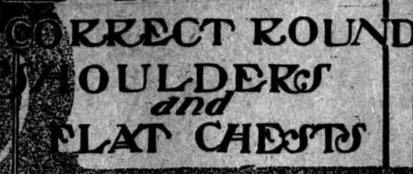
## How to be Healthy and Beautiful By Mrs. Henry Symes

TOUR B





The hands passed to the back

## Mrs. Symes' Aids to Correspondents

The Time Varies Greatly



Tiling out the hollows of the arms

Hardening Pomade.

Olive Oil Baths Help

I want the orange-flower creum recipes. It is a flesh food, is it not? Would it be good to alternate with the cleaning cream? Also give me complete instruction as how to develop the bust. Or. do you think it will do any good where any one is in her thrittee and very poor in flesh? Would it be a good idea to take an olive oil bath once or twice a week? Mrs. T. M. L. Here is the formula you ask for:

Cream of Sweet Oranges.

Cream of Sweet Oranges. Sweet ofl of almonds, 2 ounces; crange-ower water, 2 ounces; white wax, I drams; il of awest orange 1 dram; spermaceu, 2

oil of sweet orange 1 dram; spermaceti, I drams.

Half fill the saucepan with boiling water; stand the jam far in this; shred the wax and spermaceti into the jar; let it dissoive; heat almond oil and add to the wax; heat orange slower water; add it half a teaspoonful at a time, stirring the mixture quickly; lift the far out of the saucepan; heat mixture with the whisk; heat and add oil of sweet mange; whisk cream until it is cold. Put in pota and cover with parchment.

Yes, I think it a very good plan to alternate with the other cream. Have you my formula for a good cleanaing cream? If not, I shall be giad to print it for you.

tream? If not, I shall be seen it for you.

Why don't you try the Vaucaire remedy for the bust? A great many of my readers have reported wonderful results from its use. It may be that as you are naturally, as you say, "poor in fiesh," for that reason it will not affect you, but it most probably will, and at any rate, it can do you no harm to make the trial.

oilve cili and grape juice together, or not and does a spoonful mean a tablespoonful?

Would there be a change in three months after taking, even in stubborn cases, and does it fatten other parts of the body? E C H D
Yes, it is perfectly safe to take cilive oil and grape juice with the Vaucaire Remedy. But Dr. Vaucaire advises the drinking of mait extract during meals, and I should not take all of them. Could you not discontinue the oil and grape juice for a while?

The remedy has no effect whatever upon any other part of the body than the bust.

The length of time necessary to produce results varies so with different temperaments that it would be impossible for me to give you any idea how long it will take in your case.

A soupspoon is 10t so large as a tablespoon.

To Develop the Bust

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

100 grams.

Formula Not Properly Filled

Flabby Flesh

Brown Hair Stain.

Wrinkles at the Ears

Is there any help for those little wrinkles which form on cheeks around the ear and are often the only marks of age seen on young women's faces. I have never seen any inquiries about those wrinkles, nor a word written on the subject. Suppose the reason is that they are not reen in facing a mirror. But I think they are hideous.

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

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

Wants Iron Gray Hair

A Whitening Lotion

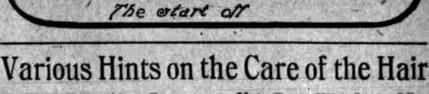
Please tell me how I can make cucumber creem. The sample I are was white, and the consistency of thick cream.

What are the ingredients I SAINT LOUIS.

Cucumber Lotion, or Cream. Expressed fuice of cucumbers. % pint; dedorfized alcohol. 1% unnoss; sweet almond
off. His ounces; shaving cream, I dram;
bleached almonds, 1% drams.

This is a sunve lotton, very whitening,
softering and cleansing.

Take the shaving cream and dissolve in
rosewater by heating in a custard kettis.
Bea' the almonds in a morter, and, by degrees, work into the soap and water. Fruit
inrough in aim, and return to the mortar,
but constantly, working the alcohol, in
which the oils fave already bean dissolved,
gradually in.



