

How to be Healthy and Beautiful

THE DOORAGE OF KEEPING CHILDREN OUT OF DOORS



New Game of Door-Work

A wholesome out-door interest

DURING childhood the foundation of future health and character is laid, and care should be taken during these first years of a child's life to keep things as sunny and cheerful as possible. It is as natural for a child to be cheerful and good-natured as it is for a kitten to play or a bird to sing, and when signs of fretfulness and bad temper arise, it behooves the mother to look for the cause. She will usually find it in some slight physical ail, which, nine times out of ten, has been brought about by lack of proper exercise and fresh air.

Keep your children healthy, and you are apt to find them a merry lot and easy to manage. One of the most frequent sources of neglect is in not keeping children out of doors more.

You must not expect them to stay out of doors unless they have something to interest them, and for this reason every mother should try to invent games and pastimes that will keep them out in the pure, fresh air. One or two hours out of doors, even if they are to have the best chance of growing up strong and vigorous.

Remember how important is the inhalation of pure air if you would have pure blood; fine remember that children need a plentiful supply of oxygen even more urgently than grown people, and oxygen

in a sufficient amount we can only find in the air out of doors.

In summer it is particularly easy to manage so that many hours may be spent in the open air. There is no doubt that this is more difficult in town than in the country; nevertheless, it can be accomplished if there is even a small garden at the back of the house.

Of course the air in these back yards is not so good as the air in the country or at the shore, but it is infinitely better than the air indoors.

A swing can always be fixed up at little expense, and it affords outdoor occupation, amusement and exercise of a wholesome kind. At a surprisingly early age children can be encouraged to take an interest in a flower bed, the digging always appeals to them, and frequently it develops an idea of beautifying rather than destroying public or other property.

There are innumerable garden games, and new ones coming along all the time. Quilts, sipping, battledore and shuttlecock, archery, baseball, are all games that will keep children amused out of doors, which should be the aim of every mother.

It is a good thing to keep a time table of just how many hours your children spend in the open air. Do not punish the little ones for fretting until you find out why they fret; consult your time table—the reason may be there.



Deliciously appetizing to children

MRS. SYMES' RECIPES

Excessive Perspiration

I am a reader of your column, and like the advice you give. Will you please tell me what to do about excessive perspiration under the arms? I find my hair is growing faster all the time, and I am washing it in washing it to keep it from growing dark? It is dark red. And oblige.

Try washing night and morning with hot water, in which there are a few drops of ammonium bromide brown soap. This treatment has proved successful in many cases. I am giving you a formula for shampoo to keep the hair from turning dark.

Annoying Pimples

You have been so sweet and kind as to help so many of your readers, and so perhaps you may not mind my asking you to help me. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Care of the Hands

Last winter when my hands were very dry, I used to wash them with soap and water, and I found that this was not the best way to care for them. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Wants Lighter Eyelashes

Would you be kind enough to tell me what will turn the eyelashes on a shade lighter? A lady friend told me that she had a recipe for this, and as my hair is chestnut brown and lashes and brows dark, I think I would like to have them a little lighter.

Found Remedy Successful

As I have tried the cure (Lemon) you recommended for my face, and it has been so successful, I hope that you will advise me what to do with my hair. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Local Treatment

Bathe frequently with cold water and use friction. A little turpentine dissolved in water, ammonia, or some other perfume, to be rubbed on the face, will be of great benefit. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Callous Spots on Hands

Will you please send formula that will remove callous spots on the hands, but I do not want to use anything that will be injurious to the skin. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Badly Shaped Nose

Having noted in your health and beauty column a formula for a badly shaped nose, I would like to know if it is any good. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Honey and Almond Cream

Honey, 1 ounce; white soap in powder, 1 ounce; oil of sweet almonds, 1 ounce; oil of bergamot, 1 ounce; oil of clove, 1 drop; balsam of Peru, 1/2 dram; Mastic, 1/2 dram. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Worried About Circles Under Eyes

As I never asked a favor before, I wish you would advise me how to get rid of the dark circles under my eyes. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Dark Circles Under the Eyes

There is always, in my opinion, some hereditary cause for the black circles under the eyes. The tendency is constitutional, but dark lines are usually due to some congestion of the veins of the face, and are rarely, if ever, found accompanying any other disease.

Outdoor Sports That Make You Healthy

By Dr. Emma E. Walker

A number of girls in your list are athletes in their tastes they will find a good deal of fun in a Harrow and Club, when the weather grows cool.

Have five or six on a side and choose a leader for the "Harrows." Practice daily and you will soon be able to cover long stretches of country in your run.

