

KEEP YOUNG AND BEAUTIFUL



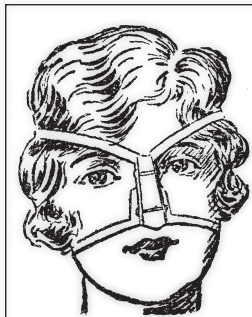
CARE OF THE COMPLEXION

If the skin is uncomfortably harsh, rub it with an emollient after each ablution. Glycerine and rose-water mixed will also generally be found beneficial, but if Glycerine is unsuitable, virginal milk or pure elderflower water can be used to bathe the face with impunity.

Abjure the use of carmine, rouges, white-lead and the like. The finest cosmetic is rainwater. Soap is very good. Of course there are soaps and soaps: some highly coloured

and objectionable, others pure and good. White-lard unscented soap is best.

Food influences the complexion very much. Water drinkers, as a rule, have complexions of greater purity than those who take wine or beer. The cooler the diet the better. Take fruit, vegetables and milk in abundance, but condiments and French sauces have nothing to recommend them.



NOSES.— The best Scientific Nose Machines in the world. Remedy ugly noses of all kinds. Worn during sleep. Stamped envelope for full particulars.

RED NOSES.— Medically approved treatment absolutely cures red noses. 4/6 post free. Foreign 1/6 extra.

UGLY EARS.— Rubber Ear Caps remedy outstanding ears. 7/6. post free. Foreign 1/6 extra.

LEES M. RAY, Specialist, Criterion Building, Piccadilly Circus, London. W.1.

UGLY FACE WRINKLES SPEEDILY ERADICATED.

FREE TRIAL TREATMENTS.



BEFORE USING.

A new and wonderful free trial treatment will be sent sealed in plain cover to every lady as convincing proof that lines and wrinkles may be quickly eradicated. It got rid of my own wrinkles, and thousands of others, and it will get rid of yours.



AFTER USING.

Freckles



Secretly and Quickly Removed!

STILLMAN'S Freckle Cream bleaches them out while you sleep. Leaves the skin soft and white—the complexion fresh, clear and natural. For 37 years thousands of users have endorsed it. So easy to use. The first jar proves its magic worth.

**Stillman's
Freckle Cream**

Of all chemists. Write to WHITE'S, TIBO Co., Ltd., Audrey House, Ely Place, London, E.C.1, for free booklet 'How to Remove Freckles.'

Wrinkles and Freckles

Often described as 'furrows caused by the skin becoming too loose and large for the organs it has to cover', melancholy and lymphatic constitutions are those which wrinkle soonest. On the face, if the lines are produced by frowning, the remedy is in our own hands. Wrinkles and 'crows feet', if taken in an early stage, may receive a check, but after a certain point all efforts are useless.

When the skin is stimulated into vigorous action by the heat of the summer sun, the result often appears in the form of 'freckles' or 'liver spots', which fade away as the autumn advances. Their departure can be hastened by the frequent application of buttermilk or a mixture of equal parts of lime-water and elderflower water. (For freckles and sunburn the old-fashioned cure of washing with milk is not to be despised.)

HANDS

Roughness of skin is sometimes constitutional but is more generally the result of carelessness in failing to dry the hands properly.

To produce soft white hands there is no necessity to sleep in gloves smeared with grease: the custom is an offensive one. But glove-wearing in the daytime, when one is engaged in any kind of work that is likely to soil the skin, is earnestly to be commended.

For swollen hands, apply a little glycerine and rose-water lotion, wiping off the superfluous moisture with a soft rag.

For chapped hands, there's nothing better than purified lard, spermaceti or an oil of any kind.

THE FIGURE

Obesity

Sometimes obesity is constitutional and neither exercise nor rigid diet will reduce it to any great extent. But very often it is due to inactivity, rich living, or an over-abundance of food, even though plain. In the latter cases the remedy is obviously sufficient exercise and simple diet in small quantities. Violent measures suddenly resorted to with a view to reducing flesh will injure the health.

As regards food, abstain from anything of a fatty nature and strike out from the menu potatoes, sugar, milk and butter (except in very small quantities), new bread, stout, rice, cocoa and suet. Take such things as lean meat, toast or dry biscuits, lemon juice and water, weak tea, stewed fruit, vegetables in small quantities and light wine, if fancied, for dinner or luncheon.

ARE YOU TOO FAT?

Send To-day For

A FREE SAMPLE OF

My Simple Nature-Cure

FOR OVER-FATNESS.



To prove what the remedy which cured me can do for others, I want every reader who is too fat, or gaining fat, to accept to-day a 1/6 size box from me without charge or obligation. No exercising, starving, sweating, or dangerous drugs, just a simple nature-cure. Let me prove to you that you need no longer remain fat.

