

That Tired Feeling

Which is so disheartening is often caused by poor, thin blood, resulting in deficient vitality. The blood needs to be enriched and vitalized; and for this there is no medicine in the world equal to



Ayer's Sarsaparilla

The cures it has worked, the men, women, and children it has restored to health, are countless in number. One such experience is as follows: "I have used Ayer's Sarsaparilla in my family for years, and would not be without it. I used to suffer with boils and skin eruptions, attended with great lassitude and exhaustion. In fact, I was so ill that I could not attend to my business. Being advised to try Ayer's Sarsaparilla, I did so, and I am happy to say that the medicine restored me to perfect health. I have since used Ayer's Sarsaparilla for my children, in various complaints, and it has always proved effective. I can safely recommend it to sufferers as a true blood purifier."

There are many imitations Sarsaparillas. Be sure you get "AYER'S." Prepared by Dr. J. C. Ayer & Co., Lowell, Mass., U.S.A. AYER'S PILLS, the best family laxative.

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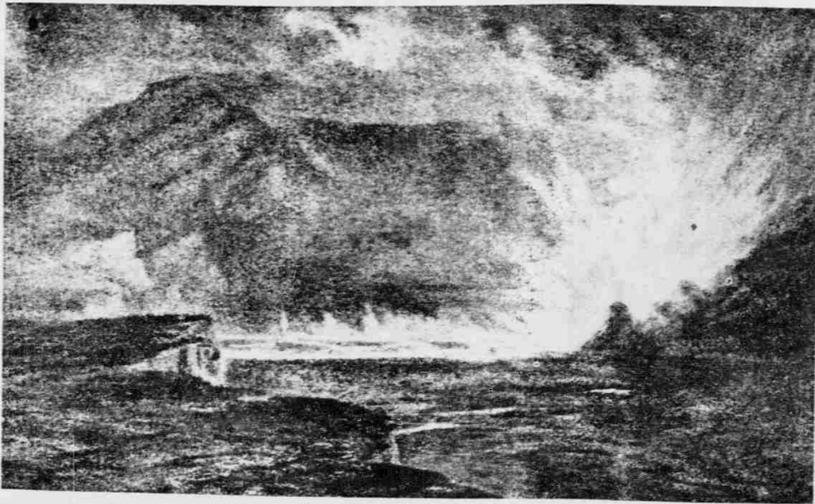
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THE PRESERVATION OF THE HUMAN BODY

Every woman may not be beautiful, but every woman can be attractive. If she chooses to be. Clean hair and a clear skin are the two things most vitally important. And even if nature has been prodigal to her in the matter of real beauty, if she is lacking in these two essentials the effect will go for nothing.

If a woman will devote fifteen minutes every day to intelligent care of herself—not for a week, nor for a month, but for exactly as long as she wishes to remain attractive—the results will repay her tenfold.

Some of the most efficacious preparations and remedies which she can use are the simplest.

CARE OF THE HAIR.

To make a good egg shampoo, use the yolk of one egg, one pint of hot rain-water, and one ounce of spirits of rosemary. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse several times in clear water.

To arrest falling hair, use thirty drops of tincture of cantharides, half a teaspoonful of salt, and half a pint of bay rum. These should be mixed well together and rubbed on the head once a day. If the hair becomes too dry, apply a little castor-oil.

Headache.—Much relief is often experienced from rubbing the scalp, which has the effect of drawing the blood from the brain to the surface of the head. Besides acting beneficially in this way, massage has also a wonderful power of strengthening the growth of the hair.

How often shampooing should be done entirely depends on the person and the occupation. Persons who have to travel to and fro on the cars daily, or who are engaged in dusty work, should shampoo much oftener than those who are not so exposed; but it is a safe rule to say that if dandruff is noticed or falling of the hair, then the hair should be washed. Once a fortnight in ordinary cases is probably enough for decency, but once a week never hurt any one, if the shampoo is properly given.

