How to be Healthy and Beautiful By Mrs. Henry Symes



the Head Out of Line. A wave o' the sca, that you might ever do

Nothing but that: move still, still so, and own no other function.

How many of us, do you think, would justify such praise, even in so simple a matter as standing and walking about? The more we examine into the acquiring of beauty, the more we see that it is almost a science, and that everywhere there are rules, that, followed, "lead on to fortune—

Neglected, all the younge of our life

Never Throw

For a local application the follow-ing cream has given great satisfac-

Apply a very little of the cream to each pumple. Welt until the planples are cured secure using the face brush, which might irritate them.

How to Get Walnut Skins

Fosatti Cream for Pimples. Lanolin, 5 grams; sweet almost oil, 5 grams; sulphur precipitate, 5 grams; exists of sinc, 25 grams; extract of violet, 10 drops.

at least so far as the perennial search for Pence de Leon's fountain of youth and beauty is concerned.

Few women, for instance, know how to stand so as to display their figures to the best advantage. An easy test will convince you of this. Stand with your back against the wall, with head, hips, shoulders and heels touching, and note the affect. Not very good, is it? Abdomen thrown forward, hips seemingly enlarged, bust flattened and chin doubled! Yet this is only a visible demonstration of your usual appearance when you stand on your heels. That is the great secrettle "open sesame" to beauty of carriage. Always stand on the balls of your feet; throw yourself forward rather than backward. And thus Neglected, all the voyage of our life. In bound in shallows and in miseries."

natural color to the hair be curbonate of ammonia or fiquid ammonia?

What amount of carbonate of ammonia is required to a bint of water for good, strong aqua ammonia for bousehold use? I erior your heloful hints very much.

This prescription requires figure amonia.

A Series of Questions

To Build Up Quickly

Which is best to take, once off, grape jules or cod-liver off. Which one builds up quickert, as I am very finn, and could I take Dr. Vancaire's bust finn, and could I take Dr. Vancaire's bust developer at the same time? Kindly let me know, as I have been waiting so long and I um so anxious. A constant reader, D. R. N. L. Either of the remedies you mention should build you up, if persisted in long enough. Which to use is more or less a matter of individual preference. Some people simply cannot swallow cod-liver oil, though it is now disguised in many pleasant forms. There is no doubt, however, that it is invaluable for "picking up" run-down systems. Grape Jules acts as a blood maker, while olive oil is not only fattening, but is now advised by many physicians as a healthful daily diet. If you find it unpalatable, you may just at first use it in the form of French dressing gradually decreasing the vinesar till you can take the oil "straight."

The Vaucaire developer will not interfere with the oil treatment, whichever one you choose.

Recently I noticed your formula for walnut state for the hair. Please tell me how he get the walnut skina, and also what will resmove the stain, should you get it on hands of face.

If you have in the country or can go for long walks in the woods, the walnut skins may be gathered by yourself. If you have no such facilities, any of the big drug firms keep these skins. Get your own druggist to send for them.

The stains may be removed from the hands or face by the use of lemon. Personally, I always use a piece of fine pumice stone to take off all stains, but this roughens some skins. Wet the stain with warm water and rub the pumice lightly over it. This is also splendid for ink on the skin. Cucumber Cream The Effect of Walnut Stain

The Effect of Walnut Stain

I would like to ask a question or two about the walnut stain. Will the stain wash of the hair and the shifte length have to be extined every time the hair is washed or just the roots need restaining as the hair rows again? Will it stain the bed linen, and can the shade be made to suit your own hair by diluting? I am not gray, only a disgusted chemical blende.

The stain does not easily wash out of the hair with ordinary shampooing, but as with all such coloring matters. It will wear off in time, and must be renewed. If you can do this yourself, well and good, but it is a rather delicate ope ation so as not to give a streaked look, and I should stying you to go; some good hair dresser, who will see that it is evenly distributed over the hair.

The dye should not stain the bed linen unless you retire while it is still wet.

