THE OREGON SUNDAY JOURNAL PORTLAND. SUNDAY MORNING. SEPTEMBER 7



RHAPS it's due to an excuse in laation (or "divilianti well-known scholar oo puts it), at ains that every year melancholy fact remains that the who are sees more and more children who are compelled, because of ill-health, to sleep in cold rooms—out of doors, if possible; if not, in rooms made fresh by having

window open to its utm lly, at first, when such as resorted to, it was for inherited tendency to consumption, or to asthma-some lung or throat weakness. But, lately, the great value of fresh sir-no matter how bitter cold it may be-as medicine for simost any sort of illness, come to be a recognized factor in medical world. As a consequence, the medical world. As a consequence, children who are run down and ner-vous, who have grown too fast for their alender strength, or who show signs of breaking down from school work, are often made to sleep in the coldest sort of rooms. of ro

When they do sleep under such con-ditions, it is of the utmost importance that the beds be made so that there s no danger of draughts working and the covers should be fastened securely-the risk of catch-ing cold when a restless sleeper kicks

the covers off is too great to run. First of all look to the sleeping togs. For very little children, sleep-ing bags (very like those that Arctic travelers use) made of fiannel are

most satisfactory. They should be made like very long fiannel night-gowns, which button clear up to the throat, and at the feet either button

throat, and at the feet either button over or draw up by means of a strong tape. Be sure to get them long enough though to allow the little limbs full freedom of movement. For larger children, night drawers out with feet to them are best They may be made of fannel, of canton-flannelette. White flannelette comas in a quality that is perhaps nicest of in a quality that is, perhaps, nicest of AIL

A screen placed at the angle where the draught seems to strike does away with the dangers which lurk in draughts.

The covers may be ..eld in place by means of a great safety pin, defty stuck through undersheet and all. For midwinter, blankets should be

spread under, as well as over, the child. Two, and even three, thicknesses are not too much when the weather is very cold. Spread the blankets over the mattress, and make up the bed in the usual

What may be indulged in during a articularly severe spell is a hot-water bottle, slipped into its elderdown bag and used as a foot warmer. But don't let the child grow dependent upon it. Like a woman's postscript, the most important piece of advice comes at the

very end: Start in now, if you expect the child to stand a cold room this win-ter. Put it off, and a series of severe colds, if not pneumonis, or even graver ills, will result.

When the snow or rain comes, put consthing on the floor (under the open windows) to absorb the moisture, and set the screen so that the bedclothes can't, by any possibility, get damp. But, beyond that, let the air come in as freely as upon other times and seasons.



Pinning in a Pestless Tots

TO BEAUTIFY THE FACE

Cure the Blackheads First

All greatly troubled with blackheads and large pores, also pimples. I have never ried anything for them, but would like to now what to use to get rid of them. have a scod many hairs on my sirms and a few on my upper lip. Would you kindly advise me what resatment to use? Would you phease tell me what is the cause of my face turning red? It turns red at anything, encedaily when any one speaks to me. I am very healthy. A FAITHFUL READER.

Cure the blackheads first, then con-sider the enlarged pores. If you treat the latter before the blackheads are eradicated troublesome complications will result.

Green Soap Treatment for Blackheads.

Tincture of grean soap, 1 tilled witch hazel, 1 ounces; 1 ture stay on only a few mo wash off with hot water. ; let this moments,

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 drug store. It is not a regular "cake soap," but it is about the con-sistency of custard. The bis method of semaning the sec

Try this method of removing the su-erfluous hair on your arms and lips: Pumice Treatment for Superfluous

Hair.

Get an ordinary occur stone. This is not pur regular old-fashioned p remove the bair, rub ry 5-cent cake of which the superfluous growth, and the pumine stone will wear the hair off. Be careful not to be toe heroid and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night sfore retiring.

before retiring. I regret that I cannot suggest some-thing to correct this unpleasant tend-ency to blush, as I should call it. The usual redness of face that troubles people can be cured, but I fear this is a peculiar nervous disorder for which I canpot prescribe.

