

How to be Healthy and Beautiful

by Mrs. Henry Symes



Acquiring the Fashionable Waist

HOOP exercises are the latest method of securing a beautiful figure and a correct carriage by strengthening and straightening the spine. The nicest part of all is that not much exertion is required in practicing the exercise.

In the acquisition of grace and beauty one cannot dodge exercise successfully any more than they can dodge the tax collector or death.

Judicious exercise is to the discordant body what the piano tuner is to the run-down piano.

The girl who joins a gymnasium class and goes through various exercises and drills and movements with her mind wandering off into forty-five different states had better save the money she is spending on her classes.

For she is receiving few benefits. But the one who applies herself, who practices the lighter forms of exercise with her mind fully active as to the benefits sought for, will be rewarded with a fine, healthy, graceful body.

For the best all-around development of women in general exercise of more or less moderate type is necessary.

This work, to be truly beneficial, should be regularly and systematically followed.

A woman cannot have flabby muscles, a weak chest, a stiff, unwieldy waist line and unexercised

joints and be graceful.

The exercises given in this page will benefit these physical deficiencies and bring about the condition of gracefulness.

One of the first and most important exercises is the exercise for strengthening and straightening the back.

SWAYING EXERCISE

For this one must bend over slightly and slowly sway the upper part of the body around as if the waist were a pivot, on which the trunk revolved.

Practice swinging first to the right and then to the left. The effect on the waist line in making it flexible and graceful will be most noticeable if practiced regularly.

Many women have the confused notion that to draw and be lazy and languid looking is to be graceful.

These women are just as abnormal and a great deal more enervated.

Developing Arms

ing to come across than the intense woman who dashes everything and who is far more apt to knock a thing over than to pick it up.

The graceful woman is never too quick or too slow. She never hurries unless it is absolutely necessary.

Neither is she affectedly slow.

The girl or woman of today who is unattractive and plain is so because she does not know how to be otherwise, or she is indifferent to her appearance.

She has come to realize that beauty of one kind brings along beauty of another kind.

That the woman who cultivates a correct carriage, a clear skin and a sweet, smiling face finds it desirable to grow a heart to match it, and gradually realizes the far-reaching effects of genuine loveliness.

To Secure Erect Carriage

Child's Milk Teeth

MOTHER—All of the first or milk teeth are usually cut by the end of the second year. These teeth number twenty in all, ten in the upper and ten in the lower jaw. The first teeth should be kept as scrupulously clean as a permanent set.

A soft toothbrush dipped in a solution of boracic acid and water should be used night and morning as soon as the child is past the infantile age of existence.

When the second teeth appear, usually about the seventh year, they should be carefully watched, and care should be taken to see that they come through in a healthy, regular condition. In case of any irregularity, a good dentist should be consulted.

Good teeth mean good digestion, and good digestion means good health. If children's teeth are looked after when they are young, they are far more likely to grow into healthy men and women than if their teeth are neglected.

Tooth Powder

CORA—You can prepare a tooth powder as follows: Six ounces of powdered prepared chalk, one ounce of powdered orris root, one-half ounce of powdered castile soap, one-half ounce of powdered sugar, one-half ounce of powdered starch, mix well, and sift repeatedly. A firm brush is best for brushing the teeth.

Occasionally use dental floss, and by all means take necessary to a woman's annual year teeth every month or so.

When Powder Does Not Adhere

S. E. G.—When powder does not adhere to the complexion it is because the powder is not right, or because the complexion is too dry. Rub the face every night with orange-flower skin food.

With wind, sun, soap and water, and every other complexion-destroying condition a good face or skin food is an absolute necessity to a woman who would preserve her complexion.

Chilblains

FOOTSORES—Soak the feet in brine, or in water in which potatoes have been boiled, or make a good bran water and add several teaspoonfuls of muric acid, or ammonia, or rub them with spirits of turpentine.

An excellent remedy is to paint them with equal parts of tincture of iodine and a solution of ammoniac morning and evening. Any of these remedies will be helpful.

For Removing Moth Patches—M. B.—You will find this very good for removing moth patches: Ten grams of cocoa butter, ten grams of castor oil, twenty centigrams of oxide of zinc, ten centigrams of white precipitate, ten drops of essence of rose.

Apply to the moth patch night and morning.

Eye Cup Helpful

NELLIE—The frequent use of an eye cup filled with tepid water and a solution of boracic acid will strengthen and rest the eyes and allay any inflammation.

For Corns and Bunions

SALES LADY—Badly inflamed corns are dangerous, and you should see a physician about them; but if it is an ordinary corn it will readily succumb to home treatment. For the hard corn soak the feet a half hour in warm water and remove as much of the corn as possible, being careful.

Bind over it a clove or garlic macerated in vinegar. Pursue this treatment for a week, and at the end of that time the corn will disappear. Should it return, repeat the treatment. A piece of lemon cut fine is often used instead of the garlic or clove.

It is best to remove all inflammation by using carbolic acid. After soaking pick out the little red corn without pain and then apply the lemon or clove. For the soft corns which you complain of, soak your feet in hot water and apply tincture of iodine.

Or wrap a rag soaked in turpentine around the toe night and morning.

It is well to remember that too large shoes are just as great producers of corns and bunions as too small a shoe.

Many persons make the mistake of buying shoes half a size too large for their children's feet, with the idea that they will grow to them. Quite true, they will grow to them, but in the meantime the stockings wrinkle tender and sore, and if persisted in will soon cause corns and bunions to appear.

Irritation in the Throat

DISTRESSED—One of the simplest remedies for the trouble you complain of is lemonade made without the addition of water. Grate the rind from one lemon and squeeze the juice from two over about two teaspoonfuls of sugar. Be very careful to grate only the yellow, as the white gives a bitter flavor.

Add the juice and grated rind of orange, let this stand ten or fifteen minutes, then strain through a cloth. The result is a syrup which is refreshing and which quickly relieves the irritation in your throat which you complain of.

Powder for Dark Skin

BRUNETTE—A cream colored powder is usually the best for the dark or olive complexion. You can secure this powder at any drug store that handles toilet articles.

To get the red tints in your hair, shampoo your hair carefully and apply the henna stain. Let this dry in the hair, then shampoo again with soap and hot water. The henna is harmless and makes only the slightest change in the color of one's hair.

To Develop the Hips

T. S.—Many a woman who has very small hips can improve her figure by learning to stand properly and wearing a good corset that gives a curved outline. Small hips, however, are quite the fashion this season.

You can extract the juice from cucumbers by slicing them. Add a little water and allow to simmer slowly until they are soft. Strain through a cloth and let it cool, then add a little alcohol to preserve it.

Crust on Infant's Head

R. E. M.—It often happens that a crust will form on an infant's head. Apply sweet oil or olive oil. Sponge occasionally with a weak solution of crystallized boracic acid, one-half teaspoonful of the acid to one quart of hot water.

For Increasing the Growth of Hair

ANNA—One of the best tonics for increasing the growth of the hair is as follows: One dram of bisulfate of quinine, one-half ounce of tincture of cantharides, seven ounces of lustering. Rub into the scalp night and morning.

Exercise for Strengthening Back