WHY few persons understand the proper care and treatment of the hair, even in this day, when so much detail is lavished on it and it is frequently pampered, is a mystery. The lack of knowledge and consequent carelessness is the cause of many of the cases of premature grayness, falling hair and diseases of the scalp. A healthy scalp means healthy hair, and therefore great care should be taken to keep it in a perfectly healthy condition if a vigorous growth of hair is to be obtained.

Neglect of the scalp and hair is fatal to health and beauty. Women are gradually awakening to the fact that the hair must be exercised, that it must be brushed and fed, and when sickly and starved it must be doctored, in the same manner as other members of the body.

No other part of the human body is more susceptible to unhealthy conditions, more in need of external nourishment or more responsive to proper care. Give your hair proper care, and it will never die.

USEFULLNESS OF MASSAGE

One of the surest ways of stimulating the scalp and keeping up the amount of circulation it needs is scalp massage. Five ten minutes daily devoted to this simple exercise would save many a case of falling hair and premature grayness. Loosen the hair and part it in the middle.

Place the hands on either side of the head with fingers a little separated, press gently and firmly into the scalp, at the same time pushing the fingers forward and making wheel-like movements.

Don't forget that the object is to loosen up the tight scalp. Nine times out of ten the person afflicted with falling or diseased hair is found to be what is called scalp-bound.

Where the scalp is in a healthy condition dry massage may be all that is necessary, but if through neglect the scalp has become dandruff-bound it is afflicted with dandruff or is too dry or too oily, it is more beneficial to apply a suitable tonic when giving massage.

One of the commonest and deadliest enemies of the hair, and one of the most neglected, is dandruff. It may arise from sluggish circulation, improper care of the scalp, mental strain and many other causes, but it is perfectly curable if properly treated.

If the legions afflicted with dandruff could only be brought to realize the dangers arising from it, I am sure there would be a smaller percentage of poor hair, faded hair and bald heads. As soon as it begins to appear take steps to root it.

The combination of scalp massage with a good dandruff remedy and frequent shampooing is the best treatment, and will invariably effect a cure if persevered in. Cleanliness is as essential to the hair as to the rest of the body, especially as dust and other impurities are very apt to collect in it. The periods between washings must be regulated by the necessities of the case and by common sense.

As a general rule, the hair should not be washed oftener than once in two or three weeks. However, I know of cases where once a week seems not to do any harm, but rather to keep the hair in good condition. The effect of shampooing must be carefully watched and the condition of the hair be taken into consideration in order to decide this point. Oily hair, of course, needs more frequent attention than dry hair.

A good method in general is as follows. Dissolve any good soap in water until it is soft enough to be rubbed into the scalp with the finger-tips, care being taken to avoid scratching with the nails. Enough hot water is added to make a good lather. A few drops of ammonia may be used in the water, especially if the hair be oily. More than this is apt to crack the hair, or a teaspoonful of borax may be added to the first basin of water.

After thoroughly washing the hair and scalp, rinse thoroughly. Several waters should be used until the last one is perfectly clear.

Drying should be accomplished by rubbing with warm towels, followed by a good dry massage with the finger-tips until the whole head is in a glow. Whenever possible, dry your hair in the sun. A sun bath brings out its color and beauty as nothing else can.

When sunshine is not available, fanning is a good substitute. But avoid hire heat if possible. After the hair is thoroughly dry the tangles should be carefully removed with a coarse comb with smooth, round teeth, and then it should be well brushed.

Don't neglect the ends; see that the brush touches the hair from the roots to the very tip ends.

CLIPPING AND COMBING

Another important point which is often neglected is keeping the ends of the hair properly trimmed. They should be carefully examined and at the least sign of splitting should be singed or trimmed. Neglect to do this is frequently a cause of premature grayness.

There are many devices in the shops for aiding in the care and beautifying of the hair, one of the newest is a scalp spinner for applying tonic or perfume. This looks very much like a carrycomb with nickel teeth attached to a rubber bulb such as is seen on an atomizer. The teeth are hollow and are filled with tonic by compressing the bulb and then suddenly allowing it to expand.

By running this comb through the hair close to the head and pressing the bulb the fluid is forced directly on the scalp. It is a much simpler process than rubbing tonic in with the fingers or a brush.

