

Helpful Beauty Hints

Massage For Wrinkles Under Eyes
 Valuable Beauty Hints—A Liquid Powder—Feras On Nose—About Warts—Falling Eyelashes—Removing Superfluous Hair from Face.

If a woman will have patience and follow directions she can improve the wrinkles under her eyes very much. Each night before retiring bathe the face with warm water, then massage for ten minutes. Pay special attention to the lines under the eyes. Use a rotary motion and work from the center of the forehead out to the temples. Then from the chin up to the eyes. Slide the fingers down and work again until the entire face has been gone over. Massage under the eyes from the nose out to the temples. Each week, cleanse the face with the cleansing cream, steam for ten minutes, dry the face and massage for ten minutes, wipe the cream off and then use the toilet water. The cleansing cream should be used each night before the massage. In the morning bathe under the eyes with cold water.

Massage Cream.
 Oil of sweet almonds, 30 minims.
 Fresh cucumber juice, 1 ounce. Lard, 2 drams. Oil of rose, 4 drops.
Toilet Water.
 Elderflower water, 2 ounces. Distilled water, 2 ounces.
Cleansing Cream.
 Oil of sweet almonds, 4 ounces. Orange flower water, 4 ounces. White wax, 2 ounces.

Hints for the Beauty Seeker

If you do not want your face to sag, always wipe the face diagonally upward from the mouth toward the temple.

Almond oil rubbed into the neck will help to fatten it, and build up the tissue.

In bathing the face with milk each night, allow it to dry on. This helps make the skin soft and white.

Massage often helps to dissipate the puffy bags or sacks under the eyes. It is well, however, to consult a doctor, as they may be caused by kidney troubles.

Be sure to have the finger tips and nails absolutely clean before massaging the scalp. Many microbes accumulate under the nails.

Sensitive feet can be much relieved by massaging with camphorated oil. If you want to keep a good figure, do not acquire the habit of sitting unsweated on hot summer days.

To make a good bran bag, add to a quart of bran, a teaspoonful of soap bits, which are later powdered, and a tablespoonful of borax. This mixture should be divided and put into any convenient sized bag of white lawn or a clean cheese cloth.

Cleansing the face several times a day with pure olive oil is excellent for a dry, harsh skin. Stop using water for a time.

Depilatory.

The preparation given below will remove the hair for a time and when it returns you can use it again. A good operator with the electric needle should be able to remove the hair permanently.

Depilatory Powder.

Orpiment 1 part. Powdered starch, 10 parts. Quicklime, 10 parts. Powder the orpiment and quicklime mix all together and keep tightly corked. Mix a small portion with sufficient cold water to form a paste apply to the face with a flat, wooden stick, leave on until nearly dry, then scrape it off with the stick and bathe at once with warm water. If the skin is red, apply cold cream.

A Liquid Powder.

Here is the formula for liquid powder:
 Pure oxide of zinc, 1 ounce, glycerine, 1 dram, rose water, 4 ounces, essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rose water to cover it, then add the glycerine next the remainder of the rose water. Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Large Pores in the Nose.
 The friction of a complexion brush is the best cure for this trouble. One may find a good complexion brush at any first-class drug store. Scrub the face with it every day in warm water with a pure soap, rinsing afterward in several clear waters. Gradually the pores will resume their normal size, but it takes time and the treatment must be kept up. Do not use the brush if there is any eruption on the nose. Wait until the eruption has disappeared, or the brush will irritate it further.

About Warts.

The coincidence between warts and constipation has often been noticed by those who have made a careful study of the skin. Treatment directed to the correction of intestinal sluggishness has been followed by disappearance of the warts.

Falling Eyelashes.

Use ordinary yellow vaseline on the eyelashes every night before retiring. In the morning bathe the eyes with hot water.

Removing Superfluous Hair.
 Superfluous hair can be permanently removed with the electric needle, without leaving a scar, but it must be done by an expert.

