

How to be Healthy and Beautiful

By Mrs. Henry Symes



THE RIGHT WAY TO MASSAGE THE SCALP



Loosening Dead Skin with a Comb

Excite the Scalp by Massage Before Using Tonic

Ventilate the Hair Each Night

MRS. SYMES' ADVICE TO CORRESPONDENTS

To Clear Complexion

Will you please let me know how to clear a face from pimples? My face is rough, and I have pimples and blackheads. TROUBLED.

The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face. If you are troubled further, use the following cream:

Blackhead and Pimple Cream.
Petrolatum 1 ounce
Lanolin (anhydrous) 1 ounce
Hydrogen peroxide 1 fluid dram
Aeglic acid 1 fluid dram
Mix with friction, twice a day on the skin affected.

This preparation, usually employed for the removal of pimples, may be also used for blackheads. It is meeting with satisfaction on every side.

Wrinkles Under the Eyes

I would be more than pleased if you could give me a cream or some other kind of remedy that will remove wrinkles around my eyes. I have some deep, large ones, and also some shallow ones. It makes me look older than I really am—spoils the looks of my eyes. READERS.

If the wrinkles are not of long standing, the following might do you good: Milk of White Roses. (A Cure for Wrinkles.)
Rosewater 1/2 pint
Simple tincture of benzoin 1 ounce
Almond oil 1 ounce
Put the rosewater in a glass bottle. Add the tincture of benzoin a drop at a time. Add a little of the almond oil.

If they still remain after this treatment try massaging them, or, if they are premature, use this for wrinkles:
Lotion for Premature Wrinkles.
Almond milk 1/2 ounce
Rosewater 1/2 ounce
Dissolve the almond milk in the rosewater, then pour gently into the almond milk with constant stirring.

You do not give me very much to base my prescription on, but among the three remedies given you should surely rid yourself of the wrinkles.

Extract of Portugal

In giving you recipe, massage cream for the best, for started extract of Portugal. I can't get it in any of the leading drug stores here. They do not even know what it is. Will you please explain what it is and where I can get it? READERS.

Extract of Portugal is nothing more nor less than a simple water, and is very expensive besides, so for it is simply substitute violet water, or any other kind you prefer.

Chronic Catarrh

Will you kindly advise me how I can rid myself of a bad case of catarrh of the nose and throat with which I have been afflicted for years?
I catch cold very easily and at present writing am suffering from a severe cough. My doctor says that my lungs are perfectly sound, but that I am afflicted with chronic catarrh of the bronchial tubes. He prescribes medicine for me, and while it relieves the cough, it does not cure the catarrh. I am not a believer in patent medicines and have never used them in any great extent.

Could you recommend any patent medicine for catarrh? I am not a believer in patent medicines and have never used them in any great extent. I would like you to give me a hint or two on building and to increase the weight. I. Mott.

Facial Troubles

Being the help you give to others, I thought I would give you a little help. I have been told it is called a strawberry catarrh. If you could tell me of anything to remove it, I would be very thankful. I have several hard raised white tubercles under my other eye, which I have tried to

pick out, but they are so hard I cannot get the needle into them. I have used your dandruff cure with good results, and they have fallen out. I am a CONSTANT READER.

My advice to you is to see a physician about both troubles you mention. You need not be alarmed, as cancer does not begin in the way you describe, but when facial defects grow serious, it is well to see a doctor.

I am glad that you found the dandruff cure beneficial. It is meeting with satisfaction on every side.

Blackheads and White Hands
Will you kindly give me the formula for removing blackheads from my face, particularly in my nose and chin, and also a good formula for keeping the hands soft and smooth. A. L. G.

Blackheads are usually due to unhygienic living. Abstain from rich foods, and stay as much in the open air as possible. Use the following preparation:

Blackheads of the Skin.
Boric acid 1 dram
Alcohol 1 ounce
Rosewater 1 ounce
Mix with friction, twice a day on the skin affected.

