How to be Healthy and Beautiful

by Mrs. Henry Symes

The Right and the Wrong Way to Sew.

Perfectly poised

Bad for the Spine

A low chair and a footstool for comfort

As harmful as it is untidy

For a rest

THERE are two ways of doing most things, and isn't it alarming how many women there are in the world who sew in the wrong way, and then blame their spoiled fingers and overwrought nerves, not upon their own faulty methods, but upon the innocent sewing itself?

Of course, there are some women who ought not to sew at all. Their organism is so delicate that even a slight use of a machine pedal is injurious, and sitting for any length of time in one position, or at any occupation, is ruinous to their nerves and digestions. Even these frail sisters can greatly modify the tax on their strength if they go about their necessary sewing properly.

Sometimes eyes which can stand a great amount of reading or writing (because of the relief afforded by the contrast between the black and white) are injured by an apparent glare that comes from the color sameness of sewing materials. Women with eyes of this sort would better leave needles alone.

I have in mind two women whose methods of sewing are as widely at variance as their personal appearance. The first prepares for a day's sewing by ridding herself of her dress and corsets, getting into a kimono and literally slumping down to her machine.

Lunch time finds her flushed, tired, and woefully untidy. She can't possibly come down unless you will excuse her negligee. She hurries through the meal, and back to her work, refuses to see any one, and spends the day in the same costume, thoroughly convinced that it is impossible to sew and look presentable.

When she sews by hand, matters are no better. With her the kimono-habit has taken root, grown and blossomed. She sits doubled up over her work, and though she is still in her early twenties, there is a suggestion (just a suggestion, mind you, but it will grow) of a curve about her shoulders, a contraction of her chest, and a broadening and flattening of her waistline.

The other woman has done all the sewing for a brood of youngsters for years, yet her waist is as small and supple, her back as flat, and her head as well poised as when she was a young girl and noted for her figure.

Once having seen her at work I understand why. She abjures the kimono, always works in her corsets and blouse, neatly collared and belted, though never with any tight or compressing garment about her. She sits erect at her machine, and if she gets tired, uses one foot at a time on the pedal, resting the idle foot on the iron framework, so as to keep it on a level with the other and avoid a one-sided position; or places it on the floor and then swaying a little to the side, gives herself perfect freedom of motion and a change of position at the same time.

When she sews by hand she takes a low, comfortable chair, has a stool at her feet, and sitting herself in her usual upright, graceful posture goes at her work as though it were a recreation.

She is always dainty, carefully dressed, and ready to receive her friends if they call, and many a yard of ruffling gets hemmed while she is chatting of other things. She accomplishes as much as her less tidy and graceful sister, and preserves her personal appearance and health, all because she has learned to work in the right way.

Mrs. Symes' Hints to Correspondents

Hair on Lip

WHAT shall I do to remove superfluous hair on upper lip? I saw something a few Sundays ago about ammonia. Is it good for such a purpose? and how much should I use and how apply it? Will it remove it permanently?

I am only 21, and weigh 142 pounds; am five feet four inches. I think I am a little too stout. What can I do to reduce myself? B. M. E.

Ammonia destroys the roots of the hair. Make a solution of about a teaspoonful of ammonia to a tumblerful of water. Wet the superfluous hair with it every day. Use in connection with this peroxide of hydrogen, which will bleach the hair and make it almost invisible. This treatment is not permanent in its effects, but many use it and renew it occasionally.

Following are some general rules for the reduction of flesh:

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt, instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven, at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh, the one fact to recollect is that fat is carbon; oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

Consult Your Physician

MRS. C.—The information you seek is best given you by a good physician. I advise you to follow this method. If the doctor you speak of does not satisfy you, persevere in your search for assistance and consult another.

A Tonic With Little Oil

I would like you to tell me of something to make my hair grow. It is short and thin, and never grows. I haven't much dandruff. Some people tell me to use vaseline, cocoanut oil and different things, but I would rather take your advice. If you know of something that will make it grow and isn't oily I would be very thankful. If you don't, something oily will do. I also have a few gray hairs and am only going on 18 years old. D. S.

