided for their elders, there would be fewer dyspeptics in the years to come.

apering fingers are the French woman's pride

A Physician's Views on Clothing

By Dr. Emma E. Walker

By Dr. Emma E. Walker

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I AVE you ever thought how much more sensible your brothers are in respect to their clothing than you are? Oliver Wendell Holmes says, in his inimitable way:

"Woman is under the guidance of a higher faw than any relating to her individual safety." He continues:

"It is in virtue of this extreme indifference to consequences, this sublime contempt of disease and death, as compared with the loss of the smallest personal advantage—that woman has attained the power of resistance to exposure which so astonishes the male sex. Think of her thin shoes and stockings, her bare or scarcely protected neck and arms, her little rose-leaf bonnet, by the side of the woolen socks, the layers of finance and broadcloth, and the warm hals and caps of her effeminate companion! Our cautions are of no use, except to the fragile sex—our brothers in susceptibility and danger."

I know a girl who for several months has had a very hard cough, and still night after night I see her sitting in a draught wearing a dress with a "transparent neck." Many girls have A hard lesson to learn in the subject of clothing.

Probably the best all-round material

robably the best all-round material wear next to the skin is wool. It swents sudden formation of perspirane and it absorbs considerable moister without feeling wet. Evaporation in it takes place slowly; thus a chill avoided.

from it takes place slowly; thus a chill is avoided.

It certainly is the safest material to wear in the winter. It should be light and loose. It is a great protection to the vital organs of the trunk. You all know that in the tropics our soldiers are advised to wear woolen abdominal bandages. A great advantage of wool consists in the air which it holds in its meshes. This is the principle on which the mesh underwears are made. Any material, no matter what it is, woven so as to be loose-meshed will retain in its intersices a layer of air which is a great protector.

In the summer, aithough a very thin weight of wool can generally be worn with comfort, and certainly with advantage in our changeable climate, cotton, linen, said slik all have their place. Linen is generally the favorite in temperate climates. Cotton is warmer than linen. Slik stands next to cotton for warmth.

When material is porous it allows

linen. Silk stands next to cotton for warmth.
When material is porous, it allows emanations from the skin to pass out through it. Wool readily absorbs odors. This should be remembered, and the greatest care should be taken, therefore, to keep it sweet and clean.

AIR CLOTHING WELL

Clothing worn next to the skin should be frequently washed, in order to remove the fatty and saline matters which are thrown off by the skin, as well as any microbes which may be there. Clothing should be well aired, for damp clothes offer an excellent soil for microbes, and are favorable to certain skin diseases. Never wear at night what you wear in the caytime. Take off each article, shake it well and hang it over a chair by self so that it can air for hours.

it over a chair by self so that it can air for hours.

The union suit is the hysienic shape for the first garment. Two of its advantages are the even distribution of weight and the lack of awkward fulness at the waist.

I am not advocating any system of clothing, but it is well for you to study this question intelligently for your study this question intelligently for your selves, and to arrange your manner of dress so that you will wear as few heavy clothes as possible. In the winter equestrienne tights will give you warmth, and you can dispense with all but one skirt.

Your skirt should be so hung that you will not feel its weight. It may be fastened to the corset waist for this purpose.

A very bad habit that many girls now

A very bad habit that many girls now have is that of pressing the waist line down. This may look "stylish" to you, but it certainly is not good for your internal organs.

down. This may look "stylish" to you, but it certainly is not good for your internal organs.

If you wear hose supporters, they should not be fastened to a waist band, but they must be so adjusted as neither to draw down the shoulders nor press on the abdominal wall.

Concerning corsets, you have probably heard much discussion as far back as you can remember. Personally, I do not approve of them, though they are said to have cersain advantages. Great improvements in these garments have been made in recent years.

Any one of the various health waists that are now on the market I think is well substituted for the corset. However, take care if you wear these waists to bend over only at the hips. Ysu must cultivate "Nature's corsets," If you are going to wear waists. Strengthen all of the muscles of the trunk—especially about the waist. If you had seen, as I have, deep grooves in the liver of a woman who has worn tight corsets for years, you would learn not to "break in two" when you don't wear them. The ordinary corset acts to your body as a splint sets to a broken arm. The capacity of your lungs is lessened. The action of your heart is impaired.





