

How to be Healthy and Beautiful

By Mrs. Henry Symes

ENCOURAGE THE CHILDREN TO SLEEP OUTDOORS

ON THE CARE OF HAIR AND SKIN

Hair Too Soft

My hair is of a light shade, very soft and so soft that I cannot fix my hair in the least bit of a pompadour unless I use a hair brush. How often and with what shall I shampoo? My hair is thin and short. A constant reader.

I am giving you a good tonic for thin, city hair. Shampoo once a month with pure castile soap and warm water, rinsing in several clear, cold waters. This will make your hair slightly coarser, so that it will be easier to arrange.

Jaborandi Tonic

Quinine sulphur..... 20 grains
Tincture of cantharides..... 1 fluid ounce
Fluid extract of jaborandi..... 1 fluid ounce
Alcohol..... 1 fluid ounce
Glycerine..... 1 ounce
Rosewater..... 16 fluid ounces

The quinine should be dissolved in the alcohol, shaken by warming slightly, then the other ingredients added, and the whole stirred into the roots of the hair every night.

Excessive Superfluous Hair

I was told by a friend that olive oil was good for the skin; I have been trying it and find it has a very softening effect. Now, you will be glad to hear that I have had a very successful result. I have had my hair removed and it has not grown back. I think it will take some powerful remedy to eradicate them, as they are coarse and obstinate.

From your letter I suppose that you have been using the olive oil as a face cream or skin food. It is very good for the purpose, although this is an unusual way to apply it. Wash the face before using, as with any skin food.

As to the superfluous hair, nothing but electricity or the X-ray treatment will cure it permanently. As you say you cannot afford that, you will have to use a depilatory, renewing the treatment whenever the hair reappears. Any one of those I am giving you is excellent.

Good Depilatories

Sulphide of soda..... 20 grains
Bleached lime..... 10 grains
Starch..... 10 grains
Lime water..... 1 ounce

Barium sulphide is also used as a paste for depilatories. The standard formula is: Barium sulphide..... 20 grains
Orange-flower cream..... 1 ounce
Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the cream. Enough water should be added to make a thin paste. Sulphide of strontium makes an efficient depilatory. It is made as follows:

Sulphide of strontium..... 2 drams
Oxide of zinc..... 1 dram
Starch, powdered..... 1 dram

Hair and Facial Troubles

My hair has been falling for some time. I have used many remedies, but have not had any success. There is light dandruff, but nothing to make the hair curly. Please give me something to take the face and neck, and something to make the hair finer and at the corners of my eyes. When I wash my hair with soap, there is a great deal of dandruff. Please give me also something to take the hair.

While your hair is still falling, I would not advise using anything on it to make it fluffy. Use first the tonic for dry, falling hair, and after this has had its effect apply a lotion made of one tablespoonful of castor oil mixed with two ounces of bay rum. The tonic for falling hair is as follows:

For Falling Hair
Cologne..... 1 ounce
Tincture of cantharides..... 1 ounce
Oil of English lavender..... 1 ounce
Oil of rosemary..... 1 ounce
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.

To fatten your face and neck, massage with a good skin food, such as the one I am giving you. For flesh around and beneath your eyes, massage with alcohol, using gentler motions than on the other portions of the face.

For the enlarged pores apply the lotion recommended to Mrs. F. H. H.

Orange-Flower Cream
(A Skin Food)
Oil of sweet almonds..... 1 ounce
White wax..... 1 ounce
Spermaceti..... 1 ounce
Borax..... 1 ounce
Glycerine..... 1 ounce
Orange-flower water..... 1 ounce
Oil of neroli..... 1 drop
Oil of bergamot..... 1 drop
Oil of petit grain..... 1 drop

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture. Pour it slowly into the blended fat, stirring continuously.

How to Use a Cream
Please tell me when to use cream of sweet oranges. Is it warmly or cool before going out? Are orange-flower cream and cream of sweet oranges the same?

Apply a cream with massage night and morning, after washing the face first with Lot and then with cold water. If you wish, you may apply it also before going out, using a good face powder afterward.

Cream of sweet oranges is not the same as orange-flower cream. The prescription or the former is as follows:
Cream of Sweet Oranges
(A Skin Food)
Sweet oil of almonds..... 1 ounce
Orange-flower water..... 1 ounce
White wax..... 1 ounce
Spermaceti..... 1 ounce
Borax..... 1 ounce
Glycerine..... 1 ounce
Oil of sweet orange..... 1 ounce
Oil of neroli..... 1 drop
Oil of bergamot..... 1 drop
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Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture. Pour it slowly into the blended fat, stirring continuously.

For Broad Shoulders
Will you please tell me how I can broaden my shoulders and increase the size of my legs? Is there anything besides rouge that will reduce the cheeks?
A good exercise to broaden the shoulders is given in answer to "M. A. R."

Exercise will develop the muscles of the legs. Long walks will soon produce good results. A fine exercise is to extend one leg as nearly as possible at right angles with the body, and, without moving the leg, to try to touch the floor with the knee of the other leg.

