Health and Efficiency

BY LORA C. LITTLE.

Questions by readers on subjects pertaining to this column will be answered by Mrs. Little. Queries should be addressed to Mrs. Lora C. Little, care The Oregon Journal, and writer's name and address must accompany each communication. The name will not be used if request is so made. All questions must be so asked as to admit of answer within limited space.

"My health seems to be all right, but my memory is failing, though I am not yet 40. Do you think this indicates a physical failure that is not yet otherwise apparent?—M. M. C."

ANY falling off in mental power, such as loss of memory, inability to think with accustomed clearness, inability to concentrate, and the like, tell of functional failure at the seat of all functioning, namely, in the brain. The failure in some cases remains long confined to the brain, while the rest of the body continues in seeming health. It is due in every case to want of nervous energy, which may be temporary, as when one is fatigued, or it may be due to leaks of nerve energy that make it a chronic state. You will do well to investigate your habits and see where are the leaks. Some of the common causes are sexual excesses and perversions, the use of stimulants and drugs generally, giving way to worry or grief or other destructive passion until it possesses the mind, and finally and least suspected of all, some form of mistreatment of the skin and nerve ends. Heat applied to the spine, or too often applied to the surface of the body, weakens the nerves and causes a too great escape of the subtle fluid (or force, if you prefer the customary illogical term) which is the brain born power that runs the entire mechanism.

"Some time ago you said that to have good health one should wear no corset and no tight bands around the waist. Kindly tell me what you substitute for the corset and how you support skirts and hose. I have never worn the corset, but have found no comfortable way of dressing. I tried hose supporters to fasten around the waist, but they drag on the hips and cause red and sore marks, and if I fasten them to the underwaist they drag on the bust. I tried fastening skirts to separate underwaists, but found the extra waists warm, so I just fasten with bands which is also uncomfortable. Any help will be greatly appreciated by one who wants good health. Thanking you for help already received through The Journal.—Mrs. Leigh."

THERE are several kinds of bust and skirt supporters on the market, but there is one that is superior to all others that I have seen and I will be glad to give you the name of it if you will send me your full name and address and a stamp. This one provides for the hose as well as skirts and makes no pressure on the waist or abdomen.

A WOMAN writes of her husband's case, telling how three years ago he "felt bad and looked run down and tired," and she tried to induce him to take a layoff, but he refused and kept on at his post (as locomotive engineer) until recently, when he was forced by his condition to give up work and now is said to be far gone in consumption. The company doctor attended him but failed to arrest the disease, and now another doctor has been consulted and tells the sick man his lungs are hardened and hemorrhage threatens. Worse still is the state of his stomach. Yet this doctor is giving medicine that cannot but have the effect of further deranging his stomach—"medicine for the kidneys and a pill that takes away appetite." To this prescription the doctor adds a recommendation of life on a farm, deep breathing, pure food and outdoor sleeping, "which will probably help him." But the invalid "has lost all ambition and wants to lie around—is awful short of breath." His wife herself had the grip last January, has coughed ever since, and now wonders whether it is safe to live in such close contact with a consumptive.

Several points in this story call for comment. First, it was not work that drove this man into consumption, nor is it reasonable to believe a layoff would have prevented him from developing the disease, for work is medicine to the industrious. When he found himself out of condition he should have taken the trouble to investigate himself and find out what was the matter, and when he learned this he should have turned a new leaf, correcting his wrong habits. While doing this he should also have cut down his food supply for a week or so and increased his consumption of air and water and taken plenty of sleep. This would have brought him back to health. Having failed to do these things, when he became so ill as to compel him to quit work, he ought to have taken himself in hand still more vigorously and thoroughly, and if he lacked the energy, then he ought to have sought aid from some one competent to inform and advise on the required points.

Now, his wife needs to learn how to feed herself and husband out of the condition they have got into. She ought also to practice breathing exercises with him a dozen times a day, for his lassitude will prevent him from making the necessary effort alone, and cajolery and much persuasion may be required to keep him doing this regularly. In consumption, a cold pack to the bowels is always beneficial, but the frequency and length of time applied will have to be adjusted to the particular case.