Apply the former as you would a so

A Liquid Complexion Beautifier A Liquid Complexion Beautifier Will you please publish the recipe for a liquid complexion beautifier that does not contain chalk give or lead I once used a beautifue that had the appearance of clean water, and it was excellent for beautifying the skin. I applied it to the face, and I left my skin soft and velvety. It also give it a whitin appearance, as though I had used powder. I have lost the recipe, and for't know where to get it. L. B. B. The nearest that I can come to grant ing your request is to give you the for mula for "old fashioned skin lotion. It is perfectly harmless, and makes the skin soft and white. Old-Fashioned Skin Lotion.

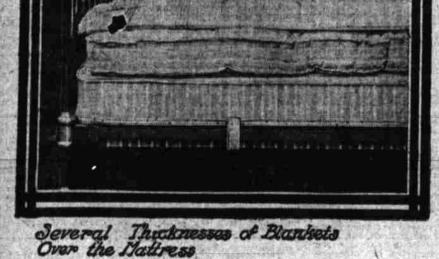
Spermacett, 13 grains; white scap, in p or, & dram; white wax (pulverized) ram; almond oll (weent, & dram; Joo imonda, 3 ounces; puts alcohol, 1 oun setfied water, 5 cunces; stur of russ rops; oll of zeroil, 5 drops; sesence of tine, is dram; same of while ross ram.

mina is drami essence of while rose, is dram. Hiafich the almonds and beat them into a smooth peaks, adding some water gradually to form a thin cream. Meit the war, spor-maceti and rimond oil together, and to this add the scap, previously rubbed down, with one-half ounce of water. To this add, in water, assidnously stirring. Them and the strained almond cream and finally the alco-hol and the perfumes. A little of this milk may be rubbed into the strain several times during the tay. The effect is permanently henoficial.

Roughened Skin

some time past I have been trough pimples, which after they went aw leave farge holes in my skin. I to tion for enlarged pores recommend in also obligate the data and the second the state of the second second second the second second second second second second the second second second second second the second second second second second second the second second second second second second second the second second second second second second second second the second second second second second second second second the second second second second second second second second the second second second second second second second second second the second sec

to do for rough, red skin. the orange-flower cream wo sorten it? Did you tamper with the any way? The holes you to be small scars, caused by be small scars, caused by the pimples having been improperly opened. If that were the case I would suggest a rem-edy for them, but cannot unless I am sure that that is the trouble. The orange-flower cream is an excel-lent skin food; but before beginning its use try this lotion: Lotion for Inflamed Skin. Boracie acid, 1 dram: distilled witch basel, 2 ounces; rosewater, 2 ounces. Use as a wash two or three times a day.



ADVICE BY MRS. SYMES

Job's Tears

YOB'S 'I CATS W 12. YOU kindly inform me at the will be able to obtain Job's Tears I remember some time are seening in your "pace that they were beneficial to seething children." B.C. "Job's Tears" may be obtained from my large drug establishment, and often from the smaller ones. Also, you may be able to gut them at a feweier's. These people make the 'tears' into necklaces. T could not assure you of any special value of Job's Tears other than making something hard and smooth for baby to prove the gume on.

Fat Across Shoulders

Please publish rules for reducing shoulders and back. I am very fat sortes the shoulders and up around my neck. I tried serveral rules you had in one of the sapers, but they don't take any effect. I am very arres around the weakst, though not in the hits; but I don't care to be any larger. Please let me know if there is any kind of indicine I could take that would not be fat. Address you to try bathing your peck

fat. Advise you to try bathing your neck and shoulders with clear alcohol of warm vinegar. Do this every day, Also, nee this pomade:

Pomade to Reduce Fat.

Pomade to Reduce Fat. Jodide of potassium, i grams. Vaseline, So grams. Tincture of benzein, So drops. Make juto a pomade and rub over the fat parts twice a day. Deep breathing will help to reduce the waist measure and enlarge the hunt. The stretching exercises, too, are splen-did as waist deploters. Raise the arms high above the head, then, holding meas straight, try to touch the floor with the floor the, Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

To Enlarge the Legs

Will you please tell me what is good for stiening the least 1 wear my drames ind of abort, and my lease are very thin. Thank you for your advice. M. D. Rising on your tiptoes about twenty-re times daily will develop the calves the leas and keep the ankles slight, blob is most desirable. Rubbing in yose butter or a good skin food will development.

