

How to be Healthy and Beautiful

by Mrs. Henry Symes

How to Sit Down Gracefully



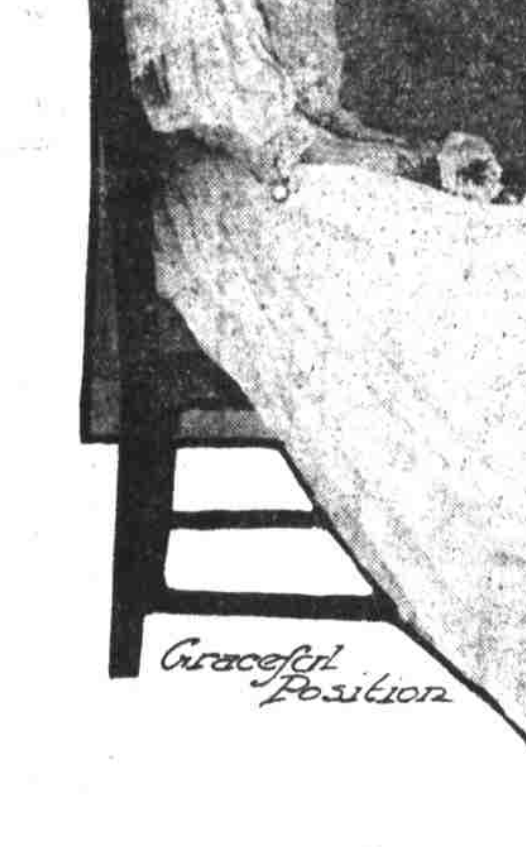
The Rocking Chair Habit Remains Co Grace

If there is any one occasion when a woman should strive with all her might and main to be graceful it is when she sits down. Not one woman in a hundred knows or thinks about seating herself gracefully. Columns have been written about how to enter a room gracefully, how to acquire a graceful carriage, but the art of sitting gracefully has usually been omitted from the category. Unfortunately, it is not an easy thing to manage, either. Yet it is one of the things that are necessary to make a woman attractive. The average woman spends more time sitting than walking. Women who make a fairly good appearance when standing or walking are often veritable frights when sitting down. With a little forethought and study, however, one may achieve grace in time. To begin with, the skirt must be arranged in becoming sweeping folds, allowing plenty of fulness at the knees so that it will not pull up in front when one is seated.

POSITION OF THE FEET
The feet must be kept close to the rounds of the chair. The second important thing is to be careful, whenever possible, to select a chair low enough or high enough for the figure. A little woman perched on a high chair looks as if she were marooned in mid-air. A tall woman hunched together on a low chair, looking as if she were making a supreme effort to have her chin and knees meet, is equally ungraceful. By a little forethought when entering a door one can readily avoid making herself a caricature while seated. Then there are the elbows. If you would acquire grace in sitting, be very careful of your elbows. Don't lean on them and rest your hands against your face. You are not really resting, you are only showing your face upward and making a score of crow's feet and turkey tracks around the eyes.



Successful Arrangement of Feet is Essential



Graceful Position

Besides, it is one of the most unbecoming and ungraceful positions that any one could assume. Rest your hands in your lap. Let them fall naturally. Don't pin them down tight to your sides. Don't look at your feet. Don't act as if you were studying the carpet or rug. Look high. And if you chance to possess one of those undesirable pudgy throats and a

double chin, your duty, not only to yourself, but charitably for your neighbors, should compel you to practice looking high. A fat throat topped with a double chin can never be attractive, and one of the most effectual methods of doing away with it is to carry the head high. Don't throw your head forward. Dip it back. That will bring your chin up and do away with the double-chin tendency and give you the correct head poise when sitting. Try to see yourself as others see you. Don't stick your feet out toward the middle of the floor. Then, remember that round shoulders are one of the greatest drawbacks to a good figure or graceful appearance, and square your shoulders when seated. The chest should be held upward and outward. This brings the abdomen in. In doing this it is not necessary to force the shoulders back to such an extent as to make little crow's feet in the back of one's frock. **THINGS TO REMEMBER** In sitting, learn to sit squarely, so that the body is well supported. A girl cannot be attractive-looking seated or walking unless she learns to hold her shoulders correctly, the chin well in the air and the bust out. The rocking chair is responsible for many of the lounging, ungraceful positions which some women assume when seated. Unless one sits in the correct position, too, constantly sitting, as some business women do, is apt to give a peculiarly ungraceful form to those who have a tendency to stoutness. Incorrect sitting position will in time destroy the carriage, no matter how upright it may be at the present. If when sitting one will follow the admonition so often given to children, to "sit tall," it will be found that the chin will lift itself, the shoulders be thrown back and the chest raised. If these directions are followed carefully, one gains, unconsciously, the correct poise.



