

HEALTH AND PERSONAL APPEARANCE

POOR PHVLLIS can have her chief trouble removed at Mrs. Pomeroy's, 35, Bold Street, Liverpool, and for her rough hands she should use Safada from the same address. (2) The children should be washed daily with Wright's Coal Tar Soap at the seaside, to prevent the infectious complaints often caught there from other children.

I am sorry, VANITY, I cannot tell you where to obtain "plumpers" to wear inside your cheeks. Improve your general health and your cheeks will grow round again. If your liver is at fault a course of Bile Beans will remedy matters. Eat Grape Nuts and take a dessert-spoonful of cod liver oil twice a day after meals. If you float it on a little water, and bite lemon peel after, you will not taste it.

Mason's Petrolate of Sulphur (4s. 6d. and postage), 10, Bank Plain, Norwich, prevents premature greyness. My New Zealand correspondent should write to him for it. MARMEE should give her delicate little girl Squire's Ferocal. It has a wonderful effect on children. She should not drink tea, but Savory and Moore's Peptonised Cocoa and Milk. The spots are caused by heat of the stomach, and a little Dinneford's Magnesia will soon cure them.

The best plan for DISTRESS would be to have a course of Mrs. Pomeroy's face treatment. All the appliances, with instructions, could be forwarded from 29, Old Bond Street, W., so that DISTRESS can treat her own face. OLD OAK can have lessons in face treatment and manucure for a moderate fee.

KADIJAH, 109, Victoria Street, S.W., would, I am sure, be able to train you as a face specialist by postal lessons, as she has a special course for ladies in foreign countries. You should have a good chance in Winnipeg, and I wish you every success. Mrs. X. RAY will find a complete guide to beauty and health in Mrs. Pomeroy's valuable book of Beauty Rules, which can be had free from 29, Old Bond Street.

SCANT OF BREATH should try Trilene Tablets for her stoutness, keeping exactly to the directions. (2) Her daughter is suffering from anæmia. I can send particulars of a really effective cure on receipt of a stamped envelope. (3) That unpleasant habit in children is very difficult to get rid of. The little girl ought not to be punished, as the act is not wilful. A lady expert in the cure of this and nervous com-

plaints lives near SCANT OF BREATH, and I strongly advise the latter to give the child a course of her treatment.

GRISELDA.—Kelpion Ointment is a good remedy for inflamed great toe joints. To cure the greasiness, spray the face with Rowland's Kalydor, and wash in cold water.

I can send X. X., BROKEN GLASS, and WAGGLES the address of a lady who tints grey hair its original colour with a harmless liquid if they will each send me a stamped envelope.

WORRIED should paint the dark hairs with Mason's Oxil (1s. 3d. post free; 10, Bank Plain, Norwich) to render them invisible without increasing the growth or hurting the skin. Nothing but the electric needle will kill the roots. There is an electrolycian (Mrs. Brice) in Dundee, whom WORRIED might consult. There is no fee for my answers.

ROSE might prevent toothache by having her teeth seen to by a qualified dentist and using Odol night and morning. (2) The boils will die away if she takes Mason's Vema Pills (2s. 9d. 10, Bank Plain, Norwich) morning.

L. P.—Pressing blackheads out of the skin on the nose permanently enlarges the pores, and I fear you will never get the skin quite smooth again. Cold water is best, as heat encourages greasiness. To cure blackheads, bathe the nose with hot water, then rub Vinolia Soap and a little powdered borax into the pores with the sponge or soft flannel, rinsing in warm, then in cold water. Once a fortnight or three weeks should be often enough for this treatment if you use cold water daily.

No, CARRIE, I have never advised glycerine for either hands or face, as it coarsens and reddens the skin, but the rosewater-and-glycerine from the chemist's is healing and harmless. A preferable application is Mrs. Pomeroy's Liline (29, Old Bond Street), which makes the skin soft and velvety.

REPLIES IN BRIEF.—VI should try a paste of calcined magnesia and lemon juice for the freckles, and rub lemon juice into her scalp to get rid of the scurf. ARTHUR should sponge his head every day with hot water to stop the falling hair, and avoid hard unventilated hats. CYCLIST should use Mason's Cyclinia (1s. 9d.; 10, Bank Plain, Norwich) to protect her skin from the sun, and remove the hairs from her arms with his Depilatory (2s., in powder).

* * Envelopes containing Queries for these columns should be marked Health and Personal Appearance.



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