

BY MRS. HENRY SYMES

# HOW TO BE HEALTHY AND BEAUTIFUL

## YOUNGSTERS WHO MUST SLEEP IN COLD ROOMS

PERHAPS it's due to an excess in civilization for "civilization," as one well-known scholar contemptuously puts it, at any rate, the melancholy fact remains that every year sees more and more children who are compelled, because of ill-health, to sleep in cold rooms—out of doors, if possible; if not, in rooms made fresh by having every window open to its utmost.

Usually, at first, when such treatment was resorted to, it was for ill-fated tendency to consumption, or to asthma—some lung or throat weakness. But, lately, the great value of fresh air—no matter how bitter cold it may be—has come to be a recognized factor in the medical world. As a consequence, children who are run down and nervous, who have grown too fast for their slender strength, or who show signs of breaking down from school work, are often made to sleep in the coldest sort of rooms.

When they do sleep under such conditions, it is of the utmost importance that the beds be made so that there is no danger of draughts working through, and the covers should be fastened securely—the risk of catching cold when a restless sleeper kicks the covers off is too great to run.

First of all, look to the sleeping toga. For very little children, sleeping bags (very like those that Arctic travelers use), made of flannel are

most satisfactory. They should be made like very long flannel night-gowns, which button clear up to the throat, and at the feet either button over or draw up by means of a strong tape. Be sure to get them long enough, though, to allow the little limbs full freedom of movement.

For larger children, night drawers cut with feet to them are best. They may be made of flannel, of cotton, flannel or of the heavier grades of flannel. White flannellets come in a quality that is, perhaps, nicest of all.

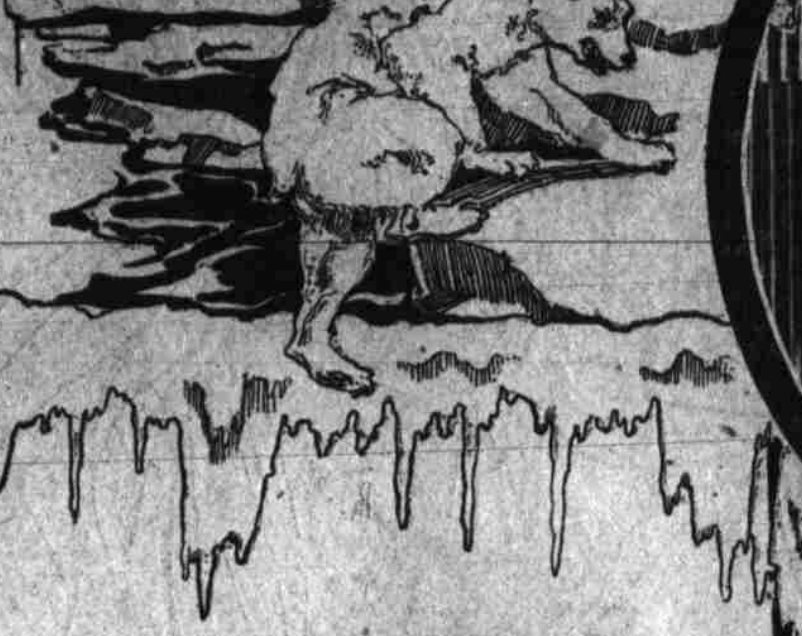
A screen placed at the angle where the draught seems to strike does away with the dangers which lurk in draughts.

The covers may be held in place by means of a great safety pin, deftly stuck through underbed and all.

For midwinter, blankets should be spread under, as well as over, the child. Two, and even three, thicknesses are not too much when the weather is very cold. Spread the blankets over the mattress, and make up the bed in the usual way.

What may be indulged in during a particularly severe spell is a hot-water bottle, slipped into its elderdown bag and used as a foot warmer. But don't let the child grow dependent upon it.

Like a woman's postscript, the most important piece of advice comes at the



The Right Kind of Sleeping Togs



Putting in a Restless Toss

## TO BEAUTIFY THE FACE

### Cure the Blackheads First

I AM greatly troubled with blackheads and large pores, and I have never tried anything for them but would like to know what to use to get rid of them. I have a good many hairs on my arms and a few on my upper lip. Would you kindly advise me what treatment to use?

Would you please tell me what is the cause of my face turning red? It turns red at anytime, especially when any one speaks to me. I am very healthy.

—A FEELING READER.

Cure the blackheads first, then consider the enlarged pores. If you treat the latter before the blackheads are eradicated, troublesome complications will result.

#### Green Soap Treatment for Blackheads.

Tincture of green soap, 2 ounces; distilled water, 1 ounce; let this mixture stand overnight in a glass bottle, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream at any drug store. A regular "cake soap," but it is about the consistency of custard.