I think you will find this jaborandi tonic just the thing for you. It contains less oil than many others. Don't bother about the gray hairs just yet. If you can improve the health of your scalp and hair, they may disappear.

Jaborandi Tonic.

Quinine sulphur, 20 grains.
Tincture of cantharides, 2 fluid drams.
Fluid extract of jaborandi, 2 fluid drams.
Alcohol, 2 fluid ounces.
Glycerine, 2 fluid ounces.
Bay rum, 6 fluid ounces.
Rosewater, 16 fluid ounces.

The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

Hair Coming Out

My hair is coming out by handfuls, and my scalp is hot and dry and itches constantly. I also have a lot of gray hairs coming in thick. Is there a good tonic to stop them and also promote the growth of the hair? Could you include something to darken it at the same time?

Is there something to bleach my face, neck and arms? What will fill out a thin neck and shoulders? My bust is getting very flat. Is there any special diet I could take to make me more plump? I weigh 110 pounds; height, 5 feet 3 inches. Is that not too little? Mrs. C. C. M.

Do not worry about your gray hairs just now. It is more important that you should restore the health of your hair and scalp. Try this formula:

Formula for Dry, Falling Hair.

Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each.

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.

For Freckles

Please publish the formula for ostinate freckles and how long it will take to remove the worst kind of a case.

CONSTANT READER.

Dr. Wilson's Treatment for Obstinate Freckles.

(Recommended by Erasmus Wilson, and though excellent in obstinate cases, does not suit all complexions equally well.)

Elder flower ointment, 1 ounce.
Sulphate of zinc, 20 grains.

Mix well and rub the affected skin at night. In the morning wash the cerate off with soap and soft water and afterwards apply a lotion thus composed:

Infusion of rose, 1 pint.
Nitric acid, 20 grains.

All local discolorations, Dr. Wilson affirms, will disappear under this treatment; or if the freckles do not yield, they will at least be greatly ameliorated.

The length of time it takes to effect a cure varies with different persons.

Formula Repeated

Will you kindly send me formula for whitening the skin? I had the prescription filled once, and liked it so well I want it again. I have forgotten the ingredients, except that they were put in a quart of boiled water. Mrs. W. A. Br.

I do not know to just what formula you refer, but will give you this one, hoping it will meet your needs.

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine; next the remainder of the rosewater.

Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked.

A Good Face Bleach

Please give me Dr. Shoemaker's recipe for a good face bleach. Mrs. J. E. C.

Dr. Shoemaker's Bleach.

(For freckles and brown spots.)

Bichloride of mercury in coarse powder, 8 grains; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Agitate until a solution is obtained. Wop over the affected parts. Keep out of the way of ignorant persons and children.

Don't Substitute Water

Will you kindly give me formula containing bichloride of mercury? I think it is 18 grains (in coarse powder) of bichloride of mercury, 2 ounces of witch hazel and 2 ounces of rosewater. Would soft water do as well? Mrs. W. W.

The correct form of the recipe to which you refer is given in the answer to "Mrs. J. B. C." I would not substitute water for any of the ingredients.

Peroxide as a Bleach

Will you please give me a good freckle lotion that I can have prepared by my druggist, also a skin lotion, and how to use them?

How long do you have to use peroxide before the hair changes? Will it turn dark brown hair to a light brown? Does it make the hair fall out if you use too long? Also, how do you use it on the hair? J. M. S. J.

I never recommend the use of peroxide of hydrogen on the hair by amateurs. Any bleaching chemical of the kind is sure to lighten the hair more toward the ends than toward the roots, and it is seldom that the inexperienced person can apply it so carefully that a lighter shade will not in time result. Henna is a vegetable stain, quite harmless, and producing an equally attractive reddish tint. For home use it will be found a much safer article than the bleach.

