

B OWE it to ourselves and pos-terity to perform certain daily duties that will keep up the health and beauty of the body. Any one who neglects these is inviting nature to inflict punishment in ways which will be far from agreeable.

Through carelessness the face is often made unattractive by the appearance of blackheads. Indiscretion in sating causes indigestion, and this, in turn, prevents the skin from doing its proper work; therefore, the pores become dog-ged with fat and dirt, and if these are not removed daily with hot water, soap, sto, they harden and become very stubborn.

Physiologists have been convinced that we eat too much and too rapidly. By masticating slowly we would need less food and receive more nourishment than we do by bolting food in quantity. It is therefore to your advantage to est less and chew more. Try it when your next meal is served and see if these words are not true.

If you are one of many trying to get rid of blackheads, diet for a while. Do not indulge in fee cream, candy and all the other rich things which most siris like. Fried foods, too, should be shunned. Do not drink liquids with your meals, but drink plenty of water between meals. The drinking of water is the best way to thoroughly flush the system and get rid of waste matter. If you are troubled with indigestion, drink a cup of warm water an hour before mealtime. Should the tasts of this be unpleasant, add a pinch of salt. Now, for the external remedies. I advise the daily use of the complexion brush, provided your skin will epand it. Select a soap which agrees with your skin, and use plenty of clean hot your skin, and use plenty of clean hot water. When you feel that the peres are sufficiently cleansed, rinse the face with cold water to contract the pores to their normal size. Exercise of some form should be counted as one of the daily duties. There are various exercises from which you can choose, but today I want you to know about the advantages of using your tennis racquet during summer or

winter months. Tennis playing is one of the finest forms of exercise for the body, but there are times when the weather will not permit of a game outside. However, the tennis racquet can be used indoors to good advantage. Serving the ball against a blank wall will help to develop the forearm, and will make the eye alert. The swaying motion of the body in one's effort to hit the ball will cultivate agility and grace.

The stout girl who has great difficulty in keeping down her appetite will be glad to have the following suggestion: Before mealtime est several crackers. Before mealtime est several crackers. These will take off the edge of the ap-petite without adding any more pounds to one's weight. In fact, if the obsee one would substitute crackers for white bread during mealtime, there would be a decided decrease in weight. Potatoes, being another, starchy food, should also be eliminated from the bill of fare.

In spite of all my counsel, I still see many girls who neglect their finger nails. do not believe there is anything

tention of your hair every day will do wonderful things.

The hair cannot be healthy if the scalp is tight and drawn. It is therefore necessary to lossen the scalp by mas-sage. Use the tips of the fingers for the massage, and if the hair is dry, rub into the scalp a little castor oil or vase-line. After the massage brush the hair to remove all dust and to stimulate the growth. Select a brush that has firm bristles, but be careful to choose one that will not soratch the scalp. Another important thing to remember, if you would have attractive hair, is to keep the brush and comb clean. I have known persons to reinfect themselves

with dandruff by using an unclean brush and comb. Once a week the brush should be cleaned in water to which a little ammonia has been added. Do not let the back of the brush touch the water, and be sure to rinse the bristles well. Place it, bristles down, in the air to dry. The comb should be made clean

by using a brush or a piece of cloth. I cannot refrain from mentioning the bath as one of the daily duties. This is necessary if one wishes to keep up the healthy action of the skin.

Office a firm resolution today to carry out faithfully the duties which are so necessary to health and heauty and bessary to

application before retiring. In the morn-ing wash the head with soap and water and rinse thoroughly. After the hair is dry brush it well. You should be sure to cleanse your comb and brush before using them on your head.

Sage Tea

Dear Mrs. Symes. Will you kindly tell me how to make sage tear Following are the directions for making sage

Green tes ake the liquid, take 1 ounce of tes mose of water; 1 ounce of sage to d

Let each stand for several hours, then strain and take 3 ounces of the liquid of each and mix with 3 ounces of alcohol. Keep the mixture tightly carked to pre-

For the Eyebrows

Dear Mrs. Symes. 1. What is the proper thing to use to massage cyclrowad. I have started using vaseline. Should it be melted? 8. My cyclashes are rather thin and short. I have tried vaseline on them, and I was very careful, but I think some of it got into my eye, because it fiched. It got into my eye, because it fiched.

disgusting than two hands with nails with lines of dirt and of uneven shape. For sanitary reasons, if for no other, the nails should be kept scrupulously clean, for the accumulation of dirt beneath the nails offers a fine lodging place for germs. Therefore, no one should fail to wash the liands before preparing food or before going to the table. The cleansing of the nails should be a finishing touch to the cleansing of the hands.