Nothing will keep the hands permanently white, except never using them. For temporary bleaching use buttermilk or peroxide of hydrogen, applying a little lanolin, after the latter.

Dyeing the Hair With Henna
Can you give me explicit directions for coloring the hair with henna, when the hair is light? I have been told to get five cents' worth of henna leaves and boil twenty minutes, when good results may be obtained. I have tried this, but the hair has not turned the color I want. I should like to know whether it should be dried before rinsing, and whether best to rinse in hot or cold water. B. O. D.

As you will see by the following formula, you were pretty nearly correct in what you did.

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, and apply to the hair. Do not rinse it at all; but after it is thoroughly dry, wash off whatever stain has remained on the scalp, as directed above.

Dyeing Bleached Hair
Please tell me if the henna hair stain will help hair that has been bleached with the hair? The ends of my hair are very light, and next to the scalp is dark. The middle is just the color I want. Will the henna make it all one color? Mrs. K. C. A.

It is always hard to experiment with bleached hair, and that is one of the reasons why bleaching is so foolish. Henna hair stain, however, is simple and harmless, and should give good results. I cannot say whether the henna will make it all one color. It certainly will not lighten the dark part. If you do not mind its being dark, it may make all the color of the hair dark next to the roots, preventing you from making the stain stronger. In regard to the unprinted part of your letter, I do not know the proprietary article mentioned, but its cheapness does not argue for its goodness. I would be very careful before I used something I knew nothing about. I cannot tell you where to get the henna leaves, nor do I know how much they cost. Your druggist could probably tell you best.

The Vaucaire Remedy Again
I am a young girl just 15 years old, and would like to develop my bust from 15 to 16 inches. Will you kindly give me through your paper what is a good remedy? C. H. G.

Use the Vaucaire remedy, which follows:
Dr. Vaucaire's Remedy for the Bust.
Liquid extract of guaiac 1 ounce
Liquor phosphorus of hyacinth 1/2 ounce
Tincture of iodine 1/2 ounce
Simple syrup 1/2 ounce
Mix and use as directed. Do not use after each meal.

WOMAN'S "crowning glory," which should be her greatest pride, is too often her chief source of anxiety. To judge from the number of letters I receive daily asking for help in some specific disorder, the majority of women have more or less trouble with their hair.

This is, of course, due to varied causes—unhygienic living, a rundown system, nervous strain, overwork, or even, I'm sorry to say, to carelessness as to habits of personal cleanliness. But it is not so much caused with which we are to deal today as with cures.

There is no reason why a woman whose hair is falling badly; who is troubled with dandruff; whose locks have become endy, short and split, are too harsh and dry or suffer from that even more unpleasant condition, undue oiliness; who is, indeed, afflicted with any of the annoying ills which can and do affect the healthy growth of the hair, should straightway resign herself to the unpleasant alternative of baldness or a scratch.

There is a remedy for almost every hair disorder, if taken in time, and the thing to do is to find and apply that remedy as soon as possible. Every woman is, of course, anxious to keep her hair glossy, thick and of its natural color; but, unfortunately, few women know the proper way to do so.

Despite the reams of advice that are now printed on the care of the hair, it is surprising how vague is the knowledge possessed by the average person on the subject. When suddenly awakened to the fact that their hair is not what it once was, most women try the first nostrum prescribed by some well-meaning but ill-advised friend. Often it is the worst thing they could do, and but hastens the fate they are seeking to avert.

SPECIAL TREATMENTS

No one has yet discovered the universal panacea for hair ills. Special disorders require special treatment, which, if possible, should be professional. There is little use in denying that it is best to have one's hair regularly treated by a skilled hairdresser who has made a scientific study of her profession. Results will undoubtedly be quicker and gained with much less wear and tear on one's own time, strength and temper.

But this is impossible to the vast majority of women. Sometimes it is a question of money; often, especially in small towns, there is no hair specialist on whom one can rely. Remember, a wrong treatment of the hair is often worse than none.