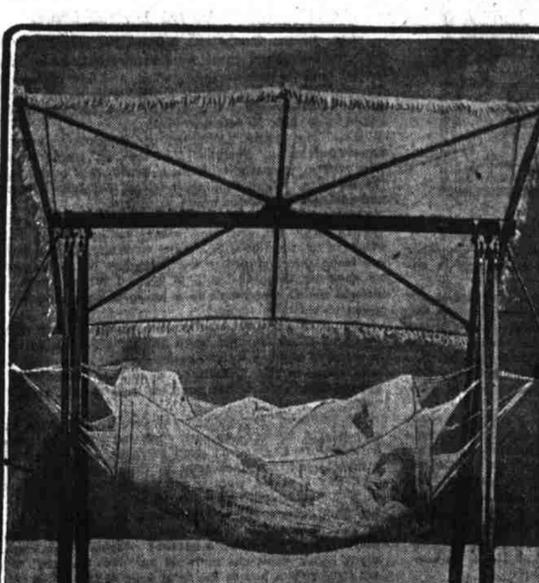
Nothing but rouge or paint of some sort will artificially redden the cheeks, though an active, outdoor life will usually give them a healthy, natural color.

Superfluous Hair
Will you kindly advise me what to do on the chest hair on the back of an A. J. man? As I have so often said, there is no permanent cure for superfluous hair, but electricity or the X-ray treatment. For a mild remedy, which can be renewed whenever the hair reappears, the standard formula is as follows:
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A Hammock Chair is Good For a Siesta

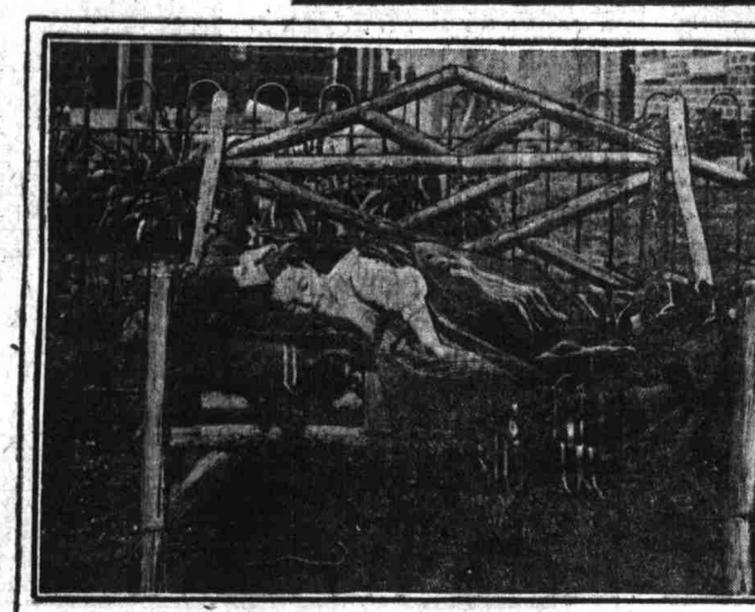
OUTDOOR sleeping has grown in favor with recent years. Time was when it was limited to consumptives and faddists, but nowadays every one advocates the practice more or less. Especially is it to be recommended for children as tending to increase their strength and improve their health, fitting them, in fact, for the battle of life in a manner which no system of favors and pampering could ever do.



One of the New Canopied Hammocks

The cot should be spread, as shown in the illustration, with a mattress of some colored goods—cottons or chins—and a small pillow to match. Then around three sides, excepting only that which is protected by the wall or some other object, a stinky quilted, very thin mattress should be placed in such a manner as to shut out the wind. Usually, with this protection, no other cover is necessary, extra warmth of apparel making up for any unlooked-for fall in temperature.

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A Cushion Makes The Rustic Seat Ideal

as, indeed, my natural and healthy living will. It is never, however, too late to mend, and no matter how much older than this your child may be, let him start now to sleep outdoors. The warm weather will keep him from any discomfort now, and by autumn it will probably be a hard task to drive him indoors at all.

must observe is never to bring a light into the tent, though he reads all evening by a lamp placed at a safe distance. It is really remarkable when one considers the multitude of things which this box holds. In addition to his bedding, there are always books, a store of apples, boyish relics and souvenirs, pillows, extra clothing—all the appurtenances of the camper he loves to imagine himself—and the inside of the tent is lined with the odds and ends with which most boys decorate the walls of their bedrooms. This boy, of course, is old enough to be trusted alone—he is just 10—and as soon as he is a little older his small brother will keep him company. His two older sisters are banished from

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ADVICE TO CORRESPONDENTS BY MRS. SYMES

- Obstinate Freckles.**
PLEASE send me the best lotion you have ever tried anything, but should like to do so.
- Reducing the Weight**
I am a young girl of just 16, and weigh 120 pounds. Would you please give me some advice to reduce my flesh? I am strong and can exercise, diet, or anything you think best for me to do.
- To Broaden the Shoulders**
I am strong and healthy, and am becoming stout in proportion. The only thing that worries me is that I am rather narrow-shouldered, and I should like you to help me to make them broad. I suppose exercise would do this, but I don't know what kind to take.
- To Enlarge the Bust.**
Kindly tell me all about Dr. Vaucaire's bust developer. Does it always enlarge the bust when taken, and is it harmless? What is its price and how much is needed to accomplish result? If it is a prescription to be filled, please prescribe it and cite the price for one filling.
- Letter Repeated by Request**
Would you please publish again an article that I have seen in your issue of three months ago, how a mother treated her child who was very sick with cholera? Doctors had given her no hope of the child waking again?
- For Broad Shoulders**
Will you please tell me how I can broaden my shoulders and increase the size of my legs? Is there anything besides rouge that will reduce the cheeks?