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Health and Beauty Helps

BY MRS. MAE MARTYN.

Corinne: I think you are unduly worried about your skin. Most users of face powders have more or less similar troubles. Here is a simple, home-made lotion which is better than face powder and which on second part of the skin, to which it gives a soft, velvety texture and a beautiful, natural color. Get four ounces of spumax, dissolve in 1-2 pint hot water and add two teaspoonfuls glycerine. Sift and use as aforesaid. It is a cheap, safe liquid beautifier which will work wonders to purify your skin and hide its imperfections.

Almeda: Your thin, straggly eyebrows will come in thick and glossy by rubbing pyroxin on frequently, and short, straggly eyelashes grow long and slightly curly if pyroxin be applied at lash-roots with thumb and fore-finger. Be careful and don't get any pyroxin where the hair is not wanted.

Ida: Your letter leads me to believe that to remove the yellowness of neck and chin all you need is a good blood tonic. Here is a fine one that will brace you up and clear your complexion and like everything I recommend is easily made at home at slight cost. Mix together 1-2 cup sugar 1-2 pint alcohol (not whiskey) and one ounce karanja. Add enough hot water to make a full quart, and take a tablespoonful before each meal. I know nothing better for the general run-down condition.

Mr. R.: Yes, you are over-fat and I am afraid I can tell you how to reduce without the risk of dieting or the discomfort of walking long distances. Try this remedy: To 1-2 pint hot water add four ounces of persin. Let dissolve and cool. Take a tablespoonful before each meal. This is a safe and sure treatment and has the big advantage of reducing the flesh evenly and gradually, so there will be no sagging or loss of tissue-strength.

Miss J.: You can't expect to keep your hair healthy or free from dandruff without care or by brushing only.

For years I have treated my head regularly with this simple, home-made tonic, which keeps both my hair and scalp perfectly healthy, and so has given me a fine growth of lustrous hair. Dissolve one ounce quinine in 1-2 pint alcohol and add 2 pint water. Massage this carefully into the scalp once a week. It will induce a natural, healthy, luxuriant growth of hair, and give luster and glossiness. For excellent, home-made shampoo, see recipe given Carly Locks.

Doris: Your wrinkles can be quickly, easily and permanently removed by the use of this stimulating jelly-cream. It is a vegetable preparation which will not grow hair where used and is easily made at home at small cost. From your drugist get one ounce almond oil, dissolve it in 1-2 pint cold water, adding two teaspoonfuls glycerine, stir and let stand one day. This is fine to fill out wrinkles and hollows and will also tone the skin to fine clear health and beauty. You will feel its stimulating powers on the first application.

Verona: You are on the road to serious eye-trouble if you continue to neglect that weak, dizzy vision. Try this tonic for a while and it will remove the red appearance and give back the clearness, strength and sparkle of your eyes. Mix one ounce crystals in a pint of water. Use 2 or 3 drops in each eye, night and morning. This natural tonic will soothe the tired nerves, re-inflamed lids and beautify the eyes.

Curly Locks: No, the canthrox mixture is a simple home-made shampoo and is not a hair bleach or dye in any sense. The "blonde" effect your friend spoke of was probably due to the fact that this preparation takes out all excess oil and dirt, and cleans each strand so thoroughly as to keep the lightest hair from turning dark. To use it simply dissolve one teaspoonful in a cup of hot water. This is plenty for a thorough cleansing, with beautiful results. I know no shampoo which compares with it.

ON FAITH AND SCIENCE

SIR OLIVER LODGE EXPRESSES HIS VIEWS

On Their Ultimate Unity—Human Personality's Survival After Bodily Death Will Become Matter of Scientific Knowledge.

London, Sept. 11.—Sir Oliver Lodge, who will deliver the inaugural address at the meeting of the British Association at Birmingham, has given timely expression to his views on the ultimate unity of faith and science in this week's Christian Commonwealth.

Among a number of questions put to him was the inquiry: "Has recent scientific investigation, particularly inquiry into the constitution of matter and the origin and nature of life, made it easier to believe in God?"

"Belief has not been made easier," was the reply. "It has been made fuller and cruder and more exact; this is the effect of all knowledge among those who understand and assimilate it. Thorough knowledge often has a different, even an opposite effect from superficial knowledge."

Asked whether he thought the world was near to a demonstration of the human personality's survival after bodily death, Sir Oliver answered:—

"Yes, certainly, and that which has been in past a matter of religious faith will become in the future a matter of scientific knowledge. I do not say that proof is crucially complete as yet, but the evidence is so exceedingly strong that only by mental contortion can its cogency be evaded. Demonstration cannot be based on any single instance or any one group of facts, but it will be the cumulative result of a great mass of gradually acquired experience."

"What are the assured scientific conclusions regarding psychological research?" was asked.