Yes, you can dilute it with water to produce any shade of brown you prefer. Concerning Ammonia
should the half ounce of ammonia in
"A Physician's Prescription" to estore



tarily feel that if you do not get your feet in place quickly enough you will fall flat on your face. The next muscles needing atrengthen-ing are those of the waist. For them there is a very good exercise: Stand

Softening the Hair If you shampoo your hair at least every two weeks for a while with the egg shampoo so often given in these columns, and massage it well every night, using the fellowing tonic, the dry. harsh condition of your hair should be much relieved.

Tonic for Dry, Falling Hair. Phenic acid, 2 grams; tincture of nux vontices. The grams; tincture of red cinchons. 25 grams; tincture of cantharides, 2 grams; cologne, 129 grams; sweet almond oil, 40 grams.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotton is especially good for very dry hair.

Apply to the roots of the ball with a soft sponge once or twice a day. This lotton is specially good for very dep hair.

Lanolin in Cold Cream

I have been making a cold cream composed of lanolin, mutton tailow, benezin, apermaceti and cli of aimond, and using it every night on the neck and bust for filling out. I read in one of your recipes that you use the benezin and lanolin for reducing fieth. Will this cream I am using beneat me? Does lanolin reduce flesh? Perhaps you could suggest a more beneficial massage cream. If you could, you would oblige me? Does lanolin reduces flesh? Perhaps you could suggest a more beneficial massage cream. If you could, you would oblige me? Lead to the lanolin reduces flesh? Perhaps you could suggest a more beneficial massage cream if you could, you would oblige me? Lead to the land remove with a towel any dust or powder. Is there anything among the ingredients that would be injurious, to the akin, using it so trequently?

If this cream I speak of will give satisfactory results, I wish you would tell me just how much of each ingredient I should use. I do not know exactly. How can I measure a fram?

I do not know the cold cream to which you refer, and so could not possibly give you the ingredients. Lanolin does not reduce flesh, but is used in such mixtures to give the proper consistency. I will give you a massage cream that I know to be excellent and which you can use instead of yours. Personally, I do not believe in using a massage cream every night unless your skin absolutely requires it. Nor do I approve of not washing the face except possibly in the case of some aggravated skin trouble where water has been proved to be injurious. Wash your face thoroughly with a face brush, or if you do not possess one, with a perfectly clean wash rag. Then rub in the cream, massaging your flesh carefully. The proper use of the face brush prevents the cream from stimulating a growth of hair.

One tenspoonful is a dram.

Here is the formula:

Massage Cream.

Lanolin 194 ounces; spormacet, & c

Lanolin, 14 ounces; spermacet, & ounce; white vaseline, 15 ounces; execanut oil, 5 ounces; sweet almond oil, 2 ounces; tincture of bensoin, 5 dram.

Melt the first five ingredients together, beat until the mass concretes, adding the bensoin, drop by drop, during this process.

Extract of violet or any perfume may be added, if agreeable.

Try Natural Methods MISS G.—While the Vaucaire remedy will not hurt you in any way. I should not advise any young girl to adopt artificial means of enlarging the bust. Why not try physical exercise and massage? The contour exercises given in the issue of November is are excellent to fill out a neck. Practice deep breathing, and bathe the bust frequently in tepid water; also give it a gentle massage with a good skin food, working upward and outward. Drink plenty of milk if it agrees with you. This should rapidly make you put on flesh.

I know nothing of the skin food to which you refer, but you will find either the cream of sweet oranges or orange-flower cream very good.

Dry, Falling Hair

but the more I do the worse it is.

Worry, excessive enough to affect your health, will certainly have its effect upon the scalp as well as upon all other parts of the body. Try to overcome the very bad habit of "crossing bridges" too scon. Do you know that little verse that tells us.

When by God the neart is riven, Strength is promised, strength is given; But foredate the day of woa, And slone you bear the blow.

Now to see if the hair cannot be helped.

Try snampooing oftener, say, every week for a month or two. Using the egg shampoo faithfully should relieve the dandruff. Then five minutes before you finish your massage treatment each night, rub in this lotion:

Lotion for Dry Hair.

