STATE FIGHT FOR RULE BY PEOPLE POWER FOR GOOD

Initiative and Referendum, and Recall, Termed Panaceas ofr Ills of Union—Bulwarks of Pure Democracy.

(Continued from Page One.)

ate's act was in itself the greatest possible condemnation of the system under which the senators of this country are elected.

He turned to the veterans of the Civil and the Spanish-American wars, who had come in a body and who were sitting well toward the front, and he said to them the nation owed more than to any others. From their experiences he drew lessons of good citizenship which he said were the soldiers' qualities, courage, and honesty, and faithful loyalty. His words made the faces of the veterans glow, and gave greater meaning to the canes and the medals.

He dealt with the corporations, saying that he believed in such regulation of the big ones by Uncle Sam or the state as will compel them to deal justly with the people, even as the government should deal justly with them.

His address, whether dealing with government or good citizenship, was epigrammatic and peculiarly Rooseveltian.

Mayor Simon presided. Governor West, President Beckwith of the Commercial club and the mayor were escort of honor. Company F of the Oregon national guard had charge of the Armory, and the members were afterward complimented by Roosevelt and Adjutant General Finger for the excellent manner in which they handled the immense audience. When Roosevelt rose to his feet to speak he was greated with deafening cheers from audience, nearly everyone present being on their feet and waving hats and handkerchiefs. Every point was emphasized by its applause. Roosevelt declared it was a pleasure and an honor to speak to such an audience, and he said:

Believes in People's Rule.

"Mr. Mayor, Governor, Men and Women of Oregon—It is a very real pleasure to me to have come today into your beautiful state, and now to be in this great city of yours and to congratulate you on the abounding material prosperity which is yours; and let me, as a progressive myself say I am particularly pleased to see that this great business growth apparently has not been interfered with by your progressive action, and while I jest about that let me add a word in seriousness. I most earnestly believe in the duty of our public men to go forward. I most earnestly believe in the rule of the people, and I should feel that there was something a little wrong if with such rule of the people did not go hand in hand the material prosperity, the success in business that is obviously yours.

"And now friends I have really come to Oregon much less in the attitude of a teacher than in that of a scholar. I have come to learn from you rather than to teach you, and yet there are some things which I very earnestly desire to say to your people just because of the fact that you are taking a position of leadership in the effort to solve the political and social problems with which the nation is faced. You have taken forward steps along several different lines. As regards certain of those lines the steps you have taken refer to matters which are of national consequence in the sense that they are matters with which all our people in their collective capacity ought to deal. As regards other matters, they are things affecting Oregon only, and which can affect other states merely in so far as those states are influenced by Oregon's example. As an instance of the first class of matters—those affecting the whole nation—I wish to comment, and to comment in the most emphatically favorable manner upon what Oregon has done in the direction of securing the election of United States senators by the direct vote of the people. Until we can get a constitutional amendment permitting such direct vote at the polls, I hope that the Oregon system as regarding senators will be substantially followed in state after state until we get at Washington enough senators to give us the constitutional amendment.

On United States Senators.

"Now I wish to point out to you two or three considerations in connection with the change, which have often been overlooked, and I point out less to those of you who are convinced that the change is wise than to those who still doubt the wisdom of the change. In the first place, I ask you to compare not legislative bodies as they might be if they were perfect, but the kind of legislatures that we have been too apt to have in the Union. It has taken us in New York four months to elect a senator and we then selected a senator whom not a human being had dreamed of electing at the beginning of those four months. It would not have taken the people four months to elect a senator, and they would have known whom they were electing. The people have spoken as if this was a revolutionary change. It is not. On the contrary our proposal is to move as regards the election of United States senators along the same path which the people as a whole have already traveled in the election of the president. When the constitutional convention which formulated our great present constitution was adopted the experiment of democracy on the scale of a continent was not merely something new, but was something literally undreamed of. Up to that time no one had ever tried the experiment of genuine popular government, save in a city, or at least in a very small community. Rome as a republic broke down largely because she continued to try to govern an empire with the democracy of a city. We should not anticipate great success at the present moment in governing the United States if no one was permitted to vote except in New York city, and that was the experiment that Rome tried in her empire. So that until our republic was founded there had been no effort made to test democracy on a gigantic scale. Under such circumstances the founders of the constitution were wise in not attempting to go too far. They were wise in framing the constitution so that it would work with the minimum of trouble and friction at the moment.