A Pose to be Avoided

Developing and Reducing the Bust
I am seeking your advice in reference to developing the bust. I am otherwise quite proportionate and therefore would not care for a remedy which had a tendency to produce flesh. I have tried the famous "Lucifer" remedy, but to no avail. Probably I did not give it sufficient time. It made me very illious, consequently I discontinued its use. Whatever remedy you may see fit to advise shall be strictly adhered to, and nothing you might ask me to do will appear too troublesome. H. M.
Kindly give me a formula for reducing the bust. I am not very large, but my bust is out of proportion to the rest of my body and causes me much discomfort and embarrassment. R. E. M.
I am giving formulas for both of you to attain the happy medium which will do all right.

To Develop the Bust.
The following may be tried: Lanolin..... 1 ounce
Cocoa butter..... 1 ounce
Sweet almond oil..... 1 ounce
Put in a small bowl, set in hot water until melted. Heat together and cool. Each night, after laying hot cloths on bust, rub it in, massaging gently and thoroughly in a circular direction for fifteen minutes.
To Reduce the Bust.
Pure deodorized iodoforn..... 1 ounce
Vaseline..... 1 ounce
Essence of peppermint..... 20 drops
Then cover breasts with two cloths dipped into the following: Pulverized aluina..... 20 grains
Acetic acid of food..... 1 ounce
Distilled water..... 2 ounces
Cover the cloths with oiled paper and keep them on all night.
Request for Formula
Kindly give me the formula for the flesh-building cream. I believe there are four ingredients in the preparation. Lanolin and cocoa butter are two of them. Mr. E. N. VAND.
None of my cream contains lanolin and cocoa butter. Here are two containing lanolin and cocoa oil. I trust one of them is the one you desire.



Tall People Should Avoid Low Chairs

Aids to Correspondents
For Slender Waist and Hips
Kindly give me some exercises to keep the waist and hips slender and supple. I find also that I throw first one hip and then the other forward in walking. How can this be remedied? M. L. B.
I am giving you your choice out of several exercises such as you desire.
To Reduce the Hips and Waist.
The following exercise, if persevered with, will reduce flesh around the hips. First, raise the outstretched arms above the head, the body retaining the erect position; then bend slowly forward from the waist, so that the fingers come as near touching the floor as possible, without straining in any way. This is done without bending the knees. In recovering position, let the arms relax and sink down as the body straightens up. Second, with hands placed lightly on the hips, the fingers pointing forward, let the body drop forward easily, so that it is bent at the waist. This must be done gently, as by jerking more harm than good is done. From this bent position roll the body round to the right, counting four for it to reach the position of being bent over the side, then to the back, being careful to do it very easily at first, till the muscles have gained strength, for an S-shaped curve of the movement may cause pain. Then on to the left, and back to the right. The pivot on which the trunk swings, and the head is easily relaxed. It is comparatively easy to get the body from the floor as far as the knees to the right and left. Each movement should occupy four counts. Take these exercises gently, but let the movements be firm and strong. Avoid the slightest strain of the muscles. No corsets should be worn while practicing them.
The exercises above described are highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symmetry. She states that it has reduced her two inches from the waist, and that she stands on the floor, supporting herself by the hip, while the other is placed upon the hip. While holding this position, raise the body gradually from the floor until the whole weight is supported by the hand and feet. It is comparatively easy to get the body from the floor as far as the knees to the right and left. Each extent just described is not easy at first. It should be tried first on one side and then on the other.
Hip-circling can be done with good results in the way of decreasing size if the principle of resistance is employed. Standing in position, hands on hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and resist.
Here are several exercises that are excellent hip-reducers:
1. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements.
2. Place hands on hips, shoulders well back. Raise the leg, with knee exact, and give a high, quick side kick, bringing the foot back onto the floor. Repeat ten times, first with the right foot then with the left.
When you walk there should be no motion of the hips at all. Practice until you can accomplish this. Practicing on one leg and swinging the other will give you command over the hip and thigh muscles. Walking with an umbrella under the arm will remind you to keep your hips motionless.