For the purpose of keeping the nails in good condition you should file them to a proper depth, fellowing the out-line of the finger. Then hold the fingertips in warm, soapy water to soften the cuticle surrounding the nail. Dry the hands, and dip the end of an orangewood stick covered with absorbant cotton into peroxide and use this to cleanse the cuticle around and beneath the nails. The blunt end of the stick should be used to push back the cuticle to reveal the half moons. If you have some trouble in doing this, you should apply cold cream to the base of the

ANSWERS TO BEAUTY QUERIES

Exercise For Agility

nails at hight before retiring. This will soften the skin and make it more pliable. To continue with the manieure of the nails, it is necessary after the use of the stick to scrub the nails with

use of the stick to scrub the nails with a little nailbrush. Rinse and dry the hands and then apply a nail polish and use the buffer. Use the palms of the hand to give the final polish. Keep your hands in such splendid condition that you will never be ashamed to offer them for examination. One seldom stops to think that to have hurmant hair is to have healthy hair. For the hair to be healthy it is meces-sary to give it daily treatment. This is not so inhorious as it sounds, for ten or difteen minutes given to the st-

Witch Hazel Cream

Which was could created with the second seco

Skin Food for the Hands

Dear Mrs. Synne. Will you piease give me e recipe for a graam which I may use to make my hands more plump? Also tell me what I can prepare and have on hand to remove shins from the save on hand to remove shins from the save on hand to remove shins from the

Following is the recipe for



Creckers Carb the Appetite

Do you know of anything that will reduce a fissity nose?
My checks are flabby. Please tell me what he do to make them firm.
My face is yellow around the mouth and eyes. How can I make it white? MATTIES.

While Spois on the Ndus Dan Mrs. Symes. Piease tell me what to do to remove white spote from the finger nalls. I. A. L. Spotted nails come from injury to the nails or from ill health. Injudicious uses of steel instruments for cleaning will cause the nails to bear the ugly white spots. These can be cured only by removing the cause. If your nails are inclined to be brittle, apply vaseling, cocca butter or cold cream to them.

<text><text><text><text><text><text> To Patten the Arms Dear Mrs. Breas. Kindly tail me how to put fiesh on the hands and arms. M. I. L. Dadly massage with cocces butter will fatten the hands and arms. The arms of a tennis player or one who rows a great deal are always well de-veloped. If you cannot engage in either of these sports, imagine that such a thing is possible and go through the movements anyhow. Swinging dumbbells will also increase the cir-cumference of the arms.

For Vermin

Dear Mrs. Gyman. Will you kindly prins in your column a will for head vermin? I have been told that could oil will hatch out the nits. A READERS

Dear Mrs. Symmes. I should like to know what is used in bran bags. I have heard they are very good for whitesing and softming the skin. RUTEL. Mix equal quantities of powdered oat-meal and bran together; and to a pint add 36 cup of powdered scap. To this add about 1 cunce of powdered orris poot. Will small bags and use in the baths Coal oil or sloobol are sure ourse for his trouble. Saturate the head well with either one and the up the head with a towel. It is best to make the

Is milk or buttermilk be complexion? L.E. P. 1. The finger tips may be used to message the cycbrows and to rub the melted vaseline into them. 2. By exercising great care you should not get any vaseline into the eyes. A tiny camel's-hair brush is a splendid thing to use to apply the grower. Dip it into the melted vaseline, free it from any drop and pass it lightly along the edge of the eyelids. If you cannot do this successfully without getting any of it into the eyes, have a physician apply it. L H. P.

3. Both give very satisfactory results, but I think the latter is more of a bleach.

Hair is Streaked Dear Mrs. Symes. I have dark brown hair, and it is be-coming streaked with gray. Can you please tell me what I can use to durken it? I am 50 years old, and my hair is very dry. MART.

