

In This Age

Of advertising everyone reads the advertisements of a paper as much as the news. In the case with some people the ads are the best part of the paper.

THE TIMES

The Daily Times Published every day (except Sunday) THE TIMES PRINTING & PUBLISHING CO. LIMITED.

Subscription rates: Monthly, 1/6; Quarterly, 4/6; Half-yearly, 8/6; Annually, 15/6.

THE ELECTIONS

The government of Hon. Richard McBride has secured a new lease of life. It will have a strong majority in the new legislature.

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speculatively and as an investment. Anyone who has taken the trouble to investigate and get the facts by the roots knows well that the McBride government has had nothing whatever to do with bringing about this result.

While we regret the return of the McBride government, while we believe that the people of British Columbia made a serious mistake in returning it to power again in the light of the disclosures of the past two years, while we believe it will still be found that forces inimical to the true interests of British Columbia will manifest themselves as still controlling the administration, while we believe that a government under Mr. A. Macdonald could have rendered the province much better service during the past year, we still believe that the people are to be congratulated on having returned to power Mr. McBride with a following that will relieve him of the disabilities which had hampered him during his first term as premier.

RIFLE SHOOTING

As will be observed by a perusal of the report of the rifle association of the Fifth Regiment the marksmen of Victoria have achieved very creditable results during the past year.

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trouble there is becoming acute, according to authentic advice. Mr. Carstairs, the premier of New South Wales, in speaking recently of the colonial conference to be held in England in April next, said it seemed probable that the imperial government should exclude the individual states of Australia from its proceedings.

The indications of growing popular discontent in India are closely watched in Europe. The Paris Temps has a significant article on the Indian National Congress. After giving a sketch of Mr. Dadabhai Naoroji's career, and a short history of the Nationalist movement, it remarks that the annual congress was not taken seriously until just recently.

While we have serious doubts about the McBride government giving the province the good times which did so much to secure it a victory, there is no question at all about the fact that it put a huge sum of money in circulation during the campaign.

The news of the death of Lady Victoria Grenfell, daughter of Lord and Lady Grey, will be received with the deepest regret by the people of Canada.

Now that Premier McBride has won a decisive victory, we suppose he will lose no time in laying the case of British Columbia at the feet of the throne. We have a right to expect him to fulfill all his pledges, and as the case for British Columbia is a strong card, he will surely play it as soon as possible.

When a public man's time has come he has got to go. That which Mr. Pooley, late of Esquimalt, would probably describe to-day as the "rabble," is an inexorable in its decrees as death.

It was a great moral victory for Mr. R. J. Perry and Rev. Br. Elliott S. Rowe.

Talk about the fierceness of the election contest. There are two candidates in the cabinet, with our dear friend Mr. Bowser and Messrs. McPhillips and Elbert, not to speak of others, already

DAVID SPENCER, LTD | THE GREAT EMPORIUM OF THE GREAT WEST | DAVID SPENCER, LTD

NEW and ATTRACTIVE GOODS SELECTED FROM THE

Gents' Furnishings Dept.

- Flannel Shirts, fine imported with the new "lounge" shape collar, at, each \$3.50, \$3.00, \$2.25 and \$2.00
English Linen collars a specialty, all the best shapes at, per doz., \$2.00 and \$1.50
Shirts and Drawers, heavy natural wool, at, each 75c
Shirts and Drawers, pure natural wool, at, each \$1.25 and \$1.00
Shirts and Drawers, special English Cashmere, at, each \$1.25
Shirts and Drawers, heavy English Cashmere, at, each \$2.50, \$1.75 and \$1.50
Black Cashmere Sox, special, silk spliced toe and heel, at, per pair 25c
English Cashmere Sox, imported, seamless, at, per pair 35c
Fine Llama Sox, imported, seamless, at, per pair 50c
A fine assortment of colored Cashmere Sox, embroidered, fast colored silks, at, per pair 75c, 65c and 50c
Fine imported seamless black Cashmere sox, embroidered red, blue and white silk, at, per pair 50c and 40c
Imported English Flannelette Pajamas, full sizes, at, each suit, \$2.00 and \$1.75
Warm Flannelette Night Shirts, at, each, \$1.25, \$1.00 and 85c

These Cold Snaps Necessitate the Replacing of Inferior Stoves With the BEST at Factory Prices

We manufacture, and therefore we save you commissions, shipping expenses, freight charges, hauling charges, packing and unpacking expenses, etc. It will profit you, then, to deal exclusively with us, at factory prices. We select four or five lines from our list:

- AIR TIGHT HEATERS For Wood. THE EMPRESS
This handsome heater is of the latest design, very ornamental, with sectional cast-iron linings; will last for years. The body is made of heavy planished steel, the top and bottom of cast iron. Made in three sizes. Prices from \$14.00 to \$10.75
We have also a full line of AIR TIGHT HEATERS Made with extra heavy bodies and linings; made in three sizes. Prices from \$8.50 to \$6.00
All work is executed by skilled workmen who understand their trade; we therefore guarantee satisfaction. Parts always kept in stock. Send to us for Illustrated Catalogue.