Honey and Almond Cream.
Honey..... 1 ounce
White soap..... 1 ounce
Oil of sweet almonds..... 1/2 ounce
Oil of bitter almonds..... 1/2 ounce
Oil of bergamot..... 1/2 drop
Essence of Peru..... 1 drop
Liquor potassa..... 1/2 dram
Mix the oils with the balsam, then mix the honey with the soap in a mortar, add the rest of the ingredients and mix thoroughly incorporated emulsion.
Sunburn Sorrows
SCHOLGIRL.—Sunburn requires a liberal dose of cold cream. For the girl who is still suffering from the sunburn sorrows of summer the following lotion will prove most helpful: One pint of rosewater, one-half an ounce of pulverized borax, one ounce of strained lemon juice. Use freely each night until the sunburn disappears.
Use of Glycerine
EDNA B.—In nearly every instance the use of clear glycerin will cause the complexion to become yellow and lined. A good skin food, recipe for which are constantly appearing in these columns, would be much more satisfactory in smoothing the skin and removing wrinkles.

Complexion Powders
H. M. N.—There are complexion powders of all shades and consistencies to suit certain complexions. It is absurd to fancy that one powder will agree with every complexion.
What one skin will accept, another skin will not have at all. So it is with creams and lotions. One must experiment wisely with first-class preparations, and when one finds a cosmetic that proves helpful, one should stick to it like a button on a coat.
A tiny suggestion of rouge will often give brilliancy to a dull skin, but it must be used with the greatest of caution. Whether or not it is wicked to use rouge depends upon the ideas in your head.
Certainly, it is extremely foolish to use too generously and also where one has a natural color.
Whatever makes a woman young, dainty, attractive and charming can't possibly be very bad.

For Moth Patches
FOLLY.—Four grams of lanolin, ten grams of lanolin, four grams of glycerine, two grams of carbonate of soda, two grams of oxide of zinc. This should be applied to the spots at night and bathed away next morning. Repeat the application as often as necessary.
Showing the Hair to the Best Advantage
"What pretty hair Belle has!" remarked one girl to another a few days ago. "Pretty?" "Yes, that hair, tight knotted?" "Yes, the astonishing rejoinder. "Oh, you never saw her hair when it was down. It is long and thick, and she could arrange it beautifully if she only would. But there's no use telling her. She says it's math and neat and comfortable and stays all she wants." Of course, girls of Belle's sort are very much in the minority, but still they exist. They are usually strong-minded young women, who disdain clothes except for their usefulness and wearing qualities, and who utterly despise such frivolities as puffs and waves and fancy combs. If these same girls only could be persuaded to look at themselves in the mirror absolutely without prejudice and then, after passing through the hands of an expert hairdresser, to give a rush to the hairdresser, there would be

Timely Advice by Mrs. Henry Symes

Hair Falling and Badly Split
I AM 20 years old, and my hair has been falling continually for five years. Previous to that, it was very long and thick. I had an internal trouble, which also affected my nerves, but I am better in that respect, though I have very frequent headaches. My hair is inclined to be dry and is split at the ends. It also splits at different places, and sometimes about three or four inches will come apart from the rest and leave a split end. There is a very little dandruff. The hair is now so thin that I have scarcely enough to put up, and have been thinking of having it cut off close to my head in hopes of that doing some good. Mrs. I. METZ.
Do not think of cutting your hair. You will be able to treat it without any such strenuous measures. Of course, its condition is partly due to the headaches of which you complain. When they finally disappear, your hair will be much improved. Meanwhile, since it once in every three or four weeks, to cure the splitting, and use the following formula for dry, falling hair:

Tonic for Falling Hair.
Phenol..... 1/2 dram
Tincture nux vomica..... 1/4 dram
Tincture cichouus..... 1 ounce
Tincture cantharides..... 1/4 dram
Sweet almond oil..... 1 ounce
Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.
Proportion of Water to Quince Seed
Kindly tell me the proportion of water for 10 cents worth of quince seed for the curing fluid. R. R.
As prices vary so greatly in different parts of the country, I cannot tell how much quince seed you would receive for 10 cents. The proportion is

a tablespoonful of bruised quince seed to a pint of boiling water. You can work out your own proportions from that.
Tan, Freckles and Superfluous Hair
Kindly give me a remedy for removing tan and freckles, which will positively not cause hair to grow on my face. I have a slight growth of hair on my upper lip, which is very embarrassing. Do you think the use of pumice stone would help in this respect? A READER.
I am giving you a formula for freckles and sunburn, which I trust will prove satisfactory. As for the superfluous hair, if it is as light as you say, I would simply bleach it with white peroxide, when it will be unnoticeable.

