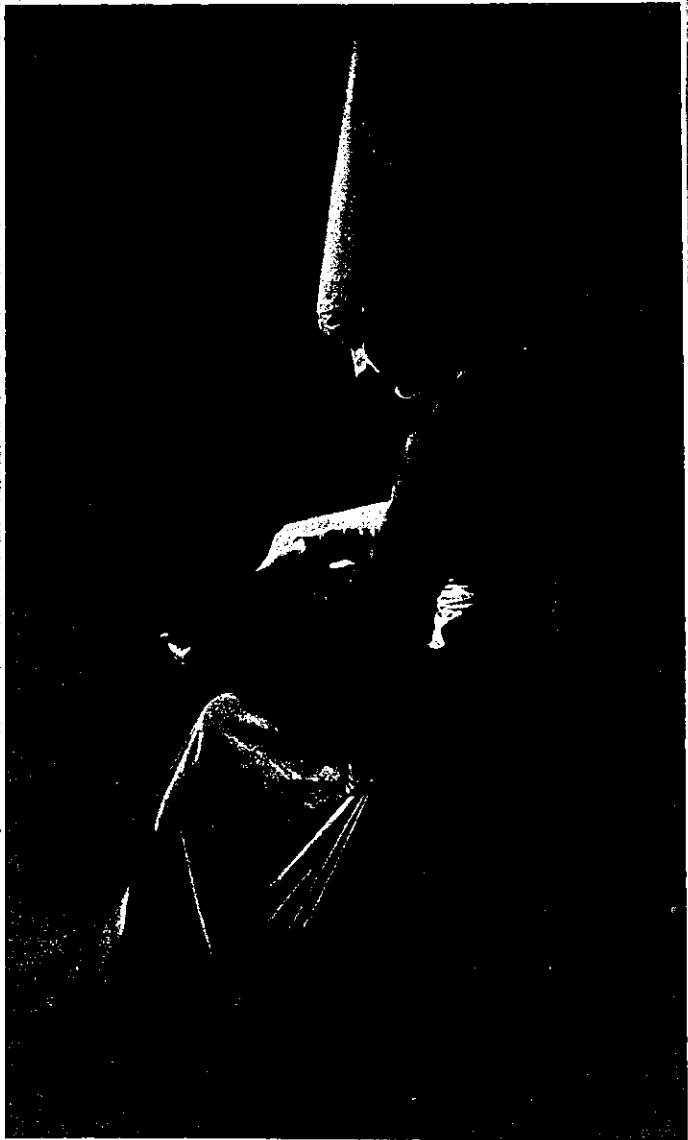


In Council with the Looking Glass

IN spite of all good resolutions made when summer comes, there are few of us who have been strong-minded enough to forego the kisses of the sun and wind, and the end of the holiday season finds us, if not as swarthy as an Ethiop, still in the condition to which Julia reduced

somewhat chastening experience, set to work to repair the ravages as best we may.

Fortunately the state of health after the holidays are over is usually good, so that care and time will in a great measure remedy matters, though if the neglect is long stand-



Mrs. E. T. Rogers, wife of Dr. Rogers, of Hamilton,
in "A Tale of Normanby"

Gaze & Co., Hamilton

herself when she did "neglect her looking glass and throw her sun expelling mask" away, allowing "the air to starve the roses in her cheeks and pinch the lily tincture of her face," and with our complexions in a parlous condition, our hair rough and bleached or lamentably greasy, our eyes bloodshot, with an etching of unwelcome lines "in and out and round about."

WHILE leading an open air life this state of things was not so obvious, but when we settle down to indoor amusements once again, it behoves us to take council with our looking glasses, and after that

ing it will be more difficult to cure, indeed, in so many such cases, mitigation is all that is possible.

To take the skin first of all; in the majority of cases, women will find the face, neck, chest, arms and hands are harsh, dry and discoloured; in a few cases the face and chest are greasy and burnt as well.

The quickest way to make it velvety clear and supple once more is to mask the face at night with a suitable preparation, and to poultice the neck, chest and arms as the French do.

Proceed as follows: Wash the face very thoroughly with warm

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NERVES and DEPRESSION

Depression, irritability, loss of tone and pleasure in life, are the results of the failure of the body to get rid of its waste products, which poison the blood and may carry illness and disorder to any portion of the body. This condition is not remedied by aperients that act by irritating the intestine. Virolax cleanses the system of this wastage, and by nourishing and lubricating the intestine brings about a healthy normal condition.

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