- FACTORY PRICED RANGES
NEW JEWEL RANGE Weight 320 lbs. Price \$28.00
From actual experience these stoves have exemplified themselves as perfect economical cookers.
NUGGET STEEL RANGE With tea shelf, weight 400 lbs. Price \$37.50
CORONATION RANGE Weight 370 lbs. Price \$30.00

DAVID SPENCER, LIMITED.

fighting for the portfolio. Watch and see the wool fly.

Of course we are delighted to welcome our old friend A. E. McPhillips back into the Legislature. But what an exchange for the Islands to make, Pateon, a man of few words, strong common sense and intense personality.

Brewster of Alberni is to be congratulated on the great fight he has waged against the government forces reinforced by the prestige of a cabinet minister. His election seems to be certain.

Mrs. Margaret Gosnell, widow of the late John Gosnell, and mother of Mr. E. Gosnell, formerly editor of the Colonist, died at the family residence, 5 Belmont street, at an early hour this morning.

What Other People Think

THE FUEL PROBLEM To the Editor—The Sunday Colonist's report from Rosstand states "the question of fuel supply is a serious one and should at once be taken up by the authorities to the end that it may be remedied, that the mines and smelters cannot afford to suffer from this cause."

The Dominion government did redeem some acres of coal lands and fixed the price of coal at the pits' mouth of the Cape's West Pass Coal mines, rather a Socialist measure. I presume, but the Dominion government is now warned not to interfere in British Columbia any longer.

so it is up to the authorities to seriously consider the matter.

AN OPEN LETTER TO THE STREETS COMMITTEE.

Gentlemen—Before starting out on new work may I direct your attention to certain obvious defects in previous work that should be remedied in existing work and avoided in the future.

At the intersection of Fisgard and Douglas is a railway crossing; the sidewalk is below the level of the railway and the whole surface drainage of that portion of Douglas street it will be noticed at its intersection with Chatham that the whole accumulated rainfall inside the new sidewalks of these streets is discharged across the sidewalk in a broad stream into Douglas street.

of this portion of the street is thrown across and down the new Government street sidewalk to the extreme annoyance of pedestrians, and Langley street, the new sidewalk opposite the B. C. Electric railway office, is below the general level of the road, and sidewalks gain a great portion of this water is under accumulated water.

As one instance amongst many, the fall pipes from the building on Broad street, recently occupied by Nicholles & Renouf, discharged over the sidewalk, instead of in drains under it, to the great annoyance of every passer by.

There is one more point that is not apparent to the passer by, viz, that the water services from the main to the adjacent houses, where crossing under the new sidewalks, have not been laid deep enough to protect them against continued frost, inflicting great annoyance on the occupiers and saddling the rates with avoidable expenses.

British American Trust Co., Ltd.

McGregor Bk Cor. Byrd & View Sts, Victoria, B.C. Phone 370. \$20,000—Will buy a really good farm of over 150 acres in N. British...

AT THE VICTORIA.

"She Stoops to Conquer" Will Be Presented To-Night—Comical Attractions.

No theatrical combination that has been made in recent years has caused so much satisfaction as the one which has brought the popular actor, William H. Crane, and the celebrated English actress, Miss Ella Jefferys, into the revival of Goldsmith's old comedy, "She Stoops to Conquer."

The revival has awakened interest throughout the country and the comedy will be presented at the Victoria theatre to-night.

In casting the comedy there was in mind a revival of it which was made at

Hardcastle—the simple genial hearty self-complacent, thoroughly good old country squire, sound in principle, philosophical in mind, philanthropic in conduct and jovially and humorously quaint.

"You Yonson," which will be presented at the Victoria theatre on Tuesday, boasts on what is without doubt one of the most evenly balanced companies ever seen in this comedy drama. Not a single detail has been overlooked in staging this production for its sixteenth successive tour.

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SPORTING NEWS

HOCKEY.

VANCOUVER WINS. The first match of the season between teams of the Victoria and Vancouver ladies' hockey clubs, played on Saturday resulted in a decisive win for the home team.