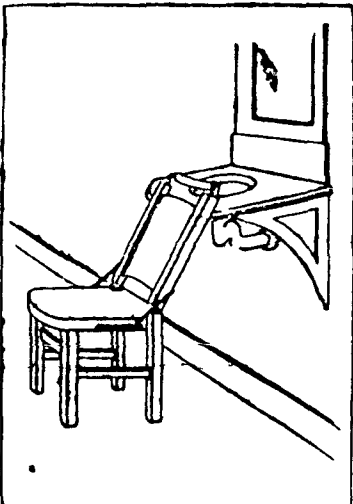
Notes and Comment

Of Interest to Women Readers

CHAIR FOR SHAMPOOING

Back Works on Hinges and Leans Against the Washstand

Among the numerous toilet accessories for the well-appointed modern bathroom, one of the newest is the toilet chair. This chair is a plain, solid piece of furniture of a style responding to mission, and the feature is that the back is hinged to the seat. A head rest, consisting of a leather support with the hair and cap attached to the top of the back, is attached to the top of the back. When washing the hair, the piece of furniture will be found very convenient. It can be placed at a little distance from the washstand and the head leaned against the stand at such a



angle that it affords a comfortable reclining position to the person using it. The back of the head rests on a pad at the top and when the hair is washed the dirty water flows down from the face instead of over the face and does not annoy the subject by getting into his or her eyes. The annoying sensation of trying to breathe without inhaling soapy water is eliminated.

Menu for Sunday.

BREAKFAST

Peanut and cream, fish balls, cornmeal dodgers, toast, tea and coffee.

LUNCHEON.

Ham omelet, brown bread (steamed), salad of whole tomatoes stuffed with minced celery and cold peas or beans dressed with mayonnaise, thin bread and butter junket, cup cake, tea.

DINNER

Vegetable soup, pot roast of beef (from fireless cooker), fried carrots, browned sweet potatoes, ice cream, light cake, black coffee.

About the Children

It is a good idea to keep a little girl's hair clipped until she is seven or eight years old. There will be plenty of time after that for it to grow thick and long with proper care, and while she is still a little girl, if her hair itself is very apt to be ragged and thin. If she has curly hair it is a great temptation to let her ringlets grow as long as they will but even curly hair may be improved by being clipped once in a while and kept to about shoulders' length.

A great many mothers write for advice regarding their little girls' hair: how to make it curl, how to keep it light, etc. I feel always a certain surprise at the second question that is coming from a mother. Is there any woman in the world who does not know that a little child's hair turns darker as the child grows older? It is as impossible to retain that baby tint, which is like a bit of sunshine as it is to keep the fine softness of the baby hair. As for keeping the hair curly or inducing it to curl, it is possible to coax it sometimes by constantly fluffing it, twisting it on a damp finger. As for twisting those soft tresses up with curl papers, or, dreadful to tell, using an iron on them, words fail.

Baby hair should never be combed but brushed with a very soft infant's brush. As the hair grows longer and thicker, the brushing may be somewhat more vigorous. Baby hair may be washed every day an older child's hair once a week with warm water and castile soap. A fine tooth comb should not be used on the scalp either of a grown person or a child. It is very irritating to the skin and does more harm than good.

A child's hair should be healthy, and if it shows any tendency to be too dry or too oily the health of the child should be looked into at once. No tonics should be used on the scalp of a little child. Sweet almond oil or olive oil might be gently rubbed into the roots of the hair occasionally but a strong tonic would soon burn out and destroy the tender growth. Dandruff on a child's head comes almost invariably from lack of cleanliness.

Housecleaning Hints.

A great convenience when cleaning a house is a stick with a notch in the end that will lift picture cords off from hooks without so much stepping up and down.

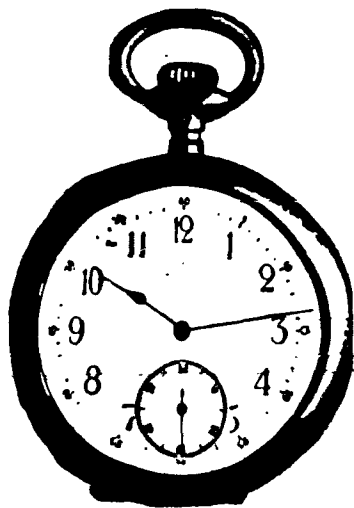
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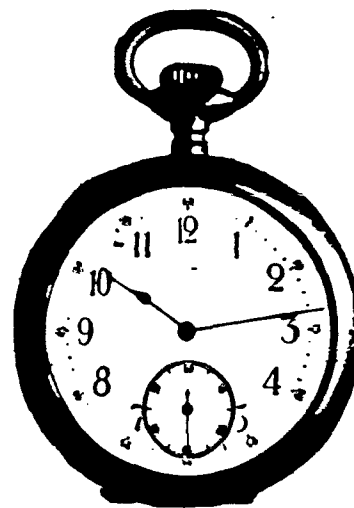
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