

CARE OF THE SKIN

BY MRS. HENRY SYMES

CARE OF THE CHILD'S FOOT

First Shoes Should have Broad Soles

If more attention were paid to the care of the child's feet, starting from earliest infancy, there would not only be fewer grown-up sufferers from corns, bunions and like ills that the feet are heirs to, but there would be fewer misshapen feet, and more that are the things of beauty that nature intended them to be.

One of the most important periods is when the baby's first shoes are to be selected. It is then that the greatest care and common sense should be used. The soles should be flat, and broad enough to let every little toe rest just as comfortably as though the foot were unshod.

There are so many fascinating little slippers and low shoes for little ones that it is hard to resist them, but at this critical time, while all the muscles are soft and pliable, it is wise to select a high boot which will support the tiny ankle. Of course, this does not matter quite so much until the little one commences to stand or walk, but when the first steps are being taken the ankles are scarcely equal to the weight they are called upon to carry, and it is then that the fascinating slipper and all their kin that are cut too low to support the ankles should be relegated to the background. Examine the little feet carefully, and if there is any tendency to malformation of any kind, begin at once to correct the fault.

High Boots Support Young Ankle



As Nature Intended

So much can be done by using even so simple a remedy as absorbent cotton. Little bits of this cotton carefully placed will do a great deal toward keeping the foot shapely, and it is excellent for straightening the toes when there is any crookedness. The cotton should be put on an undue pressure, and yet its continued use will train the soft little muscles in the desired direction.

Another known cause of many deformities in childhood and after life is neglected to have the stockings properly put on. Frequently small children are allowed to put on their own stockings without supervision from an older person. One must know how to pull them out an entire day. In an older person the small child is a disconcerting, but the small child is the unknown cause of many an outbreak of temper, but it is to be prevented. The small child should be treated in a manner that will cause an ugly, ill-formed foot in after life.

their small children, and by explaining to them when they are old enough that a beautiful, well-cared-for foot is not only a thing of beauty, but a thing of joy, as a foot that is free from such blemishes as corns, bunions, callosities, etc., is certainly apt to be more comfortable than one which has these painful incumbrances.

TALKS WITH CORRESPONDENTS

Individual Cases Taken Up and Discussed by Mrs. Henry Symes

A. N. C. - Better consult a reliable physician.

ANKIOUS MOTHER - Try the following treatment for parasites in your child's hair.

Cure for Parasites.

Get a cake of stibicloride of mercury soap (the imported) and shave one-half into fine bits, dissolve it in boiling water and add to the mixture on the stove over a gentle heat a few drops of borax solution which will form a jelly-like mixture when cold. To use, first wet the hair thoroughly with clear warm water, then rub the mixture into the hair, taking care that every particle is thoroughly saturated. Rinse with the soap mixture. Give the head a good shampoo with this mixture and rinse several times.

If you follow these directions correctly, the result will be successful.

WORKING GIRL - Use the following ointment to reduce the bust and make frequent applications of clear alcohol.

To Reduce the Bust.

Iodide of potassium, 5 grams; vasoline, 50 grams; lanolin, 10 grams; tincture of benzoin, 10 drops.

Make into a pomade and rub all over the fat parts twice a day.

You should also eat food that is especially fat-forming—corns, potatoes, corn, yams, beans, etc. You should also avoid sweets of all kinds.

BLOSSOM - I am giving you formula for the cherry lip stain, as you request. I am also giving you directions for making a good talcum powder, but there are many very good ones on the market at a very reasonable price.

Cherry Lip Stain.

Spemacet ointment, 1 ounce.
 Balsam of Peru, 1/2 ounce.
 Balsam of Gai, 1/2 ounce.
 Oil of cloves, 5 drops.

Heat the balsam in the spemacet ointment in a deep rose color. Pass through a strainer. Then add to the mixture, and mix. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Four use all over. It is ready for use as soon as cold.

Talcum Powder.

Rice flour, 10 ounces; talcum, 10 ounces; stibicloride, 5 grams; stibicloride, 5 grams; talcum, 10 ounces; talcum, 10 ounces.

Put thoroughly and sift twice through the bolting sieve. Perfume to taste.

Hygienic Talcum Powder.

Fine, 10 grams; powdered licopodium, 10 grams; talcum, 10 grams; talcum, 10 grams; talcum, 10 grams.

H. O. R. - The Vaseline remedy would be excellent for you. I am giving you the formula, which you can have filled by any druggist. The quinine hair tonic is excellent for promoting the growth of the hair. Shampooing about once in three weeks is usually sufficient to keep the hair in good condition, and you will find the egg shampoo simple and beneficial.

Quinine Hair Tonic.