Giverine, I ounce; esu de cologne, 4

Giverine, I ounce: east de cologne, & pint: liquid ammonia. I dram: oil of origanum, is dram; oil of ossenary, is dram: he dram: directure of cantinarides. I ounce. Briskly actiatic for ten minutes, then add camphor jules is pint, and again mix well and till. A few drops of essence of misk or other partume may be added. If you can afford professional treatment, great benefit is often derived from electricity.

To Remove a Mole Will you please tell me how I shall remove a mole from my face without 'njury' Mrs. 6. F. G.

Moles may be safely treated by a surgeon or akin specialist only, and I would not advise your tampering with one. They may be removed either by electric needle or by cutting. If the operation is properly done, only the faintest scar remains.

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?

And best thing you can do is to consult a physician at once. Tetter is a form of occuma and requires special treatment. It is that, of course, which causes your hair to tail out. Cure the conditions and the hair should grow in nicely. You might try, if you like, rubbing a little vaseline into the scalp. Be sure not to get it on the hair, as it makes it very greasy.

Falling and Broken Hair When a could I had the most beautiful head of hair. It was so long and thick that it had to be out twice every summer, as the dector asid my strength all went to my hair.

About three years ago I had a slight case of typhold-pneumonia, and did not have my hair out. Since then it has come out by the combitul unless I wash it avery two weeks. If I do not wash it has done, out by the combitul unless I wash it avery two weeks. If I do not wash it has done, it gets very crity and sticks together, so that it is impossible to comb it decentify it parts so: it is of a very greaty nature.

I also man't my pormpadour hair; unless I do it doesn't look presentable, and istaly my posispadour hair has become very short; I can hardly take it back, it is so short. I braid my hair in small braids, very tight, once a week. Do you think that injures it I have been told so. Every other night I comb it out straight and braid it way loosely.



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 kness.

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 lie flat. Then rise again to sitting posture, still with hands and arms immovable. Or, the third alternative, stand 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 exercises.

And now, finally, the head, on which more depends than most persons imagine. To obtain correctness of poise in this, balance a book of medium weight on the head, and, with cheet well up and shoulders erect, walk about the room, slowly, then more rapidly, and at last swiftly, never once sinking to the heels. Finally, practice stooping with the book on the head until you can pick up a pin from the floor.

There is a secondary reason for all these exercises. Those for the ankles and the waist prevent contraction of the chest and arching of the abdomen. That for the head forestalls that ugly line which results when the head is thrown too far forward. Together, they cause suppleness and strength, and accustom the body to its new position on the balls of the feet.

So much for standing, but a word must be said about walking. Most women move about by simply throwing

On the Care of the Hair and Skin

injure it as much as most methods of waving, particularly as you do not do it every night. Here are your farmulae: Quinine Hair Tonic.

Sulphate of quinine, I dram; resewater, sounces; dilute sulphuric acid. 15 minima; rectified apirits, I counces. Mix; then turther add glycerine, & cunce; essence royale or essence musk, s or s minims. Agitate until wolntion is complete. Apply to the roots every day.

Lotion for Olly, Damp Hair.

For greasy, moist hair the following is an excellent drying lotion. If used daily, it tends to produce a crispy condition:

Powdered bicarbonate of sods, borax of sads (also powdered), it others of each; earl de cologne, if full ounce; alcohol, 2 fluid ounces; distilled water, is ounces.

Mix and agitate until solution is complete.

Do Not Stain It

Do Not Stain It

Will you kindly advise me what effect beens leaves will have upon hair of thewnclosed sample? In some parts my sair is not so red and in others it is probably a tride redder.

I desire to obtain brown hair, not dark, if it can be secured otherwise. If hemse leaves will not have the desired effect, can you suggest anything outside of dye that will? Will you please also advise me if they are rood to use on the eyebrows?

When I say that I do not want dark hair, I mean that I do not want a shada so very dark that the change would be quite noticeable.

If you take my advice you will not tamper with your hair, which is of a really lovely color. You probably have the objection most people of your coloring have to red hair, but, believe me, yours is a shade which Titlan has made famous.

Henna, you must understand, is really a stain that must be constantly renewed like any other dye. The walnut stain diluted to a light shade would be better if you persist in tampering with your hair. It can also be used on the eyehrows. All such stains, however, should be applied if possible, by a professional hairdresser.