I believe that it is within every woman's power to possess beautiful, healthy hair if she will. And if you haven't it it is because you are negligent. If you have beautiful hair, give it every care. If you have diseased hair, lose no time in treating it. You will be amply repaid for all care and attention bestowed upon it.

MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS

Roughness of Skin on Arms

[illegible]

Simple Remedy

[illegible]

Permanent Cure for Superfluous Hair

Kindly inform me through your column if superfluous hair can be permanently removed. If so, how. HOPE.

Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced person.

Harmless Dye

I have gotten to a good state of your neither, but this is the first time I have written for your advice. I am 45 years old. My hair was good black, but now it is sprinkled with gray. Can it be restored to its natural color without the use of dyes? If so, please send me a recipe that will not injure the hair or scalp. MRS. C. I.

I know of no method of restoring gray hair to its natural color except by staining it. The stain for which I am giving you formula has proved most successful in many cases.

Dye for Hair.

Pyrogallic acid, ½ ounce; distilled water (hot), 2 ounces; cologne, and when the solution has cooled add gradually rectified spirits, 1 fluid ounce.

This stain is full strength and will make the hair almost black. Followed with water, it will stain the hair from dark to light brown.

Dyes should never be applied when there is any irritation or abrasion of the scalp.

Skin on Face Drawn

[illegible]

Annoying Pimples and Blotches

Will you please give me a little advice. My face is entirely too fat and pudgy. Also my skin is very sallow and full of boils. I keep pressing them out, but it is a very hard matter for me to keep free from blackheads, green boils and even some real big boils, which make the skin so sore. I am 20 years old, in the high school and have blotches, also to quit at once. What caused this first I believe was the use of a very strong ointment, which I used for a special point of attack after freckles. It drew a large portion of it over my cheeks. I took hard purifiers for some time. My face cleared of pimples and blotches but remained very pudgy. I am fair, with rather young curls. I have a good wind and can walk far, but still the pores are enlarged. I will be very happy if you can advise me in any way through your columns. Q. W.

I think you can improve your complexion by being careful of your diet. Abstain from rich food, work for every ounce, hot breads and pastries. Do not drink coffee or tea, but a great deal of water, especially between meals. Live principally on fresh or stewed fruit and green vegetables. Water cresses, spinach, lettuce, etc., are particularly good. Get plenty of fresh air and take some light exercise. Wash your face once a day with pure soap and water, and at night before retiring apply the lotion for which I am giving you formula.

Wash for Delicate Skin.

Benzoic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Hips Too Large

I am a regular reader of your helpful hints to subscribers of your column, and thought you might give the same advice as to the following.

I am very anxious to reduce my hips, which are too large, considering the other parts of my body. I have been doing the exercise prescribed by many physical culturists, stiffening the knees and bending down as far as possible, but this seems to increase my hips. Do you think this probe, and I am a great walker.

Any information offered will be much appreciated. A. S.

I know of no exercise better than the one you mention for the reduction of the hips. Continue with that, and make frequent applications of clear alcohol. Be careful not to eat flesh-producing foods.

Simple Remedy

[illegible]

Harmless Dye

[illegible]

Dye for Hair.

[illegible]

Skin on Face Drawn

[illegible]

Permanent Cure for Superfluous Hair

[illegible]

Harmless Dye

[illegible]

Dye for Hair.

[illegible]

Lost Formula

I saw in your beauty column some time ago a remedy for reducing fat, which I have cut out and mislaid. Will you kindly publish it again? MARGE.

I repeat the formula with pleasure.

Pomade to Reduce Fat.

Iodide of potassium, 1 gram; vaseline, 16 grams; lanolin, 30 grams; tincture of benzoin, 10 drops.

Make into a pomade and rub all over the fat parts twice a day.

The food should consist of foods that is especially fat-producing—potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

Annoying Scar

Will you please give me advice in regard to scars that come from cold blisters? I think I must be subject to them, as my grandmotherly for I used it on the cold blisters to take them away. They are very annoying, for dirt seems to settle in the chilled skin. The skin is always very rough. Hoping to get advice in the paper, I remain. A NEW MEMBER.

I am giving you formula for a lotion which has proved very successful in the removal of scars. In addition to its use, massage them frequently with the witch hazel cream, formula for which is given to-day in answer to "Beesie S."

To Remove Scars.