Sulphate of quinine, 1 gram; rosewater, 5 ounces; glycerine, 1/2 ounce; alcohol, 1/2 ounce. Dissolve the quinine in the rosewater and add the glycerine and alcohol. Apply to the roots every day.

Don't Let the Stockings Wrinkle

Effect of Diet on the System

By Dr. Emma E. Walker

MODERN writer on constipation goes into careful details of the diet suitable for this condition. Rye bread, cracker, graham bread, certain forms of dyspepsia with constipation. Rye mush, taken with molasses, is also advised. Oatmeal acts as a laxative in many cases. Of course, when there is a catarrhal condition of either bowels or stomach, this diet is not suitable. "Graham crackers, graham bread, cracked wheat and hominy are all mentioned. Green vegetables, such as beet tops, greens, spinach, lettuce, cabbage, cauliflower and asparagus, all act on the bowels from the fact that they contain woody fibre.

Other vegetables, such as cucumbers, parsnips, carrots, green beans, green peas, sauer kraut, the various vegetable salads prepared with French dressing, and fruits, all have their place.

There are certain articles of diet which, although not containing much waste matter, still have a tendency to stimulate the action of the bowels or to keep their contents soft. Of these are mentioned, omelette, butter, buttermilk, cottage cheese, molasses or syrup, vinegar and salt.

Some of the foods mentioned as having a tendency to cause constipation are potatoes, dried beans, dried peas, sage, corn, barley, and honey. Blackberries, nuts, eggs and pickles, green tea, milk, cocoa, pepper and mustard are also included in this list. They should be carefully cooked; frying should be prohibited in the case of those who suffer from constipation. Not only should a certain amount of dyspepsia in those who have this trouble, and fried food only adds to this complaint.

CAREFUL CHEWING

A certain philosopher has said that "man is a cooking animal." Food must be cooked before it is fit to eat. However, others hold exactly the opposite view.

Breakfast and at the evening meal stewed fruit should be taken in liberal quantities; apples, pears and plums are excellent; so are prunes, figs, and tamarinds. Avoid cold peaches because they are said to have a tendency to constipate. A girl should be careful also about the soft foods, such as breads and pastries.

As to drinks, cool water offers an excellent stimulus to the action of the intestines. Those, then, who have a tendency to constipation should drink plentifully of cool, fresh water, at least a quart a day, before and after meals.

A routine measure they should take a glass of water the first thing in the morning and the last thing at night. Root beer and sweet cider are often beneficial. Alcoholic liquors, otherwise, should not be taken.

You have all heard how many times Gladstone used to chew each mouthful of food until he took it to the back of his head. The next time you take a mouthful of bread or meat, try this yourself. Notice how the very taste and the consistency of the food in the stomach's work that it ordinarily is.

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WORTH OF CLOG DANCING

The old Greek dances are fascinating, but the Spanish dance is really suited for reduction of weight and making the body generally graceful. When one watches a Spanish dancer it is seen that every part of the body at some moment takes its share in the performance—the head, the hands, the arms, even the muscles of the body. The legs in some dances take a subordinate part, but more often a subordinate part.

To avoid this they were made to live in the open air, to swim and walk, and to perform all sorts of gymnastics, but more than anything else, they practiced dancing to keep the figure slender. And so it should be in these days, for not only is the figure more attractive, but by it a woman can keep her beauty of figure and her health.

Skin Chaps Easily

Have been reading your health and beauty aids. My skin is rough, coarse and easily chapped. I have tried the orange-flower cream which you advise, but it does not seem to do much for me. Can you suggest another remedy?

Will you be so kind as to tell me what to do? I had a freckle made filled out of my forehead, but it has become a skin mark, and makes the face look old. Will you please let me know if this cream develops or fills out the tissues, thus making the face look old and giving it an aged appearance. I know how forgotten faces, and how they are best applied. (Moin's) cure for acne is best applied.

The orange-flower cream will fill out the tissues of the skin. If you do not wish this, use cream which has been heated by being gradually some time in boiling water, and gradually add 2 ounces of rosewater, and 1 ounce of which has been heated by being gradually until the mixture is nearly cold.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti; 1/2 pint of oil of almonds.

Melt in a water bath, which has been heated by being gradually some time in boiling water, and gradually add 2 ounces of rosewater, and 1 ounce of which has been heated by being gradually until the mixture is nearly cold.

Many Troubles

Being a constant reader, I write these few lines, hoping that you will be able to help me out in my troubles. It is this: My hair is falling out very fast, but I have not yet been able to get it to grow again. I don't want a bleach, but would like some thing to help it grow, and that's my hair is falling out very fast. I have used many different remedies, but none seem to do any good. I am a little thin, and I am a little nervous. I am a little nervous, and I am a little thin. I am a little nervous, and I am a little thin.