Try darkening your hair with a little vaseline rubbed into the roots.

If you wear browns it will do much to tome down the vivid hues of your hair.

Red Veins and Shaded Hair

I have red cheeks, which I want, of course, but my cheeks have it as ditie red velos that show so plainly and, are not pretty. What cas I do to remove the little, wormy-like red veins, but still have red cheeks? Then my hair close to my hand is dark, while the ends are light. I should like to have it all one color, whichever is the right one. My hair is very sily. It may be that which counses it to become no dark easer the protent or list it that the ends have faded?

The red veins of which you complain are probably due to an error in diet or to impenfect circulation, and cannot be reached through the ordinary complexion remedies. It is impossible without further knowledge to tell just what you need. Why not ask your doctor?

The light ends of your hair are not unusual when the scalp is not in a healthy condition, as the excessive oil ahows yours is not.

Use carefully the tonic and lotton given to "E. D. E." and wash your heir with the egg shampoo every two weeks at least. Red Veins and Shaded Hair at least.
Massage it well each night for about twenty minutes. Concerning a Toupee

Learneling the Face

I thought of gesting enamed and applying it on my face, but I did not like to venture without your valuable advice. I really know but very little about it, but when it is put on is it there to gray or could I remove it at night? I did not intend having a professional to apply it, merely to get a couple of bottless and approximation of the particular transfer Subscripton.

Why not try some other method of improving your skin than enameling it? Personally I think any form of anamed or face whitewash, which it prantically is, can always be detected, and gives a most artificial look.

There has been such full advice gives in these pages on acquiring a clear, fresh, healthy looking skin that your should be able to find some treatment to suit your special needs.

Will you presse this me through your columns of a runsely for release of the face and handst Whentowe I mane in content with heat or wind my face unit very red. And also tail me of some harceless remedy for removing superfluous hair from the arms.

Ling in the chief factor in overcomping a red face. Do not overcal, and avoid all that are alcoholic Usonikewarm water in weaking the face rather than cool when out in the wind a thin veil should siways be were.

Hot foot baths are also said to help in a case of this kind.

Depliatories are dangerous things to tritle with, as I have said repeatedly. The only sure cure for superfluous hairs is electrolysis or the X-ray. You might try, however, hissoning them with a solution of perceite of hydrogen.

Wash the arms with a weak solution of ammonia and water. Then pour a little of the purcaide in water and apply with a plees of lines.

The bienching process will have to be repeated from time to time, had perceide is perfectly harmless to the skin. To Cure a Red Face

Physical Culture for Bust De-

Mrs. Symes' Aids to Correspondents

The Proper Proportions The Proper Proportions

Will, you mease tell how much perceide
of hydrogen to a spoonful of ammonia, to remove superfluous nair?
Also, what will remove superfluous nair?
CONSTANT READER.
You do not mix the peroxide with
the ammonia as you evidently think.
Dilute the ammonia with water, making a weak solution. Wash the afjected part with this first, then apply a little of the peroxide with a
sett linen rag. You might pour about
a teaspoonful in a saucer.
Pimples are usually a sign of impaired digestion or impure blood,
Live simply and hyglenically. Do not
eat rich, greasy foods.
You might also try a bottle or two
of marsaparilla or some other aimple
blood purifier to get you in good condition.
For a local application the follow-

This prescription requires in the monia.

Aqua ammonia is not made by diluting the carbonate of ammonia with water, but my means of machinery, which injects the ammonia gas into the water. However, you can make a good, strong creaning fluid by using about an ounce of the carbonate of ammonia to a quart of water. It is very powerful used in these proportions, and a certain amount of care must be exercised in its Thank you so thuch for your words of appreciation. I am always glad to hear I have proved helpful.

one you choose.

I am very sorry you should have to wait so long for your answer, but your first letter was never received, and in such voluminous correspondence as mine, each must wait her turn as patiently as she can.

Lem a constant reader of your page and would like to ask a twe questions.

Will you please give me a formula to use the Julee of cucumbers in a face cream? Which is the better to use, the ripe or the green cucumbers by the ripe of the green cucumbers with the julee of the cucumbers so that it will keep an indefinite length of time? Will just cooking it make it keep?