Hair needs little grease. Often it needs none at all, the natural supply being plentiful. It has been amply proven by tests that compounds embracing gelatine, nucleo-proteids, and glycerine, when their strength is carefully adapted to the needs of the user, promote hair growth more than do all the stimulants and greasy compounds known. If one can not afford the products of the laboratory one may wash the head weekly with a strong solution of gelatine and egg white. It may be also used as a lotion daily, if freshly made.

THE HANDS.

To avoid hangnails, never cut the cuticle around the nail, as is too frequently done, but press it closely down with an orangewood stick.

Pumice should never be used on the hands. A bit of lemon will answer its purpose, without making the fingers rough and calloused.

To whiten the hands, rub them first with lemon-juice, and afterward with dry salt. This is especially good when, after preserving the hands are stained with fruit. They should be rinsed immediately in lukewarm water, and well dried.

A good emollient for the nails may be made by heating together one ounce each of spermaceti, olive-oil, oil of sweet almonds, and ten drops of oil of geranium or lavender. This makes a soft cream that the fingers may be dipped and held in.

Care of the hands is almost as important as care of the face. Nothing is more unsightly than hands which show neglect; and in this respect they are a very fair indication of character. With one hour a week and five minutes' care daily, any woman can have hands that look as well as though a professional manicure had treated them.

THE CARE OF THE TEETH.

When teeth are on edge, from eating acid fruits or drinking too sour lemonade chewing cinnamon bark will give relief.

When teeth are stained with fruit

juice, rub salt over them, and rinse the mouth with hot water. This will remove every trace of discoloration.

When pulp of tooth is exposed, mix equal parts of flexible collodion and strong carbolic acid. A small camel's-hair brush is dipped into the mixture, freed from superfluous moisture, and pressed into the hollow of the tooth.

A remedy for toothache.—Mix equal parts of hydrochlorate of cocaine, powdered opium, and menthol, with just sufficient glycerine and gum arabic to form a stiff paste. A piece the size of a pin's head to be placed in the tooth-hollow, and kept in position with cotton-wool.

To prevent loose teeth.—Tannic acid, two drams; tincture of iodine, one and a quarter drams; iodide of potassium, fifteen grains; tincture of myrrh, one and a quarter drams; rose-water, to make one pint. Mix one teaspoonful with two tablespoonfuls of warm water, and use as a mouth-wash night and morning.

A good liquid dentifrice is made by dissolving one ounce of powdered castile soap in one pint of water, and then adding three drams of powdered borax, five drops of oil of nutmeg, and two ounces of honey water. If gums are spongy, an excellent tooth-powder is made by combining one ounce each of cinnamon and bicarbonate of soda and two drops of oil of cinnamon. This is also a good tooth-powder for general use.

How to whiten the teeth.—At times, in spite of all one's efforts there is an increase of tartar on the teeth, making them look yellowish instead of polished and pearly; and the best of tooth-powders seems then to lose its efficacy. To remedy this, dip an orangewood stick into fine wood-ashes, and rub the teeth both on the inner and outer surfaces, when the tartar will disappear as though by magic. The operation should not be repeated too frequently, as it is apt to be hard on the gums.

CARE OF THE BROWS AND EYES.

Inflammation in the eyes may be greatly relieved by bathing them in a weak solution of salt and hot water, to be followed by an application of very cold water.

To make the eyes bright, apply cold water night and morning. Bathe the eyes once a day also with water and common table-salt—a pinch of salt to a teaspoonful of water.

Puffy places under the eyes are generally due to some sort of kidney ailment. Cold water should be taken very freely. Make it a practise to drink a glassful half an hour before each meal, and another one or two hours after, and the puffy places will not only vanish, but the complexion will be clearer and the general health much improved.

While irregular growth of eyebrows can not be wholly controlled, it can be greatly lessened, and the whole form of the eyebrows much improved with systematic care. Brush the eyebrows daily with a soft brush kept for the purpose, training them in a graceful arch. To stimulate the growth, apply pure vaseline or lanoline, rubbing it in thoroughly just before retiring, and



IN THE ARITHMETIC LESSON.