Immediately after the busy day, Vancouver began a well organized attack on their opponents' flags, and several shots either on or near the goal.

With Vancouver playing down the field things began to look rather bright for the Capitals, as they had not seemed to be able to hold the home team's wing forwards down at all.

BASKETBALL.

EVERETT DEFEATED. The basketball match played in the Victoria West Athletic Association rooms on Saturday night between the Everett Y. M. C. A. and the Victoria Y. M. C. A. resulted in a win for the home team by the score of 23 to 16.

The game had been in progress about one minute when Whyte scored after a pretty piece of combination work among the forwards, thus making the first tally for the locals.

When play was resumed in the second half Whyte again opened the scoring for the locals by a very pretty shot. During this half of the game the visitors worked like Trojans to even up the tally, but the work of the local forwards was all that could be desired.

H. J. Knott, president of the local association, occupied the chair and also acted in the capacity of toast master. The first toast was the King and the President of the United States, proposed by Mr. Knott.

ASSOCIATION FOOTBALL.

WIN FOR VICTORIA. What was undoubtedly one of the best and fastest games ever played in this city took place at Oak Bay on Saturday when Victoria United defeated Ladysmith by the score of 3 goals to 1.

The ground was hard and fast, and if a biting wind somehow infiltrated against the players, it did not prevent the teams from indulging in some very pretty bouts of passing.

Bouril advertisement featuring a woman in a hat and the text: "I said the student; 'It's best to be prudent.' 'I said Bouril'"

Messrs. B. Williams & Co. advertisement for Semi-Ready Tailoring, 68-70 YATES ST.

White Pass and Yukon Route advertisement for Dawson, Atlin, Forty Mile and Lower Yukon River points.

British Columbia Pottery Co., Ltd. advertisement for vitrified salt-glazed sewer pipes.

Burt's Wood Yard advertisement for wood products.

James Bay Athletic Association Limited Liability Notice.

Dodd's Kidney Pills advertisement for kidney ailments.

British Columbia Coast Service advertisement listing various routes and schedules.

B. C. Coast Service Union S.S. Co. of B.C., Ltd. advertisement for San Francisco routes.

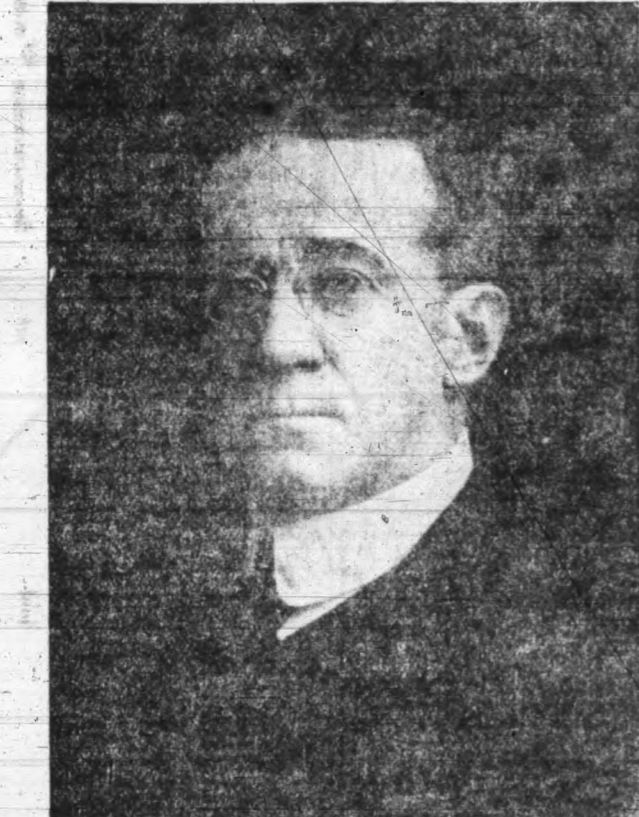
For South Eastern Alaska advertisement for connecting routes.

Oceanic S.S. Co. advertisement for routes to Honolulu, Samoa, and other Pacific islands.

Seattle Route advertisement for Victoria to Seattle service.

Grand Trunk Railway advertisement for sleeping cars and routes.

Marine Iron Works advertisement for iron and steel products.