Can you tell me how to prepare a watnut hair dye? I have quite a few of the bulls and have heard a very good dye can be made of them.

The following formula for cucumber cream has proved satisfactory formany years;

Cucumber Lotion or Cream.

Expressed julee of cucumbers is pint;

Cuclimber Lotion or Cream.

Expressed Jules of cucumbers, he pint; decolorized alsoloid, 1% ounces; sweet almond off. The ounces; sharing cream, I dram; blanched almonds, 1% drams.

Thin is a starve lotion—veey, whitening, softening and cleanating. Take the shaving cream and disactive in roseswater by heating in a custare bettle. Bout the almonds in a mortar, and by degrees work in the seap and water. Strain through mustin, and the time of the seap and water. Strain through mustin, and the time in gradually the alcohol. In which the clin have already been disactived.

Rips eucumbers should be chosen, as they are much jut for than the green.

An excellent wash may be made by outling one or two unpeeled cucumbers into small pieces. Pound these in a mortar until they make a pulpilike mass. Filter through chesseloth or coarse musili, squeezing out as muck juice as you can. Now put the pulp and the filtered juice into an enameled saucepan and simmer an enameled saucepan and simmer (don't boil) for ten minutes.

Then restrain, and when cold add alcohol in the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face. This should keep for a long time.

Here is the formula for the stain. Be careful in applying it to get it evenly spread over the hair.

Walnut Stain for the Hair. Walnut Stain for the Hair.

Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, if ounces. Let stand eight days and strain.

Before using any dye the their should be freed from groase by a thorough shampoo. The dye should be applied to the hair by means of a toothorush and occasional combing with a new comb; contact with the scalp should be avoided.

The skin is the thick, tough substance that surrounds the hard woody shell of the black walnut. It is this that contains the stain.

Under cities eye the sain appears very rough, arthough it is quite smooth from the use of cream. The pure sain, I chink, closed, but each one seems to have a tiny white iump under the surface. I am cold fit is caused by equinting, which I have done a great deal, even when laughting. Having blackheads, I applied your remedy, which has dried and drawn the skin almost into numerous little wrinkles, and I assure you I am greatly distressed. What may I use to thicken and lengthen the evelophes? Am using a preparation containing rossmary, lavender, vascline, cantharides and one other. Is that correct? Kindly advise me. Many ugit plunjes form on my chin and neck, as a preparation content of the control of the ondition.

Why not try the old-fashioned remedy of sulphur and molasses in the proportion of one tablespoonful of sulphur to two of molasses and take a tablespoonful three times a day? Or else consult your doctor as to what he might advise for your special condition.

For the tiny white lumps of which you complain, suppose you try the following treatment.

Whiteheads (Acne Molluscum).

Open each seed arne with the point of a fine combrie needle. The hardened mass must be pressed or pricked out. The empty size of the gising about them be bathed with a little toilet vinegar and waier, or with a very weak solution of carbolic acid and water. Steriliae the needle hefure using the dipping it into boiling water.

The treatment for blackheads should not have the effect you mention, as it has proved successful with so many. You may, however, have a very sensitive skin. Discontinue it and try gentle massage with the orange-flower cream; also dash cold water on the eyes frequently. This may help tone up the skin.

quently. This may help tone up the akin.

To thicken your eyelashen, the following ointment is excellent, and, I believe, the one to which you refer. Be very careful in using it not to get it in your eyes. Many people find their eyelashes grow better by trimming the extreme the occasionally. This is not easy to do for one's self, as it is hard to keep them straight.

Eyebrow and Eyelash Grower.

Eyebrow and Eyeman Grower.

Ited vassline, I ounce; that of cantharides, is ounce; oil of lavender, is drope;
oil of rosemary. Is drope.
Mix thoroughly. Apply to the eyebrowa
with a tiny tootherush once a day until
the growth is sufficiently stimulated, thesless often.

This cintraent may be used for the eyetaches also. In this case, it should be very
carpfully applied. It will infame the eyea
as any oil will, if it gets into them.