The Right Kind of Sleeping Togs

POINTS OF VALUE ON THE CARE OF THE HAIR

To Bleach a Switch

10 Bleach a Stulich H whiten a hair switch that has a light yallow tings? Please give directions for using. The switch is made of combings from my own hair and 1 find it has a yel-low tings. My hair is slivery white. Peroxide of hydrogen is an excellent bleaching agent, and I advise you to try it on the switch. Apply the pure perox-ide, undiluted, by means of a fine brush a toothbrush is good. Give the switch these bleaching baths every day until the yellow tinge has disappeared.

A Hair Tonic

SMOOTH FACE.-- I suggest that you try this formula, though I cannot guarantee that it will be efficacious under these circumstances:

Hair Grower. Bay rum, f ounces: distilled 'witch, hazed s ounces: common sait, 1 dram; hy-drochioric acid (5 per cent.), 1 drop; mag-nesis, sufficient.

drochiorio seld is per cent., a sufficient sufficient. Mix the bay rum and distilled extraot of witch hazel and shake with a little magnetia Filter, and in the filtrate dis-solve the sait and add, one drop of hydro-chioric acid. The magnetia will cause the preparation The magnetia will cause the preparation to turn guite yellow, but the yellow will discoper, when the hydrochloric acid is added.

Apply at sight to the roots, with frie-

The second lately, so ask you for a little advice. On awakening in the morning my ore for a little advice. The second become watery and hurt. My ore second the become watery and hurt. My water and the second the second Gray Hair I would tilks to have you give me the prescription for restoring gray hair. I have looked over the mader carefully, but bould not find the prescription. G, J.

To Mestore the Natural Color of the Hair.

Asks for Recipe

Please publish the doctor's recipe for re-storing gray hair to its natural color.

You will find your query answered

Harmless Hair Stain.

Che Hair. (A physician's prescription,) Furar of lead, & ounce: he subhuny is nuce: essance of bergamod, is ounce; incoho, is still; prostring, 1 ounce; time-ture of cantharidas, is ounce; time-ture of cantharidas, is ounce; time-ture of cantharidas, is ounce; the bounce in one pint of soft water. Ap-ply to the roots of the hair, which must any irritation or abrasion of the scale. Apply to the roots of the hair with a mail brush, then spread is evenly down-ward through the treases with an ordinary hairbrush.

Disordered Digestion T have used the subshur and mill for initial the complexitor, but it doesn't when to have done any good. Would provide the two complexitors and blood the the done to the complexitor and blood the two the to the complexitor are due to a disordered in sure that the difficulties with digestion and impure blood purifier. Blood Purifier. Bodium subshortmate, i an sure of the the difference of andeellos a fund unness the difference of the difference of

One tasspontul of borie acid, 15 drops of campbor, 5-1 of a cup of balling water, Coal, strain through musik and apply with an eys cup.

Probably Due to Strain,

I have been troubled with my eyes a great deal lately, so ask you for a little

Consult a Specialist If there is a remedy for sensitiening the seas will you please publish an article is your column in the near future? A READER. A am sorry that 'I can suggest no method by which you can lengthen your legs. But I have heard that such things have been done by specialists. I would advise you, to consult one of these people.

Try Massage

Harmless Hair Stain. The hair tonic I wrote you about some throw and hence was a harmless dye being pursity vestiable. My hair is a rather light and hence was a harmless dye being pursity vestiable. My hair is a rather light and the set is a light the state of the top-pursity vestiable. My hair is a rather light and I do not wish to dark-and I wanted to try your domain provided it was not infinite. The henne stain that you speak of gives the hair a reddish tinge, and darkens it somewhat. It depends upon the exact shade of your hair whether or not this is suitable. The walnut stain frequently published in these columns gives a brown color. I give you the henne formula to use if you think best E. S.-Try massage with orange-flower cream, frequently published in these columns.

vomica. The grammer tincture of red cin-chona. So grammer tincture of cantharides, 1 grammer colleges. How grammer sweet almond oil, 60 gramme. Apply to the roots of the hair with a set aponese once or twice a day. Gentle massage at least twice a day is very invigorating to the scalp. Henna Hair Stain. Take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until 16 sets cold. Strain the liquid. Apply to the hair by the aid of a small soonse. The henna will sometimes stain the scale, but the stain can easily be smallested.

Before Curling

Tea Hair Tonic

Blackheads of the Skin.