Try this method of removing the superfluous hairs on your arms and lips: **Pumice Treatment for Superfluous Hair.**

Get an ordinary 1-cent cake of pumice stone. This is not pumice soap, but the regular pumice stone. Rub the skin with the pumice stone, and the superfluous hairs will fall out. Be careful not to be too harsh and irritate the skin. Use a little cold cream after the treatment, and a little cold cream will be best used at night before retiring.

I regret that I cannot suggest something to correct this unpleasant tendency to blush, which you describe so carefully. It is not a disease, but a peculiar nervous disorder for which I cannot prescribe.

Apply the former as you would a soap powder.

### A Liquid Complexion Beautifier

Will you please publish the recipe for a liquid complexion beautifier that does not contain alkali, lime or lead? I once used a beautifier that had the appearance of clear water, and it was excellent for beautifying the face. I had it made by a chemist, and I had it analyzed, and it was found to be a liquid beautifier. I had it made by a chemist, and I had it analyzed, and it was found to be a liquid beautifier. I had it made by a chemist, and I had it analyzed, and it was found to be a liquid beautifier.

—A FEELING READER.

### Old-Fashioned Skin Lotion.

Spermaceti, 1/2 ounce; white soap, in powder, 1/2 ounce; white wax (paraffin), 1/2 ounce; almond oil (sweet), 4 ounces; Jordan almonds, 1 ounce; pure alcohol, 1 ounce; distilled water, 4 ounces; rose water, 1/2 ounce; oil of lavender, 1 drop; essence of white rose, 1/2 ounce; essence of white rose, 1/2 ounce.

Blanch the almonds and beat them into a smooth paste, adding water gradually to form a thin cream. Melt the wax, spermaceti and almond oil together, and to this add the rose water, lavender oil and almond oil, stirring until all is dissolved. Add the essence of white rose, and mix thoroughly.

A little of this milk may be rubbed into the skin several times a day. The effect is permanently beneficial.

### Roughened Skin.

For some time past I have been troubled with pimples, which after the use of a beautifier would leave large holes in my skin. I tried the lotion for enlarged pores recommended by you, but it did not seem to do any good. Will you please prescribe something to do for rough, red skin. Do you think the orange-flower cream would tend to soften the skin?

Did you tamper with the pimples in any way? The holes you describe may be small, but they are very annoying, and having been improperly opened, they were the case I would suggest a remedy for the pores, but unless I am sure that that is the trouble.

The orange-flower cream is an excellent skin food, but before beginning its use try this lotion:

### Lotion for Inflamed Skin.

Boric acid, 1 dram; distilled water, 1 ounce; rosewater, 1 ounce.

Use a wet sponge or three times a day.



Several Thicknesses of Blankets Over the Mattress

## ADVICE BY MRS. SYMES

### Job's Tears

WILL you kindly inform me of the earliest possible moment when I will be able to get them at a jeweler's. These people make the "tears" into necklaces. I could not assure you of any special value of Job's Tears other than making something hard and smooth for baby to rub his sore gums on.

### Fat Across Shoulders

Please publish rules for reducing shoulders and back. I am very fat across the shoulders and around my neck. I tried several rules you had in one of the papers, but they had no effect. Can you very large around the waist, though not in the hips. Will you kindly advise me what to do to get thin. I am very anxious to get thin. I desire to be told I am so fat across the shoulders.

I advise you to try bathing your neck and shoulders with cold alcohol or warm vinegar. Do this every day. Also, use this pomade:

**Pomade to Reduce Fat.**  
Iodide of potassium, 4 grams.  
Vaseline, 1 gram.  
Castor oil, 10 grams.  
Mix and rub over the fat parts twice a day.

Deep breathing will help to reduce the waist measure and enlarge the bust. This stretching exercise, too, are splendid as waist depilers. Raise the arms high above the head, then, holding knees straight, try to touch the floor with the finger tips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

### To Enlarge the Legs

Will you please tell me what is good for enlarging the legs? There are many kinds of shorts, and my legs are very thin. Thank you for your advice. M. D.

Resting on your tiptoes about twenty-five times daily will develop the calves of the legs and keep the ankles slight, which is most desirable. Rubbing in soap butter or a good skin food will aid development.

### Probably Due to Strain.

I have been troubled with my eyes a great deal lately, so ask you for a little advice.

On awakening in the morning my eyes run as if they were sore, and whenever I read they become watery and hurt. My eyes have been in this condition for the last two years. I have consulted an oculist, he said I needed glasses, but they do not do me any good, as well as the average person. Now if there is anything you can do for me it will be appreciated.

—A. F. W.