ADDRESS:

Mrs. A. MASON (Dept. W.W.), 13, Red Lion Square, London, W.C. 1

Leanness

Many slim women are distressed by over-prominent bones in the neck and the hollowing of the neighbouring skin, causing what are known as 'salt-cellars'. The only remedy is to try to encourage general plumpness, paying special attention to massage at this portion of the body.

Vocal exercises and bodily gymnastics are also useful. In the

case of thin arms use dumb-bells regularly three times a day. It will be strange if in a very short while the muscles are not developed and the arms made far more shapely.

THE HAIR

The popular notion that each strand of hair is a tube is erroneous. Human hairs are solid. A healthy head needs little more than

washing, brushing and combing. If the hair is regularly brushed twice a day, it will be much less likely to require oils and tonics, its growth will be stimulated in the most desirable way and an accumulation of dandruff will be prevented.

Generally speaking, the head should be shampooed once in three to four weeks, in winter during fogs more frequently. After shampooing, dry with a soft towel and rub the scalp until it glows.

One of the finest treatments for the hair is to let it flow loosely, allowing the air to penetrate, and

rub the scalp gently but firmly with the tips of the fingers. This simple but healthy plan will, if followed, greatly improve the hair and stimulate young growth.

It is generally advisable to cut the tips of the hair about once in four or six weeks. The plan of keeping the hair closely cropped for a few years rarely fails to produce luxuriant growth.

The use of curling irons has a deleterious effect upon the hair, making it unnaturally dry and hot. Simple waving pins are therefore to be preferred.

Mrs. S. A. Allen's
World's
Hair Restorer.

Never Fails. Quickly changes gray hair to its natural colour.



It is not an experiment but has been in use for over sixty years throughout the civilised world. It is the best, and the best is always the cheapest.

Cut this adv. out and send it, together with P.O.O. or stamps 4s., to 114, Southampton Row, London, and a FULL-SIZED LARGE BOTTLE will be sent CARRIAGE PAID anywhere in the United Kingdom. H

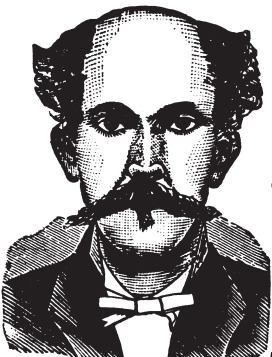
"YOUR HAIR IS SIMPLY LOVELY TONIGHT - I FEEL TERRIBLY ROMANTIC"



"THANKS TO CAMILATONE GOLDEN RINSE - BUT THAT'S MY SECRET"

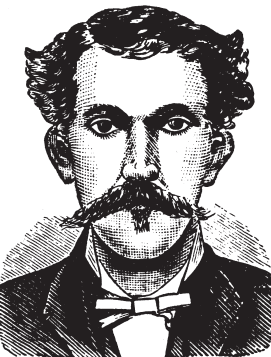
Camilatone
Golden Rinse
FROM HAIRDRESSERS & CHEMISTS EVERYWHERE

PER PACKET



BALDNESS

IS NOT



NATURAL!

BEFORE USING. AFTER USING.

Nature will restore the Hair if you will help it, even as a worn-out soil will grow good crops if you feed it with a proper fertilizer. If a farmer was to apply lime where stable manure was needed, and failed to get a crop, was it the fault of the soil or of knowledge on his part? If we have hitherto worked from a wrong principle and failed, is it any reason why success should not be reached? BENTON'S HAIR GROWER will **CROW HAIR, CURE DANDRUFF, and STOP FALLING HAIR.** Price, \$1.00 per Bottle, by mail free.

Address, **BENTON HAIR GROWER CO., Brainard Block, Cleveland, O.**

Natural Curls

There is a theory that naturally curling hair can be encouraged by brushing the hair upwards or backwards when it first appears at any length on a child's head.

THE HOUSEWIFE'S ALPHABET



Aluminium paint brushed over the black ironwork of a bedroom grate makes a vast improvement in the room, apart from being labour-saving, as it only requires to be dusted.

Borax removes tea stains, cleans copper, enamel ware, varnish, paint, windows, and straw hats. Boiled up inside rusty vessels it dispels the rust.

Cold tea renews mahogany walnut woods. Mixed with tea-leaves and poured into stained water carafes, it quickly removes all traces of brown.

Decanters need never become stained if they are rinsed thoroughly with cold water immediately after they are emptied. Half fill the bottle with warm water, add a teaspoonful each of salt and

vinegar and a handful of washed tea-leaves. Allow this mixture to remain in the decanter for two to three hours, shaking occasionally during that time. Rinse in cold water. Dry the outside with a soft cloth, polish with a chamois leather, and place neck downwards in a jug to drain.

Enamel saucepans which have a small hole in the bottom can still be used. Pour some dry flour over the hole, then pour in a little boiling water and it will be found possible to cook in the saucepan without the contents leaking at all.