Today I am going to give a simple, thoroughly practical talk on keeping the hair in good condition under ordinary circumstances. The directions are such that any woman can follow them who has the will to do so. After all, that is the chief trouble with home treatments—they are spasmodic. It does no good to vigorously follow rules for a week or two and then retire from the fight on falling locks because too lazy to devote the small amount of time daily that is necessary to win.

Naturally, if the reason for poor hair can be traced to the various physical causes I have mentioned, they should first be corrected under the care of one's physician or by the practice of common sense. But for general conditions the following advice, carefully and regularly followed, cannot fail to benefit.

We hear much of massage these days, of its active tonic effect on the hair roots and cells by increasing the flow of blood through the scalp. But how many women know the massage movements that will most quickly bring results?

FIRST A SHAMPOO

Then, again, in a general way, we appreciate the necessity, for perfect cleanliness of the scalp, but fail to state it through ignorance of the proper methods.

The first thing a woman who is anxious about her hair should do is to give it a thorough shampoo. This should be repeated at least once a month. It can be easily and well done by one's self unless the hair is very heavy.

First, loosen all the dead skin on the scalp with a brush or comb, and remove all tangles. Then rub in a good pure shampoo. Any of those so often given in these columns will be effective. Choose one suited to your peculiar needs.

An excellent shampoo is to beat up two eggs with a tablespoonful of hot water, and rub it thoroughly into the scalp. If possible, let it remain a half hour before removing. The chief precaution that must be taken is to rinse with lukewarm water until all the egg is out of the hair. Later, rinse with water as hot as you can stand, gradu-

ally cooling till the water is perfectly cold. Do not apply the cold water too quickly, or congestion may result. A sprayer attached to a faucet where the water can be tempered is the best possible means of rinsing.

In drying, twist the long hair rather tightly to get out the surplus water. Then work on the scalp with a towel. When that is thoroughly dry, the long hair usually has taken care of itself.

When suddenly awaked to the fact that their hair is not what it once was, most women try the first nostrum prescribed by some well-meaning but ill-advised friend. Often it is the worst thing they could do, and but hastens the fate they are seeking to avert.

After the hair is shampooed many women like to rub in a little tonic according to the directions given later. If the hair is dry a little sweet oil can be rubbed in. This is better than vaseline, too much of which smothers the roots. While the hair undoubtedly stays up better if waved after shampooing, it is not well to use hot irons. A very pretty natural-looking wave can be given by putting in the side combs or a pompadour comb, while the hair is still damp, and pressing it forward. One can also use the stick wavers or plait the hair in small strands.

If the hair is falling badly or has dandruff, a daily massage of the scalp and treatment with tonic is important. If the hair is in a very bad condition, this can even be done twice a day. Ordinarily it is sufficient to apply tonic twice a week.

MESSAGE DAILY

The scalp, however, should be massaged daily. A tight scalp is the secret of half the falling hair, and the aim should be to loosen it. This is particularly necessary after a fever, when it frequently becomes hide-bound. The movements given cannot fail to have the desired loosening effect.

The first thing to do for the daily treatment of the hair is to ventilate it thoroughly. Shake it up well and loosen the ends to give air, as sometimes hair gains an unpleasant odor from too close confinement.

As the tonic must never be applied without first exciting the scalp to open the pores, loosen the dead skin with a comb and then brush thoroughly to loosen the dandruff and remove the dust.

An excellent brush for the purpose is a little shampoo brush about four inches long and two inches wide. These cost from 15 cents to \$1.00, and are equally as efficacious as the much-vaunted brushes with English bristles, which are very expensive.

If the hair is very thick, part it and brush to each side, beginning at the top of the head and going down to the bottom of the hair. Rubbing the brush into the scalp helps to excite it.

If the hair is oily, take a towel and rub the scalp just as after shampooing. By the way, this tonic treatment is excellent for oily conditions, if rubbed in thoroughly. In extreme cases, powder can be used occasionally, but it clogs the pores.