Hair Falls After Fever. Hair Tonic With Little Oil

ment must be regularly given. I give you formula for a tonic which may be used with massage. Apply it just be-fore concluding massage.

Formula for Dry, Falling Hair.

Formula for Dry, Falling Hair.

Cologne. 8 ounces; tincture of cantharides.
1 ounce; oil of English lavender, oil of rosemary, 16 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.

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

Constant brushing—198 strokes a
day—will make the hair glossy and
bright, and will help the condition of
the scalp as well, some women wear
little slik night caps, claiming that
the friction of the silk against the
hair makes it glossy and beautiful.

To Darken Red Hair

My hair is red. Could you help me by giv-ing a recipe to darken it—something harn-less? Would wainut stain or henna kares help me any?

Henna is likely to make your hair still more red. I am giving you a formula which will darken it:

Hair Darkener.

Rust of Iron, I dram; old ale (strong), un-sweetened, I pint; oil of rossumary, 12 drops. Put the mixture into a bottle; cork it very Possely, agitate it daily for ten or tweive days; then, after repose, decant the clear portions for use.

Henna Reddens the Hair

Please send me vonr recipe for henna dye for the heir. I saw it retured to in your paper. I have just recovered from typhoid fever, and, after having my hair cut short. I find it is coming in much darker than the original brown, and that there is much gray also. I understand the henna will testore the brown color to the gray hair.

Don't you mean the prescription for restoring the natural color of the hair? Henna produces a reddish tint. The other formula which I give-you is intended to restore the natural color, whatever it may have been.

To Restore the Natural Color of

To Restore the Natural Color of

How to Apply Hair Dyes

formula is given below. It is often most effective in cases such as yourn Lotion for Falling Hair.

Distilled witch hasel, a ounces; correctes sublimate, 10 grains.

Use on the scalp twice a day. Keep out of the way of ignerant persons and children. Almost all tonics for promoting the growth of the hair have a certain degree of oiliness. The jaborandi tonic, for which I am giving you formula has less oil than may others.

Jaborandi Tonic.

Quinine suiphur. B grains; tincture of cantharides, I fluid drams; fluid aximat of jaborandi, I fluid drams; alcohol, I fluid counces; payerine, I fluid ounces; bay rum, a fluid ounces; rosewater, is fluid ounces.

The quinine should be dissolved in the alcohol liquids by warming signify, then the other ingredients added and the whole fluids.

Rub into the roots of the hair every night.

Cosmetic Glove Paste.

Myrrh 1 ounce; honey, t owness; religions, to owness; religions, to owness; religions, to owness; religions, to owness; religions, the season of the myrrh to it while it is not. After beating them together add the honey and resewater, Beat all up and add given he by the temporation until you secure a paste which will appear a nicely.

To Make Cosmetic Gloves.

Use coft, large leather gloven, three of four sizes too large. Bip them open and apread the inside with the preparation, then sew the ripped seam up.

Hair Dry and "Endy" will you please let me know of a good depliatory? I have side-hoards at least, it looks like side-boards. I am having my lip treated with the ejectric needle. It is see expensive. I think a good depliatory would do very well.

Please advise me what to do with my him. I had lovely brown ourly hair, but how it is so dry and "endy," every time I come it I could cry. I don't know any reason, for I have had good health, except for consti-

The electric needle and the X-ray treatment are the only methods that when the pation.

The electric needle and the X-ray treatment are the only methods know of for removing superfluous hair permanently, but as you say, such treatment is expensive.

As you feel you cannot afford the treatment, I am giving you formula for several good depliatories. Their effects are not permanent, however, and the treatment must be repeated whenever the new hair makes its appearance.

Depilatories.