There is no danger of catching consumption from contact, provided one has plenty of fresh air and the right kind of food. It should always be remembered that oxidation is far below normal in the consumptive and the great thing is to increase the oxygen supply. Certain foods enable one to absorb oxygen, and these foods contain sodium and iron in generous measure. A diet of milk and eggs is deficient in these salts, and when any food eaten causes fermentation this lessens oxidation. Plenty of watercress (or similar vegetable) is more important than plenty of eggs, for example. Uncooked green leaf vegetables are the greatest of all medicines, and they are valuable for all forms of chronic disease, consumption and cancer included. Dried olives, eggs occasionally, mild cheese, nuts, or occasionally fresh meat, may be eaten with the salads.

FAT animals are diseased animals, whether they are pigs or babies. An alleged "perfect baby" was pictured in The Journal not long ago, a baby that scored 1000 points in a baby health contest in New York city. The picture and record constituted the best possible proof that "experts" who act as judges at baby shows don't know a healthy baby when they see one. Rolls of fat, a large paunch, and a stuffed look do not signify health. In the case referred to the mother, aged 24, stated the prize baby was her second child, the first dying of pneumonia several years ago. Had the first baby been put on exhibition, he, too, would probably have captured a prize. Fat babies are the babies most susceptible to disease; and if they live to grow up, they do not make as healthy men and women as babies that are comparatively thin, providing the thin babies are good-natured and not suffering from indigestion.

The creation of a minimum scale of wages for women has been demanded by the Chicago city council as a much needed weapon against the social evil.

REVIEW OF THE WORLD'S NEWS

Continued From the Preceding Page.

frequent postponements have made it impossible for him to testify. As he gets $1000 a day or more as a mining engineer and only $1.50 a day as a witness, his loss is considerable.

Knute Iverson, 32 years old, has confessed to the Seattle police that he assaulted August Volcrack with a flatiron in Volcrack's room in a cheap lodging house at Seattle. He is believed by the police to be the man who registered at another house where he lived under the name of J. McKay and killed Robert Duerr, a laborer, by beating him to death.

Oregon Briefs

THE first tree planted in the new campus of Albany college, a 48-acre tract, has just been set out by members of the freshman class. It is an off-shoot of one of the famous elms of Princeton university.

Orville Morris, the Prineville youth convicted of attempting to wreck trains on the high bridge across Crooked river, received a sentence of one to 20 years. The judge then paroled him, and left him in the care of his father.

Among 30 applicants for the position, H. L. Bowlby has been appointed by the State Highway commission as engineer of the road work of the state, at a salary of $3000 per year. Mr. Bowlby relinquishes a position as engineer of the Pacific Highway association, which pays the same salary.

The mayor and city attorney of Salem have filed complaint against the Salem Water, Power & Light company, claiming that the service is poor and the rates unreasonable.

August Huckestein, one of the leading Democrats of Marion county, will assume his new duties as postmaster of Salem about June 1. He succeeds Squire Farrar, who has been postmaster seven years.

For the second time in two months the proposition to bond the school district of Woodburn for a new high school building, has been defeated. The vote at the recent election was 211 against and 108 for bonding. At the election two months ago the vote stood 205 to 135.

The Mount Hood Railway company of Hood River is just completing a trestle 600 feet long and 32 feet high on the extension of its road into the Lost Lake country. The trestle is a link in the four miles of new road that will be opened before the summer is over.

A jury at Prineville, after being out all night, found Gaylord McDaniel guilty of murder in the second degree for the killing of his stepfather, Herman Poch, on December 31 last. Fanny C. Poch, the wife of the murdered man, tried jointly with McDaniel, was acquitted. The tragedy grew out of domestic trouble, Poch having accused his wife of infidelity. McDaniel has been sentenced to life imprisonment.

The summer session of the Oregon Agricultural college will be held from June 16 to July 25 at Corvallis. A faculty of 72 instructional experts is announced.

The bid of $1.35 per yard of the Doloroway Pavement company for paving eight blocks of streets at Forest Grove has been rejected by the council there. Councilmen who went to Seattle to investigate the paving, claim that they were assured it could be laid for $1.25 and not to exceed $1.30 per yard.