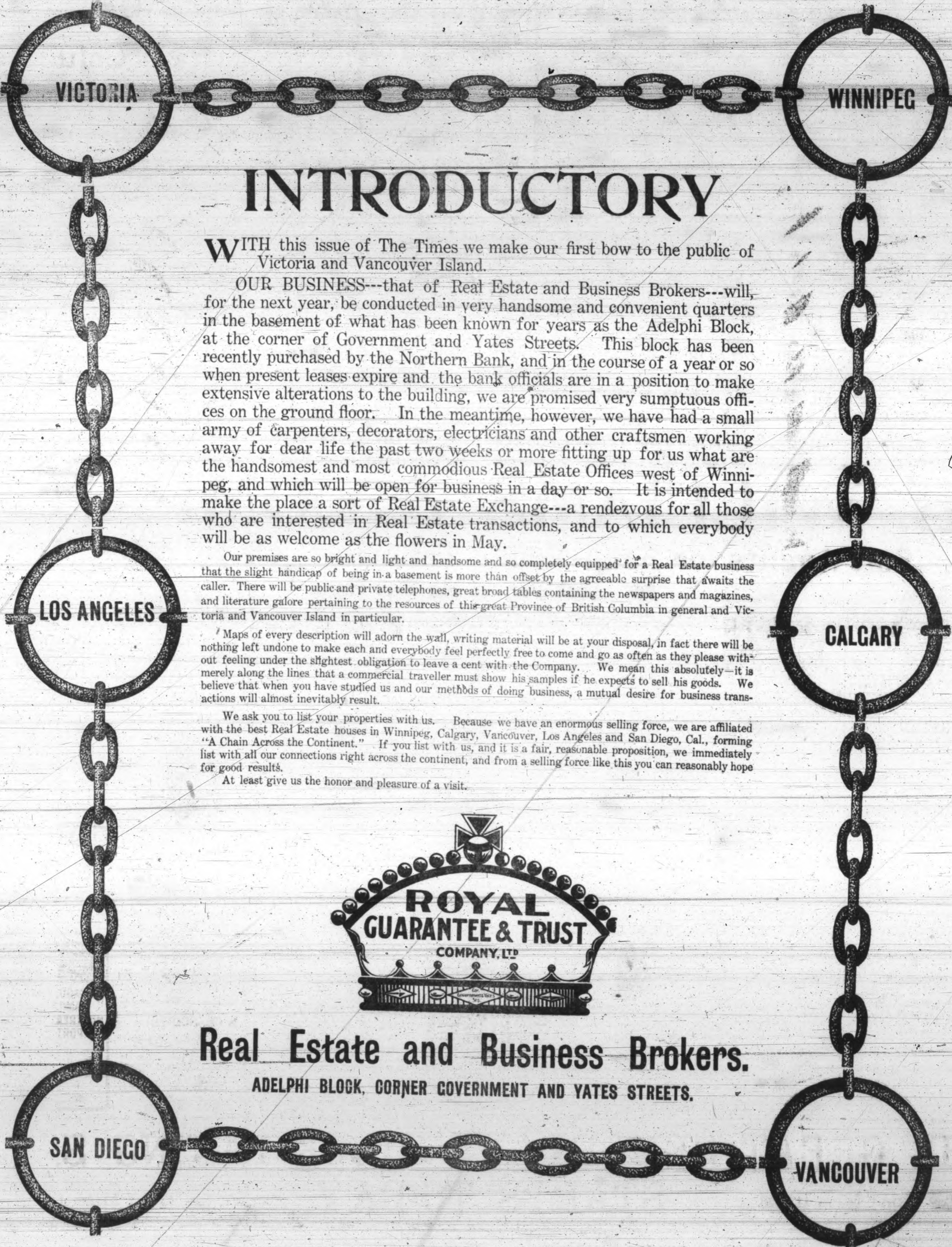
W. H. CRANE.

Who Will appear in Goldsmith's Comedy, "She Stoops to Conquer," at the Victoria Theatre to-night.

the Haymarket theatre, London, a few seasons ago, and which was an immense hit. Miss Jefferys, by the way, took part in the revival, and one of the big hits to it was scored by the celebrated actor, George Giddens as Tony Lumpkin.

Sanitaris advertisement for mineral water, R. P. Rithet & Co., Ltd.

THE GREAT SEMI-READY STOCK-TAILING SALE STARTS TO-DAY. Don't Miss It. B. WILLIAMS & CO., Sole Agents For Semi-Ready Tailoring. 68-70 YATES STREET, VICTORIA



INTRODUCTORY

WITH this issue of The Times we make our first bow to the public of Victoria and Vancouver Island.

