

How to be Healthy and Beautiful

By Mrs. Henry Symes



HOW TO STAND CORRECTLY



Never Throw the Head Out of Line.

WHAT you do," says Florioz "still better what is done." When you do dance, I wish you a wave of the sea, that you might ever do that, move still, still so. Nothing but that, move still, still so. And over no other function."

To Attain Correct Poise Rise on Toes.

shall you acquire a graceful carriage and a spry step. It will not, to most persons, come easily, but it may be taken in connection with the feet; to one unaccustomed to this position it will at first be most fatiguing. But remember that meaning your chest to be thrown out, the head raised, the abdomen straightened and the shoulders naturally in correct position. If, however, this so-called "correct" posture cannot prevent acute fatigue—and it is hardly likely that it can—there are several exercises that you may take to strengthen the overtaxed muscles.

A Stylish Figure Depends upon Correct Poise.

upon the balls of the feet, the arms falling naturally to the sides. Bend from the hips until your finger-tips touch the floor, all without moving the knees. Or, if this seems too strenuous at first, try one of these: Sit on the floor, and without aid from the hands or arms, sink slowly backward until you are erect and bend at the knees until you sit on your heels. Recover without aid from the hands. If you can accomplish all this without once shifting the weight to the heels, you may be sure that you have maintained a correct position throughout the exercise.

Mrs. Symes' Aids to Correspondents

The Proper Proportions

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Walnut Stain for the Hair

Four ounces of walnut skins beaten to a pulp, to which is added a quart of water. Let stand overnight 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 should be kept on for a long time.

How to Get Walnut Stain

Recently I noticed your formula for walnut stain for the hair. Please tell me how to get the stain, and also what will remove the stain, should you get it on hands or face.

To Build Up Quickly

Which is best to take, olive oil, grape seed oil, or cod liver oil? I am a constant reader of your page and would like to ask a question or two about the same. I have a very good eye and I have heard a very good eye can be made of them.

The Effect of Walnut Stain

I would like to ask a question or two about the same. I have a very good eye and I have heard a very good eye can be made of them.

Cucumber Cream

I am a constant reader of your page and would like to ask a question or two about the same. I have a very good eye and I have heard a very good eye can be made of them.

Softening the Hair

Will you please publish in your health and beauty column a recipe for softening the hair? I am a constant reader of your page and would like to ask a question or two about the same.

Lanolin in Cold Cream

I have been making a cold cream composed of lanolin, stearin, tallow, benzoin, and castor oil. I do not know exactly how can I measure a dram?

To Remove a Mole

Will you please tell me how I shall remove a mole from my face without injury? I do not know exactly how can I measure a dram?

Consult a Physician

Will you kindly give me the recipe for tetter of the scalp and falling hair? Will you also give me a recipe to thicken the hair?

Falling and Broken Hair

When a child had the most beautiful head of hair. It was so long and thick that it had to be cut twice every summer, as the doctor said my strength all went to my hair.

Massage Cream

Lanolin, 2 1/2 ounces; spermaceti, 5 ounces; white vaseline, 7 1/2 ounces; coconut oil, 1 ounce; sweet almond oil, 2 ounces; tincture of benzoin, 1/2 dram.

Try Natural Methods

MISS G.—While the Vaucaire remedy will not hurt you in any way, it should not be used by any young girl to adopt artificial means of enlarging the bust.

Dry, Falling Hair

I have been helped by your kind advice. I have been helped by your kind advice. I have been helped by your kind advice.

Do Not Allow the Chest to Become Contracted.

upon the balls of the feet, the arms falling naturally to the sides. Bend from the hips until your finger-tips touch the floor, all without moving the knees. Or, if this seems too strenuous at first, try one of these: Sit on the floor, and without aid from the hands or arms, sink slowly backward until you are erect and bend at the knees until you sit on your heels.

On the Care of the Hair and Skin

Concerning a Toupee

I would like some information from you in regard to a toupee. I have a very good eye and I have heard a very good eye can be made of them.

Guinnee Hair Tonic

Sulphate of guinnee, 1 dram; rosewater, 4 ounces; dilute sulphuric acid, 1/2 ounce; tincture of benzoin, 1/2 ounce; tincture of myrror, 1/2 ounce; tincture of opium, 1/2 ounce.

Do Not Stain It

Will you kindly advise me what effect will be produced by the use of these colored samples? I am a constant reader of your page and would like to ask a question or two about the same.

To Cure a Red Face

Will you please tell me through your column of a remedy for removal of the face and hands? I have a very good eye and I have heard a very good eye can be made of them.

Enameling the Face

I thought of getting enamel and applying it to my face, but did not know how to do it. I have a very good eye and I have heard a very good eye can be made of them.

Physical Culture for Bust Development

MISS G.—While the Vaucaire remedy will not hurt you in any way, it should not be used by any young girl to adopt artificial means of enlarging the bust.