Different sizes for various fingers.

physical culture give the average lung capacity as 134 cubic inches with corsets, as 167 cubic inches without corsets. Shortness of breath and palpitation of the heart are often due to the use of corsets; so are many diseases, such as dyspensia, nervous troubles, neuralgia, displacements of important organs, and lung and heart diseases.

If you feel that on account of the weight of your bust you are not able to do without this garment, use one of the many bust supporters with a corset waist, and you will find this difficulty obviated.

I cannot say too much against the I cannot say too much against the use of the round garter. It is productive of much harm. It greatly impedes the circulation and often causes variouse veins.

The reason why the January and the such a such

veins.

The reason why the Japanese girl is such a wonderful athlete is because her body has been unhampered for generations. She can wrestle easily with her brother at any time.

Clothes should never be tight in any part. Tight, high bilars and stift collars are responsible for many of our usly necks.

Conspicuous clothing is never in good taste.

taste.

Avoid the combination of many colors.

In the street wear skirts that do not In the arrest wear and are a burden to drag.

Do not wear hats that are a burden to both body and mind.

When you are well and comfortably dressed you have a feeling of poise, which helps you to forget yourself. You can then give your best attention to the work that lies before you.

Manner of Adjusting

Mrs. Symes' Advice to Correspondents

SWEET SIXTEEN.—Try bleaching your neck with peroxide of hydrogen, Put a little in a saucer and apply with a soft cloth, taking care not to get any on the hair, as it will

READER.—Following is the lotion for olly hair to which you refer: Lotion for Olly, Damp Hair.

For greasy, moist hair the following is an excellent drying lotton. If used daily, it tends to produce a crispy condition and an auburn shade:

Powdered bicarbonate of soda, borate of soda (also powdered). M ounce of each; eau de colegne, I fluid ounce; alicohol, 2 fluid ounce; inclure of cochineal, & fluid ounce; distilled water, 16 ounces.

Mix and agitate until solution is complete for general usage.

MELAINE. The Vaucaire Remedy is for bust development only, and will not produce fat on any other part of the body.

K. G.-Try the following paste for re-moving your stubborn freckles: For Obstinate Freckles.

Oxide of zinc, 14 dram; subicdide of bis-muth 34 dram; dextrine, 134 drams; giycer-ine. 115 drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little pow-dered borax and sweet oil.

E. Q. Z.—If your own druggist does not keep the almond milk, get him to procure it for you from a firm in one of the large cities.

A. C. T.-I repeat the formula with pleasure.
Orange-Flower Cream.

Ott of sweet almonds. 4 ounces; white wax, 6 drams; apermacel, 6 drams; borax, 2 drams; glycerine, 14 ounces; orange-flower water, 2 ounces; oft of neroli, 15 drops; oil of bigarade (orange skin), 15 drops; oil of petit grain, 15 drops.

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

My husband is a machinist, and in working gets his hands covered by black, dirty grease, which it is impossible, to remove, regardless of how hard he scrubs or scours them. It settles deep into the cracks and will not come out. Can you inform me, through your paper of any preparation which he can use to reduce this grease and dirt? He used several kinds of machinistss scape, but none of them will take all of the dirt out.

Your husband should use borax in the water in which he washes his hands. This with a good scap should remove the grease and dirt. Afterward apply the lotton recommended to Interested for removal of stains. Dirt Settles on Hands

To Remove Stains From Hands To Kemove Stains From Hands

I am a gentleman reader of your column,
and seeing, as I do, the good advice you
give to others. I take the liberty of asking
you to prescribe contething to whiten my
hands. It seems more like a stain of
sugar beets for I once worked at a sugar
factory.

To soften, whiten and remove stains
from the hands use glycerine and lemon.
Put into a bottle two ounces of glycerine, two counces of water, four tablespoonfuls of lemon, takes and a few

Ideal summer corset

THE woman who can not only keep cool, but look cool, during the hot summer weather, accomplishes two important things. She secures her own comfort, and she is a benefactor to her sex, for those that look at her cool gown insensibly upon seeing her cool and caim under these trying conditions of the weather.