Fruit stains on white materials may be removed by pouring boiling water over them, or if of long standing, applying a weak solution of oxalic acid.

Glassware is difficult to keep bright. The best method of washing glass is to use warm, soapy water, softened by a little powdered borax. Rinse the articles in

for Her Xmas

THIS is to be the year of useful gifts. Gifts of service and utility. Your Government suggests and recommends this. The woman who takes pride in the appearance of her home, and most women do, will appreciate a gift of such service and utility as

O-Cedar Polish

Not only as a gift of service and utility but a gift of cheer because O-Cedar brings brightness and beauty to the home. Most women know O-Cedar Polish. They know it cleans as it polishes. It brightens and beautifies all furniture and woodwork.

25c to \$3 sizes at all dealers
Channell Chemical Co.
Chicago

clean, cold water, turn them upside down on a tray to drain before drying them well with a linen glass-cloth. Finish with a rub of a chamois leather.

JACKSON'S

Camphorated
WAX FLOOR POLISH
Keeps its lustre longest.

VARNISH STAINS
for FLOORS.

LAVENDER FURNITURE CREAM
No finger marks—Fragrant.

Contractors to H.M. Government.
Established 1853.

HOUSEHOLD NECESSITIES

Please write for FREE TESTING SAMPLES and BOOKLET, "FLOWERS, FLOORS, FURNITURE," full of useful hints as to STAINING and WAXING FLOORS, POLISHING FURNITURE, &c., to Works, Malt St., Old Kent Rd., S.E.

Doc Scrubbing Brush Works with a rush When Old Dutch Cleanser speeds him — Prevents attacks Of aching backs And guards the hand that leads him

Old Dutch Cleanser

Channell Chemical Co. Chicago

Hair-brushes which have become soft can be made quite hard and firm by dipping them into a strong solution of alum. Put a little alum in some hot water. A pennyworth of alum will last for months.

If you want real comfort on a hot summer day, fill the hot water bag with cold water, and put it under your cheek during the afternoon nap.

Just a rub of furniture polish to all brasses after they have been polished will keep them bright longer.

Kee your little kitchen table clean and white by mixing the following ingredients: some dissolved soap, half a pound of sand, and half a pound of lime. Put

the mixture on with a scrubbing brush, and wash off with plenty of cold water.

Leathers: Soak in soapy water to which has been added three tablespoonfuls of household ammonia. Move about and press out the dirt. Rinse well in tepid water. Dry in the shade, and pull frequently to keep them soft and pliable.

Medicine bottles may be rid of strong smells by powdering black mustard seeds, adding some warm water, and leaving for a short time. Shake the mixture well.

Nails which have rusted in holes may be loosened by dropping paraffin or kerosene over them and letting it soak in.

The Patent **SUN KNIFE CLEANER**
NO MORE BROKEN or DAMAGED KNIVES.
SAVE YOUR GOOD CUTLERY
BY USING THE
SUN KNIFE CLEANER,
The Most Durable, Rapid and Efficient Machine made. Silver Medal
Awarded at Cookery and Food Exhibition London, November, 1891.
Prices 15/-, 17/6 & 21/-
Carriage Paid. Foreign Orders Free on Board.
Send Postal Order or Cheque to Manufactory, and if the Cleaner is
not as represented return it in good condition, within a fortnight, and
WE WILL REFUND THE MONEY. Every well-known
Knife Cleaner is on view in our show-room, and any Knife Cleaner may
be bought from us in preference to the "Sun" if desired. Come and
see our museum of Knife Cleaners, and judge for yourself which is
the best. **To be obtained from all the best Ironmongers.**
ILLUSTRATED LISTS POST FREE. Please mention this Magazine.
SUN KNIFE CLEANER COMPANY,
10, Southwark Bridge Rd., London, S.E.

Olive oil restores the polish to tables that have been marked by hot dishes if the marks are first painted with spirit of nitre. Boiled linseed oil renovates leathers and also brightens paints and varnish.

Pewter that is very dirty can be cleaned by soaking it for three or four days in water with a small quantity of potash added. Then it should be rubbed with a clean duster dipped in olive oil mixed with precipitated chalk. Polish with a dry, soft duster.

Quite the best way of keeping silver spoons and forks bright is by washing them in warm, soapy water to which has been added a teaspoonful of borax. Dry and polish with leather.

Remove most stains by using lemon juice.

Stained knives may be easily cleaned by sprinkling a little bicarbonate of soda with bath-brick or emery.

THE **RISING SUN**
STOVE POLISH
EASIEST, QUICKEST, CHEAPEST AND BEST.
In **Half the Time** and with **Half the Labour**
you can produce *more polish* with **TWO** Penny Packets
of the "**RISING SUN**" than with **HALF-**
DOZEN Penny Packets of ordinary Black Lead. **B**
"My customers will use no other." E. A. BAILEY, Grocer, Hailsham.