Too Young for Gray Hairs

I take great pleasure in reading your beauty hints, and I would ask if the physician's prescription that is so often in your columns is quite harmless? I see there is sugar of lead in it. Would it restore the color of hair with that left out? I have heard that restoratives are sometimes dangerous. My hair is only a very little gray, and being too young to have gray hairs, would like to know of some harmless restorative.

Please, will you tell me also is henna is harmless, and how to use it? REGULAR READER.

If properly prepared and properly applied, the Physician's Remedy will not harm you in any way. It is not always successful, however, though my correspondents often write to tell me of its benefits to them. Do not leave any of the ingredients out if you use it. It is always dangerous for an inexperienced person to tamper with a formula of any kind. Henna hair stain is very simple and absolutely harmless. Following is the formula:

Henna 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 liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

Hair Thin and Faded.

I am in great trouble, and must have help at once. My hair is all coming out. I have not enough to hold my hat on, and feel dreadfully about it. As you have helped so many others, I feel that you may be able to help me. My hair is coming out for the last two times, but for the last two weeks it has come out worse. What would you advise me to use, and make it grow thick? It is very thin now, and is faded and growing quite gray. I hate to look in the glass and see those gray hairs coming. Now, what shall I do to bring my hair back to its natural color?

I am sending to the druggist to get the pomade to reduce fat. I am getting it to reduce my bust, as it is getting too large. None of my clothes fit me. How long will it take to reduce it?

Please give me the best things you can think of for my hair. My head perspires so that my hair is wet. Also, my hair seems to kink and break off, and I cannot keep it in curl. It is just as straight as a stick in five minutes after I have curled it. My hair seems to cling together, and has ugly paste. It is sticky even after I have washed it. Mrs. E. E. K.

First of all, let alone the questions of gray hair and curls. Neither is important. The condition of your head is very bad, and you must give most careful attention now to restoring its health.

Be very systematic in everything I tell you to do, and I think between us matters can be mended.

Wash your head thoroughly once in two weeks with warm water and pure castile soap. It is well to shake up the white of an egg in the soap lather. Afterward rinse the head with water at least five times, first hot, then cold.

Keep your hair perfectly clear of tangles, braiding it carefully at night. Brush continually — at least one hundred strokes night and morning, though as gently as possible. Do not be dismayed at what comes out. It will come out anyway, and it is the new hair that is important. Trim the ends with the scissors once in three months.

Following are three formulas. Use the first until the falling of the hair has been arrested.

Falling of the Hair.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

When results have been accomplished, use this:

Lotion for Oily Hair.

Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 14 grains. Apply daily, rubbing well into the scalp.

Then begin the use of this tonic:

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 3 ounces; diluted sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix; then further add glycerine, ½ ounce; essence royal or essence of musk, 4 or 6 minims.

Agitate until solution is complete. Apply to the roots every day.

Use but one formula at a time.

The length of time required to see results from the pomade to reduce fat depends upon your individual case and the faithfulness with which you apply the remedy.

I Do Not Know the Tablets.

I have noticed the Dr. Vaucaire remedy advertised in tablet form. Is it the genuine remedy? I had the prescription filled at a druggist's, but I was unable to take it; it made me sick every time I tried to.

I am using your remedy for blackheads very successfully; also your orange-flower cream. C. H.

I can give you no information of these tablets, for I know nothing about them. I can recommend the Vaucaire Remedy only as published in this department. Have you had this latter filled properly? If so, I cannot understand why it should disagree with you. But under the circumstances, if the preparation is correct in every detail, you should discontinue using it. There may be some condition, peculiar to yourself, that does not welcome the remedy.

On the Care of the Skin and Hair

At Any Good Druggist's

Will you kindly give me the recipe for Dr. Vaucaire's bust developer, and also tell me where I can get it filled? Mrs. G. N. S.

Take the Vaucaire formula, as follows, to any first-class druggist and he will prepare it for you.