OUR BUSINESS---that of Real Estate and Business Brokers---will, for the next year, be conducted in very handsome and convenient quarters in the basement of what has been known for years as the Adelphi Block, at the corner of Government and Yates Streets. This block has been recently purchased by the Northern Bank, and in the course of a year or so when present leases expire and the bank officials are in a position to make extensive alterations to the building, we are promised very sumptuous offices on the ground floor. In the meantime, however, we have had a small army of carpenters, decorators, electricians and other craftsmen working away for dear life the past two weeks or more fitting up for us what are the handsomest and most commodious Real Estate Offices west of Winnipeg, and which will be open for business in a day or so. It is intended to make the place a sort of Real Estate Exchange---a rendezvous for all those who are interested in Real Estate transactions, and to which everybody will be as welcome as the flowers in May.

Our premises are so bright and light and handsome and so completely equipped for a Real Estate business that the slight handicap of being in a basement is more than offset by the agreeable surprise that awaits the caller. There will be public and private telephones, great broad tables containing the newspapers and magazines, and literature galore pertaining to the resources of this great Province of British Columbia in general and Victoria and Vancouver Island in particular.

Maps of every description will adorn the wall, writing material will be at your disposal, in fact there will be nothing left undone to make each and everybody feel perfectly free to come and go as often as they please without feeling under the slightest obligation to leave a cent with the Company. We mean this absolutely---it is merely along the lines that a commercial traveller must show his samples if he expects to sell his goods. We believe that when you have studied us and our methods of doing business, a mutual desire for business transactions will almost inevitably result.

We ask you to list your properties with us. Because we have an enormous selling force, we are affiliated with the best Real Estate houses in Winnipeg, Calgary, Vancouver, Los Angeles and San Diego, Cal., forming "A Chain Across the Continent." If you list with us, and it is a fair, reasonable proposition, we immediately list with all our connections right across the continent, and from a selling force like this you can reasonably hope for good results.

At least give us the honor and pleasure of a visit.



Real Estate and Business Brokers.

ADELPHI BLOCK, CORNER GOVERNMENT AND YATES STREETS.

Do not use this preparation unless you have first consulted your doctor and he has advised you to use it. It is not a hair restorer, but a hair preserver. It does not add the color to the hair as any other pomade.

Just a Few More Days in Which to Get These Tremendous Bargains
HURRY, HURRY to the
Great Semi-Ready Stock-Taking SALE

WE HAVE plucked the big knife and cut the prices to the very lowest limit. Never again in all your lives will you have such a golden opportunity to buy High-Class Fashionable Clothing and Sewell-Up-to-Date Gent's Furnishings and Hats at such trifling cost.

- 50 Donegal Blue Serge Suits worth \$15, now only \$7.95
150 Men's Fine Tweed Suits worth from \$10 to \$16, now only 5.95
300 Young Men's Suits, sizes 33 to 35, worth from \$10 to \$18, now only 5.95
Boys' 3-Piece School Suits, sizes 28 to 34, from \$1.85 upwards
Boys' 2-Piece Suits from 1.00 upwards
200 Odd Vests, all sizes and patterns, worth up to \$5, now only 95c
Men's all-wool sock, pair 10c
Boy's Hose, odd lines, pair 10c
Men's all-wool Shetland Underwear, worth \$1, now 55c
Men's Soft and Stiff Hats, stylish shapes, worth from \$3 to \$3.50, now only 65c
Shirts, stiff fronts, worth from \$1 to \$1.50, now only 65c

Bear in mind this stock is not an accumulation of years of old shelf-worn goods, but the very finest hand-tailored clothing that Canada's most skillful tailors can produce.

B. WILLIAMS & COMPANY
Sole Agents for Semi-Ready Tailoring 68-70 Yates St.
Look For the Big Blue Signs.

FIFTH RIFLE ASSOCIATION REPORT SUBMITTED AT ANNUAL MEETING

Successful Record for the Year, and Statement of Accounts Is Very Satisfactory.

The annual general meeting of the Fifth Regiment Rifle Association was held in the drill hall last week when there was a good attendance of members. Considerable interest was shown in the affairs of the association. The usual class prizes will be put up for competition next season. The conditions will be posted in the bulletin on the rifle range. A rule was passed which prohibits shooting anywhere on the range except at the target under penalty of a fine.

competition it was suggested to your committee that instead of soliciting prizes in kind from the merchants of the city, the different regiments and company associations of the regiment should contribute a sum of money with which to make up a prize list. The suggestion was adopted and a sum of \$200 was placed at the disposal of the committee for division among the different classes. The number of prizes were necessarily smaller than on former occasions, which no doubt accounted for the decrease in the number of competitors.