Favors Popular Vote.

"I have no patience with my fellow progressives who think it necessary to assault the great men of the past because they didn't and could not foresee what our needs are today, but I have also no patience with those worthy people who today would have us refrain from doing whatever is necessary merely because very wise men a century and a quarter ago could not tell that such things would be necessary now. As that profoundly witty and also profoundly wise philosopher who writes under the sobriquet of 'Mr. Dooly,' put it, when he was representing somebody as if Thomas Jefferson would not have approved of the change. Mr. Dooly responded, 'Thomas Jefferson was a very good man, but he lived before the days of open plumbing.'

"The time has come when in my judgment it is necessary to take some steps as regards the senators. I feel that we have tested the present system and have a right to try the system of a popular vote. At the moment Iowa has only one senator. She cannot elect the other because the legislature apparently does not know how. Now I think Iowa ought to be allowed two senators, to which she is entitled under constitution, and that the people should be allowed to choose that senator.

Urges Amendment.

"I think we should have a constitutional amendment, and immediately, to provide for the popular election of United States senators. Let me, however, urge on the advocates of that measure this—Don't go and confuse it with anything else—do not make any other change about the election of United States senators. If you do you play into the hands of the reactionaries—you play into the hands of those who wish to defeat the scheme. Make no change whatever but the bare change necessary while keeping all else of the present system, but change the method of election to one by the people instead of by the legislature.

"Now, friends, I want also to speak to you about certain matters which affect you only in Oregon save insofar as they may be copied in other states, and I do that because there are plenty of differences in detail in our needs in different states of this union, yet fundamentally on the great underlying issues our needs are the same, and I speak here as I should speak in New York.

"Different communities, by habit, by custom, by preference, are inclined toward different methods of reaching the same ends, and one of the wise features of our federal system is that it gives such liberty to each community to work out the desired end in its own fashion, but while the machinery can be different, while the methods of achieving the end may vary, the end itself is the same, and the spirit with which the end must be pursued is the same. If we haven't got the same goal of justice, of fair dealing, of equity, of honest government in New York and in Oregon then so much the worse for us, and if we do not set about achieving our ends in the same spirit of idealism, and yet of common sense and self-restraint and respect for the rights of others, then woe be to us.

"And first of all let me say a word to those of my fellow citizens in Oregon, to those among you who feel conservatively, who do not sympathize with the changes made by the progressive majority in the state. The reason that so far we have been able to work our government here in the United States is that we have shown the necessary good temper and self control to yield to the rule of a majority in good faith, and after we have fought out our differences at the polls, not to sulk, not to say we won't play, not to try to spoil the game, but to turn in and say, well, we wish it had gone the other way; it has gone this way and now we will turn in and try to make the result as good as possible. In some of the South American republics the other course has been followed, and the defeated party has always gone into a revolution. The result has not been happy. Here in Oregon you have adopted a number of measures as to which there has been a great division of opinion among you. They are measures which at present could not possibly be adopted in New York. In New York I am not regarded as merely a progressive but a wild radical, but out here I look a rather timid conservative.

"Now you have adopted these measures with most of them subject to certain qualifications which I shall mention later. I am in hearty sympathy with them, but one or two I would not have adopted, if I had been in Oregon, as they have been adopted.

"For instance, I should not have voted for applying the recall to the judiciary. That is of no consequence. The point is you did vote for it. Many of your judges, perhaps most of them, approve it. You now have the initiative, the referendum and the recall, and they have come to stay, in my judgment.

Approves Oregon System.

