

# HOW TO BE LIGHT AND BEAUTIFUL

BY MRS. HENRY SYMES

## DEVELOPING THE FOREARM FOR SHORT SLEEVES



Hitting the Ball Against a Wall With the Left Arm

A Stroke That Develops the Whole Arm

### Mrs. Symes' Answers to Correspondents

I WOULD like to know if you could tell me something to remove superfluous hair and to whiten the arms? Mrs. W. L. W.

If the superfluous hair you speak of is on your arms, peroxide of hydrogen will answer both our queries. It is a bleach, and will whiten the arms. It bleaches hair, making it almost invisible; at least, inconspicuous.

**A Good Freckle Lotion**  
I would like to ask you for a good remedy for freckles. Will you state how much it would cost? M.

You will find a good lotion for the removal of freckles. Have it prepared by your druggist. Commercial rates are never quoted in these columns.  
**Lemon and Glycerine Lotion.**  
(For Light Freckles and Sunburn.)  
Citric acid, (lemon), 3 drams; hot water, 11 ounces; glycerine, 1 ounce; rose petals, 1 ounce, glycerine, 1 ounce.

**Removing Superfluous Hair**  
Will you kindly give me the pumice stone treatment for removing superfluous hair? Does almond make the hair grow? D. P.

**Pumice Treatment for Superfluous Hair.**  
Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin affected with the pumice stone with the hair on. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night, before retiring.

**A Cure for Blackheads**  
I have been a constant reader of your beauty column, and have received many benefits from the same. I wish to ask you if there is anything that will cure blackheads with which my nose and chin are covered. I have tried many creams, but without benefit. TROUBLED.

**Lotion for Blackheads.**  
Pure brandy, 1 ounce; cologne, 1 ounce; liquor of potassium, 1 ounce. Use daily in the evening, after washing the face thoroughly with soap and water.

**To Whiten the Skin**  
Would you please give me a recipe to whiten the skin and make it velvety, a recipe that will not grow hair? I wish to use a perfume which is one of the simplest and most effective remedies that I know of for whitening the skin. I wish to use it both before and after exposure to the sun—letting it dry on the skin. This will also help to keep the freckles away, but if they do appear, you can use any of the lotions I recommend without fear.

**Honey and Almond Cream.**  
Honey, 1 ounce; white soap in powder, 1/2 ounce; oil of sweet almond, 1/2 ounce; oil of bitter almond, 1/2 ounce; oil of bergamot, 1/2 ounce; oil of clove, 1/2 ounce; oil of rose, 1/2 ounce; oil of ylang-ylang, 1/2 ounce.

**A Good Face Cream**  
I would like to see a good face cream.

THE vogue of the elbow sleeve has created an intense interest in forearm development. For many women discovered to her cost that while she had been looking to the proper development of this part of her body, she had utterly neglected the forearm, with the result that it was weak and thin—anything but beautifully rounded.

Of all the many exercises recommended for forearm development, none is so good as tennis, played in moderation, however. Tennis enthusiasts—those women who are in the habit of playing constantly—are apt to overdevelop the right arm, utterly neglecting the left.

To overcome this defect, try hitting the ball against a convenient walling the racket entirely with the left arm, and trying to get in all the difficult strokes, particularly the ones which go by the name of "back-arm strokes," and which consist in bringing the arm across the body and turning the wrist, with a single, swift motion, so that the same side of the racket presents to the ball as for the more usual strokes off to the side.

It is an exceedingly difficult thing to do, even with the right arm, but one of the most graceful as well as most useful exercises in the game. When you first try it with the left arm, your main exercise will be running after the ball as you miss as they rebound from your racket, striking against the wall. But the very movement of trying to strike the ball is in itself enough of a tax upon the muscles to make the development of the left arm keep pace with that of the right.

But this left-arm practice must be religiously kept up, and recommended to do it for half an hour or so every morning. If you have no one to play with you—and tennis is one of those unfortunate games for which you require an opponent of about equal skill—try hitting the ball against the wall with the right arm, too.

Incidentally, you'll be training your eye to follow the ball and gauge the spot where it is likely to strike; your wrist will strengthen and steady, so that quickness of motion will be a natural consequence, and when you get a chance to play again you'll be surprised at the improvement in your own game which you are exercising. It is very easy to get into careless habits of standing, which are hard to overcome, and unless the action is so rapid that there's no time to stand badly; but when you nearest approach to real playing is to stand at one end of a long court or on a brick or ground walk and bat the ball against the wall, you stand almost constantly in one position.

A good variation of the practice is to change your place of standing, being one day as possible to be in the rear, and one day in the front. This is good training for the part of "net man" in doubles, the next day getting as far away as you have room to properly drive the ball, never standing two successive days the same distance away from the wall.

A half-hour's practice with each arm daily will work wonders by the end of a month or two.

**Excessive Perspiration**  
Please let me know a remedy for excessive perspiration. Have been suffering with the awful disturbance all my life. HANDSOME.