during the season and the following are the winners in their respective classes:
First class, first, Sergt. Carr; second, Co. Sergt-Major Caven.
Second class, first, Capt. A. C. Boyce; second, Sergt. A. Richardson.
Third class, first, Gr. A. Hull, second, Gr. A. Coker.
We are again indebted to Mr. and Mrs. G. Bizard, Mount Tainia, for their continued interest in rifle shooting by having again presented eight silver spoons for competition among the members. Capt. R. Angus is also deserving of our thanks for having presented eight silver spoons for competition among the members of the second and third class shots. The spoons presented by Mr. and Mrs. G. Bizard were open to competition to all members, and following are the winners: Sergt-Major M. C. Duggan, second, Capt. A. C. Boyce and Gr. W. Duncan.
The spoons presented by Capt. Angus were confined to second and third class shots, and the following are the winners: Sergt. Strachan (2), Corp. Boyce (2), Sergt. A. Richardson, Corp. R. Parker, Sergt. M. Doyle and Gr. G. W. Neill.
Your attention is called to the difficulty that has arisen in the past regarding the classification of the different classes, which should be fully discussed at a general meeting. All of which is respectfully submitted.

SOCIETY CONCERT THURSDAY EVENING

Interesting Items Will Form Programme, and Well Known Artists Will Perform.

On Thursday night at the Victoria theatre a concert will be held for the benefit of the Victoria Development and Tourist Association. The ladies of the city who are giving the concert are sparing neither time nor trouble in making the arrangements as perfect as possible. "Colonial Lullaby," "The Blue Tipped" and "The Swing Song," so enthusiastically received at the hospital concert a few days ago, will be repeated through the kindness of Mrs. R. H. Pooley and her associates.

Statement of receipts and expenditures for the year ending 31st November, 1906.
Receipts:
To membership fees \$301.00
To grants from city council 20.00
To grant from city council 20.00
To cash for prizes 20.00
To entrance fees 11.85
To rent of lockers 7.75
To challenges 1.50
To balance, 1905 35.73
Total 437.03
Expenditure:
By cash prizes 132.40
By rifle and Ottawa teams 307.50
By printing and advertising 2.50
By stationery 2.25
By express 3.75
By salary of secretary 25.00
By balance in hand 31st Nov. 1906 25.13
By prize in hand 1.00
By cash in hand 1.25
Total 437.03

THE GREATEST FRENCHMEN.

A very interesting plebiscite has been carried on recently in the columns of the Parisian Press. The object of the poll was to give their votes as to who were the greatest Frenchmen in the nineteenth century. It is said that fifteen million readers sent in their answers. The order in which these French people have placed their names will be a surprise to most critics of France who imagine that revolution is a general characteristic of the nation. The premier place is held by Pasteur, and a little way behind him in votes comes Victor Hugo. Then Gambetta, Napoleon III, and Lazare Carnot follow the great novelist. After Carnot come Curie, the discoverer of radium, the senior Dumas, Dr. Roux, the discoverer of the serum to cure diphtheria, Pasteur, Ampere, and the explorer of Fregeon West Africa.

STRANGE INDIAN REMEDIES.

Great virtues are ascribed in India to the skins and horns of certain animals. Tiger skins are in great demand with the common people. Deer's horn ground into fine paste is an excellent pain-killer and swelling. A more curious use is found for the same substance—it is sometimes made into a powder which is supposed to aid the growth of stunted women. The joints taken from the long and slender tail of the black scorpion are supposed to keep limber at some distance when children wear them on their wai-wai threads. A red or swollen eye is cured by having it touched with the hair or chitin of a door. A remedy which I have seen applied with considerable effect in more than one epileptic fit is to place a bunch of keys in the palm of the hand of the sufferer. I have heard it said that the person affected should be placed on the ground and the keys are placed on the head. A rather quaint remedy in the case of a sprained neck is to use an iron measure for a pillow. Some ailments are cured by spitting on red hot iron—quite the simplest and least expensive cure known to the native doctor. Peacock's flesh is a good medicine for acute rheumatism.—Madras Mail.

THE PRIME MINISTER

TO HEALTH IS A GOOD DISH OF B. & K. ROLLED OATS FOR BREAKFAST EVERY MORNING
The young men go out on horseback and sail on round and round it. As the lion turns swiftly round in the chair of dust it becomes dizzy, and is then shot by poisoned arrows. Brindley-General Swayne, reporting on the reduction of some in Southland, says that in one place in 1891 he estimated some 10,000 animals, where now he finds only a dozen at a time. In the earlier days he knew two sportsmen who shot eight lions before breakfast.
As showing the remarkable number of big game hunters nowadays, the commissioner calculates that Uganda has a net revenue from them of £20,000. Yet Mr. Percival, the game ranger, who is complimented on his work and is said to be a stranger to all ideas of comfort, gets only £250 a year. It is proposed to give him much more power, as well as a contract, for example, the sale of cow ivory or tusks below a certain weight.