"You would find that a great majority of the people would be against going back to the old system that they have displaced. Therefore I make my appeal to the conservative people, to the people who voted against those measures to turn in honestly and in good faith to help make them work. I say that particularly for their sake and partly for the sake of the community as a whole. I wish to see those people have their full influence in the community. I do not wish to see them regarded with suspicion and distrust by the progressive element that have put through these referendum schemes for reforms and therefore I wish to see them frankly accept what has been done, and then say, as they have the right to say, 'Now we have accepted this, what our object is is to see that the system works well and to ask you in return not to distrust our motives, but to carefully examine just how the system works and join with us in removing any obstacles to its working well.'

"For instance, I claim to be an ordinarily intelligent citizen, but I should hate to have to vote at every election on as large a ballot as you had the last time. Now I do not want the conservatives to take an attitude such that no element of the progressives will venture to go in with them to remedy any fault lest the purpose be to destroy the whole system.

Champions Short Ballot.

"Accept the system in good faith and then without regard to your past differences about its adoption work together in common sense fashion to reduce the difficulties that make it hard to work the system. I am not going to speak in detail as to what remedies I think should be adopted in a case like that. It is enough for me to say what I think most of you will agree with me, that you ought seriously to try to reduce the chance of a remedy which I regard as necessary but which I regard as useful almost in proportion to the infrequency of its use, to take such steps as may be necessary to prevent that method of action being lightly and wantonly invoked; to prevent anything in the nature of frivolty or malice in the invocation of the remedy.

"Every governmental scheme, as I have said once before, must be tested by its results. If a method does not work well we are a practical people and in the end it will have to be changed, but there are many methods which are right in principle, as personally I am firmly convinced the initiative and referendum are, but the good working of which depends to a predominant degree upon the good sense and self restraint with which they are administered.

"Now I hope that having gotten the referendum and the initiative you will proceed to throw aside all question of abandoning them but will proceed to regulate their use in such fashion as may prevent the use turning into abuse.

"And gentlemen I earnestly hope that you will go forward, will go on in the course of progressive action upon which you have entered. I believe thoroughly in a representative system. People have said when I have advocated or spoken favorably of the initiative and referendum, 'Oh, then you wish to upset the representative system.' I do not. I want to keep the representative system, but I want to have the representatives represent us. I do not want to have them represent somebody who did not openly elect them; I do not want to see them represent people who elect them secretly when we thought we were electing them openly.

"Now, for that reason I hope that you will turn your attention seriously to getting the highest and best type of representative in your executive and legislative offices so that you can trust them to do the work, the specialized work that it is necessary that they should do. And right here I want to make on behalf of popular government a plea which curiously enough people often reject as being against popular government. I want to make a plea for a short ballot in the election of government officials. Every now and then I meet perfectly honest and sincere friends of the people who say, oh, let the people elect everybody. If the people try to elect everybody they do not really elect anybody and the politicians elect everybody.

"Now I want you to think of that, each of you think for yourself to see if you do not feel as I do. I am a busy man, you are busy—don't think much of you if you are not. You have your own affairs to attend to. You can take the trouble to think as to whether a given man will make you a good governor, another given man a good judge, another a good mayor, a good legislator. But if you get into the polling place and find 30 or 40 names you won't know what names they all are.

"The bread and butter man, he will know; the attorney or big corporation, he will know; it is his business; the fellow who is expecting an office out of it, who is manipulating a convention, he will know, but the plain citizen won't know.

The Plain Citizen.

"It is the interest of the plain citizen, of the ordinary man, to have the governmental system as simple as possible, so that he shall know who the man is, and who it is that does the job.

"Now what we want is the chance to elect a man, knowing who the man is, knowing exactly what job he will be responsible for and then the ability that goes with that chance to hold the man to a rigid responsibility for the way he does the job. For that reason I earnestly hope that as you strive more and more to give power really to the people you will limit the number of officers for whom you vote, give them full power to do the work they are appointed to do—let me make a parenthesis—don't you ever fall into the mistake of electing a man to do a job and then get afraid and think you will not give him enough power to do it for fear he does it badly. If you don't give him power to do it well you can be dead sure that you have given him power enough to enable him to do it badly. All you have done is to put him in a position where he can dodge responsibility. Now, again, I want each of you to think for himself. If a man puts me to do a job in private life, or any way, I want him to tell me to do it and give me a free hand so I can see whether I can do it, and then if I don't let him cinch me, that is all (laughter), but give me the chance to do it. Now it is just the same thing in public life. Give the man power and hold him to a rigid accountability for the way he uses that power, and do not have so many men to elect that you do not really know who is to be held accountable for anything.