I wonder if you have been doing anything to abuse your eyes? Knowing so little of the conditions under which the trouble has arisen, I cannot be of much help to you. However, I would suggest that you bathe the eyes, using an eye-cup, twice a day with this eye lotion:

### Eye Wash.

One teaspoonful of boric acid, 2 drops of camphor, 2 of a cup of boiling water. Cool, strain through muslin and apply with an eye cup.

### Disordered Digestion

I have used the sulphur and milk for clearing the complexion, but it doesn't seem to have done me good. Could you kindly tell me about something that will help me to get thin? My complexion is not for the complexion and blood.

I am sure that the difficulties with your complexion are due to a disordered digestion and impure blood. All fruits are beneficial, if there is no tendency to diarrhoea. Try this blood purifier:

### Blood Purifier.

Sodium sulphate, 1/2 oz. ounce; compound syrup of sarsaparilla, 2 fluid ounces; syrup of orange, 1/2 fluid ounce; water, enough to make 4 fluid ounces.

—M. S.

### Consult a Specialist

If there is a remedy for lengthening the legs in your plans, publish an article in your column in the near future.

### Blood Purifier.

I am sorry that I can suggest no method by which you can lengthen your legs. But I have heard that such things have been done by specialists. I would advise you to consult one of these people.

### Try Massage

E. B.—Try massage with orange-flower cream. Frequently published in these columns.

## POINTS OF VALUE ON THE CARE OF THE HAIR

### To Bleach a Switch

HOW would peroxide of hydrogen do to grey hair? It will bleach the hair, but if you use it too often it will dry the hair out. If you use it once a week, it will give the hair a yellow tinge. My hair is silvery white.

Peroxide of hydrogen is an excellent bleaching agent, and I advise you to try it on the switch. Apply the pure peroxide, undiluted, by means of a fine brush—a toothbrush is good. Give the switch these bleaching baths every day until the yellow tinge has disappeared.

### A Hair Tonic

SMOOTH FACE—I suggest that you try this formula, though I cannot guarantee that it will be efficacious under these circumstances.

### Hair Grower.

Bay rum, 1 ounce; distilled witch-hazel, 1 ounce; pomace oil, 1 dram; hydrochloric acid (10 per cent.), 1 drop; massal oil, 1 drop.

Mix the bay rum and distilled extract of any hair tonic with a little pomace oil, filter, and in the filtrate dissolve the acid. Add one drop of hydrochloric acid.

The massage will cause the preparation to penetrate the scalp, and the hair will grow again when the hydrochloric acid is added.

Apply at night to the roots, with friction.

### Gray Hair

I would like to have you give me the prescription for restoring gray hair. It looks over the scalp, but I could not find the formula.

**To Restore the Natural Color of the Hair.**  
(A physician's prescription.)  
Syrup of lead, 1 ounce; lac aliphatic 1/2 ounce; essence of bergamot, 1/2 ounce; tincture of cantharides, 1/2 ounce; ammonia, 1/2 ounce.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean.

The fire should never be applied if there is any dandruff on the scalp.

Apply to the roots of the hair with a small brush, then spread evenly downward through the tresses with an ordinary hairbrush.

### Asks for Recipe!

Please publish the doctor's recipe for restoring gray hair to its natural color.

—M. A.

You will find your query answered under head of "G. J."

### Harmless Hair Stain.

The hair tonic I wrote you about some time ago I wanted for the coloring part. You said it was a harmless dye, being pure vegetable. My hair is a rather light shade of brown, and I do not wish to darken it. There is a light streak on the temples, and I wanted to try your formula, provided it was not injurious.

The henna stain that you speak of gives the hair a reddish tinge, and darkens it somewhat. It depends upon the exact shade of your hair whether or not this is suitable. The walnut stain, frequently published in these columns gives a brown color.

I give you the henna formula to use if you think best.

### Renna Hair Stain.

Take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold, strain the henna into a small cup, add a small quantity of cochineal, 1/2 fluid ounce; distilled water, 1/2 ounce.

Mix and massage until solution is complete for general use.

Very often scars may be removed by gentle massage with cold cream. But if such should not prove effective, try this formula:

### To Remove Scars.

Lanolin, 2 grams; ointment of biniodide of mercury, 1 gram. Rub in well once a day.

### Hair Growing Thin

Kindly give me a good remedy for thinning hair. It seems to have stopped growing in the front and back, and my hair is thinning all over. Also advise me if I should consult a specialist. Try to correct the trouble yourself by applying this tonic with gentle and regular massage of the scalp:

### For Falling Hair.

Cologne, 1 ounce; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, 4 ounces.

