

Show Us to be Healthy and Beautiful

By Mrs. Henry Symes

STRAIGHT BACK SHOULDER AND FLAT CHEST

FOR those ugly hollows below the collarbone, and for the development of beautiful shoulders and upper arms, the exercises for hollow cheeks and for the shoulders and upper arms are especially designed. But they do a great deal besides, and are particularly good for the woman whose chest is flat or inclined to sink in, and for filling out the hollows between the shoulder blades, which is another otherwise good figure. Deep breathing should be an inseparable part of the work of exercising. The instructions show the correct way to stand, and the start-out, with the finger tips touching the chest just below the shoulder blades. Press the tips along until they are as far back as the top of the arms as it is possible to make them so. Then raise the elbows as high as you can, keeping the hands stationary.

Lowering the elbows, bring the hands forward again and stand under the arms as far back as you can get them. A good way is to try to reach an imaginary goal over the shoulders and then try to touch that goal when you make the under-arm motion—making the complete circle. This exercise is best of them all for developing the shoulders and filling out the "collarbone hollows."

Reversing the hands so that the back of the hand touches the body, and describing a semicircle from the start of a round under the arms to a point as far up the back as possible, aid in the hollowing out of the back. Keep the head held well back, with the chin drawn in, rather than thrust forward or up.

Mrs. Symes' Aids to Correspondents

Hollow Cheeks
PLEASE give me the address of a good reliable specialist, one who can fill the hollow of your cheeks without injury. I have tried massage with almost every kind of cream you could think of. It seems to do no good whatever. I am naturally thin and have hollow cheeks, but would be fair looking if my cheeks did not sink in so badly. I also like my hands and arms filled out.

Please tell me in truth, can this be done successfully and permanently? If not, it is against my rules to give the addresses of specialists in these columns. I am sorry.

Whether or not it can be so, as you say you have tested massage thoroughly, I cannot say. It would seem that you are naturally thin, and that you do not respond to treatment readily. Have you always been thin, or is it simply a result of your illness? Possibly the after effects may not have worn



For the hollows around the collarbone

To Reduce the Hips
I am about 34 years old and have extremely large buttocks and hips. I saw your formula for reduction of the hips in the paper, which I would like to know if you can suggest something to reduce the hips. This exercise is highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symmetry.

Noise Red in Cold Weather
Will you please advise me through the paper of a good cleansing cream to use at night and also a good skin cream to use in the day. I have a red nose and cheeks, and the skin is very dry. I am giving you the formula for a good cleansing cream. For the skin cream use the cream of sweet orange, for which formula is frequently published in these columns.

Cleansing Cream.
White wax, 2 ounces; spermaceti, 3 ounces; sweet almond oil, 2 ounces; distilled water, 1 ounce; glycerine, 2 ounces; salicylic acid, 50 grains.

In each case take care to use a pleasing to those who are troubled with a red nose. Brush the face with a soft brush, and if the circulation is stimulated by the cream, a color will be put where it ought to be.



The hands passed to the back

Directions Explained
Would you please give me a recipe for brown hair stain? I have one here that I got from your column, but I do not know what it is. I have used it in a hot water bath until the water has been completely expelled. Will you please explain this or give me another recipe?

A READER
I have had very favorable reports of the brown hair stain you refer to. Here it is:

Brown Hair Stain.
Green walnut shells, 2 ounces; alum, 1/2 ounce; pure oil, 4 ounces.

Heat together in a water bath until the water has been completely expelled; then apply to the roots of the hair once or twice a day.

The "hot water bath" is a little appliance made in the order of a double boiler. The ingredients of the preparation are allowed to heat and boil in the inner receptacle until all the water in the outer receptacle has boiled away.

Wrinkles at the Ears
Is there any help for these little wrinkles which form on cheeks around the ear and are often the only marks of age seen on young women? I have seen a woman who has had these wrinkles for many years, and she says she has never seen any inquiries about these wrinkles, nor a word written on the subject of them. The reason is that they are not seen in facing a mirror. But I think they are hideous.

For the wrinkles try the hardening pomade (an astringent) recommended for "M. J. W." in the paper.

Use rotary movements while massaging, and expend plenty of energy upon the parts about the ears, where the wrinkle manifest themselves so unpleasantly.

I do not know the liquid you refer to. But don't you mean peroxide of hydrogen? That is a harmless bleach for your purpose.

For Internal Use
A short time ago I noticed your column, and wrote to ask that you be good enough to write me a recipe for a stomachic. I know of nothing which will turn the hair gray, although I have heard that certain specialists have attempted it. I do not know the liquid you refer to. But don't you mean peroxide of hydrogen? That is a harmless bleach for your purpose.

Wants Iron Gray Hair
Can you tell me of any harmless preparation which will turn the hair iron gray? I have a friend who is a great admirer of the so-called iron gray hair. I thought I would ask you, as I know of nothing which will turn the hair gray, although I have heard that certain specialists have attempted it. I do not know the liquid you refer to. But don't you mean peroxide of hydrogen? That is a harmless bleach for your purpose.



The start of

Various Hints on the Care of the Hair

Hair Falls After Fever.
Will you please advise me how to get my hair to grow again after a fever? My hair has been falling out and has grown darker. If you could give me a simple remedy, I would be very thankful. Also, will you tell me how to keep the hair shining like Mrs. W.'s?

Falling hair always tells of disordered circulation in the scalp skin, a condition which frequently follows fevers. The proper remedy for this condition is massage. If you cannot supply the services of a professional, give yourself twenty-minute treatments each night. Press the fingertips well into the scalp, on each side of the temples, and make a wheel-like movement from front to back, and from the sides to the crown of the head. Keep your fingers fixed on the scalp. To be of benefit, this treatment should be repeated every day. I give you formula for a tonic which may be used with massage. Apply it just before concluding massage.

Formula for Dry, Falling Hair.
Castor oil, 1 ounce; tincture of sassafras, 1 ounce; oil of English lavender, oil of rosemary, 1/2 ounce 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.

The best way of keeping the hair light is to give it frequent and thorough shampooing.

Constant washing—no Stokes a day—will make the hair glossy and bright, and will help the condition of the scalp as well. Some women wash their hair with warm water and use the little silk night caps, claiming that the friction of the silk against the hair makes it glossy and beautiful.

Te Darken Red Hair
My hair is red. Could you help me by giving a recipe to darken it—something harmless? Would walnut stain or henna work? I am a woman with red hair. I am likely to make your hair still more red. I am giving you a formula which will darken it.

Hair Darkener.
Bast of iron, 1 dram; old ale (strong), un-sweetened, 1 pint; oil of rosemary, 2 drops.

Apply to the roots of the hair daily for ten or twelve days; then, after repose, decant the clear portion for use.

Henna Reddens the Hair
Please send me your recipe for henna dye for the hair. I have a friend who is a great admirer of the so-called iron gray hair. I thought I would ask you, as I know of nothing which will turn the hair gray, although I have heard that certain specialists have attempted it. I do not know the liquid you refer to. But don't you mean peroxide of hydrogen? That is a harmless bleach for your purpose.

How to Apply Hair Dyes
Will you kindly answer the following questions for me regarding the physician's prescription for the hair, as I intend trying to restore the natural color of the hair?

1. Can I continue massaging my head while I am using the dye?

2. How long should I leave the dye on my hair?

3. How should I wash my hair after using the dye?

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