Advertisement for B. & K. Rolled Oats, featuring a testimonial from a woman who claims to have cured her husband's ailments by using the product.

Advertisement for 'The Prospector' serial by Ralph Connor, highlighting its popularity and the quality of the story.

SON WHO NEVER RETURNED.
The death is announced at Spalding, Pa., of Sarah York, who has been a pathetic figure there for years past. She lost a son at sea, which unhinged her mind, and daily for years she waited for the railway station to meet the train under the impression that her son would be coming home.

Mr. Whitford, a special agent of the Washington bureau of manufacturers, states in a special report that at least 100,000 pairs of shoes are sold in the northern counties of England every year.

YEAH! HAIR BEAUTY

VAUCAIRE EXERCISES NO. 2

CORRECT ROUND SHOULDERS and FLAT CHESTS

FOR those ugly hollows below the collarbone, and for the development of beautiful shoulders and upper arms, the exercises for which directions are given today are especially designed. But they do good for the woman whose chest is flat or inclined to sink in, and for filling out the hollows below the shoulder blades, which may mean an otherwise good figure. These hollows should be an inseparable part of the work of exercising. The illustrations show the correct way to stand, and the start-off with the finger tips touching the chest just below the shoulder line. Pass the tips along the arms as far back as the tips of the fingers are possible to make them so. Then raise the elbows as high as you can, keeping the hands stationary. Lowering the elbows and around under the arms as far back as you can get them. A good way is to try to reach an imaginary goal over the shoulders and then to try to touch that goal when you make the under-arms-shoulder-necking the complete circle. This exercise is best of them all for developing the shoulders and filling out the collarbone. Reversing the hands so that the back of the hand touches the body and describing a semicircle from the start off around under the arms to a point as far up the back as possible, aid in the filling out of the back. Keep the head held well back, with the chin drawn in, rather than thrust forward or up.

Another exercise which accomplishes much the same purpose and develops the upper arm as well as a development of the diagonal exercise described last week. The hands meet tip to tip at right or left shoulder, and stretch across the body in a slanting line, which brings them to a stop on the opposite side, as far as possible. Reverse the movement, carrying both hands back again to the starting point and beyond it. Go through each exercise five times, until you have been through the set and then start at the beginning again. Reversing the movements makes exercise just that much more of a tax upon the muscles, and probably hastens the development. But don't ever do them to the point where the strain upon the muscles is so severe as to make you unpleasantly conscious of it for hours; you gain more harm than good that way.



Mrs. Symes' Aids to Correspondents

Hollow Cheeks
PLEASE give me the address of a good reliable specialist, one who can fill the hollow cheeks without surgery. I have tried massage with almost every kind of cream, and have not seen any improvement to do so good whatever. I am naturally thin, and my cheeks do not sink in, but they would like my hands and arms filled out. Please tell me in truth, can this be done successfully and permanently? It is against my rules to give the addresses of specialists in these columns. I am sorry.
Whether or not it can be so as you say you have tested massage thoroughly. I cannot say. It would seem that you are naturally thin, and that you do not respond to treatment readily. Have you always been thin, or is it simply a result of your illness? Possibly the after effects may not have worn

The Time Varies Greatly
Having noticed in the paper your prescription for Vaucaire's treatment, I sent to my druggist to have him send me three times the formula given. Having taken that same amount again, have taken this about a week, with no visible results. What can be the matter? I am 35 years old, I feel 75.



Nose Red in Cold Weather
Will you please inform me through the paper of a good cleansing cream to use at night and also a good skin food? Do you think there is anything that will keep my nose from getting red in cold weather?
I am giving you the formula for a good cleansing cream. For the skin food use the cream of sweet oranges, for which formula is frequently published in these columns.
Cleansing Cream.
White wax, 2 ounces; spermaceti, 2 ounces; sweet almond oil, 2 ounces; glycerine, 2 ounces; salicylic acid, 20 grains.
In cold weather the face brush is a blessing to those who are troubled with a red nose. Brush the face with it before going out and you will find that red cheeks are the result. A good nose and pale cheeks usually go together, and if the circulation is stimulated by the brush the color will be put where it ought to be.
To Reduce the Hips
Anoint with a highly recommended cream, and practice the exercises for the improvement of bodily structure.