The lifesaving crew at Port Orford succeeded Thursday night in saving Winniger and Silver, the two men who were in a sailboat which capsized off Rogue river. They had been clinging for many hours to the disabled sailboat.

The fifth annual livestock show will be held at Union June 5, 6 and 7, and is expected to beat all records in attendance and interest.

Only nine of the 93 pupils taking the eighth-grade examination in Hood River county failed, although 32 were conditioned in one or two subjects and will have to try again in June.

The 37th annual commencement of the University of Oregon will be held June 15-18 at Eugene. Rev. John H. Boyd, D. D., of Portland, will give the baccalaureate sermon June 15. Bishop E. H. Hughes, D. D., of San Francisco, will address the graduating class June 18.

Labor Events

FIFTY-seven arrests were made Tuesday in the vicinity of the Price silk mill at Paterson, N. J., to which the hands returned in the face of protests from Industrial Workers of the World leaders conducting the strike. Twelve hundred or more strikers and others gathered in the streets near the mill to jeer the returning workers. There was no violence.

The Cincinnati street car strike has been settled through concessions to the workingmen, and service was resumed Tuesday on all lines.

At White Plains, N. Y., a strike has been instituted for shorter hours and better wages by 600 foreign laborers, members of the Laborers' International Union, who persuaded 400 non-union men to join them. All work has been tied up at White Plains, and on the large private estates owned by wealthy people in the vicinity.

Foreign

A DISPATCH from Tripoli says that the Italian losses in the recent engagement with Arabs at Sidi Garba numbered 79 killed and 259 wounded. After a hard fight the Italians captured an entrenched camp of the Arabs, but were later compelled to retreat.

A committee of the Japanese parliament at Tokio has reported favorably upon an appropriation of $600,000 for Japan's exhibition at the Panama-Pacific exhibition in San Francisco in 1915.

Effusive welcomes were extended by Emperor William to the king and queen of England and the czar of Russia upon their arrival at Berlin to attend the marriage of his daughter. Kissing and embracing constituted a part of the ceremony of welcome.

Dr. William Lloyd, the throat specialist who recently examined Caruso at London, declares that he is unique among tenors, as his singing machine combines to a greater extent than that of any other tenor he has examined the physical characteristics necessary for the perfect production of vocal sounds of almost unlimited volume.

The town of St. Andrews, Scotland, was much exercised Tuesday over threats made by the militant suffragists that they would destroy the putting greens, thus preventing play for the world's amateur golf championship, scheduled for next week. A vigilance committee of 5000 volunteers was organized to guard the greens, day and night. As it was reported that the suffragettes would use vitrol to destroy the grass, the sentries provided themselves with large umbrellas to prevent the corrosive fluid from being thrown into their faces.

Sir Thomas Lipton's challenge for the America's cup was definitely accepted Tuesday by the New York Yacht club in a cabled message to London. The races will take place in September, 1914, under the club's present rules. Sir Thomas says that the conditions are a great victory for him, and will enable him to build a good, seaworthy boat.

Cannibalism in its worst form exists among the natives of the New Hebrides islands, situated in the Southern Pacific ocean, according to a statement made at Sydney by the Rev. Thomas Gillan at the Presbyterian assembly of New South Wales in support of previous statements made in connection with the islands. Human flesh is looked upon as a luxury and any tribal wars invariably end with a "banquet" on the most succulent portions of the youngest and tenderest victims.

In view of a possible conflict against Servia and Greece a number of Bulgarian university student volunteers recently relieved from the army service, and including several officers, were ordered at Geneva, Switzerland, to rejoin their regiments.

So great was the rush of the public to secure a portion of the new Chinese loan, which was opened for subscription at London, that the issuing banks closed their lists Wednesday morning. It was then announced that the loan had been largely over-subscribed. It was quoted at one per cent premium by sellers.

General News Notes

IN a speed test at San Diego, Cal., a high pressure cylinder blew out of the port engine of the torpedo boat destroyer Stewart. Two men were killed and another so seriously injured that he will probably die.