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

### Dandruff After Fever

Last April I was very sick with the measles. I had a very high fever (104°), and now I am having a bad time with my hair, caused by the fever. I expected to lose some of my hair, but it has not fallen out. My hair is very thin, and it is not growing again.

I have been in town for treatment, but it is very expensive, as they want me to buy this and that, and I could not give you your formula for stubborn dandruff, and I am using it only three days. Do you think that is all right, or have you something better? My hair comes out in my hands at each combing. Mrs. A. C.

Continue the dandruff cure, but alternate it with this tonic. The latter is especially good for a dry scalp.

### Tonic for Falling Hair.

Phenic acid, 3 grams; tincture of mus-

### Formula Repeated

Will you kindly give me the formula for your orange flower skin food?

### Orange Flower Skin Food.

Oil of sweet almonds, 4 ounces; white wax, 4 grams; spermaceti, 4 grams; borax, 4 grams; ammonia, 1/2 ounce; distilled water, 2 ounces; oil of neroli, 1/2 drop; oil of lavender, 1/2 drop; oil of orange peel, 1/2 drop; oil of lemon, 1/2 drop; oil of grapefruit, 1/2 drop; oil of bergamot, 1/2 drop; oil of ylang-ylang, 1/2 drop; oil of rose, 1/2 drop; oil of geranium, 1/2 drop; oil of violet, 1/2 drop; oil of sandalwood, 1/2 drop; oil of nutmeg, 1/2 drop; oil of cinnamon, 1/2 drop; oil of clove, 1/2 drop; oil of allspice, 1/2 drop; oil of nutmeg, 1/2 drop; oil of cinnamon, 1/2 drop; oil of clove, 1/2 drop; oil of allspice, 1/2 drop.

### Before Curling

Will you kindly publish an early a date so possible your formula for preparation to keep hair in curl, the one containing sugar, sun, etc.

### Solution to Keep Hair Curled.

Take gum arabic, 1 ounce; good moist ground, 1 ounce; pure hot water, 1 pint. Dissolve when this solution is cold add alcohol, 2 fluid ounces; bicarbonate of soda, 1/2 fluid ounce; tincture of cantharides, 1/2 fluid ounce; distilled water, 1/2 fluid ounce.

Mix and massage until solution is complete for general use.

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Phenic acid, 3 grams; tincture of mus-

### Tea Hair Tonic

I would like to know the recipe that was published some time ago. It consists of boric acid, tincture of cantharides, 1/2 ounce; distilled water, 1/2 ounce; oil of sweet almonds, 4 ounces; white wax, 4 grams; spermaceti, 4 grams; borax, 4 grams; ammonia, 1/2 ounce; distilled water, 2 ounces; oil of neroli, 1/2 drop; oil of lavender, 1/2 drop; oil of orange peel, 1/2 drop; oil of lemon, 1/2 drop; oil of grapefruit, 1/2 drop; oil of bergamot, 1/2 drop; oil of ylang-ylang, 1/2 drop; oil of rose, 1/2 drop; oil of geranium, 1/2 drop; oil of violet, 1/2 drop; oil of sandalwood, 1/2 drop; oil of nutmeg, 1/2 drop; oil of cinnamon, 1/2 drop; oil of clove, 1/2 drop; oil of allspice, 1/2 drop.

### Superfluous Hair

I have the most objectionable growth of superfluous hair on my arms and hands. Have tried the pumice stone, peroxide of hydrogen and other remedies, but they will not tell me something that will take it off before it comes back. I cannot afford that, and if persistence is all that is necessary, I do not want to know. Will you please tell me just what to do?

I should next try this depilatory:

### Old Depilatory.

One of the oldest depilatories manufactured, and which has a very large sale, is as follows:

Sulphate of soda, 100 grains; chalk, 20 grains.

Mix thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin. Then scrape off with a blunt blade—paper knife, or hair scraper. Do not touch the skin with every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the depilatory surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

### Not Harmful in Any Way

My hair is turning gray prematurely. Kindly give me through the page the walnut stain formula. Will it turn, or cause the hair to fall out? L. O.

This hair stain is not harmful in any way.

### Walnut Stain for the Hair.

Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, 1/2 ounce. Let stand eight days and strain. Before using any dye the hair should be freed from grease by a thorough shampoo. The dye should be applied to the hair by means of a toothbrush and occasional combing with a new comb; contact with the scalp should be avoided.

### Almond Meal

Some few weeks ago you advised me to use almond meal instead of soap. I write to ask you how I can use it in connection with the complexion brush. As I see that every night and do not like to discontinue using it, will I sprinkle some of it on my face before I wash with soap?

—R. S.

This almond meal need not interfere in any way with the use of the brush.