Dress, of course, is an extremely important thing in accomplishing a state of looking and feeling cool. On the subject of underclothing there is a difference of opinion. Linen is undoubtedly the coolest material to put next to the skin, and when in the form of linen meshed garments, which allow the perspiration to pass through freely, is very desirable. However, in our variable climate lightweight woolens are often advisable. They come very thinly woven and lessen the danger from sudden cold or chilling.

Much comfort may be gained by substituting a lightweight corset for the one usually worn. There is an ideal corset made of lightweight porous material, free from stiffness, and having only the number of bones absolutely necessary.

It's a good rule in summer to have no

only the number of bones absolutely necessary.

It's a good rule in summer to have no clothing tight enough to leave a mark on the body. One accessory of dress which is the undiscovered cause of many a hot, flushed face and feeling of great discomfort is a belt that is too tight. When this is of leather, it is particularly objectionable, as it excludes all possible air from this part of the body, and makes a small torrid zone that affects the whole system.

Of fabrics that uo not keep the body too warm nearly every woman may obtain a supply. There is an endless choice of dress-stuffs. That white is cooler than black or dark colors should be borne in mind when making a selection.

If a woman's means are limited and and the second of the second o

comfort than you realize in a thin, cool skirt.

One of the foremost things necessary to the woman who would appear cool is the power to control her feelings. It's the simplest matter in the world to look the simplest matter in the world to look cool swinging in a hammock under leafy boughs, dressed in a cool, white dress; but it requires self-control to look cool after a busy morning or ex-posure to the glare of the heat and sun. Every woman should make up her mind not to be worried by trilles during the summer months at least. Unlessyou do this you will be unable to achieve that combination of coolness and good looks which is so much to be envied.

drops of carbolic acid. Shake well. After washing and wiping the hands rub a little of this mixture into them.

Would you please state in your next issue if the doctor's prescription in last week's paper to restore the natural color of the half is injurious to the hairt My hair is dark. I am quite a young woman, in the thirties, and have very many gray hairs. Please inform me how often it is to be used. Also have lot of amail wrinkles on the chim. Do you think lotion for premature wrinkles would be injurious for me to use? Mrs. W. H. S.

Neither of the lotions to which you refer is injurious if used as directed. Apply the physician's remedy to the hair until the color is restored. The lotion for premature wrinkles may be applied every day.

Liked Powder

Will you kindly send me the recipe for the liquid powder, which I have been using with great benefit? I repeat the formula with pleasure. For Whitening the Skin—a Liquid

Powder Pure oxide of sine, I cunce; glycerine, 1 rum; resewater, 4 cunces; essence of rose,

drain; rosewater, to unces; essence of rose, is drops.

Bift the sinc, dissolving it in just enough of the rosewater to cover it, then add the giverine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid drice or it will be streaked.

Annoyed by Freckles

I take great interest in your beauty page, and would like to ask you if there is any cure for freckles. I have them on my hands and face only. I don't care about having them on the hands, but do wish you could help me with my face. They lighten a little in the wines, but become very dark

Gray Hair and Wrinkles

Bewere clothing in the summer. I have tried lemon julce, but it doesn't seem to do any good. I am very much worked about the summer, for they get so dark that I don't sajey going anywhere. So will you blease give me a lotion to drive them away or lighten them? I am is years old and do housework, and am outdoors quite a bit. So will you blease help me with something that will not harm the face or grow hair? I will be waiting for an answer.

Try the following remedy for your freckies, and before exposure to sun or wind rub a good cream well into the skin, wipe off with a soft cloth and dust lightly with a good tollet powder.

Dr. Shoemaker's Bleach.

Dr. Shoemaker's Bleach. (For freckles and brown spots.)
Bichloride of mercury in coarse powder,
grains; witch hazel, 2 ounces; rosewater,
counces.
Agitate until a solution is obtained. Most
over the affected parts. Keep out of the
way of ignorant persons and children.