After a week's search the body of Miss Vinnie Colt, a girl of 18, was found in a ravine in the Sierra Nevada, 20 miles from Truckee, Cal. She had been killed and partially devoured by a bear. The girl ran away from her home here on Wednesday of last week. Six days later a pet dog that had accompanied her returned alone. Since her disappearance, three large posses, each led by one of her brothers, has continued a search extending over a large section of the mountains.

Josephus Daniels, secretary of the navy, went up Wednesday at Annapolis, Md., in a flying boat directed by Lieutenant John H. Towers, senior officer of the navy aviation corps, and traveled eight miles in about eight minutes at a height of 500 feet. After descending he declared that the voyage had been delightful, and that he enjoyed the sensation thoroughly.

After a long and heated struggle at Sacramento, Vancouver, B. C., was chosen as the place for holding the next meeting of the Pacific Coast Association of Advertising men. Los Angeles wanted the convention, and Portland, Spokane and Seattle demanded that it go to Puget Sound in accordance with an understanding reached last year at Portland. A. G. Clark of Portland was unanimously elected president of the association.

The body of Barbara Frietchie, the heroine of Whittier's poem, and that of her husband, John C. Frietchie, which were recently disinterred from the Old Reformed cemetery at Frederick, Md., and placed in the mausoleum at Mount Olivet, will be buried with appropriate ceremonies on Memorial Day, May 30.

Four officials of the O.-W. R. & N. donned jumpers and overalls and ran a special train from Spokane to Wallace bearing President Farrell and party. The regular crew sat in the diner, and enjoyed the dinner prepared for the officials.

The popcorn and peanut concession for the Panama-Pacific exposition at San Francisco has been granted to Richard Emerzan of Fresno, and is expected to net $100,000 in the nine and one-half months the exposition gates are open.

The Imperial Limited express was wrecked Thursday at Mitford, 40 miles west of Calgary, Alberta, because of a broken coupling. Twenty-five persons, 15 of them Chinese, were injured. Among those most seriously hurt were D. Leonard of Portland, Otto Markis of Seattle and Mrs. A. Knott of Calgary.

It is announced at New York that Colonel Roosevelt will leave for Arizona in the near future to head a search for a "lost" tribe of Indians. Plans for the trip are about completed and the colonel displayed all the enthusiasm of a boy over the prospect.

Kozo K. Maihori, a Japanese, was married to Miss Bertha Royan, a Minneapolis girl, by Rev. G. L. Morrill, who in a sermon recently criticised the California alien land bill. Maihori is employed in a Minneapolis hotel. The Rev. Mr Morrill sent a telegram to Governor Johnson, of California, in which he said: "I have just married a Japanese to an American, and done more for God and Uncle Sam than your alien land bill will do in a thousand years."

Mrs. William Jennings Bryan, wife of the Secretary of State, has gone to Miami, Fla., for a visit of ten days to inspect the new winter home Secretary and Mrs. Bryan are building there. Mrs. Bryan practically designed the plans for the house herself and every detail is being carried out under her personal direction.

D. J. Crockett, great grandson of the historic Davy Crockett, escaped across the Rio Grande to Donna, Texas, after facing a firing squad of Mexicans. He and two other Americans and six Mexicans were taken prisoner while watching a battle at Rio Bravo, and were condemned to death as spies by the revolutionists. The six Mexicans were killed, but the Americans were unscathed, secret orders having been given the firing squad to miss them. Crockett later managed to get away.

Miss O. E. P. Stokes, the reputed heiress of $28,000,000, has won her fight at Redlands, Cal., to keep her estate near there exclusive. Real estate operators had laid out a bungalow townsite near by at $400 a lot, and she thereupon bought every lot.

The first ocean-to-ocean transcontinental highway to be erected on the Pacific coast has been dedicated at Cajon Pass, 20 miles from San Bernardino, Cal., by the San Bernardino Society of Pioneers.

Superfluous Hair Truths

De Miracle

The Only Safe Hair Remover

Each application of an unknown depilatory is a dangerous experiment and likely to cause permanent disfigurement. The mere fact that such preparations are short-lived should alone be sufficient warning to avoid their use. De Miracle has stood the test of time, having been sold for over 11 years, therefore it is the only depilatory you can use without experimenting.