Hockey. Hockey is called the offspring of "Our Lady of the Snows." But this game is no longer confined to Canada. It is now played by many in the United States. At first, after you have played this for a short time, you will be quite stiff and sore—a proof that every muscle has received its due exercise. Hockey is essentially a rapid game, and calls into play many and varied motions of the body as now you skate forward, then backward, then sidewise. The lungs are expanded, the leg and back muscles are developed, and the trunk is turned and twisted as that the muscles of the neck, the sides, and other muscles of the torso are brought into play.

Its mental effect, too, is unexcelled. Hockey is an exciting and fatiguing game, and girls should be careful not to go beyond their strength in playing it.

Fencing. Those of you who have the opportunity to study it will hardly find a better all-round exercise than fencing. For this reason some countries...

Formulas Repeated

Please publish again your recipe for Sulfate cream and talcum powder (finely powdered), 30 grains; tincture of ambergris, 30 grains; rice powder, 30 grains; pure carmine, 1/2 grain.

Talcum Powder

Rice flour, 10 ounces; talcum, 10 ounces; oxide of zinc, 10 ounces. Mix thoroughly and sift twice through fine bolting silk. Perfume to taste.

To Cure Nervousness

Can you give me a simple cure for nervousness? I do not want to take any medicine, as I am a reader of your column, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Muddy Complexion

I am a reader of your column, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Handball

Handball is a fine game for all-round physical development. Every muscle of the body is exercised. It outwits quickness and precision of the eye. The running and struggling which it involves are of great benefit to breathing. It is the most healthful and exhilarating exercise.

Reduced Her Hips

Will you please give me your formula for Kentucky cold cream? I have reduced my hips and abdomen by using the reduced cream you gave me. I was exceedingly stout, but now thank to you, my body is slim and slender again.

Found Formula Very Satisfactory

I have used several of your prescriptions and found them very satisfactory. I have been so troubled by a breaking out on my face, and I am sure you will help me. I have been so troubled by a breaking out on my face, and I am sure you will help me.

Orange-Flower Cream

White wax, 1 ounce; spermaceti, 1 ounce; linseed oil, 1 ounce; coconut oil, 1 ounce; orange-flower water, 1 ounce; oil of sweet almonds, 1 ounce; tincture of benzoin, 10 drops.

Nails

Take equal parts of refined pitch and myrror, or of turpentine and myrror melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil.

Gardening

So many girls are desirous of getting rid of superfluous flesh that I wonder more of them do not try gardening. The same motions are involved in this pastime that come into many household duties, especially bed making. The girl who loves her garden is continually sleeping and rising again, motions most advantageous for the one who desires to lose weight.

Periphring Hands

Periphring hands—Periphring hands are a source of great annoyance. The texture of bedclothes applied to the palms will lessen the perspiration. This is poisonous, so it cannot be freely used. Can do cologne, with 1 per cent. of dilute acetic acid, is quite harmless. A convenient way of using this liquid is to carry a wide-necked tumbler bottle containing a small sponge which has been soaked with the preparation.

Nervous Breakdown

Nervous breakdown—Nervous breakdown is often due to overwork of the digestive organs than to mental strain as such. Abstemious habits in eating, combined with some attention to the exercise, will do much to restore the immense amount of hard brain work without injury; but to attempt anything of the ordinary in the way of exercise while subsisting on the ordinary stimulating diet is to invite disaster.

Small warts on children's hands

Small warts on children's hands, when they appear in numbers, can be got rid of by the use of the following: They then constantly moist with a lotion made by adding two drams of dilute nitric acid to one pint of water.

Bad cuts and burns sometimes happen

Bad cuts and burns sometimes happen in the kitchen, so it is well to know of a handy remedy. To stop the bleeding of a bad cut, apply finely powdered rice or flour to the wound. If soft soap is to be had, it will ease the pain of a burn at once.

Those who suffer from stoutness

Those who suffer from stoutness should take plenty of exercise; never eat potatoes, bread, no sugar or fat, and never eat and drink at the same time. This habit is most to be taken, and never touch milk or cream, if this is preserved with a salt preservative will follow.

LITTLE AIDS TO HEALTH

When a person has accidentally swallowed glass, it is a mistake to administer a purgative. Instead, allow plenty of eatables to be eaten or thick oatmeal gruel, or anything similar, so as to protect the intestines.

A splinter can be extracted without pain

A splinter can be extracted without pain in this way: Nearly fill a wide-mouthed bottle with hot water, place the splintered part over the mouth of the bottle, and press lightly. The suction will draw the splinter out, and in a minute or two the splinter will come out.

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