Bornele acid, 3 dams; alcohol, 2 ounces; resewater, 4 ounces. Use with friction twice a day on the skin affected.

affected. Superfluous Hair I have the most miserable growth of su-perfluous hair on my arms and hands. Have tried the pumice stone, peroxide of hy-drogen and aque annonis. Now will you tell me something that will take if off be-tide the electric needle I cannot afford that, and if persistence is all that is neo-senary, do want to know. Will you please tell me lues what to know. Will you please tell me lues that to the deplicatory: Ald Insultatory

old Depilatory.

Old Depilatory. The of the sidest depilatories manufases the data which has a very large said, is as follower. The side of a sola, 100 grains; chalk, 200 trains. This thoroughly and keep dry is well-forked bottles until wanted for use Takes water to is until the proper consistency is solubly to remain for from one to five min-water to is until the proper consistency is solubly to remain for from one to five min-water to is until the proper consistency is solubly to remain for from one to five min-solubly to remain for from one to five min-solution of the site should be removed, as he pumping sensation is produced to be avoided and immediately after the hair has been produced the deminde stringer should be removed the stringer should be should be removed the present should be a stringer should be shou

Walnut Stain for the Hair.

any way:

Oily Hair.

Will you kindly print a formula for keep-ing the hair in curi? My hair is very oily. It troubles me greatly in not retain-ing the curi after it has been done up over meth.

Hight I am troubled also by a sear on my nock. It is the result of an absense that was inneed last December. It is a amail ectr, but still remains very red. Can brow that sear treatment which would restra that place to its natural colory to the Try this iotion for oily hair, and if the trouble is thus corrected I think your hair will curl more easily:

Lotion for Oily, Damp Hair.

I would like to know the recipe that was published some time ago. It consists of bornatic acid, rose water and alcohol; but I don't remember the amount of each. J. R. The recipe you mention is as fol-lows:

Lotion for only, Damp Hair. Vor greasy, moist hair the following is an excellent dry lotion. If used daily if useds to produce a orlapy condition and an auburn ishado: Powpered bloarbonate of sods, borate of sods (also powdered). & ounce of each; eau dr. colorne, 1 fluid ounce; alcohol, 5 fluid unsets: tincture of cochineal. & fluid ounce; distilled water, 16 ounces. Mix and agitate until solution is com-rists for general usage. Very often scars may be removed by gentie maisage with cold cream. But if such should not prove effective, try this formula:

To Remove Scars.

Lanolin, I drams; eintment of biniodide of mercury, 1 dram. Rub in well once a

Hair Growing Thin

Kindly give use a grod remady for thim, fulling hair. It seems to have stopped grow-ing. Also advise use if I should countly a masseur. F. H. It is not necessary to consult a spa-cialist. Try to correct the trout's your-cialist. Try to correct the trout's your-self by applying this tonic with gentle and regular massage of the scalp:

For Falling Hair.

Cologne. 3 cunces; th cture of cantharides, 1 cunce; oil of English lavender, oil of ross-mary, is dram each. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Dandruff After Fever

<text><text><text><text><text>

Phonie acid. 3 grams; dincture of sur

Formula Repeated Will you kindly give me the formula for your orange flower skin food? A READER.

Orange Flower Skin Food.

Oli of sweet almonds, i ounces; white wax, 6 drams; spermacett, 6 drams; boraz, 3 drams; Hycerine, 1% ounces; orange-dower water, 3 ounces; oil of neroll, 16 drops; oil of bigarade (orange skin), 16 drops; oil of petit szain, 18 drops. Melt the dirst three ingredients, add the glycerine to the orange-flower water and dissolve the boraz in the instute, then pour it slowly into the blended fats, stirring continuously.

Mislaid Recipe Repeated

Will you kindly publish at as early a date as possible your formula for proparation to keep hair in curt, the one containing sugar, un, etc.? I have used it and found it good. K. M. Solution to Keep Hair Curled. I have mislaid the recipe for "orange-nower gream." Will you kindly repeat Take sum arshic, i ounce; pood noist migar, h ounce; pure hot water, h pint. Dimoire, thouse the solution is cold add atconot, i fluid ounces; bichiorate of mgr-rury and salammoniar, s grains such. The last two should be dissolved in the alco-hol before adistriture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water, doistan the hair with the fluid be-fore putting in papers or pine. Orange Flower Cream,

White wax, 1 ounce: spermacett, 1 ounce: anolin, 3 ounces; occoanut oll, 3 ounces; prance forwar water, 3 ounces; oil of sweet limonds, 4 ounces; Uncture of bensoin, 30 drops. Meit the first five ingredients together. Take of the fire and beat until nearly cold, adding little by little the bensoin, and, lastly, grange flower water.