Bulphide of soda, its grains; slaked lime. Regar of lead, 's ounce; lac suiphur, 's cunce; easence of bergamot, 's ounce; lac suiphur, 's cunce; easence of borgamot, 's ounce; alcohol, 's gill; giyeerine, I ounce; lineture of cantharjoes, 's ounce, ammonia, 's ounce. Mix all in one pint of soft, water. Apply to the roots of the hair, which must be clean.' The day should never be applied if there is any irritation or abrasion of the scalp. Apply to the roots of the hair with a small brush; then suread it evenly downward through the stresses with an ordinary hair-brush.

Hair Too Curly



For the hollows around the collar bone

Nose Red in Cold Weather Will you piesse interin me through the saper of a good cleansing croam-to use at light and also a good skin food?

Do you think there is anything that will keep my nose from getting red in cold weather?

I am giving you the formula for a good cleansing croam. For the skin food use the cream of sweet oranges, for which formula is frequently published in these columns.

Cleansing Cream.

White wax 3 ounces: spermacett, 2

Cleansing Cream.

White wax, I conces: apermacett, I conces: sweet almond oit 12 conces: distilled water, I conces: glycerine, I conces: salicylic acid, 20 grains.

In colu westure the face brush is a slessing to those who are troubled with a red nose. Brush the face with it before going out and you will find that rosy cheeks are the result. A red nose and pale cheeks usually go together, and if the circulation is stimulated by the crush is color will be put where it ought to be.

To Reduce the Hips I am stout and have extremely large bust and hips. I saw your formula for reduction of the hist in the parer which I will have filled this afternoon, and now would like to know if you can augrest competing to reduce my hire. This exercise is highly recommended by one who has had much experience in giving and directing exercises for the improvement of hodily symmetry,

inches tail, weigh iso pounds. Have spieudid health, five an active life in the country and electice arms, shoulders and cheef. Have nice hips and very small bust. This is the bane of my life.

I drink milk, but have not used mait. We are so far from civilization it is too hard to procure; neither have I tried massage the time. Whenever I tried it it left the hust in a shriveled condition. Please advise me.

The length of the varies so with the individual that I can only advise you to continue taking the remedy until results are apparent. You should be able to hasten them by bathing the bust frequently with cold or tepid water.

When you massage, use this cream massaging from underneath, upward and out in a series of rotary movements. Make the movements slowly and gently, maste and heavy pressure may do narm. And don't overdo it. Probably that is the cause of the shriveling you sneak of.

Massage Gream for the Bust.

Lanolis, 5 ounces; spermacet, 5 ounces;

Lanolin, 5 ounces; spermaceti, 15 ounce; mutten tailow (freship tried), 5 ounces; coccanut ell, 4 ounces; oil of awest almonds, 4 ounces; tincture of benzoin, 1 dram; extract of Portugal, 4 ounces; oil of heroit, 20 drops.

drops.

Mix as you would any cream of the sort.
Rub on zently at night.
In connection, you should practice deep breathing exercises. The Dose is Twd Soupspoonfuls Hardening Pomade.

(An astringent.)

Oil of sweet almonan as grams; white wax, 180 grams; tincture of bensoin, 50 grams; rosewater, 50 grams; pulverized tannin, 35 grams.

This pomade should not be used as a massage cream, but should be applied after massage, to restore shrunken or flabby skin. Be careful not to let it get in the eyes—keep it well below them.

Cocoa butter is excellent to use while massaging. It is just possible that this state of affairs is caused by the shut-in life you are leading, and that you are not being careful enough about your diet. Eat simple, nourishing foods and get some outdoor exercise, no matter how tired your work leaves you. You will find that a few minutes daily walk, taken briskly, will not tire you further, but actually rest you, and it will work wonders in your appearance.

The wearing of gloves at night is one of the best ways to keep the hands soft and white.

Give the hands a bath of clive oil and pull en a pair of kid gloves, preferably white—very loose, they must be—before the oil has dried.