Don't Confuse Issues.

"More than that, personally I very sincerely hope that you will be able to split up your election so that on any given year you don't have to think of too many difefrent kinds of consideration. In New York we have not very successfully striven at times to secure what I hope you can secure. To have your governor elected one year and the mayors of your cities another year. It may be that the man with whom you want to work in company in electing a governor will put up the kind of man you don't want at all when you come to electing a mayor; and do not confuse the issues. Get a chance to vote for the men who are to control the state, perhaps the judges one year and the men who are to control your cities on another year, so that you will not have the appeal made to you, Oh, you cannot afford to vote so and so for mayor for if you do his friends will cut the throat of the man you are voting for for governor. At least that apepal has been made in New York, and I guess human nature is a good deal the same in Oregon and New York.

"And finally friends, let me come to the things that are fundamental as affecting all of us. I have spoken of the initiative, referendum and recall which you have in Oregon and we haven't in New York. Ultimately we will get some of them I think with whatever changes of method may be necessary to meet the conditions in New York, but the time has not come as yet. As yet in New York I am held to occupy a revolutionary position when I advocate the popular election of United States senators.

"But now I want to speak on the great fundamental needs of good citizenship which affect all of us alike. It is necessary to have the proper kind of legislation in order to achieve the right kind of result; that is we need the proper machinery in order to get the best type of good government. But do not forget that no nation ever yet was saved by machinery alone. Back of the law you must have the right kind of citizens or the law will avail you nothing.

They "Saved" Nation.

"It is in civil life as it is in military life. Are you the veterans over there? The speaker was informed you were here but I did not know where. Fine, I was told you were to be here. I was looking for you. Now I am going to take an example from the experience of these men, the veterans of the great war, the men to whom we owe more than to any other men in this republic because they rendered the one service the failure to render which would have meant that there was no republic at the present day, and I am going to appeal to your experience comrades of the great war, and also to the experience that we of the little war passed through. Ours was not a big war, but it was all the war there was, and it was not our fault that there was not enough to go around. (Laughter) Now you men in the dark days from '61 to '65, the days that tried mens' souls, you needed organization, you needed weapons, you needed commanders, but you needed that the average man with the musket should have the right stuff in him, that was the essential need, and if he did not have the right stuff in him you could not get it out of him (Laughter) because it was not there to get out. (Laughter)

Good Citizenship.

"Now let me take another example from the experience of the veterans as illustrating the kind of spirit of good citizenship which I wish to see developed in our people here.

"In the Civil war in the long campaigns, in the battles, on weary marches, in the months of tedious inaction in camp preparing for the campaign, each man of you grew intimately to know the man with whom he was associated — your bunky — the other man near you in the line. Now you did not care a rap what that man's creed was, you didn't care whether he was born; you didn't care whether he was a banker or bricklayer, a laboring man or a capitalist, a farmer or townsman, what you wanted to know was whether he would "stay put." Wasn't that so? What you wanted to know was whether you could trust him to do his share of the work and stand by you, to act as a comrade should, in camp, on the march, in battle, and if he did you didn't care what he was, what position he had occupied, what money he had—you were for him, and if he didn't you were against him, you didn't want him around.

"That is just the same kind of principle that I wish to see us apply in civil life. There is only one man as utterly abhorrent as the rich man who looks down with arrogance and brutal pride upon a man who is poor, and that is the poor man who regards with malignant envy and hatred a good man because he is rich. The brutal arrogance of the one type and the mean envy and hatred of the other are really not different feelings at all, they are different manifestations of the same feeling, they are different sides of the same shield.

Judge Each Man.