Lanolin, 3 drams; ointment of bimoxide of mercury, 1 dram. Rub in well once a day.

Eruption on Face

Will you kindly think of what you can do for my face? There are little red and white blotches, sometimes they go away, but they do not stay long. I have tried everything for a clear complexion. Thinking you would help me, it would be a great benefit to me, and I thank you in advance. E. F.

There is usually an inward cause for eruptions such as you describe. Generally they are due to some form of digestive trouble. The salve for which I am giving you formula is very soothing and healing, but I think constitutional treatment will be necessary to effect a permanent cure.

Cream for Pimples.

Salicylic acid, 10 grams; calomel, 1 dram; lard, 1 ounce.

Impatient for Results

I sent the prescription filled you had in the paper to develop the bust. It did not make any difference. Would you advise me to get it filled out again, as I would like to get stouter, or can you give me another prescription? Oblige a faithful reader of your paper. L. F.

You are too impatient for results. One bottle of the Vaucaire remedy will scarcely produce visible development. Try at least three or four before you become discouraged.

Commercial Addresses Not Given

In reading your advice in the beauty column, I saw you recommended the physicians remedy for removing gray hair to its natural color, but you did not state where to purchase it. Will you simply tell me, through the paper, where I can obtain it. M. M.

Commercial addresses are not given in this department, but any reliable druggist will fill the formula for physician's remedy at a moderate cost.

To Whiten the Hands

This is the first time that I have written you, but I am quite interested in the care of the hands, and in a recent issue I noticed an article on this subject, but I must be very stupid because I confess that I do not quite understand.

First, I do not understand how the oxmatic glove paste is applied, and can the remedy be got up at the drug store, do they [illegible] Where are the gloves applied and how long are they to be worn? Should the paste be applied during the day, when ever convenient. [illegible]

The cosmetic paste is prepared into large home gloves, and these are worn at night. The paste is applied during the day when convenient.

How to Apply Hair Stain

[illegible]

Chickenpox Left Scars

I have a little girl four years old who had a bad attack of chickenpox some ago. It has left her scarred for life, quite far. Would you kindly let me know if anything could be done to remove them? MRS. H. J. F.

I do not think you need worry about the scars on your little girl's face, as the scars left by chickenpox generally disappear gradually, or at least fade until they are scarcely noticeable. Rubbing frequently with good cold cream will improve and help them, and a massage will be helpful. Take daily formula for a lotion, to remove scars in answer to "A New Member."

To Remove Scars.

Lanolin, 3 drams; ointment of bimoxide of mercury, 1 dram. Rub in well once a day.

ADVICE TO BEAUTY SEEKERS

Cocoa Butter on the Face

Kindly let me hear through the paper whether cocoa butter or lanolin produces hair if used on the face. D. T.

Cocoa butter or lanolin, if used continuously on the face, will probably promote growth of superfluous hair, either of them may be used as one of the ingredients in a face cream without harmful results; that is, if used in sufficiently small proportion.

Nose Red and Coarse

I noticed in your columns the article on blackheads. I have been in the habit of squeezing mine out, as a result of which the pores of my nose are very large, and it seems to have become kind of nobby or rough on the end, and it looks very coarse and red. Is there any remedy? HAG.

Try using the lotion for enlarged pores on your nose.

Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

Treatment of Blackheads

Will you kindly give me advice as to the treatment of coarse pores and blackheads (simple support very seldom). Pores marine in the nose are large, and pressure leaves an opening which does not close. The complexion kruch and pore soap are used nightly, but seem to be of no avail, and only creams clog the pores (after long breed). HELEN.

I am giving you formula for a lotion which has proved most successful in the treatment of obstinate blackheads, also see answer to "Hag" for formula for lotion for enlarged pores.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, ½ ounce.

Apply at night, after washing the face thoroughly with soap and water.

Anxious to Keep Young

I would like your advice in regard to my complexion. I am a very thin, little woman of 45, and—well, I may only help in more than comparison. I am going to try Dr. Vaucaire's remedy for the bust, and would be the better, porter or ale, for quick results?

I have two lines running from the nose to the corners of the mouth. Should they be massaged up or with downward strokes, as I have made it? [illegible]

My complexion or skin is discolored and not very smooth, and a number of fine wrinkles are forming under the eyes, and while the upper part of the nose is not so bad, the wings of the nostrils have tiny red lines, and the pores are enlarged.