Dr. Vaucaire's Remedy for the Bust

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

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

See Answer Above

Will you kindly give me Dr. Vaucaire's remedy for enlarging the bust? A. B. F.

You will find this formula in the answer to "Mrs. G. N. S."

Skin Too Tender

M. E. B.—I think you are troubled with "whiteheads." Follow this treatment:

Whiteheads (Acne Molluscum).

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

Discontinue using the other formula. Your skin is too tender for steaming; rub it gently with this skin food:

Pomade Grecque—Skin Food.

Lanolin, 2 ounces; white vaseline, 2 ounces; good cold cream, 1 ounce. Mix.

The other disease you mention is a case where a physician is the proper person to consult.

Try This Astringent

Will you kindly tell me of something that will make the skin under my eyes firm, as I think there is a tendency to wrinkling sooner than firm skin, it being so soft, especially under one eye, strange to say. If you can do this, it is needless to say it will be appreciated. I am 21 years old. Has age anything to do with it? Have used almond cream with no effect.

Please repeat Chinese eyelash stain, also. GYP.

Try the application of this astringent pomade under each eye, using a little more under the more troublesome one. Your age has nothing to do with this affection.

Hardening Pomade.

(An astringent.)

Oil of sweet almonds, 200 grams; white wax, 100 grams; tincture of benzoin, 30 grams; rosewater, 50 grams; pulverized tannin, 25 grams.

This pomade should not be used as a massage cream, but should be applied after massage to restore shrunken or flabby skin.

Chinese Eyelash Stain.

Gum arabic, 1 dram; india ink, ½ dram; rosewater, 4 ounces.

Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

Learn to Concentrate

D. M. G.—No, thirty-two is not too old to accomplish what you desire, though it is more difficult than it would have been twenty years ago. I hardly know what to suggest, other than concentrated effort toward the coveted accomplishment. Do what you have to do deliberately and with extreme care. Do your tasks over and over again, and when you are doing one thing, think of nothing else.

To Cure a Sty

MRS. J. F.—Before I could help you to "look younger," as you say, I should have to know in detail about your appearance.

The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint wrung out of boiling water; cover with a piece of jaconet and a pad of cotton-wool on top; fix with a bandage.

I think you should consult your physician about the spots on the baby's cheeks.

I never heard of gray hair being caused by the circumstances you mention. I can give you the physician's remedy for restoring hair to its natural color, but it is not infallible, nor is it permanent. However, it has proved successful to many of my correspondents, and they are all willing to renew the treatment when the first effects wear off. The time it takes between treatments varies widely in different people.

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerine, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ½ ounce.

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

The dye should never be applied if there is any irritation or abrasion of the scalp.

Break the Habit First

Have had the freckle prescription filled, but am not sure that it is right. It is more of a brickish red liquid than a paste, but hardens on application. As I had a reliable druggist fill it, used it twice and thought it best to inquire.

I am also troubled with large pores and very red complexion, and wish to use the prescription for enlarged pores as well as the orange-flower cream. Does that bleach? You said it would not cause the growth of hair.

Now, will you please tell me when it would be well to use and how often, as I wish to get the benefit of all three remedies.

Also what direction should be used in massaging lines that are caused by compressing the lips—a habit that I have fallen into and cannot break, as I do it unconsciously. F. E. O.

Do not be alarmed at the appearance of the preparation, for very often a druggist puts into a formula, on his own account, a harmless coloring matter. After leaving the paste on over night, remove it in the morning with applications of sweet oil or of cold cream.

Rub the orange-flower cream into the skin gently once a day. It does not bleach. Following are the formulas you ask for:

Orange-Flower Cream.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 1 ounce; cocoanut oil, 1 ounce; orange-flower water, 1 ounce; oil of sweet almonds, 4 ounces; tincture of benzoin, 10 drops.

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

Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or absorbent cotton.

MRS. L. A. K.—It is strange that the druggists have not procured this for you. But if you insist upon their getting information about it from some large establishment in a big city, I think you will get it.