"The rich man who arrogantly and brutally disregards the right of a decent man because he is poor is the very man who, if he were poor would preach envy and hatred of another decent man because he was better off. And my appeal is to judge each man on his worth as a man to have too much self respect, not only self respect for the other man, but too much respect for yourself, to scorn him, to feel envy or hatred toward him because of his position in the world. If he is a square man he is a square man and that is all there is to it.

'And now in the governmental problems having found out where the veterans sit I am going to draw two or three more examples of good citizenship. Burke, the great English orator of a century and a half ago, once said that control was necessary to govern, and it must come from somewhere, and if people cannot supply it from within then it has got to be supplied from without. In the Civil war the best regiments grew to occupy such a position that if the officers were killed the non coms could take the regiment right straight forward into battle because those men could control themselves, but there were regiments of which that was not true. I remember seeing pointed out when I was a boy a fine old fellow, an old colonel who had had a regiment that got shaky under fire and he halted right in the middle of a plain, under fire and put the men right through the manual of arms until he got them into control again, and then he took them forward. He had to control them, if he did not they would have bolted and run like rabbits. The higher grade the soldier became, the more competent he grew to control himself so there was no need of controlling him, and the soldier that did not develop the right spirit, the coffee-cooler, you know the type (laughter) we have both been there, somebody else had to control him. He needed self control if he made the right kind of soldier.

Self Government Hard.

"It is so in civil life, self government is a difficult task. Only the highest races, the highest peoples are really competent to govern themselves well. I believe that our people are more competent than any other people but there is no use of our saying that unless we act up to it. You have here in Oregon now the nearer approach to absolute government by the people than is to be obtained in any but a very few other states and that means my friends that your responsibility is peculiarly heavy. It is a good thing to be sensitive about our rights; it is even a better thing to be sensitive about our duties. And you in Oregon not only owe it to yourselves but you owe it to us, to all of us throughout the union outside of Oregon who are looking to you for leadership and are anxious to see you succeed, you owe it to us to exercise the power you have obtained for yourselves, for you, for the people—you owe it to yourselves and to us to exercise that power with vigilance, with wisdom, with self restraint. If by adopting any law you think that you are excused from further participation in citizenship I can assure you in advance the law will work badly.

"I have spoken before of certain South American republics. There are some republics in the tropics which have our constitution, practically our laws and nevertheless they are not really republics at all, just because they have not got the right kind of man behind the law, and we must remember our duty as citizens or no law will work well. Take for example the question of dealing with corporations. Now and then I am asked why I make a distinction between big corporations and little ones. I think the answer is perfectly plain. Each one of us in his private life deals with a number of men—grocer, baker, butcher, dry goods merchant. Now we can deal with those men without any interference from the outside because they are our size. If the grocer does not give us the right kind of goods why we change him, and if we do not pay his bills he changes us.

"But now supposing the grocer becomes what he is technically termed, a captain of industry, makes an enormous amount of money—$100,000,000 or $200,000,000—joins with other men who have made a similar amount of money and establishes a great corporation. Whether it sells oil or handles a railroad or does anything like that, now there we have to deal not with an individual of our size but with an artificial individual so very much bigger than any one of us individually that we cannot get on with it. It is no longer on even terms if we try to deal with it.

Elemental Truths Best.

"If the grocer does not treat us well we will change, but if we live along the line of the railroad and if it will not take our freight excepting on certain terms we can leave the freight where it is or accept the terms. In such a case no one of us individually can deal with this great artificial entity, and in consequence we have to ourselves take refuge in the other entity which represents us in our collective capacity.

"That is, the state government, if it is an affair of the state and if it is a corporation doing business in a number of states then Uncle Sam, and Uncle Sam or the state government has to put his hand on the corporation and say now I want fair play. I have no doubt you intend to give it, but you are going to give it anyhow, whether you intend to or not.

"Now, how ought Uncle Sam to behave with the corporation or the state government to behave to the corporation. Just exactly as we do in private life to the man with whom we are dealing. If the grocer had to deal with us and we would not pay him enough to enable him to make a profit he would be a bankrupt grocer in a pretty short time, and Uncle Sam is in honor bound, or the state is in honor bound to be just as careful not to do an injustice to the corporation as in private life you and I have to be careful not to do an injustice to the different people with whom we deal. If Uncle Sam does not treat the corporation honestly, does not allow it a fair return, then it may have to go out of business. So that from the mere standpoint of self-interest, not to speak of the lofty standpoint of duty, we must insist upon our governmental representatives doing justice to the corporations just as they exact justice from the corporations.