The neck—well, dear! it is dreadful. The skin is loose under the chin, and I have brown patches on it, and it is generally scrawny-looking in front, both throat and upper part of chest.

I am not sick, neither am I very strong. I am taking various therapeutics for my liver, and do you think it is good as the sarsaparilla you advise, and how do you buy it, and is it up to a quart? [illegible]

Perhaps you think it silly of me to be so anxious about these things, but I am not old-looking and I have five lovely boys and girls, and a husband who loves me very much, and I want to look as pleasant when I look particularly well that, I feel I can keep myself fresh-looking. I feel it a duty.

I know you must be very busy, but if you will please let me know as soon as possible, I will begin your treatment immediately. M. H. W.

I am quite in sympathy with your wish to keep yourself young and attractive looking for the sake of your husband and children. I am giving you the formula for Dr. Vaucaire's remedy.

As you will see, he advises the use of malt in connection with it. I scarcely think you will find it necessary to take a tonic while using the remedy and malt, as they both act as a tonic to the general system. For the wrinkles running from nostrils to chin, try the following massage movements, using a good skin food. Take one side at a time.

Thrust the tongue under the line so as to hold it firmly up to contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk or satin—gently, but firmly, and with many movements—and then squeeze and twist the muscles gently all around it in such a direction as will tend to fill up the crease, but do not bruise the flesh. Massage will also be good for the skin of your face and neck, and I am giving you formula for a good bleach for your neck. Go in for hygienic living—drink quantities of water, be careful to eat wholesome food, take some form of exercise and get plenty of fresh air.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega officinalis, 10 grains; lacto-phosphate of lime, 10 grains; tincture of fennel, 2 grams; simple syrup, 30 grams.

The dose is two teaspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

Bleach for the Neck.

Take fresh strained cucumber juice, boil it for five minutes, and for every two ounces of juice add:

Powdered borax, 15 grains.
Acetate of soda, 30 grains.
Tincture of quillaia, 15 drops.
Tincture of benzoin, 4 drams.
Rosewater, 1 pint.

Mix thoroughly and apply two or three times a day until the stain is removed.

Treatment of Blackheads

[illegible]

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, ½ ounce.

Apply at night, after washing the face thoroughly with soap and water.

To Enlarge the Legs and Arms

As massage will both add to and reduce flesh, you can not be sure that applying it to legs and ankles will lessen it, as desired.

I have profited several times by your advice, but this is the first time I have written. My arms and legs are very small, and I would like something to enlarge them to a moderate extent, and as I work all day and am very tired at night, would not have time for exercise. However, could give a half hour time to this. Is there nothing I could apply? I also have a stiff lump on the left side of my neck, and it pimples not somewhat. Is there any remedy? Thanking you in advance, I am yours, THOUGHT.

One of the easiest and simplest exercises to develop shapely legs is to rise on the tip-toes frequently. This develops the calf and keeps the ankle small. You can practice walking on tip-toes in your room while dressing. Since receipt of your letter I have written an exhaustive article on how to improve the arms, and you will find it contains all the information you need in this respect.

Give the stiff leader in your neck a hard rubbing every night with witch hazel or some good liniment. Old-fashioned wasp liniment is excellent.

It is no doubt puzzling to be told "to increase flesh take massage" and, again, "to reduce flesh take massage," but this can be easily explained. If you are too fat, take very vigorous massage, which will cause the fat to disappear; while on the other hand, if you are too lean, take gentle massage, using a good skin food, which will help to strengthen and build up the muscles and tissues.

Anxious to Keep Young

[illegible]

A Sick Room Hint.

IN a recent case of illness in which a trained nurse was employed, the pleasant air of the sick room was noticeable. When commented on, the nurse explained how it was managed. A few pieces of brown paper had been soaked in antiseptic water and allowed to dry.

When occasion required, a piece of this was laid in a tin pan kept for the purpose (the coal scuttle would do), a handful of dried lavender flowers laid upon it and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form. A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly.

If the beneficences of sunshine were more generally understood and appreciated, every house owner would have somewhere about the house a solarium or sun room. The ancient Romans knew the value of sunshine and always had solariums attached to the house or forming part of it.

Clean fresh eggs and clean pure milk are free from the hurtful elements detected by a microscopic examination of supposedly good meat.