With a dry scalp, never use a tonic with much alcohol in it. It is easy to tell a dry condition by the presence of dead skin or dandruff.

Before putting on the tonic, massage the scalp with these movements: Placing the four fingers and thumb of each hand above the ears, work up to the crown of the head in a rotary, pressing motion. Then, putting the right hand on the temple and the left at the nape of the neck in the same position, again work up to the crown, until



Empty, through Lymphatic Gland to promote Circulation



Use an Electric Brush Last of All



Apply Tonic with a Tooth Brush

every particle of the scalp has been gone over.

Next put the thumb and first finger of the right hand on the temples, and the five fingers of the left hand at the nape of the neck or the crown of the head, and move the whole scalp front and back. Then put the thumb and first finger to each side, at the crown of the head, and move the scalp from side to side. These two movements are unrivaled for loosening the tissues from the bone.

If the scalp, when rubbed, does not glow and get red, it is a sign of poor circulation. To correct this, put the thumbs under the chin and three fingers on the lymphatic glands and rub in a circular motion, either front or back, to empty the blood through the glands. To refill, place three fingers just below the temple on each side of the eye sockets and work with a rotary movement.

Now apply the tonic. This can be most economically done by parting the hair and using a toothbrush to get into the scalp. It can also be put on with a medicine dropper or with a small machine oil can. Care must be taken with the latter that there is nothing in the tonic to set on the tin. Rub in thoroughly, and remember the tonic is for the scalp, not the hair.

Rub with the rotary massage movements until thoroughly dry. Always be careful not to exert too much pressure above the ears.

At the last, the use of the electric brush for a short treatment is very beneficial. These brushes, when they are to be used by one's self, must have the negative and positive poles contained within the brush itself, as one naturally cannot hold a lode in one hand, as in the picture. They are comparatively inexpensive. The battery lasts several months, and can be recharged for 50 cents. This brush should be used only about five minutes at a time, and but once or twice a week.

Though this tonic treatment sounds complicated, it can easily be managed in the space of twenty minutes.

Surely every woman is willing to devote that much time now that she knows how to gain the glossy, shimmering, well-kept hair that adds so much to her appearance. Besides, such care is the best possible way to avoid the unweelcome gray hairs.

Cure for Blushing

Blushing is due to nervousness, is it not? If so, can I not get rid of blushing by first getting rid of nervousness? Now, what I want you to do for me is to tell me how I can overcome this nervousness. Are there not some rules you can give me to follow each day, or some exercises to go through that will help me? A FRIEND.

I am afraid that my advice will be of little help to you. Blushing, as you

say, comes often from nervousness, and no medicine or exercise will cure that. It is, however, more frequently due to self-consciousness, and in this case you must school yourself to be forgetful of your own personality. When you are in the presence of others, think only of them, or of some absorbing topic. Remember that every one in the room is not thinking of you, and that your blushes alone make you conspicuous. Even if some one speaks to you, nothing extraordinary is happening. See as much of other people as you can, and in time you will overcome your tendency to blushing in a young girl, but in an older woman it grows wearing. Don't think so much about it; forget yourself. That is all there is to it.

For Dry Hair and Dandruff

Can you tell me of a dressing that will help dry my hair? It was black, but is now very gray, although there are places where the new hairs are coming in very black. I am also troubled with a scaly dandruff. W. O. N.

Dandruff is usually due to excessive dryness of the hair and scalp, and when this disappears the dandruff goes also. The formula I give you will, therefore, be good for both.

Lotion for Dry Hair.
Glycerine 1 ounce
Eau de Cologne 1/2 pint
Liquid ammonia 1 dram
Oil of bergamot 1 dram
Oil of rosemary 1/2 dram
Tincture of camphor 1/2 dram
Rubbery capsule for ten minutes, then add camphor juice, 1/2 pint, and again mix well and stir. A few drops of essence of ylang-ylang or other perfume can be added.