"Now, friends, what I said to you tonight is pretty elemental, so elemental that it comes mighty near being commonplace. But I will tell you the truths that really count are the elemental truths. The individual whom we really respect is not the brilliant individual. Often the brilliant individual is not a man that we respect at all. The man who we wish our sons to resemble is the man who has the ordinary virtues developed to more than an ordinary degree, just the commonplace virtues that make him a good husband, a good father, a good man to live alongside of, a good man to work for, or to have work for you; just those virtues, virtues that we see all around us, but virtues raised to a little more than an ordinary degree. The man you respected in the war was not necessarily a very brilliant fellow, but he was a man who had courage, who had steadfastness, who had loyalty, who had patriotism, and who had them all developed to more than the average degree, and now what is true of the individual is true of the community.

"In closing I have just one thing to say. A year ago I was in Europe and in traveling through Europe I continually met two seemingly contradictory currents of feeling. On the one hand, wherever I went I found men who looked toward America as the land where we had measurably realized the golden ideal of combining popular rule with the spirit of justice and fair play, and on the other hand, too, my friends, I found those same men made anxious and feeling concern over the reports that had reached them of brutal lawlessness, of political and business corruption here in our country. Every time that there is an exhibition of political or business corruption here or of lawlessness and brutal violence it gladdens the heart of all those reactionaries throughout the world who are pleased to sheer at the rule of the people, and it causes pain to those who believe, and wish to believe that popular government can come throughout the world and a resolute and successful effort can be made to make better the lot of mankind.

"I suppose if we are not willing to act for our own sakes and the sakes of our children there is no chance of our so acting for the sake of others. Yet I wish to appeal to every man here, to every man in this country, to act in the only spirit consonant with the highest citizenship, with the performance of the duties of the highest citizenship, to act in a spirit of probity, of one of unflinching integrity and courage not merely for his own sake, not merely for the sake of the children that are to come after him, but for the sake of those eager watchers among the nations of mankind who look with wonder and hope upon what we are doing here in this land, and on behalf of whom I ask that you shall not shatter their belief that here in this country the people have shown, and will show their ability to realize the golden ideals of mankind."

MAKES RAPID HEADWAY

Add This Fact to Your Store of Knowledge

Kidney disease advances so rapidly that many a person is firmly in its grasp before aware of its progress. Prompt attention should be given the slightest symptom of kidney disorder. If there is a dull pain in the back, headaches, dizzy spells or a tired, worn-out feeling, or if the urine is dark, foul-smelling, irregular and atended with pain, procure a good kidney remedy at once.

Your townspeople recommend Doan's Kidney Pills. Read the statement of this Portland citizen.

H. S. Baldwin, 188 Boundary avenue, Portland, Or., says: "It gives me pleasure to recommend Doan's Kidney Pills. When I was suffering greatly from my back and kidneys, this remedy was brought to my attention and the use of a few boxes, drove away the pain and strengthened my kidneys. I am now enjoying good health."

For sale by all dealers. Price 50 cents. Foster-Milburn company, Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

Health and Beauty Answers

BY MRS. MAE MARTYN.

B. C. V.: Remember this: "A beautiful face never lacks interest." It is to your credit that you wish to remain young looking as long as possible. Although marks of age—enlarged pores, rough skin and premature wrinkles—have begun to show in your once beautiful face, you can easily get rid of them and regain your charming complexion by using this greaseless cream jelly. Get an ounce of almozoin from any drug store; put it in a half pint of cold water, adding two teaspoonfuls glycerine; stir and let stand a few hours. Apply this cream jelly and you will find it will remove all dirt and excess oil from the pores, make the large pores smaller and leave your skin soft, smooth and fresh looking. I find this excellent for preventing and removing blackheads, skin pimples, freckles and chapping. When used as a massage cream it is just grand for filling out hollow cheeks and removing wrinkles.