Explicit Directions

Explicit Directions Will for please tell use how to use any by you let the solution dry on the bacery the you let the solution dry on the bacery by you let the solution dry on the bacery the solution dry on the bacery the solution dry on the bacery the solution of any one bacery above the

This Cream is Better

Have been using the Vaucaire system, and am now on my third bottle, and am also drinking the mail, but as yet have found no results. If you think I should use the orange-flower cream, please give the recipe, or do you think by perseverance I will and good results? The countity of the Vaucaire semantic

good results? Mus A. The quantity of the Vaucaire remedy depends upon the individual using it. I would advise you to continue the treat-ment faithfully for a while longer. Have you followed the directions carefully (two soupspoonfuls with ater before each meal)? Dr. Vaucaire also advises the drinking of mait extract during meals. The orange-flower cream is not so beneficial in this instance at-Manners Cream for the Hust.

Massage Cream for the Bust.

Lanolin, & ounces; apermaceti, is conces; mutton tallow (freshly tried), & ounces; co-connut oil. 4 conces; oil of sweet almonia, a ounces; tincture of Dennoin, i dram; ar-tract of Portugal, 4 sunces; oil of neroll, 30 arous. Not Harmful in Any Way My hair is turning gray prematurely, Kindly give me through the page the wal-nut hair whin formula. Will the burn or sause the hair to fall out? . O. This hair stain is not harmful in

Mix as you would any cream of the sort, Rub on gently at night.

Almond Meal

Bonne faw weeks ago you advised me to nee almond meal instead of samp. I write to ask you how I can des it in commention with the complexion brunh, as I are the wear right and do not like to discontinue room and Will I sprinkle some on the

Muddy Skin Would you kindly sites me advice as to how to have a better complexion? My skin we're wery below and muddy-looking and my necht wery brown, with the sam I prome. The start or olor in my face abit of color in my

Face Paste

I would thank you very much if you would five me a formula for pasts something to use on the face instead of a powder or liquid wittenar. Kindly tell me how to make it pick or fiesh color. Can a pasts of this kind be made without white lead? M. K.

I think the following is what you want. As you see, there is no white itad in it. All the ingredients are harmless. Carmins is the coloring matter. Sultana Cream Make-Up.

Sultans Gream Make-Up. Sweet almond oil, 4 connexs: white war, method 200 grains: uperminosit above and the second states of grains, the power true of ambovyris. 6 grains, the power true of ambovyris. 6 grains, the power to grains, pure carmine, 18 grains. Blend the fats in the inside receptation of a curved billing, the rice power and carmines while cooling, and througe uss of all pread it on the face and threat, grant pread it on the face and threat, grant and the system from the eventrows are close to the system from the system of the state and the system of valouting, applying free power of white an all the systems are plants all align importentions of the same and plants all align importentions of the same and plants all align importentions of the same in without they give. By artificial light it is upper-ceptibe.

Stop Using the Flesh Brush Can you tell me how I could get my man in a good condition i My cheaks of the white lumps, or a kind of a hackbows white lumps, or a kind of a hackbows white lumps, or a kind of a hackbows to the surface? Then don't you think it they were removed and a kotion used by the surface? Then don't you think it has been up they could be got rid of the surface? Then don't you think it has been to multiply. In they are to they were removed and a kotion used by they don't the they could be got rid "The disted until I am starves. Use the been by the star is an starves. Use the work is the mass embarraneous to have my complexion this way. If you give is a star-tor the simple treatment for the skin trouble:

Whitsheads (Acne Mollus

Whiteheads (Acres with the par-base countries made acres with the par-base countries made acres with the par-base of the chart should be the state of the chart should be a with a fittle for the should be with a story was bearing the second be-and water. Bearing the second bears and bear diments and bear water. The electric towells is good for

Four cunces of wainut skins besten to a pulp, to which is added pure alcohol, is cunces. Let stund eight days and strain. Before using any fire the halr should be freed from grasse, by a therough shampon. The drys should be applied to the halr by manns of a toothbrush and occasional combing with a new comb; contact with the scale should be avoided.