BY MRS. HENRY HOW TO BE HEALTHY AND BEAUTIFUL---



HOUSEWORK AS EXERCISE

How to Reap Its Benefits

By Dr. Emma E. Walker. HERE is no sohere in life where a girl needs to be so careful about the development of her figure as in housework. One reafor this is because nearly all of the that girls do in the house lies dily in front of them.

is such a temptation to stoop over to most kinds of housework. Suppose are paring apples; how easy to curve your back and shoulders, when you get up you sometimes

pose you are paring apples; how easy it is to curve your back and shoulders. And when you get up you sometimes forget to straighten yourself out again. The next time you do it it is so much easier to stoop a little further toward your lap; and so it is with everything that you do sitting down, especially with sewing. Be careful about such things, for if these bad habits are kept up for several years your shoulders will be round, the blades will stand out like wings, and your head will protrude forward as if you were on the search for something out of sight. This means that your chest will be flat and narrow, that your neck will be thin, that your plexion consequently muddy; your hust will be undeveloped, and your abdomen and hips will be prominent.

"But," you ask, "how can I help it?" You can help it, if you only try. Suppose you are the breadmaker for the family; take this work as a substitute for dumbbells. Stand sreet, throw your shoulders back and during the whole time of the kneading take deep breaths in unison with the motion of your hands. Of course, you know what splendid arm muscles you will have after you have worked at the bread dough once or twice a week for six months. You will, be ready for elbow sleeves next summer. In order to be able to stand erect you must have the moulding lyard at the proper height.

RATIONAL DRESS

RATIONAL DRESS

RATIONAL DRESS

The ideal way of doing your housework is to wear a special dress for this purpose. The most rational one I can suggest consists of bloomers and a lodge bloomer waist made of shaffinel like a gymnasium suit.

If you have ever worked about the house in this garb, especially if you have to run down cellar or climb a ladder to habg a picture or pound in a nail, you will wonder how you have ever worked before in your ordinary gown.

Next to this in comfort stands a light flannel suit with the same sort of blouse, and with a short skirt instead of the bloomers. The collar should be loose and low, for it is only by giving your neck plenty of room for development and allowing it to come in contact with the sir and light that a beautiful neck may be preserved or an ugly one improved.

The tight, high collar is responsible for

your housework gown, and so are your cast-off high-heeled slippers.

Perhaps you are lucky enough to have some of the floor-scrubbing or wiping up to do. You do not always realize how you can turn nearly every part of housework into a fine physical exercise. Much has been said about elevating the vital organs.

SCRUBBING AND WASHING

SCRUBBING AND WASHING

When you do the real old-fashioned scrubbing, getting down on your hands and knees, you are really taking one of the most scientific positions for raising your internal organs; but, you must remember to keep your back straight, your chest forward and your abdomen drawn in. Then, too, you must use your hands equally, first the left and then the right. This exercise will give your shoulders splendld development.

The principle of using both sides equally—of being ambidextrous—is one of the most important to remember in housework. In sweeping, use both sides of the body equally; make one work as hard as the other; change the broom from side to side, for if you limit your-self to one, soon a difference in the hips will be noticeable and you will develop a figure not to be proud of.

As for washing, you will need more care just here than perhaps in any other part of housework. You must combine thought and exercise with bending over the tub, for you are obliged in this work to lean over in one position, and to inhale hot steam at every breath. Be careful to keep your mouth shut during this work, and breathe through the nose; make frequent stops for exercise and the deep breathing of fresh air. Straighten yourself up with some stretching exercise and breathe deeply for a minute or two away from the steam. It will do much to rest you and offset the disadvantages of this work.

When you hang up the clothes, the same muscles are brought into action that are used in the gymnasium with some of the dumbbell exercises. If you have the opportunity of going to a physical culture teacher, she can give instructions in the methods of doing housework which will show you how closely allied each part of it is with the various exercises that are given in a gymnasium.

You can develop your figure just as well by means of housework, if you do it properly, as by a special system of physical culture. All exercises that develop the chest muscles help in the develop the chest muscles help in the develop the chest mus

All of these movements, together with those used in washing windows, and scrubbing and sweeping, and bread-kneeding and bed-making, develop the muscles of the arm and chest and improve all this part of the body.

Do not forget when ironing to apply the principle of double-sided development which you use in other forms of housework. Use first the right hand, then the left, and have the ironing board at a comfortable height. This last point is a most important one in all housework.

Walking forms a large part of household exercise, and it is most necessary to do this correctly in order to reap its benefits. In walking upstairs, walk erect; do not bend over, and never run upstairs. This is a most parnicious habit, and one as easily overcome as it is acquired, if a little care is used.