The Unoffensive Depilatory

If you use De Miracle it will be impossible for any curious person to know that you have used a hair remover because De Miracle evaporates immediately after accomplishing its work, therefore leaves no odor whatever. On the other hand, if you use any depilatory with a distinctive odor an offensive tell-tale smell will cling to your skin for hours.

Others Advertise "Guaranteed"

but give no guarantee. De Miracle is the only depilatory that has a binding guarantee in each package.

Avoid permanent disfigurement by refusing substitutes offered by dishonest dealers merely for a few cents more profit. If your dealer will not supply you, send $1.00 direct. Free information how to determine which depilatories are harmful and worthless sent in plain, sealed envelope.

New truths in next advt.

De Miracle Chemical Co., New York

Sold and Recommended by LIPMAN, WOLFE & CO.

Itching Scalps Dandruff and Falling Hair

Successfully Treated with Cuticura Soap

And Cuticura Ointment. Directions: Make a parting and rub gently with Cuticura Ointment. Continue until whole scalp has been gone over. Next morning shampoo with Cuticura Soap. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for this special treatment for women's hair.

Cuticura Soap and Ointment sold throughout the world. Send postal for sample of each mailed free, with 32-p. book. Address "Cuticura," Dept. 14F, Boston.

A Safeguard

for your health, a preventive of infection; relieves sore and inflamed conditions of the delicate tissues.

TYREE'S Antiseptic Powder

is a powerful germicide, is easy and pleasant to use, unequaled as a douche, does not stain and is perfectly harmless, whereas death lurks in the use of carbolic acid, poisonous tablets and other so-called sanitary remedies. A 25c box makes two gallons of standard solution. At all druggists.

Send for Free Sample

J. S. TYREE, Chemist, WASHINGTON, D. C

Secret of Mysterious Power Revealed at Last

How Prominent People Have Gained Wealth and Fame.

Simple Method that enables anyone to control thoughts and acts of others, cure diseases and habits without drugs, win the love and friendship of others and read the secret thoughts and desires of people though thousands of miles away.

"TO UPLIFT AND BENEFIT MANKIND," says THE REV. JAMES STANLEY WENTZ.

WONDERFUL BOOK DESCRIBING THIS STRANGE FORCE AND A CHARACTER DELINEATION POST FREE TO ALL WHO WRITE AT ONCE.

The National Institute of Sciences of London, England, has appropriated $25,000 toward a fund for the free distribution of Prof. Knowles' new book, "The Key to the Development of the Inner Forces." The book lays bare many astounding facts concerning the practices of Eastern Yogis, and explains a wonderfully simple system for the development of Personal Magnetism, Hypnotic and Telepathic Powers, and the curing of diseases and habits without drugs. The subject of practical character reading is also extensively dealt with, and the author describes a simple method of accurately reading the secret thoughts and desires of others though thousands of miles away. The almost endless stream of letters requesting copies of the book and character delineations indicate clearly the universal interest in Psychological and Occult Sciences.

That Prof. Knowles' system is exciting the brightest intellect of the present day is clearly shown by the scores of recommendations, among which the following, from representative British publications, the clergy and the medical profession are striking examples:

THE CHRISTIAN AGE.—"Professor Knowles' System has cured disease, corrected bad habits, strengthened memory, and proved highly beneficial in the cultivation of personality and Personal Influence."

THE LONDON WEEKLY TIMES.—"Professor Elmer E. Knowles' Complete System of Personal Influence and Healing privides the embryo enthusiast with just such knowledge as could be adapted to his own personal circumstances and inclinations."

Prof. Elmer E. Knowles, author of the new book "The Key to the Development of the Inner Forces."

THE LONDON MAIL.—"Professor Knowles' System embraces a great deal of erudition in a form which can be readily grasped by all who have the ability to read and understand simple prose. No better help towards success in life could be desired."

MODERN SOCIETY.—"No modern investigator along psychological lines has received so large an amount of praise as that accorded to Professor Elmer E. Knowles for his marvelous System of Personal Influence and Healing. Here at last is a man who is at once a great scholar, a born teacher and a practical helper—for the instruction papers reveal a nature which is sympathetic and of good fellowship for an ambitious, yet largely misguided population."

