

How to be Healthy and Beautiful

by Mrs. Henry Symes



The Band Method

THE popular and pretty marcel wave is said to be bad for the hair.

Numerous complaints have been made of injury and even of permanent harm done to the hair by constant use of this method.

In every case, this has been traced back to the use of heat, the same cause which leads to falling hair with users of curling iron. There are many ways to marcel the hair without the use of fire.

Among these are the kid, ribbon or other artificial curlers, the employment of curling lotions, and the new hairpin and string methods.

We will treat of these last modes first.

The hairpin curling is illustrated in one of the photographs accompanying this article.

The hair is first parted in the middle, and divided into small strands. For each of these a thin wire hairpin is used.

Pass the strand through the bend of the hairpin, and then twist it down its length, plaiting it, as it were, first with one side and then with the other.

When all the hair has been wound upon it that the pin will hold, twist its ends upward to hold the strand secure, and proceed to the next.

The string and paper method is almost as simple.

BRAIDING WITH STRING

A long string is tied tightly to a small roll of paper, which is then held closely against the scalp. The hair has, as before, been divided into strands.

Each strand is then separated into three parts and is plaited, the piece of string in each case being plaited with one of the sections.

When braided to the end, the string is drawn upward, pulling the hair with it, and is tied again around the paper. Two or three hours will accomplish the marcelling by either of these methods, though the effect is better if the hairpins or strings are left on all night.

Even tight braiding in innumerable "Topsy" plaits will wave the hair over night. This, however, takes a good deal of time and patience.

A better way for the busy woman is to use the regular kid or ribbon curlers, or one of the many patent wooders or metal ones.

To secure a large, loose wave, simply tie a wide ribbon tightly about the hair near the top of the head before retiring. In the morning there will be one deep wave about the middle of the pompadour and another further up on the back hair.

There are several good curling preparations. Quinseed, for instance, makes an excellent one, and is of especial value to those whose hair is affected by the weather. It is prepared by mixing a tablespoonful of bruised quince seed with a pint of hot water. The water is poured over the seeds and the whole allowed to stand for several hours.

CURLING SOLUTIONS

The resultant mucilage may then be thinned with a few drops of essence of violet. The hair is moistened with the fluid before curling.

A solution to keep the hair curled is made as follows:

- Gum arabic..... 1 ounce
- Good, moist sugar..... 1/2 ounce
- Pure hot water..... 1/2 pint
- Alcohol..... 3 fluid ounces
- Bichloride of mercury..... 6 grains
- Sal ammoniac..... 6 grains

The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender. Moisten the hair with the fluid before putting it in the papers or curlers.