Results of a Tight Corset Dear Mrs. Symes. I have been wearing my corset too tight over the hips. This has caused the steels to rub my hips on each side and istt a few browniah spots. Will you kindly give me something to remove them? ANXIOUS.

White Spots on the Nails

To Fatten the Arms

An Eye Lotion

Dear Mrs. Symes, What simple hotion can I use to reliev my eyes when they itch and burn after i day's work? IDA R. Is made of:

Bran Bags

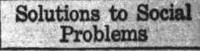
If you are in mourning and, therefore, unable to attend the ceramony or re-ception, you should send a present just the same. Just a word about the kind of gift to send. First of all, let is be appro-priate to the recipient and to your own purse. It is foolish to pay a ridiculously high price for a gift in order to represent your income as larger than it is, or to compete with other expensive gifts. As soon as this sending of a present, you destroy the beauty of giving. Do not give that which will be du-plicated, and if you can, find out if the bride likes out glass, for example, before investing in this article. If you find out the general ides of the invalues home, it will help you consid-erably in cheosing something appro-prists. If the furnishings are to be in manegamy, this will lead you to select frames, candiesticks bookracked and countiess other articles of this wood. Use your best tasts, your knowledge of the likes of the bride

and countiess other articles of this wood. Use your best taste, your knowledge of the likes of the bride and of hen future like. Express your individuality and your best self. Don's get "anything." If you are going while. This does not mean something expensive. If a very close friend, you can take your gift and present it personally to the bride-to-be. Otherwise it should be bride-to-be. Otherwise it was bought. With it your own card, with a penciled expression of your good wishes, should be sent. Expressed packages should be pack-tation prepaid. If you are late in sending a present, a short note of ex-planation should accompany it when it is sent to the bride in her new, home.

this is really a notice of a change of

name, and unless the physician enjoys a social intimacy, besides professional, there is no obligation to send a gift.

If you are in mourning and, therefore, unable to attend the ceremony or re-



Placing the Card DEAR Mrs. Adams. D Please tell me where one should put time on a woman and there are no trays in evidence. Should one draw her hosters attention to it? The card should be placed on the table without any comment about the action.

Who Pays the First Call?

Who Pdys the Puese cont, Dear Mrs. Adams. A girl thend of mine is coming here seen to visit, and I should like to know whether I should call on her or wait for her us call on me. It is your duty to call on the girl first and extend some sort of hospital-first and extend some sort of hospital-first and extend some sort of hospital-first and extend some sort of hospital-her at your own home, invite her to the theater or a lecture or something equally as interesting.

Raising His Hat

Raising His Hat Date Mrs. Adams. Touse tell me in a semanti way when a man should raise his hat from his head when bowing to a woman and when he meets a man of his acquaint-ance while either is walking with a woman. When wellsing with a woman woman or man of her acquaintance, whether inows to him or not, and the same rule is in order when walking with a man. A man must always raise his hat when and a civility to either acquaintance, a lady after an open-air conversation. Heine the Makhin

Using the Napkin Dear Mrs. Adams. Enould one one's mapkin to the fullest extent and phreed it across the hap fullest proper to drink bouldion from the oup, or should if all be taken with a spont A B O. Open the mapkin along the first follow and than day if across the lap. Bouillou may be drunk from the oups

An Ambitions Mother Des Mrs. Adams. There never had the advantage of broad education, but 5 an most desire of bringing my three children up in right way. What do you think is the the hing for me to do to teach them in mpotent points of estimates?

I am very glad that you the important duty that is i you, and I am any that you to put the children on the for going to reap much good. I heat course for you good. I soing to reason you as best course for you as a good best on elements a s when necessary. You with these columns were betoful follow them shouly. If in r vicinity them shouly large yo many things which will be many things which will be

print may be expected in less than three Correspondents desiring immediate replies to queries may get them by indos-ing a stamped self-addressed envelope. Personal inquiries will receive prom

attention if accompanied by a stamp and self-addressed envelope.

D BPLIES to letters to the writer of

R this department will be printed in regular order; but no replies in

(

or four weeks.