THE REV. JAMES STANLEY WENTZ, says:—"No one can give the system a careful perusal without becoming satisfied that in giving this knowledge to the world Prof. Knowles is actuated by the earnest desire to uplift and benefit mankind. I heartily recommend this course to all who desire to develop and cultivate their inner forces."

A LEADING LONDON PHYSICIAN, Dr. R. N. Pickering, M.R.C.S., L.R.C.P., L.S.A., in a letter to Prof. Knowles, says:—"I consider your system the most complete and accurate literature upon the subject. You have treated the science with much ability."

A PROMINENT AMERICAN PHYSICIAN, A. W. Fisher, M.D., Ph.D., M. E., Principal of the Douglas Institute, writes:—"Your system is very useful in my practice."

"Rich and poor alike benefit by the teachings of this new system," says Prof. Knowles, "and the person who wishes to achieve greater success has but to apply the simple rules laid down." That many wealthy and prominent people owe their success to the power of Personal Influence there is not the slightest doubt, but the great mass of people have remained in utter ignorance of these phenomena. The National Institute of Sciences has therefore undertaken the arduous task of distributing broadcast, without regard for class or creed, the information heretofore possessed by the few. In addition to supplying the books free, each person who writes at once will also receive a character delineation of from 400 to 500 words as prepared by Prof. Knowles.

If you wish a copy of Prof. Knowles' book and a Character Delineation, simply copy the following verse in your own handwriting:

"I want power of mind,
Force and strength in my look.
Please read my character
And send me your book."

Also send your full name and address (state whether Mr., Mrs., or Miss), write plainly, and address your letter to:—

National Institute of Sciences, Dept. 833-A, No. 258 Westminster Bridge Road, London, S. E., England. If you wish you may enclose 10 cents (stamps of your own country) to pay postage, etc. Postage on letters to England 2 cents. Do not enclose coins or silver in your letter.

"A Ravishing Beauty? You Can Be One"

Says Valeska Suratt

America's Most Beautiful Actress Gives Her Own Original Secrets By Which She Beautified Herself in a Most Remarkable Way.

By Valeska Suratt.

A FEW days ago I received a letter from one of my readers, stating that she had been using two of my formulas which I had published in these columns. One was for removing wrinkles and the other for beautifying the face and arms. She said she had received no benefit. Further along in the letter she made the remark that she had been "using the formulas faithfully for a week or ten days!" Imagine, a week or ten days! Once in a while a letter of this kind received makes me feel as though some people need guardians. But happily I am not beset with very many exhibitions of such lack of good judgment.

The formulas I give I have almost been impelled to call little miracle workers, not in the sense that they produce their results in a week or ten days, for that would be ridiculous, but in their positiveness of action.

Faithful use of these formulas for a reasonable length of time will never fail to make you wonder at their power.

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Much of my mail contains requests for my sure wrinkle eradicator—for wrinkles little, wrinkles deep, wrinkles few, wrinkles by the thousand, crow's feet, deep lines and sagging cheeks. For all these, the following formula is absolutely unequalled: Four half a pint of hot water in a bowl and place the bowl in a pan of water over a slow fire. To this add two ounces of eptol. Stir until it is dissolved and starts to cream. Then remove from the fire, slowly add two tablespoonfuls of glycerine, and continue to stir until it is cold. Eptol may be obtained for no more than fifty cents at any good drug store. This cream should be applied very liberally and thoroughly rubbed into the skin until it has disappeared. The cream will not grow hair on the face. Keep the cream in an air tight jar or bottle.

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OBSTINATE—Your muddy freckly, spotty skin will clear wonderfully by using this mixture: Let half a pint of water come almost to a boil. Add two tablespoonfuls of glycerine. Keep stirring while adding one ounce of gintone, until it is all dissolved. Then let it cool. If the cream is too thick to pour easily from a bottle, thin it down a little with more hot water. The cream will be white and satiny. Hold a wet, hot towel to the face several times for several minutes. Rub this cream on the entire face. Then wipe off with a soft, dry cloth. Then apply again and let it dry on the face. Repeat this again at night. Any good druggist will let you have gintone for about fifty cents.