Always remember to hold the chin in and let the chest lead. Draw in the abdomen, and the shoulders will naturally fall into the proper place. Then with deep breathing through your nose you will not run much risk of injury from housework. Remember to bend only at the hips; do not bend at the waist; this will give you a good poise, and keep your back straight.

It is well in sweeping to twist just a little at the hips, and this will give the side bending of the trunk which is so beneficial to the internal organs, especially the liver. Floor-sweeping is a little like golf.

STANDING OR WALKING

Raising a window is a fine stretching exercise, but be careful how you do it. Hold the abdomen in, keep the back nearly straight, do not bend forward, but raise the sash by pushing with your

but raise the sash by pushing with your feet.

Holding the vital organs high is one of the first principles of health.

When you are standing or walking your are in a position especially well sadapted to the elevation of the internal organs. Hold the hips back, lift the crown of the head up and back, hold the chest forward and you will not need to "push the shoulders back." Hold the abdomen in, elevating the internal organs as high as possible.

This position will be too tiring to hold very long at a time, but take it frequently and the muscles will gradually become strengthened so that special attention need not be given to correct position.

Advice to Correspondents Seeking Health and Beauty

Skin Too Dry

you give me a treatment that we will make a life of the would you massage a dry face with thin skin?

The following lotion will improve the condition of your skin:

Lotion for Dry Skin.

Lanolis, 1 ounce; almond oil, 1 ounce; tincture of benzoin, 1 ounce. Mix the three ingredients together and rub into skin at night before going to bed.

Abscess Leaves Mark Abscess Leaves Mark

I would be pleased to have your advice on a subject that greatly annoys me. Last winter I had an abscess on my nose that left the skin rather a blue red.

The less few cold days seem to make it more noticeable. I do not drink and have very good health. My work is such that I am compelled to face the elements at all seasons, but my skin is very fair, with this exception.

Every night rub a little of the witch hazel cream on the discofored skin, and in the morning apply the lotion given below.

Witch Hazel Cold Cream. One curice each of white wax and spermacet, is into of oil of almonds.

Melt, pour into a moriar which has been healed by being immersed some times in boiling water. Very gradually add a ounces of rosewater and I ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

Borle scid, I dram: distilled witch hazel.

Borie scid. 1 dram; distilled witch hazel, 4 cunces. Apply with a piece of old linea or a hit of absorbent cotton. Use three or four times daily.

To Keep the Hair From Falling

Tonic for Falling Hair. Distilled resewater, 150 grams; aromatic vinegar, 20 grains; pure giverine, 10 grams; tincture of nux vomica, 15 grams; tincture of cantharides 10 grams.

Trouble With Dandruff My hair is full of dandruff, and is coming out fast. Can you help me with a good hair tonic not oily, as my hair is naturally oily of itself! I give it all the attention I can afford. Still, it doesn't improve I. The dandruff remedy given below is one of which my correspondents send me most gratifying reports. Before beginning treatment, cleanse the scalp and hair by a thorough shampoo.

To Remove Dandruff.

Tincture of cantharides, I cunce; liquid ammonia, I dram; giveerine, ¼ cunce; oil of thyme, ¼ dram; rosemary oil, ¼ dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further syidence of dandruff is noticed.

To Make Eyelashes Thicker

Vassline, 2 cunces; tincture of cantharides, 15 cunces; oil of lavender, 15 drops;
oil of rosemary, 15 drops.
Mix thoroughly, Apply to the sybrows
with a tiny toothbrush once a day until
the growth is sufficiently stimulated. Then
less often.
This oiltiment may be used for the syslashes also. In this case it should be very
carefully applied. It will inflame the eyes
as any oil will, if it gets into them.

Two Readers Ask Help We are two girls who have been interested in your valuable recipes. We would like to have you help us to increase our weight by the best method. We should like to increase our bust measure and broaden our shoulders. Thanking you in salvance, we are two constant readers.

Since receipt of your letter directions for increasing weight and bust have been published.

Dark Rings and Wrinkles Hearing of the good advice you have given to others. I thought perhaps you would bein me. My eyes are hollow, with dark purple rings and wrinkles under. I am only it years of age, and can give no reason for their being like that.

BRIGHTON.

Dark Circles Under the Eyes.

There is always, in my opinion, some in-ternal cause for the black circles under the eyes. The tendency is sometimes he-reditary, but dark lines are usually due to some congestion of the veins of the part and are rarely, if ever, found excepting under one or more of the following circumunder one or more of the following creations:

When the subtect is anaemic, and there is an impairment of the chemical constitution of the blood, or when the system is being drained as it would be in prolonged study, lack of sleep or dissipation of any description. The external treatment is sometimes effective temporarily, but cannot be permanent while the cause exists.