Superfluous Hair Dear Mrs. Symes. Please tell me what to use to remove superfluous hairs which have grown on

A Depilatory

with a deplatory, when the burning sin-mation is produced. Too long contact with the sith should be avoided, and immediate-ly siter the hair has been removed the denuted surface should be sandly wanted with warm water and a cold cream or s bland oil applied to prevent invisition. The above deplicatory will remove the pairs temporarily. The electric needle s the only thing which will remove the hairs permanently.

For Blackheads

Dear Mrs. Symes. Please tell me what to do to pernove laskheads. IRUNYE. The green soap treatment will prove sipful in your case: Green Boap Treatment for Blackheads

Discussion of green soup-Distilled witch asso-Let finis mixture stay on only a few momenta then wash of with hot water. If the green soup fritates the state, as it sometimes will, use it avery other day. Apply a cold green.-Wreen soup may be purchased as any drug store. It is not a regular "cale soup." Did is of about the sometenery of contact. Dyen each seed zone with the point of a

weeks every trace of the dandruff will have disappeared. The hair will be-come soft and glossy, and there will be no return of the old trouble. This remedy, however, will darken light hair. fine cambric needle. The hardward mass must be present or picked out. The empty so, or the giand should then be halled with a very weak solution or carbolic sold and water. Starilize the medie before using it by dispiny into soling water, as the use of any instrument, unless the skin as well as the needle is thoroughly planned, it always dangerous. Dear Mrs. Symes. Some one has recommanded your witch have even to me. Will you please give me the recipe? Here is the recipe you desire: Witch Hazel Cold Gream

Obstinate Freckles

Dear Mrs. Symes. I have a few freckies on my face which I should like to remove. Plance tell me what to use.

A very good freckle remover is made of the following:

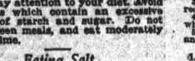
Hands Perspire

Please give me the recipe for a lotion which I may use on hands that perspire a which is the to have a good sall porder to T should like to have a good sall porder to polish my finger salls. A README. A very good lotten for hands which perspire freely is made of the follow-ing ingredients:

Ing cloth. Remedy for Dandruff Donr Mrs. Symes. What can I do to remove the denoral is from my boad? Bulphur is very effective in such a case. To an ounce of suppur add a quart of soft water and during inter-vals of several days spitate the mix-ture representedly. After the suppur has astide to the bottom of the suppur has use the closer liquid. Saturate the had with it every morning, and in a day

Figure Participant Providence

Next pay attention to your dist. Avoid the foods which contain an excessive amount of starch and sugar. Do not eat between meals, and eat moderately



Eating Salt Dear Mine Gymes. Do you think it does any harm to use a sot of salt on food I I amy very fond of it. but have been told I should not use so ALICE. much. ALICE. A little sait will do no harm, but it should never be used excessively. Con-diments increase the appetite, but they are apt to irritate the stomach. They should be used sparingly.

A Liquid Rouge

Dear Mrs. Symes. I should like very much to have a respe for a liquid rouge. Will you kindly let me have one? Following is the resperyou desire: Edguid Bloom of Roses

The Henna Stain

My bair is suburn, but here and there by bair is suburn. but here and there is a few may hair. Hanse bil me whit o us on it to keep it is the asturnal shada. GRACE.

A Hair Tonic

Dear Mrs. Synamics of anything that will be for any of anything the tribund and the last prove in Solary around the second you know of anything for influence anything for influence way he divided provide is used for is-proved by divided provide is used for is-tribung the second the second for is-tribung the second the second for is-well the second the second for is-

GRACE. You can use the henne stain for which I am giving the recipe: Steep I ounce of henne leaves in a pint of boiling water for twenty min-utes. Let stand until it gets cold, Strain the liquid. Apply to the heins by the ald of a small sponge. The heins will sometimes stain the scalp, but the stain can easily be removed by scop and water.

a very

To Reduce Weight

Des Min. Since of the start I shall do by rotuce my waght? W. Is P. Brinst of all you should assertise for an hour or more every day. Rapid walking will do much to remove fat and make the muscles firm. If you have an op-portunity to do no, Join in all the sta-letto gaines you can.