This is too strong a solution to be applied repeatedly, as it would surely

WAVING HAIR WITHOUT HEAT



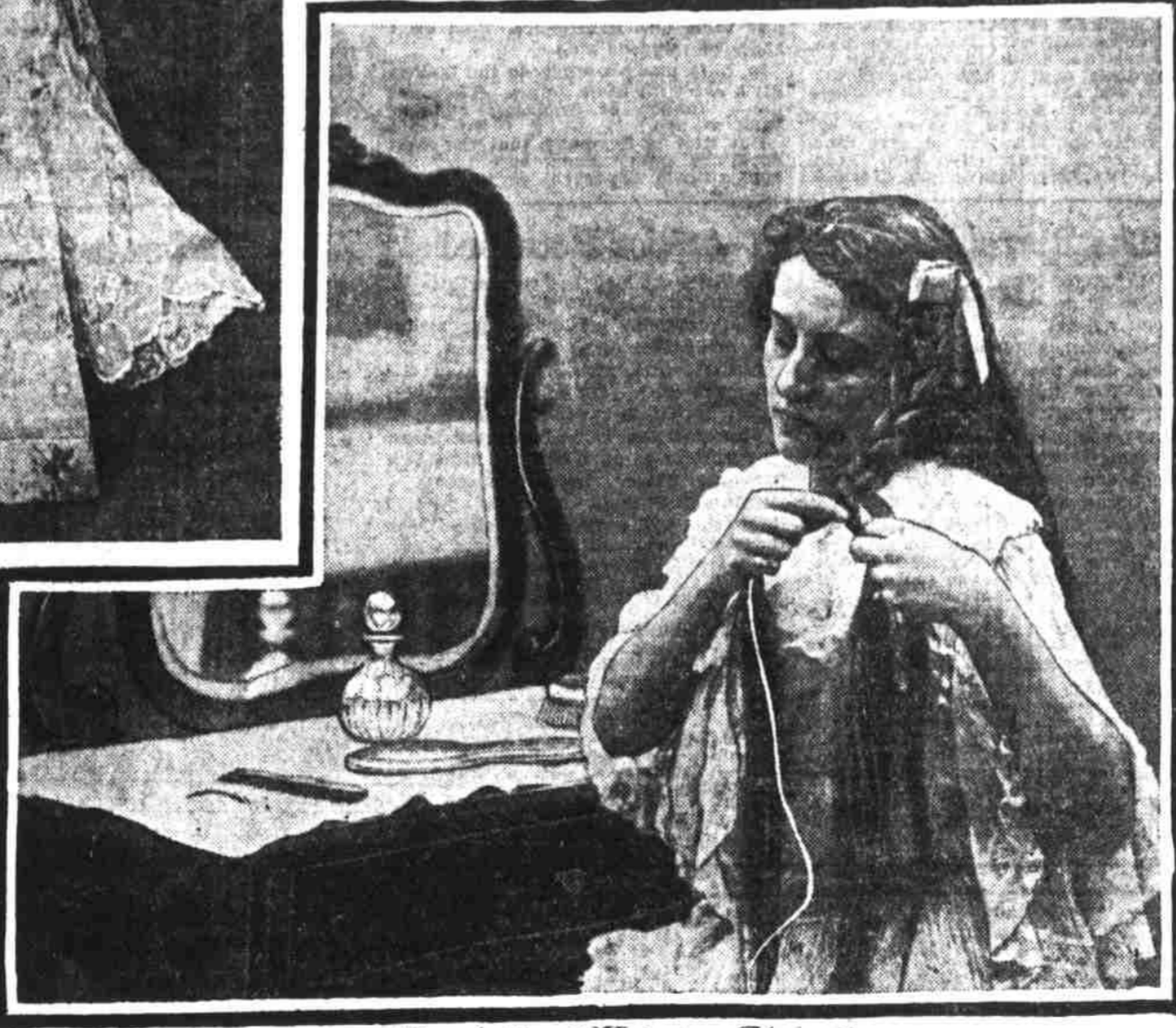
Using Straps of Cloth



How to Draw the Thread



Lightly Plaiting the Hair



Braiding Hair on String

Curling Fluid and Sunburn

Kindly give me a simple, perfectly harmless curling fluid. It is so fine and light that it will not stay out unless it is slightly oiled. I have never tried anything, but have been thinking of using quince seed.

Do you know of anything better than your cucumber cream for whitening the skin? Can it be used constantly without danger of promoting the growth of hair? My hair is inclined to have a slight steady growth.

I get so black that I would like a harmless, quick preparation which I could use every night after returning home for whitening the skin. It takes me now until January to whiten.

Will the cream keep indefinitely if a good supply is made when the cucumbers are in season?

Can you give me something for constant use on the hands to whiten them? I use glycerine and rosewater now to prevent chapping.

A good curling solution for you is the first one given in my leading article today.

Cucumber cream is a good whitener, but I would recommend the following instead for sunburn. I am also giving you a whitening and softening lotion for the hands. It will prevent chapping.

Sunburn.

White petroleum..... 2 1/2 ounces
Paraffin wax..... 1 ounce
Lanolin..... 1/2 ounce
Water..... 1/2 ounce
Oil of sweet almond..... 1/2 ounce
Alcohol..... 1/2 ounce

Lotion to Whiten and Soften Hands.

Put into a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Very Obstinate Freckles

Do you know of any remedy for very bad freckles? I have tried almost everything, and have taken treatment from a skin specialist for them. It cost me \$20, but they came back worse than ever. Would a face mask do any good? I have auburn hair and fair skin.

Are there any bad effects from taking the Vaucaire but remedy? R. M. M.

The formula I am giving you will probably help you, and in time may remove the freckles entirely. Wearing a face mask will do no good.

Dr. Wilson's Treatment for Obstinate Freckles.

(Recommended by Erasmus Wilson, and, though excellent in obstinate cases, does not suit all constitutions equally well.)
Elder-flower ointment..... 1 ounce
Sulphate of zinc..... 30 grains
Mix well and rub the affected parts off with soap and soft water, and afterward apply a lotion thus composed: 20 drops infusion of rose..... 1/2 pint
Citric acid..... 30 grains

All local discolorations, Dr. Wilson affirms, will disappear under this treatment; so, if the freckles do not yield, they will at least be greatly ameliorated.

The length of time it takes to effect a cure varies with different persons.

If you are otherwise healthy, the Vaucaire remedy will do you no harm.

Three Requests for Formulas

Kindly print your formula for orange-flower cream.

Kindly give me a prescription for a liquid face whitener to take the place of powder.

Kindly prescribe me the Vaucaire formula for enlarging the bust.

Here are the three formulas desired:

Orange-Flower Cream.

Oil of sweet almond..... 1 ounce
White water..... 1 quart
Spermaceti..... 1/2 ounce
Borax..... 1/2 ounce
Glycerine..... 1/2 ounce
Orange-flower water..... 1/2 ounce
Oil of bergamot (orange-skin)..... 1/2 ounce
Oil of petit grain..... 1/2 ounce

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

Liquid Whitener.