Local Treatment.

Bathe frequently with cold water and use friction. A little turpentine finiment or weak ammonia, one part of diluted ammonia to four of water, may be rubbed into the skin daily (once), but great care must be taken that it does not reach the wrea.

Massage with a good skin food will help the wrinkles.

Hands Red and Swollen Having been a reader of your page for some time. I would be glad of some advice regarding-say hands. My knuckles are pretty large and red, and my hands when het or allowed to hang down by my sides, get very red and the veins awell very high. Would you rease tell me how to stop the swelling of the veins and take away the reduces? Also, is the bleach for the neck the same for the hands and arms? Wearing cosmetle gloves at night will greatly improve the condition of your hands.

To Make Cosmetic Gloves.

Use soft large leather gloves, three or four sizes too large. His them open and spread the inside with the following preparation, then saw the ripped seam up. The simplest, and, therefore, the least trouble-some, paste to make is this:

Cosmetic Giove Paste.

Ground barley, the white of an egg, a appointul of glycerine and one ounce of

Red Spot on Neck Am 50 years old. Ten of twelve years ago a redness of the akin appeared on the neck below the law. The akin is perfectly smooth and normal, but the redness seems to deepen with time. A SUBSCRIBER.

Pimples on Nose Having been a constant reader of your column, I thought I would come to you for advice.

Have pimples all over my nose, around my mouth and chin. Could you tell me, if it is not asking too much, how I could come my hair without wetting it, as it is awfully dry!

Is there any treatment I could use at home for boils? Have had them for one yet?

The boils and pimples you describe indicate a depicted and disordered condition of your system. I advise you to consult a reliable physician in regard to an internal remedy. The Fossati cream is an excellent outward remedy, but will not permanently cure the pimples if the inward cause is not removed.

Fossati Oream for Pimples.

Lanolin, I grams; sweet almond oil, 5

Lancian, I grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2's grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple; wait until the pimples are cured before using the face brush, which might irritate them.

Neck Thin and Dark Will you please tell me what I can do for a derk, thin seek? I am also very thin. I seem to be in good health and do no bard work. Perhaps you know of some far too much walking. I am very fon for too much walking. I am very for too much walking. I am very for too much walking. I am very for large pores. My skin seems to get greasy at times, and I have very little color in my face.

To whiten your neck and make it fatter, rub it well every night before retiring with orange flower cream. See treatment for blackheads and enlarged pores, advised for other correspondents.

Palms of Hands Rough I write to you to ask your advice regarding a rough akin. It seems to be amooth enough in summer, but in winter it seems to be covered with goose flesh, only it is hard and rough. The palms of the hands are so hard I am ashamed to shake hands with any one, so will you kindly give me advice and how to batha in clive cil? As I cannot afford any expensive reemedy, please give me the cheapest you know of, and obligs.

I am giving you formula for a good cream, which should be applied to your face every night. I think it will improve the roughness you describe. Rubbing a little clive cil into the palms of your hands will help the hardness you describe.

Orange Flower Cream.

Orange Flower Cream. White wax, I ounce: spermaceli, I ounce; ianolin, 2 ounces; cocoanut oil, 2 ounces; orange flower water, 2 ounces; oil of sweet aimonds, 4 ounces; tincture of benzoin, 20 drops.

Melt the first five ingredients together. Take off the fire and beat until hearly cold, adding little by little the benzoin, and lastly the orange flower water,

To Prevent Flabbiness Knowing you help others, I come to you for advice. I am finely proportioned all over; only my bust is soft and flabby. Will you kindly tell me of some way to make it firm? Frequent ablutions of cold water, deep breathing and massage with a good skin food will-make the bust round and firm.

Discouraged About Appearance You have helped so many by your advice on reatters pertaining to self-improvement. I wish to lay my case before you. I am only ly years of age, but my skin is haboy and covered with they wrinkies, and I always have dark sunken circles under my eyes. My hair, too, is rapidly becoming gray, and upon arising each morning my scalp-ture, is it not? I am so discouraged, sepecially since I am the sole support of myself and two little sona, and, as you know, in this age one's personal appearance.

the face in warm water before treatment, as this opens the pores so that they absorb the skin food more readily. The lotion for premature wrinkles has also proved most beneficial in the removal of small wrinkles. The itching of the scalp that you describe indicates dandruff, and I advise you to use the following lotion for its removal. After you have got rid of this, you might try the Physician's Remedy to restore the hair to its natural color. I trust that you will find my advice beneficial.