Excessive perspiration usually indicates a nervous or run-down condition, and in such instances the remedy should be taken to build up the system. For external treatment use freely a good powder, which will tend to prevent overaction of the sweat glands. Washing under the arms night and morning with hot water and common brown kitchen soap often proves most effective. Washing with cologne and water or alcohol and water in equal parts is also helpful.

**Correct the Irritation First**  
My hair has been falling for quite a while, and I have been using a remedy, but it has started to break out all over my head and neck. Would you kindly let me know through your valuable column if you can help me? M.

You should first try to correct the pimple disturbance, for the remedy you have been using has evidently irritated the skin. Proceed using the remedy, and gently massage the scalp at night with the tips of the fingers. Then to each pimple apply a very little of this cream:  
**Fossati Cream for Pimples.**  
Lencin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 1 gram; oxide of zinc, 2 1/2 grams; extract of violet, 1/2 drops.

**Waved Hair on Damp Days**  
Do you know of anything that will positively keep a wave in the hair during summer months, when the weather is so hot and sultry? Also, please let me know if the curling iron is injurious to the hair. L. A.

**Thin Arms**  
Will you kindly publish a recipe for fattening the arms? I exercise my arms a great deal, but it does not seem to make them any stouter. FAITHFUL.

**See Answer to "Marguerite"**  
Will you kindly publish in your department the orange-flower cream I used daily. I have this, but have mislabeled it, and would thank you very much for same. M. A.

**Wants Fluffy Hair**  
Please publish the formula to make oily hair light and fluffy. I did have it, but lost it. Mrs. C. E. L.

**Lotion for Oily, Damp Hair**  
For greasy, moist hair the following is an excellent drying lotion. Use daily. It tends to produce a crisp condition and to absorb the excess of oil. It is a very good remedy for itching and dandruff. Powdered bicarbonate of soda, borate of soda, each 1/2 ounce; oil of clove, 1/2 ounce; oil of bergamot, 1/2 ounce; oil of ylang-ylang, 1/2 ounce; oil of rose, 1/2 ounce; oil of lavender, 1/2 ounce; oil of eucalyptus, 1/2 ounce; oil of peppermint, 1/2 ounce; oil of geranium, 1/2 ounce; oil of lemon, 1/2 ounce; oil of orange, 1/2 ounce; oil of lemon, 1/2 ounce; oil of orange, 1/2 ounce; oil of lemon, 1/2 ounce; oil of orange, 1/2 ounce.

## Ram Down Heels and Ankles that Turn



The Wrong Way of Standing Ruins the Heels

Brace Inside the Shoe

Correct the Ankle's Habit of Turning

### On the Care of the Face and Scalp

**Consult a Specialist**  
ABOUT five years ago a small red lump about the size of a pinhead formed on the end of my nose in one night. It has not grown large or very little since, and sometimes is redder than others. I will be very glad to know something which will remove it, also the cause.

Would also like to hear if you know of any mechanical or otherwise device that will prevent the flesh between the eyebrows and exhibiting the peculiar traits that you mention, it should have specific treatment.

Your own solution of the problem is correct in regard to the lines on your face. Unless the cause is removed, little can be done. The results of this long habit of lying on the side of your face may be modified. I would suggest smoothing out the wrinkles each day with a softening skin food, using movements that will spread the wrinkle or smooth it out. The more really it will respond to your treatment.

**To Remove Dye**  
You have helped so many foolishly dyed my gray hair black. Will you kindly tell me what I can use to get the dye all out and get it back to gray again? I would be thankful to you ever after.

I regret sincerely that I can give you so little help in this. A dye is a dye, and I know of nothing that will remove it. However, if the dye has not been too strong (you did not mention what you used), it may wear off in time. Meanwhile, give your hair excellent care, keeping it healthy. Then, of course, whatever new growth of hair there is will be the natural color.

**Scalp Unhealthy**  
For the last six months my hair has been falling out very rapidly, so that now I have not half as much hair as formerly. I have some dandruff, but I do not think that it is wholly due to that, for I have always had more or less of it, and it has never affected my hair in this way. My scalp is very itchy, and I have been told that my hair is in a run-down condition. Now, as I cannot afford a treatment, I would be very grateful if you would give me a formula to prevent the remaining hair from falling.

I should try the following formula for awhile—until your hair has stopped falling. Then I should apply the tonic.  
**Falling of the Hair.**  
Tincture of iron, 1 ounce; spirit of rosemary, 1 ounce; alcohol, 1 ounce.

**Hair Grower.**  
Bay rum, 1 ounce; distilled witch hazel, 1 ounce; common salt, 1 dram; hydrochloric acid (5 per cent.), 1 drop; magnesia, sufficient.

Mix the bay rum and distilled extract with well and shake with a little magnesia. Filter, and in the filtrate dissolve the salt and add one drop of hydrochloric acid. The magnesia will cause the preparation to turn quite yellow, but the yellow will disappear when the hydrochloric acid is added.