"Scientific men," was the reply, "have universally accepted any conclusions, not even metaphysical, and inasmuch as the significance of telepathy is very great and wide, opening nothing less than a new volume in the history of human knowledge, some slowness in accepting it is natural and wholesome. Few people probably realize the far-reaching scope of the fundamental consequence of this new discovery of human faculty. It tends to unite two states of existence and to demonstrate the transcendence of the spiritual over the material in a way which the ancient known human faculties did not."

The most remarkable personal fact about the British association meeting is the large share that women will take in the discussion. The most distinguished feminine guest is Mme. Curie. For the first time a woman is the president of a section, namely, Miss Ethel Sargent, the well-known botanist. Women are contributing papers in most of the sections, and where they are not contributing they are forming the subject matter of debate.

The sex problem will, indeed, be discussed in more than one section, from different points of view. There are as many as twenty contributed papers by women, and the range of their papers is as remarkable as the number. Mrs. Charles Temple will give the result of investigations in Nigeria.

The new sub-section of psychology is dominated by women. They take almost a half share in the educational section. Women also contribute two of the most practical papers in the agricultural section.



A LITTLE FRENCH FROCK EASY TO COPY.

The manner of adjusting the drapery on this frock of saffron pink lansdowne, is most interesting—and the woman who is apt at copying gracefulness will be quick to see the possibilities of this costume for making up in the home sewing-room. The skirt is simply gathered a bit at the waist and the edges lapped well at the front to give a tapering effect at the feet. Then one side of the lapped front is fitted in three tucks or loops and tacked fast. The bodice is of futurist silk in blue and rose and draped revers of the lansdowne turn back from a lace vest.

APPALLING ATROCITIES

Ashmead Barrett Tells Horrible Story of Bulgarians' Crimes.

London, Sept. 10.—Ashmead Barrett, the special correspondent of the Daily Telegraph, writes from Constantinople narrating a long and appalling account of Bulgarian atrocities. He declares that as a result of a private and independent investigation he has carried on he is in a position to state that the series of Bulgarian crimes in the neighborhood of Adrianople and Thracia pale into insignificance when compared with their commission in the territory west of the Maritza River, which has been in their possession since last October.

Leaving Adrianople he passed through the deserted wilderness to the village of Corckkoj, which formerly contained a population of 1,500, the majority of these being Mussulmen. Now but two houses remain standing. Even the walls of the village have been torn down. The Bulgarians killed all the male population, leaving but a few women and about a dozen children. The soldiers violated women; 1,100 Turks are missing, whilst 8,000 are wounded. Those remaining are mostly women and children. The killed comprised many Greeks.

In the burned ruins of the district of Kotebach the same story was heard, and every ten miles razed villages bore mute testimony to the carnival of pillage, robbery, murder and outraging of womanhood. The males were forced to leave the crops rotting in the fields. The next village to Doudzoros was completely destroyed. Each village passed was in ashes.

In Samana, a well contained 881 bodies of Turks which had been horribly mutilated. Vilayet had 109 villages the population being made up of 10,000 Turks, 17,000 Greeks and 3,000 Bulgarians. In the latter district the Bulgarian colonel, Apostoloff, decided that the whole population should be converted. He is later said to have forced the sale where the people had deposited £37,000. He took the money and commanded 500 goats, which were privately property. Houses were destroyed and some fifty villages were reduced to ashes.

AT THE NEW GOLDFIELD

One Man Obtained \$1,600 in Four Hours.

Vancouver, Sept. 10.—Despatches from the north last night state that the staked creek in the Quesnamp camp includes Poor Man's Gulch, El Dorado and Glacier. At Little El Dorado a \$300 nugget was found. One man is said to have shovelled in \$1,600 in less than four hours from a spot eight feet square.

The Shusanna stampede has claimed another victim in G. F. Benyon who was drowned in the Chistochina river, on his way to the strike.

TAFT DEDICATED MONUMENT

Put-in-Bay, Ohio, Sept. 10.—Former President Taft to-day dedicated the lowering shaft of white marble erected to commemorate the victory of Commodore Oliver Perry in the battle in Lake Erie and the one hundred years and Great Britain.

A DRESS IN 20 MINUTES

Midinettes Make Fashionable Gown in Tube Train.

Paris, Sept. 19.—For a hot six minutes, belonging to a famous Paris dressmaking establishment but out and made a fashionable dress during a journey of twenty minutes in a tube train. The dress is of pink chiffon, designed in the latest style, with a draped tunic and lavish ornamentation.

The design was submitted to the midinettes as they boarded a train and held out the finished dress with a shout of triumph.

Medical Exams., Oct. 7th.

Ottawa, Sept. 10.—Dr. Roddick, Montreal, chairman of the Dominion Medical association, conferred here yesterday with members of the executive and the registrar of the association in connection with the forthcoming examinations of students under the new act. The examinations will take place for students from all parts of the dominion on Oct. 7th, and about sixty students will present themselves.

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