Lemon and Glycerine Lotion.
(For light freckles and sunburn.)
Citric acid (lemon)..... 2 drams
Rose water..... 11 ounces
Red rose petals..... 2 drams
Glycerine..... 1 ounce
Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as agreeable.
Various Questions Concerning the Hair
Kindly give me a formula to lighten the hair. Mine is of a muddy color. Kindly tell me also something that will make the hair thick and long. Will peroxide injure the hair? Kindly give me the formula of your Chinese eyelash stain. Mrs. E. A. F.
Nothing will lighten your hair that will not harm it also. I never advise the use of peroxide, as it dries and splits the hair, and, besides, gives in most cases a most unsatisfactory shade.

You would better let well enough alone, and not tamper with the color of your "muddy" hair. I am giving you the two formulas you desire.
Hair Tonic.
Resorcin..... 3 drams
Tincture cantharides..... 1 ounce
Oil ricini..... 4 drams
Oil rosemary..... 10 drops
Bay rum, add sufficient to make. 8 ounces
Chinese Eyelash Stain.
Gum arabic..... 1 dram
India ink..... 1/4 dram
Rosewater..... 4 ounces
Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very thin camel-hair brush.

Eczema Treatment
NELLIE B.—Adopt a light, unstimulating diet, free from animal foods, and take special pains to improve the digestion. Drink pure water freely. Take frequent sun and air baths. Dress lightly, avoiding woolsen or any irritating underwear. Use only a little pure castile soap, avoiding all strong soaps. The use of a little olive oil applied to the surface afflicted will prove beneficial. Cold water baths are all right, but a flesh brush should never be used. In very severe cases apply cold water compresses.
Superfluous Hairs
AFFLICTED.—It is impossible to imagine anything more unbecoming than coarse hairs on a woman's chin. For a few dollars and a few moments' time you can have them all removed. Go to a first-class beauty shop and

have the electric needles used. The work is not especially uncomfortable, and many women have been treated with absolute success. There is nothing to fear, the growth will not return and the skin is not scarred. Go to a responsible establishment, where you may know that the lines are scrupulously clean, where the appliances are up-to-date and the operators blessed with consciences as well as cleverness and skill.
Filing Fingernails
NELLIE.—By filing the finger nails close at the sides and a little longer in the center they will appear to be of better shape. Keep the nails soft and pliable and healthy by applying cold cream or white vascline to them once or twice a week.

Red Scar
JENNY R.—The little red scar can be helped greatly by bathing in warm water at bedtime and applying ointment of zinc oxide. A boric acid solution is also helpful used in the same way.
To Darken Light Hair
R. L. M.—The only way to darken light hair is to have a dye used. To be successful, it should be applied by an experienced hair specialist. Many a variegated topknot is sad evidence of experiments with hair dyes. Light brown hair may be darkened very slightly by applications of sage tea. Steep some of the dried leaves, cool and strain, and to each pint of the liquid add one tablespoonful of bay rum. Apply with a tiny clean brush.

For Oily Skin
E. R. S.—Here you have a delightful sedative lotion for oily skin: One and one-half ounces of cucumber juice, one and one-half ounces of witch hazel, three-fourths ounce of rose water, one-half ounce of boroglyceride, one-fourth ounce of oxide of zinc, one-half an ounce of essence of rose.
The diet has much to do with the condition of the complexion. The oily state can be done away with to a large extent by eating crisp, green vegetables and drinking mineral waters, avoiding all fatty foods, rich pastries and strong tea and coffee.
Broken Hair
R. E. E.—When the hair becomes broken and thin there is always a reason for it. The first and best remedy is health. Worry, lack of care of the scalp or late hours will often make the hair appear discolored and discouraged.
A course of scalp treatments and regular electric brushings will act as a gladsome tonic to a depleted hair.

Cold Cream Not Injurious
B. E. L.—The constant use of cold cream will not injure your skin, but will benefit it.
Women of the stage have excellent complexions. The oils that are used so constantly tend to nourish the skin and keep the tissues firm and splendid. Actresses who realize the need of keeping young devote a great deal of attention to their beauty habits.
Complexion Cream
TOILLIE R.—A simple complexion cream may be made thus: One-fourth ounce of spermaceti, one-fourth ounce of white wax, one-fourth pound of sweet almond oil, one-fourth pound of cocoa butter, two ounces of lanolin. Melt and stir in one dram of balsam of Peru.
After setting, pour off the clear portion, add two fluid drams of orange-flower water, and stir briskly until it forms a cream.