Used Tonic With Good Results

I am a reader of your department, and last summer commenced using one of your hair tonics, with good results. I also use your hair cream, and have been using it ever since. I have a boy five years old, whose hair is little thin, and thinning. It would interest you to know that I have used your hair tonic and cream, and have seen several other people who have used your hair tonic and cream, and have seen several other people who have used your hair tonic and cream.

Effect of Diet on the System

There must have been some abatement or irritation of the scalp, otherwise the tonic would not have affected it in the way you describe. However, I advise you to discontinue its use for the present.



QUESTIONS AND ANSWERS

Worried About Complexion.

Will you please help a poor mortal about her face? I have pimples and blackheads that have been on me for years. It seems to me to have done everything for me, but nothing has helped. The pimples come to a white head when opened, and pus comes from them. My face is also thin, and I would like something to cause it to fill out. Would the orange-flower cream be good for this? I have never seen it. Would the orange-flower cream be good for this? I have never seen it. Would the orange-flower cream be good for this? I have never seen it.

Questions and Answers

Here are some simple rules of hygiene for those who have trouble with the complexion: Practice deep breathing; drink lots of water—not glasses, but quarts. Get plenty of fresh air. Eat simple, wholesome food, avoiding pies, pancakes and greasy mixtures. Sleep in a well-ventilated bedroom. Take a full bath every day.

The girl or woman who is troubled with blackheads should abstain from all rich food, pork in every form, hot breads, coffee, tea, and should live principally on fresh vegetables, fruits and green vegetables. Watermelon, spinach, cauliflower and lettuce are especially good. She should eat whole wheat bread, and should take a great deal of outdoor exercise.

The orange-flower cream is excellent to keep the skin from becoming chapped. Use it twice a day, morning and night. One of the best things I know of to prevent the hair from falling out is to use a mild, non-irritating hair tonic. If the odor of this is not agreeable to you, a few drops of any perfume may be added.

Pimples.

Beta-naphthol, 2 grains; oil of eucalyptus, 1 drop; oil of rose, 1 drop; oil of orange, 1 drop. Use on the surface.

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds, 4 ounces; rosewater, 2 ounces; glycerine, 1/2 ounce; orange-blossom water, 2 ounces; perfume, 1 drop.

Eye-brow and Eyelash Grower.

Castor oil, 2 ounces; glycerine, 1/2 ounce; sulphur, 1/4 ounce.

Hair Turning Gray.

Please tell me if the use of henna will restore gray hair to its original color (dark brown)? Will it do so? I have been using it for some time, but it does not seem to do much for me. Will you please let me know if there is any other remedy that will restore the color of my hair? I have been using henna for some time, but it does not seem to do much for me. Will you please let me know if there is any other remedy that will restore the color of my hair?

Green Soap Treatment for Blackheads.

Will you kindly print the recipe for stubborn blackheads, part of which called for one ounce imported green soap?

I have quite a number of tiny blackheads on my face, especially on my chin, and I find, even after opening the pores with hot water, and using a watch key, they will not come out.

I could not get the imported green soap in my town and had to take the color. Is this as good as will? It is answer the purpose as well? It is dark brown in color, and the consistency of vaseline. If it will not do, I will try again for the imported. Is it necessary to use a watch key after using this preparation and then massage the skin? Kindly give me full instructions about the treatment.

Blackheads.

Tincture of green soap, 1 ounce; distilled water, 1/2 pint; glycerine, 1/2 ounce; salicylic acid, 1/2 ounce.

Put in a glass jar, and let stand for 24 hours. Use as directed.

Dry Skin

Will you kindly send me a formula for a liquid powder? My skin is so dry that even the best of powders does not seem to help. I have been using the orange-flower cream, but it does not seem to do much for me. Will you please let me know if there is any other remedy that will help me?

Hair Comes Out in Plops

Can you tell me of a good formula for falling hair? A member of my family has a bald spot on top of her head, and it is very annoying. Will you please let me know if there is any other remedy that will help me?

Shampoo for Oily Hair.

Yolk of one egg, one pint hot rain water, 1/2 ounce; salicylic acid, 1/2 ounce; alcohol, 1/2 ounce.

Put in a glass jar, and let stand for 24 hours. Use as directed.

Quinine Hair Tonic.

Sulphate of quinine, 1 gram; rosewater, 5 ounces; glycerine, 1/2 ounce; alcohol, 1/2 ounce.

Dissolve the quinine in the rosewater and add the glycerine and alcohol. Apply to the roots every day.

Skin Food for the Hands.

Cocoa butter, 1 ounce; oil of sweet almonds, 4 ounces; glycerine, 1/2 ounce; perfume, 1 drop.