Mrs. T. C.: No one can afford to neglect his or her eyes, although most people do. If you want bright, clear beautiful eyes that will be much admired, you can have them with very little care. Get an ounce of crystos at any drug store and dissolve it in a pint of water. Put two or three drops of this tonic in each eye daily and you will be surprised how it will strengthen your weak, tired eyes and make them strong, healthy and sparkling. Many oculists who use this simple tonic get excellent results in treating eye troubles generally. It is very soothing and has enabled many to dispense with wearing glasses.

Elsa: Nature did not intend a woman should have hairy growths on the face, and even though yours is coarse and dark, as you say, it can be easily and quickly removed without resorting to the pain and expense of the electric needle. I would suggest buying an ounce of delatone and mixing a little with water to form a stiff paste. Spread thickly on hairy surface and let remain two or three minutes, then rub off and wash the skin and the hairs are gone. Druggists charge a dollar an ounce for delatone, but it is well worth it as the first application usually suffices.

Gertrude J.: The dandruff, itching scalp and brittle, falling hair with split ends of which you complain come from a diseased scalp, due to the presence of germs. The surest way to get rid of these troubles quickly and remove the germs will be to shampoo twice a month with canthrox and rub into your scalp twice a week a quinine hair tonic made by dissolving one ounce of quinzoin in half a pint of alcohol, then adding half a pint of cold water. Use this tonic regularly and it will remove the dandruff and irrigation, stop your hair from falling out and make it soft and glossy.

Zoa: You must not use face powder if you want a smooth, rosy, healthy complexion. Powder enters the pores, enlarges them and eventually causes coarse, sallow skin—then wrinkles. To have a smooth skin that looks natural and not artificial, you must use a lotion. Here is a splendid recipe for an inexpensive one: Get from any drug store four ounces of spurmax, dissolve it in a half pint hot water, adding two teaspoonfuls glycerine. Apply this lotion to your face, neck and arms, rubbing gently a few moments and it will lend a most charming tone to your skin. Spurmax lotion removes the shine and gives a clean, clear, wholesome look to a sallow skin. If you desire a really charming complexion, taboo face powders. They rub off too easily and give that readily noticeable "painted" look which this lotion does not. This lotion is fine for cold sores, freckles, pimples and a sure protection to a delicate skin from biting winds and changes of weather.

Sylvia: Never wash your hair with soap. The alkali in soap is injurious to the hair, and in time will eat the very life out of it, causing your hair to become streaky and split at the ends. For a really good shampoo, simply dissolve a teaspoonful of canthrox in a cup of hot water. Shampoo and rinse with clear water. This shampoo lathers abundantly, removes all dirt, dandruff and excess oil, and will leave your hair soft, glossy and fluffy. This shampoo dries so quickly that it makes shampooing a real pleasure. After using it once you will imagine you have twice as much hair as you had before. This is the shampoo now used by many of the best hairdressers. After shampooing, an application of quinzoin hair tonic will prove very invigorating and refreshing to your scalp.

Celia: You can't expect to appear fascinating with pimples all over your face. During the winter anyone's blood is likely to become thick and sluggish from accumulated poisons, which frequently find an outlet in the face. This condition can be overcome by taking a good system tonic and blood purifier. An excellent and inexpensive, old fashioned tonic of tried merit is made with kardene. Dissolve one ounce of kardene in a half pint alcohol, then add a half cup sugar and enough hot water to make a quart. Take a tablespoonful before each meal and you will soon feel like a new person, and your complexion will clear and take on a healthy tone.

Kate: (a) Reducing your weight without plenty of exercise and dieting may appear quite difficult, but I have a formula that has worked wonders where other remedies have failed. Put four ounces of parnotis in 1½ pints hot water. When cold, strain out the sediment and take a tablespoonful of the liquid before each meal. It is a harmless remedy and leaves the skin free from flabbiness. (b) To make your eyes bright and healthy, use crystos eye tonic regularly. It is sold by all druggists.

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