Apply at night to the roots, with friction.

### Any Gentle Motion Good

JANE—Almost any motion, if gentle, is the proper way to massage the bust. Try all those that you have suggested.

**Try Any Good Druggist**  
E. R. W.—The Vaseline remedy may be filled by any first-class druggist. If your own dealer cannot do so, apply to some reliable establishment in one of the large cities. The correct ingredients you speak of is lacto phosphate of lime.

One of the troubles which follows hard upon the heels of summer, and is caused by the ubiquitous and slippery of pumps and low shoes and slippers is that of overstrained ankles, which form the painful habit of turning suddenly and which are largely responsible for the run-down heels of shoes.

A number of ingenious little appliances have been invented to overcome both these results of wearing low shoes. One for use when the ankle has become noticeably strained is made like a tiny copy of the leg-guards cricketers wear, but fitted to the curve of the ankle, and made to strap on closely. Some of these ankle-braces are even boned, to make them resist, still more, the tendency of the ankle to turn; but most of them are made of a couple of thicknesses of stout canvas, stitched, to give it even more body, and finished with leather trimmings. Get so cleverly are the proportions adjusted that even if a high shoe is worn over it there is no undue pressure at any one point.

Even though, in extreme cases, the wearing of such a brace is to be advised, especially if you have to be upon your feet a great deal, and even more especially if your ankles turn apparently without the slightest provocation (which is the "trouble" in its worst form), exercises should be taken regularly for the purpose of strengthening the ankles.

The same exercises, by the way, will be found splendid for children who have grown very stout in a short time, and whose ankles, in consequence, have not had time to gradually harden to the increased weight brought to bear upon them.

If you are very tired, it is well to take a little before starting upon the exercises, as tired ankles are in no condition to derive anything but harm if exercising is resorted to before the muscles are relaxed and ready to work.

Take off both shoes, and sit on a low, comfortable chair, and preferably on a mat, with the feet in the same position as it is in walking. Then slowly point the foot down until it is in a straight line with the leg. Draw it up again, this time turning it back upon the leg as far as it will go, and repeat, resisting your own action, and moving so slowly that the muscles feel the tax.

Keep it up until they tire a little, and then exercise the other ankle. When each has been given two or three turns at the exercise, try swinging the foot—slowly and exercising the same quality of resistance until you feel the "pull"—with a rotary motion, keeping the leg as steady as possible.

If you have one of those chest exercisers, which provide long ropes (with handles) weighted at the ends, and which you pull forward and sideways—every way that your ingenuity can suggest, take about a single weight from it, lying flat upon your back on the floor, put your feet in the handles, and try the first exercise, although varying it slightly in that the foot must never be allowed to point straight out, else the handle would slip off.

### Stop Bleaching

I always have had a nice head of light golden-brown hair. I washed it with milks of tartaric acid and borax (at different times) to keep it light. The hair became much lighter than the hair close to the scalp, and I had to use a hair cream to touch the roots up with peroxide of hydrogen to equalize its shades; after I wash my hair, which is twice a month, I always have to touch it up.

People say I am a made blonde, and I want my hair get back to its right shade, for it is rather too blonde for a woman of my age, and yet I don't want to stop bleaching. Is there not some remedy to stop this? I have not seen any advertisement which I could put on the ends to bleach it, and I am afraid, so that it would not be noticed.

I have a gray hair on my head, and I want to get it out. Please tell me what to do.

First, discontinue the use of all the bleaching agents. Then, if these have not been too strong, your hair will gradually assume its natural shade. I cannot recommend the use of a dye for the ends, because in time, and it would be impossible to remove it. To redden conditions, rich regard to your hair at best a slow process. It must grow back, and you must assume the risk of these hair must assume all these risks.

**Skin Like Velvety**  
Would you kindly send me the formula for Dr. Vaseline's Remedy, or anything which is good for developing one's hair? I am 25 years old and have had four children.

Most one buy this orange skin food already made to live in North Dakota, but want to be pretty, and you cannot buy it here. My skin is like velvet, I have tried anything except Vaseline's Remedy, but it does not seem to do any good.

Following is the formula for Dr. Vaseline's Remedy. I can recommend it. Dr. Vaseline's Remedy for the Face. Liquid extract of ginseng (containing 1/2 ounce); lacto phosphate of lime, 1/2 ounce; tincture of iron, 1/2 ounce; simple syrup, 1/2 ounce.

The dose is two spoonfuls with water before each meal. Dr. Vaseline also advises the drinking of malt extract during meals.

I know of no other way of procuring the orange-flower cream than by buying the formula, as published in this department, filled by a reliable druggist. If this is not possible, where you live, send it away to one of the large cities. I cannot say that hot water is any more beneficial than pure cold water. Personally, I should much prefer the latter.

**A Satisfactory Remedy**  
M. J. C.—I can give you no more information of Dr. Vaseline's Remedy, as this is only recommended for the face. His well-known remedy, as published in these columns, is a perfect and satisfactory remedy among my readers.