Teacher.—Given an overcoat worth thirty dollars—Key (eagerly).—Who's givin' it?

being careful to brush the brows into shape afterward.

THE COMPLEXION.

To soften skin that is harsh and inclined to be dry and scaly, bathe nightly in milk that is just on the point of turning. Let it dry on the face. Half a cupful will be amply sufficient for the purpose.

Soft rain-water to wash in will in a short time improve the poorest complexion. Even the hair will grow brighter in its tints if exposed occasionally to the wind and the rain.

TOILET PREPARATIONS.

To make toilet vinegar, take (1) diluted acetic acid, three hundred parts; rectified spirits of wine, one thousand parts; tinctures of tolu, and benzoin, of each twenty parts; oil of lavender, six parts; mix and strain. (2) Rosemary leaves, six parts; garden sage, six parts; peppermint, six parts; bruised cloves, six parts; vinegar, three hundred parts. Mix, after breaking up the solid ingredients. Keep for three days in a closed jar, and strain.

An old beauty recipe calls for half a teaspoonful of fine oatmeal to be gradually stirred into a pint of boiling water, using a double saucepan for the purpose to prevent any possibility of burning. Let boil till clear-looking; then strain through a cloth, boil again, and once more strain. To this add enough rose-water to make it pour easily, and about an ounce of glycerine. This may be perfumed in any way you like, and is recommended to rub into the skin to prevent roughness. Bottle and shake well before using.

The best toilet preparation in the world is plain hot water. Drink a glass of it every night if you want a good digestion, a good sleep, and a clear complexion. Put a bag of it to your feet when you have a cold, to your back when you have a backache, or at the nape of the neck when you have a headache or feel sleepless. Bathe the eyes with it when they are inflamed. Soak the feet in it when they are tired. Soak the hands in it before manicuring.

A medical practitioner in the west of Ireland had for a patient a stalwart peasant whose particular ailment he was at a loss to diagnose. At last the physician brought him a dozen small but powerful pills, telling him he would call again in a day or two, by which time he would have finished the box. In due course the doctor looked in and found the sufferer in bed looking very woe begone, and complaining that the pills had made him no better. "Are you quite sure you took the whole box, Pat?" inquired the man of medicine. "Begorra, docther, I did that same, and shure and I had a devil of a time swallowin' it but shure docther, we'll give it a chance; perhaps the lid aint come off yet."

Some lady visitors, going through a penitentiary under the escort of the superintendent, came to a room in which three women were sewing. "Dear me!" whispered one of the visitors, "what vicious-looking creatures! Pray, what are they here for?" "Because they have no other home. This is our sitting-room, and they are my wife and two daughters," blandly replied the superintendent.

"Mamma, where do the cows get the milk?" asked Willie, looking up from the foaming pan of milk which he had been intently regarding. "Where do you get your tears?" was the answer. After a thoughtful silence, he broke out again: "Mamma, do the cows have to be spanked?"

DESKY IS DOING THINGS

Editor Advertiser: Kamehameha III. built a road up the east side of Kalihi Valley. Kamehameha IV. built one up the west side. I have built a road connecting the two, including a bridge across the Kalihi stream, completing a "loop" around the valley.

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CHAS. S. DESKY, Progress Block.

Honolulu, April 14, 1906.

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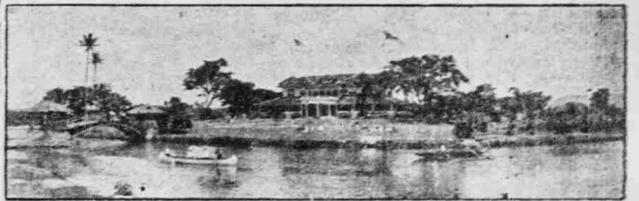
Business is humming in our custom shirt department. Shirts wearers are beginning to recognize "that little difference" between a shirt that fits perfectly and one that does not. And its just enough difference to add wonderfully to your comfort as well as appearance.

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