Another way is to make a generous application of cold cream, or a good skin food, and then put on the gloves. It is best to cut off the tip end of the glove fingers, and to make a few slits in the palms. This allows perfect circulation and does away with the slight feeling of discomfort sometimes caused by sleeping in gloves.

Will you kindly give me the prescription for the Vaucaire bust developer? B. O. Dr. Vaucaire's Remedy for the Bust.

Will you kindly tell me through your column how to use the ductor's vyskription for
restoring gray hair to its natural color! I
had it filled at a drug store. They is a
white sediment settled at the bottom relieve
put on three angications, and the entry oftect is sticky, gummy, dirty hair. Can
hardly get the comb through the Comb will
be conted with a gummy substance. My
hair was perfectly clean.
Please tell is if it takes more than one,
or how many applications. After using
three, hair is still white, Yours in trouble,
I.J.

Apparently the formula has not been properly filled, as it should be perfectly satisfactory, and only one application should be necessary. Of course, as the new hair grows out, the preparation must be applied again, but that should not be for about six weeks from the time the first application is made. made.

It is a fairly difficult task to apply a hair-dye yourself—the most satisfactory method of staining your hair is to have a competent hair dresser apply the dye. But the sticky, gummy quality you speak of should not be present if the preparation is properly compounded.

Flabby Flesh

Will you kindly write me bow to harden my fiesh on neck and face? Under my great it is so fistby and on neck if can almost the it in a knot! I have quite a deep wrinkle on each side of mouth. Please tell me how I shall rub them. I have your lotton for wrinkles also orange-flower cream. I cannot use either through the day, as I am a vamper in a shoe factory, and will have to use them hight and morning. Would you use at night! — we to use more than these two? Please write full particulars.

Have you a prescription for whitening and softening the hands? — M. J. W.

To make the throat full and round the less texteries is a bend the head sinely forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting evect in a chair, bend the head from one side to the action.

I have had very favorable reports of the brown hair stain you refer to. Here

Green Hair Stain.

Green walnut shells, 2 ounces; alum, & ounce; pure oil, 4 ounces.

Heat together in a water bath until the water has been completely expelled; then express filter and perfume. The stain should be applied to the hair with a small brush.

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

A short time aso I noticed your column, and write to ask that you be good enough to tell me comething of Dr. Vaucaire and his remedy for the bust.

The prescription is, I take it, for internal use; if so, does it conflict with other nucleins taken at the same time? Can you give me any idea as to the cont of the preparation made from the formula you quote, and also, as to the length of the preparation made from the formula you quote, and also, as to the length of the preparation made from the formula you. The prescription is for length of the most successful bust developer I know. The prescription is for internal use. I should advise your taking no other medicine while you are taking it, or at least nothing more than mailt extract or something as simple.

Prices vary so much in different localities that I cannot give you an idea of the cost.

Can you tell me of any harmless preparation which will turn the hair iron gray
My hair is brown but as I am a great admirer of the so-called iron gray hair is
thought I would ask your advice. H. R.
I know of nothing which will turn the
hair gray, although I have heard that
certain specialists have attempted it,
with very good success. When the
hair once begins to gray it is often hard
to prevent its passing through the iron
gray stage very rapidly. I should advise you to let well enough alone. You
will be sure to regret having attempted
the change of color.

Will you kindly answer the following questions for me resarding the physician's prescription for the bair, as I intend trying same?

1. Can 1 continue massaging my been white using the tonic? I feared that rubbing it into the scaip might be injurious.

2. Also, how often is it to be applied?

3. How apply it? Thanking you in advance for this and other good things. I am gratefully.

4. Discontinue the massage for a few days after the preparation has been applied to the hair. It should not be rubbed into the scaip.

2. Whenever the new hair makes its appearance as the roots, retouching will be necessary. This may be in about six weeks from the time of applying the dye.

3. The best way to use any stain is to.