And then roll the head to the right, left and forward.
Another good position is to let the arms hang loosely at the side, raise the hands up vertically, down and back, and then circle the arms in a circle. Continue this for five minutes. Reverse the movement every day for five minutes.
Again, at a and after massage, with the arms at the side, raise the hands up vertically, down and back, and then circle the arms in a circle. Continue this for five minutes. Reverse the movement every day for five minutes.
Hardening Pomade.
(An astringent.)
Oil of sweet almonds, 30 grams; white wax, 50 grams; tincture of benzoin, 10 ml.; 20 grams; 20 grams; 20 grams.
This pomade should not be used as a massage cream, but should be applied to the face with the fingers. It is best to use it at night, and to use it after a hot bath. It is best to use it at night, and to use it after a hot bath. It is best to use it at night, and to use it after a hot bath.

Wrinkles at the Ears
Is there any help for those little wrinkles which form on cheeks around the ear and are often the only marks of age seen on young women's faces? I have never seen any remedy taken at the same time. Can you give me any ideas in the cost of the preparation made from the formula you quote, and also, as to the length of time which must elapse before results are effected?
For Internal Use
A short time ago, I noticed your column, and while in bed, that you were good enough to tell me how to get rid of my wrinkles. I am sure that you will be good enough to tell me how to get rid of my wrinkles. I am sure that you will be good enough to tell me how to get rid of my wrinkles.

Olive Oil Baths Help
I want the orange-flower cream recipe. If you have it, please send it to me. I would like to use it to alternate with the cleansing cream to develop the bust. Or do you think it is a good idea to take an olive oil bath once or twice a week?
Cream of Sweet Oranges.
(A skin food.)
Sweet oil, 2 ounces; orange-flower water, 2 ounces; white wax, 2 drams; spermaceti, 1 dram; spermaceti, 1 dram.
Mix all the ingredients with boiling water, and pour into the jar. Let it dissolve, heat almost off and add the rest of the ingredients. Stir the mixture quickly. Lift the jar out of the water, and add a few sips of water; beat and add oil of sweet oranges, which cream until it is cold. Put in pots and cover with parchment.
Yes, I think it is a very good plan to alternate with the other cream. Have you my formula for a good cleansing cream? If not, I shall be glad to print it for you.
Why don't you try the Vaucaire remedy for the bust? It is a very good one from its use. It may be that as you are naturally thin, you may not get any benefit from it. But it is worth a try, for that reason it will not affect you, but it most probably will, and, at any rate, it can do you no harm to make the trial.

Flabby Flesh
Will you kindly write me how to harden my feet on neck and face? Under my eyes, my nose, my cheeks, and on my neck, I have a flabby flesh. I have tried every kind of cream, and have not seen any improvement. How I shall rub them? I have your formula for wrinkles, also orange-flower cream. I am sure that you will be good enough to tell me how to get rid of my wrinkles. I am sure that you will be good enough to tell me how to get rid of my wrinkles.

To Fatten the Neck
To make the throat full and round, exercise is to bend the head slowly forward, until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible, sitting erect in a chair, bend the head from one side to the other.



Various Hints on the Care of the Hair

Hair Falls After Fever.
Will you please inform me through the paper of a remedy for falling hair? Mine used to be thick and light, but I had a fever, and since then my hair has been falling out and has grown very thin. If you could give me a simple remedy to make my hair thick and light again, I would be very thankful. Also, will you tell me how to keep the hair shining, massaging it, etc., etc.
Directions Explained
Would you please give me a recipe for brown-hair stain? I have one here that I go from your columns, but I do not know what it is made of. I have a bottle of a hot-water bath until the water has been completely exhausted. The ingredients of the hot-water bath are: heat a quart of water in a bottle, and add a few drops of the essence of bergamot, 1/2 ounce; alcohol, 1/2 ounce; glycerine, 1/2 ounce; tincture of benzoin, 1/2 ounce; tincture of benzoin, 1/2 ounce; tincture of benzoin, 1/2 ounce.
Formula for Dry, Falling Hair.
Cologne, 2 ounces; tincture of benzoin, 1/2 ounce; oil of rose, 1/2 ounce; oil of bergamot, 1/2 ounce; oil of lemon, 1/2 ounce; oil of orange, 1/2 ounce; oil of lemon, 1/2 ounce; oil of orange, 1/2 ounce.
To Darken Red Hair
My hair is red. Could you help me by giving me a recipe to darken it? I have tried many things, but I have not seen any improvement. I am sure that you will be good enough to tell me how to get rid of my wrinkles. I am sure that you will be good enough to tell me how to get rid of my wrinkles.

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