Inquiry About Cream Inquiry About Cream

I am a regular reader of your hosith and beauty talks, and am very much interested in the same. I have had some of your recipes filled, among them being the orange flower cream. I have found them all very benefical, but am anxious to know if there was anything in the orange-flower cream to cause hair to grow on the face. I did not think so, but wanted to be sure, as I am inclined to have hair on parts of the face.

I can positively state that the orange-flower cream will not promote growth of superfluous hair. Am glad you have found my recipes so satisfactory.

To Develop the Bust will you kindly insert in next week's paper a good bust developer? MILDERD.

Dr. Vaucaire's Remedy for the

Liquid extract of galega (goaterus), to grams; incto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple errup.

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

Too Fat Having been a constant reader of your column for some time. I thought I would come
to you for advice about my atoutness. I am
a fir! Is years old and weigh almost to
be out of the color of the color of the color
do in drefer to get thin, for, you know, that
is too much for so young a woman to
weigh. I cannot understand what is
making me so stout, as I saw quite the
cline, and of the housework for three
brothers a find the housework for three
brothers and of the reduce my fat, you will
greatly obline. Rules for the Reduction of Flesh.

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, polatoes, etc. Have your bread toasted; springle it with ealt instead of butter. Milk, learned to say, if it be pure and coacted; springle it with ealt instead of butter. Milk, learned to say, if it be pure and coacted, springle it with ealt instead of butter. Milk, learned to say, if it be pure and coacted, springle it with the say in the say of the pure of the say, if it is an excellent substitute for thereigned hours to seven at the outside. No say, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing feath the one fact to recollect is that fat is carbon. Oxygen destroys or burne out carbon. You milk consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more carbon to burn away.

To Remove Impurities From the Blood

I have a clipping of a blood purifier that you have and I want to know exactly how to take it. Do you mean to take from one to four temporarius at one does, or how? Please give explicit directions and return this with your nameer. I am Il years of, so if you can tell me exactly how much as



Remedies for the Hair and Face

a dose and how esten. I am troubled with impurities of the blood working out in the face, and will appreciate your advice. Here many bottles do you think I abould take? Do you think this blood purifier will stop my face from breaking out? Nothing that I have tried will prevent these formations, and I wish you would advise me what to do for them I want something that will prevent my face from breaking out this way, and not to cause it to break out, as some things I have tried have affected it that way.

Take three teaspoonfuls of the blood purifier at one dose, preferably in the morning before eating. This will probably drive the impurities from the blood and make the cruptions on your face a little more frequent at first, but if you persevers with the treatment and use the cream, for which I am giving you formula, externally, I feel sure your complexion will soon improve.

Fossati Cream for Pimples.

Labolin, 3 grams: sweet almost oil, 5 grams: suiphur precipitate.

Lanolin, 3 grams; sweet almond oil, grams; sulphur precipitate, 5 grams; oxide of sinc, 2½ grams; extract of violet, adrops.

To Cure Dandruff I would like to get a remedy that will stop dandruff and failing helt. I have tried almost all the patented remedies that I know of, but they seem to do no suod. So I thought I wald seek assistance from you, as I know a great many have been been fited through your pacer.

To Remove Dandruff. Tincture of cantharides, 1 ounce; liquor ammonia, 1 dram; glycerine, 16 ounce; oil thyme, 19 dram; resembly oil, 16 dram.

Mix all together with six ounces of rosewater. But the scaip thoroughly with this preparation until no further systems of dandruff is noticed.

Pores Very Large Will you kindly give me advice how in treat my face for enlarged pores? I think it has been caused by an injudicion use of facial paint and powder, without drathaving applied a cream.

Use a little borax in the water is which you bathe your face, and apply the following lotion:

Lotion for Enlarged Pores.

Boric acid, I dram; distilled witch hass!, 4 cuness. Apply with a place of old lines or absorbent cotton.

To Remove Wrinkle Will you kindly give me respector wrinkle cure! I have a wrinkle simulated of my mouth, and wester like to remove the wrinkle at all of mouth massage it persistedly, a good skin food. From it first as you would amouth the wrinkle at a piece of sails or an appeal of sails.