LUCRETIA—For any light or heavy superfluous hair, this will never fail and it is unsurpassed. Get one ounce of simple sulfo solution. This you can get at the drug store for one dollar. Apply it with the finger tips to the superfluous hair, keeping the hair moist with it for two or three minutes until it has been dissolved. Then wipe it off with a damp cloth and wash the skin.

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MRS. L. T. A.—You will admit that a formula which will develop the bust superbly even in cases of those who have been mothers of several children and who have lost almost all their development, must be a very remarkable product. This is the formula, try it: In a half pint of cold water, dissolve two ounces ruetone and half a cup of sugar, all well mixed together. Of this, take two teaspoonfuls three or four times a day in a wineglass of water, after your meals. The ruetone will cost you one dollar at the drug store.

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SUSANNA M. O.—Your hair will absolutely stop falling and begin to grow most luxuriously if you will use this: Mix half a pint of alcohol with half a pint of water. To this add one ounce of beta-quinol. Shake thoroughly, and then it will be ready to use. If you prefer, you can use imported bay rum instead of the water and alcohol. The beta-quinol you can get at almost any drug store for not more than fifty cents. This formula should be applied very freely to the scalp after brushing it generously for a few minutes all over. Rub the tonic thoroughly into the scalp with the finger tips.

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A shampoo is exceedingly important. Do not use soap on your hair. Eggol, which you can get at any good druggist's for twenty-five cents, is surprising in its action in ridding the scalp of every particle of scurf and foreign matter, which nothing else, not even scrubbing, can do.

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CONSTANCE—The blackheads around the mouth and chin or on any part of the face can be quickly eradicated. First wash the face with hot water and soap. Then sprinkle some neroxin generously upon a sponge made wet with hot water. Then rub well for a few minutes on the parts of the skin which are affected with blackheads. You should be able to secure the neroxin at any druggist's for fifty cents.

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PIMPLY FACE—The pimples you have will vanish and no more will appear. Dissolve twelve ounces of granulated sugar in one-half pint of water, add one ounce of sarsene, and mix the whole together thoroughly, then add more water to make a pint. Sarsene is a liquid which you can get at the drug store by the ounce. Get it in the original package. Take one or two teaspoonfuls of this mixture three or four times a day, with a little water if desired. (Adv.)

"In the Spring the Young Man's Fancy Lightly Turns to Thoughts of Love."

YOUNG LADY, when you hie forth in the moon lit evening hours to keep your tryst with that young man you will want to be looking your best—he will expect it. "Looking your best" does not necessarily mean wearing your most elaborate frock. Your dress may be simple but if you have given proper care to the details and more particularly to your hair you need not be afraid. Unkept, untidy hair will ruin the effect of a spick and span toilette quicker than anything else.

NEWBRO'S HERPICIDE

Will Make Your Hair Beautiful and Increase Your Charm

Attractive women everywhere depend on HERPICIDE—it is reliable—it fulfills the expectations. The cooling, refreshing and invigorating effect of this delightful scalp prophylactic adds to the personal comfort while the softness and beauty of the hair is being increased. Herpicide causes the dandruff to disappear, stops the hair from coming out and allays the itching. The sense of perfect cleanliness attending its use and the subtle, exquisite odor of **Newbro's Herpicide** makes it a most delightful hair dressing and real toilet necessity.

You will like Herpicide. Try it.

A Sample Bottle and Booklet for 10 Cents.

If you have never used Newbro's Herpicide, a very pleasant, not to say surprising experience is in store for you. Many report results even from the trial bottle that are little short of marvelous. You can try it for ten cents in postage or silver.

The booklet contains much valuable advice about the care of hair. Send for both. SEE COUPON.

Two sizes, 50 cents and $1.00. Sold everywhere on a money back guarantee plan. Applications at the better barber shops and beauty parlors.

For Sale at All Drug and Department Stores.

Don't Wait—Send 10c for Sample and Booklet Today.

THE HERPICIDE COMPANY, Dept. 37-B, Detroit, Mich. Please find enclosed 10 cents, for which send me a sample bottle of Newbro's Herpicide, also a booklet on the care of the hair.

Name.....

Address.....

City.....

State.....