Orange Flower Oream.

White war, I cunce; spermaceti, I cunce labelin, I cunces; coccanut oil, I cunce crange flower water, I cunces; oil of swe almonds, 4 cunces; tincture of benzoin,

Lotion for Premature Wrinkles. Alum, 70 grains; almond milk (thick), 14 punces; resewater, 6 ounces.
Dissolve the alum in the resewater, then pour gently into the almond milk, with content agitation. Apply with a soft lines light every night before retiring.

To Remove Dandruff.

Tincture of cantharides, I ownes; siquid ammonia, I dram; glycerine, is ownes; oil of thyme, is dram; rosemary oil, is dram.

Mix all together with 6 owness of rasswater. Rub the scalp thoroughly with this until no further evidence of dandruff is To Restore the Natural Color of

the Hair. Sugar of lead, it ounce; las sulphur, it cunce; essence of bergamot, it ounce; last conce; last conce; essence of bergamot, it ounce; last cohol. it gill; glassrine, lounce; lincture of cantharides, it ounce; ammonia, is cunce. Mis all in one pint of soft water. Apply to the route of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp.

Asks Advice for Son Can you give me advice for my boy? He is very small. And also be has very hairy face. He is 16 years old, and he shawed a few times, and now his hair comes out black and stiff. Do you know of apything that may keep it soft and light? Mrs. 8.

Better consult a reliable baroer is regard to this.

Remedy Did Wonders

Referring to your beauty column, I not that the Dr. Bhoemaker's bleach for freckles has done wonders for ms. In pergard to formula you say to use awest oil of starch. But I oan't get that. They say ewest oil is just the same, so that is what I have been using. Please state in heat week's paper whether that will do as well. T. O. You must be mistaken in regard to the "sweet oil of starch," as I do not allude to such an ingredignt in any of my formulas. I advise the use of giverine of starch after using one of my lotions for freckles. Possibly this is what you have in mind.

Reader Asks Advice Will you kindly tell me how I may develop my bust? I am plump, excepting my bust which has been hably ever sine. I weamed my baby, four years ago.

A READER.

Follow directions given to "Grateful," I think you would also be benefited by taking Dr. Vaucaire's remedy for the

Worried by Freckles I am a reader of your column, and am satisfied with the answers you give. What will take off freckies so that they will stay off!

I hope to set an asswer with a result that will take them of.
Aithough the formulas for removal of freekles published in this department are all good, note of them will positively prevent their reappearance after the posure to sun and wind. Nor do I have of any parameters remody of this limit

Mrs. Henry Symes' Beauty Recipes

Grinds Teeth While Sleeping can you tell the cause for gritting or grinding the teath while sleeping? And can you recommend any way by which the habit may be overcome? M. E. W. The restlessness during sleep which you describe indicates nervousness or indigestion. Consuit a reliable physician. in regard to it.

White Eyebrows With Golden

Will you kind the li me what will darken shy eyebrows? I have golden hair and my eyebrows are white and also meet together. What can I do to separate them and make them grow dark? G. C. Rubbing vasciine on the eyebrows will darken them a little; the only other thing to do is to use a stain. A dermatologist could destroy the hair between your brows by electrolysis. You can remove it yourself with tweesers, but this process affords only temporary relief, and must be repeated whenever the hair reappears.

Blemishes on the Face I read over the columns in the paper on hints on relief for blemiahes, and found the formula for pimple cream, but I did not know how to mix or use it, so I thought I would write and get advice A. D.

Fossati Cream for Pimples.

Scanty Eyelashes

Thick Lips As I have received several useful hints from your beauty-columns, I think perhaps you can help me. My lips are very thick and unsightly. How can I reduce them? L. B. I am sorry that I cannot tell you how to reduce the size of the lips. However, if you keep them in good condition, smooth, soft and rosy, I am sure they will not appear unsightly.

Cutting Wisdom Teeth

Can you tell me of a preparation for the gums, as my gums are dark red and hurt, causing me to grit occasionally? As I am cutting windom teeth, I also have a small bilster on my gums which comes and gos.

You will find the following lotton very soothing and beneficial to the gums:

Myrrh and Borax Mouth Wash. Rub together in a morter one-half cunce each of pulverised horex and strained hone; then add gradually one pint of pure alcohol and one-half cunce each of gion myrth and red sanders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Press through filtering paper and it is ready for use

Will you please tell me through your column the remedy for a large bust that was in last week's paper? I was away and could not get it, so I thought you would be kind enough to tell me again, and also for the cyclash. My eyes are