Water (previously boiled and strained)..... 1 quart
Alcohol..... 1/2 ounce
Ultramarine..... 1/2 ounce
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Glycerine..... 1/2 ounce

Dr. Vaucaire's Remedy for the Bust

Fluid extract of sassafras..... 1/2 ounce
Lacto phosphate of lime..... 1/2 ounce
Tincture of fenugreek..... 1/2 ounce
Simple syrup..... 1/2 ounce

The dose is two teaspoonfuls with water before each meal.

This formula is now finally revised and absolutely correct.

Exercise Repeated

In a previous number you published your exercise for the reduction of the abdomen.

You do me the kindness to repeat it, as I am very anxious to profit.

Here is the exercise you desire. I am sorry you missed it before.

To Reduce the Abdomen.

In standing position, clamp the hands over the abdomen. Contract the muscles of the abdomen and bend at the knees so that the feet get the bearing. Breathe steadily 20 times between each exercise.

Making the Marcel Wave with Hairpins

Grate the carrots on a coarse grater, and extract the juice by squeezing through cheesecloth.

Make a quart of jelly with any standard gelatine, using only three-fourths the prescribed quantity of water, the remaining amount being replaced by pure carrot juice. Add sugar very sparingly.

I am giving you formulas for remedies which, used as directed, should give you a clear, healthy skin.

Facial Troubles

Kindly tell me how to make carrot jelly. Kindly give me, also, a remedy for enlarged, enlarged pores. I have blackheads as well, and every summer my face takes on a shiny, greasy appearance.

Do you know of anything better than your cucumber cream for whitening the skin? Can it be used constantly without danger of promoting the growth of hair? My hair is inclined to have a slight steady growth.

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Will the cream keep indefinitely if a good supply is made when the cucumbers are in season?

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Olive Oil as a Flesh Food

Is pure olive oil good for developing the neck, arms and bust, or is a "flesh-builder" more beneficial?

I do not care to use anything internally on account of stomach trouble, but realize the necessity of using pure creams only.

Olive oil will do you more good internally than externally, and will not affect your stomach if taken with grape juice.

Externally, massage with the following:

Massage Cream.

Lanolin..... 3/4 ounce
Pharmacet..... 1/2 ounce
White vasoline..... 1/2 ounce
Coconut oil..... 1/2 ounce
Sweet almond oil (Allen's)..... 1/2 ounce
Tincture of benzoin..... 1/2 ounce

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

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

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ADVICE TO CORRESPONDENTS BY MRS. SYMES

Becoming Bald at 21

MY HAIR is quite thin around the ears, and has been falling out quite a little lately. The hairs that come out seem to have a white pith at one end, and the hair is dry. I am only 21 years of age, so you see I am not quite ready to be bald. Kindly tell me what to do to prevent its falling out, and to restore it and make it grow thick again.

Take a course of massage treatments at your barber's and use the following formula:

Cure for Bald Spots.

Where the hair falls out in spots try the following wash:

Distilled rosewater..... 6 ounces
Aromatic vinegar..... 1/2 ounce
Pure glycerine..... 1/2 ounce
Tincture nux vomica..... 1/2 ounce
Rosewater..... 4 ounces
Tincture cantharides..... 1/2 ounce
Mix thoroughly. Apply night and morning.

Dyeing Light Eyebrows

My hair is a dark brown, and my eyebrows are very light. I should like you to give me a stain that would darken my eyebrows. I tried a walnut stain for some time that is very good, but I have used all of the stain, and have forgotten what it was made of.

I should not advise you to wait until hair dye on your eyebrows. I am giving you instead the formula for the Chinese stain, which is excellent.

Chinese Eyelash Stain.

Gum arabic..... 1 dram
India ink..... 1/2 dram
Rosewater..... 1/2 ounce
Powder the ink and gum and triturate small quantities of the powder with the

Wart on Forehead

Kindly give a remedy for warts. I have one on my forehead. Would you advise me to go to a doctor and have it cut off, as it looks very bad? A READER.

Do not have the wart cut; use instead the following:

Wart Eradicator.

Sublimed sulphur..... 120 grains
Glycerine..... 1 fluid dram
Acetic acid..... 1 fluid dram

Apply repeatedly for several days. The wart will dry up and drop off.

Or, touch it daily for a few days with a stick of caustic. It will turn black, but will eventually disappear.

Restoring Bleached Hair

Can you give me a formula for restoring hair to its natural color? I have kept mine dark for the last two years with peroxide, and am now very anxious to have it dark, its natural color. It is really black.

Nothing but a dye will restore the color of your hair quickly, and I should not advise you to use that. You would better have patience and wait for your hair to grow out in its natural color. It is the penalty of bleaching.

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