

# How to be Healthy and Beautiful

by Mrs. Henry Symes

## Acquiring Graceful Hands



Perishing Back Cables



A Graceful and Pretty Hand



Simple Remedy for Red Hands

**V**ERY few women know how to acquire pretty, graceful hands. To begin with, it is necessary to have white hands these days. One way of getting them is to wear at night a pair of gloves, which act as bleachers for the hands. These gloves should be of heavy leather. A pair of men's winter gloves two sizes too large will answer the purpose nicely. With the scissors one must cut the backs open and then spread the backs and palms with a bleaching paste made of boiled oatmeal, almond oil soap and a bleaching compound. Then the gloves are put upon the hands and sewed up. In the morning when the stitches are cut the hands come out beautifully white. The greatest trouble with hands is that so few women know how to use them properly. So many women sit with their hands doubled up. This is extremely harmful, as it makes the joints much larger. Another bad habit is that of putting the thumbs or finger tips in the mouth. This makes the tip of the thumb big and flat and the fingers stubby. Drumming idly with the finger tips is another bad and injurious habit, as

the face. Neglected hands very soon grow old. A hand may be large, but if it is white and soft its size is forgotten. It may be tiny and dimpled, but if it is rough and red or tipped with badly shaped, badly cared-for nails, its symmetry is unnoticed. A well-kept hand looks wholesome and clean, even though not shapely, and may be more admired than if it were, provided, in the latter case, it displays the effects which arise from neglect. Never mind the shape of the hand. Such as it is, let it be, but put the skin and nails in order and keep them so. The process may require some time, but when the result is accomplished, only a few minutes will be needed each day to preserve the results that have been attained.

**As Told by the Chin**  
**A** POINTED or narrow chin signifies a nature not easily satisfied, and a longing for an ideal. Women with indented chins have a tremendous desire for affection. The narrow, square chin also signifies a strong love nature. The broad, square chin shows tremendous strength of feeling.



Best Balm for Hands



How to Lamber the Fingers



How to Treat the Nails

it makes the ends of the fingers round and stiff. Nor should the hands be strained in driving in pins or tacks or by using them roughly or wearing too tight gloves. Never pull the fingers backward, or distort the muscles or knuckles. The hands should be kept as near their normal shape as possible. It is wonderful how much improvement can be given to an old-looking hand by proper care, and by carefully manicuring the nails. When the hands have become old and wrinkled, perhaps the best method to employ is to wear as long sleeves as possible, having them come well down to the knuckles. Then devote the leisure time to lengthening and beautifying the finger nails.

It takes but comparatively a short time to make the hands fat by this method. Women with hands that will not open wide, and that are cramped and twisted from any cause, should take regular hand exercises, which are immediately beneficial. Open and close the hands vigorously half a dozen times a day. This will make the wrists slender and the hands fatter and more symmetrical. Nervous people have nervous looking hands. But this nervous look can be taken off by fattening them. The hands begin to grow old at thirty. After that the bones begin to come in sight and the veins appear. Hands, to remain young, must be treated. They require more care than

### Advice by Mrs. Henry Symes

**O**WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks. All correspondents who desire an immediate answer must enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

**To Remove Stains From Hands**  
**NOLA.**—To soften, whiten and remove stains from the hands use glycerine and lemon. 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 wiping the hands rub a little of this mixture into them. Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times.

**Lotion of Lavender Flowers**  
**HATTIE.**—This delightful lotion may be added to the water when washing: Two ounces of rectified spirits of wine, two drams of spirits of ammonia, one-half dram of oil of lavender. Mix the liquids together. Bottle and shake.

#### Violet Sachet Powder

**H. S.**—A simple and delightful violet extract is made thus: Powdered orris, one ounce; powdered bergamot peel, one-fourth ounce; powdered saffron, one-fourth ounce; musk, twenty grains. Mix thoroughly. Bottle for ten days, when it is ready for use. Here is a good wart eradicant: Sublimed sulphur, 120 grains; glycerine, five fluid drams; acetic acid, one fluid dram. Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

#### Witch Hazel Cold Cream

**MARIE.**—The following cream is particularly useful to heal sores or stretched skin: One ounce of white wax, one ounce of spermaceti, one-quarter pint of oil of almonds. Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

#### Pleasant Vermifuge

**H. R. S.**—Five fluid ounces of fluid extract of sassafras, three fluid ounces of fluid extract of sassafras, ten drops of oil of anise, ten drops of oil of caraway, eight fluid ounces of simple syrup. Dose, one or more teaspoonfuls for adults, one-half teaspoonful for children, at intervals until purging commences.

#### Large Knuckles

**DOLLY.**—Every night soak the hands for ten minutes in hot water and wash with a good soap, rinse in clear water and dry thoroughly with a coarse towel, and in doing so rub the fingers from the tips backward. Next rub the following skin food into the knuckles and entire hand: Cocoa butter, one ounce; oil of sweet almonds, one ounce; oxide of zinc, one dram; borax, one dram; oil of bergamot, six drops. Heat the cocoa butter and oil of almonds in a bain-marie, and when thoroughly blended add the zinc and borax; stir as it cools, and add the oil of bergamot last.

#### Coarse Pores

**B. A.**—Coarse pores are caused principally by indigestion and constipation, and require internal as well as external treatment. Sip a glass of hot water before eating and drink plenty of cold water between meals, a little at a time. Exercise healthfully and apply the following lotion with a piece of soft linen: One dram of boric acid, four ounces of distilled witch hazel. This powder will give a polish to the nails: Talcum powder, half ounce; pumice stone, pulverized, two ounces. Mix thoroughly, add fifteen grains of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

#### For Perspiring Feet

**F. P.**—The following formula is very good: Salicylic acid, twenty scruples; boric acid, one dram; talcum powder, one ounce. To help reduce a double chin practice the following exercise: (1) Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. (2) Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

### Timely Aids to Correspondents

#### Lotion for Shiny Nose

**E. W.**—The remedy here given is often very successful: One dram of boric acid, four ounces of rosewater. Mix and apply to your refractory nose as often as necessary. Bunions and corns are due to improperly fitting shoes. Have the shoes and stockings a trifle too long for the feet, so as to relieve the pressure on the toes. Soak the feet night and morning; wipe dry and rub with mixture of one tablespoonful spirits of turpentine and lard (equal parts) or turpentine and sweet oil (one to three parts) until the soreness subsides. Dust between the toes with talcum powder and place a little cotton between toes, so as to absorb any moisture. Apply the following tincture to your scalp every night: Three drams of resorcin, one ounce of tincture cantharides, four drams of oil rectified, ten drops of oil rosemary. Add sufficient bay rum to make eight ounces.

#### To Cure a Sty

**D. M.**—The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint wrung out of boiling water; cover with a piece of jaconet and a pad of cotton wool on top; fix with a bandage. Here is the Chinese eyelash stain: One dram of gum arabic, one-half dram of India ink. 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.

#### To Restore Natural Color of Hair

**FRANTIC.**—Sugar of lead, one-half ounce; lae sulphur, one-half ounce; essence of bergamot, one-half ounce; alcohol, one-half gill; glycerine, one ounce; tincture of cantharides, one-half ounce; ammonia, one-half ounce. Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose. Then spread it evenly downward through the tresses with an ordinary hairbrush. This should not be applied more than once a week, as its frequent use at too brief an interval would, sooner or later, have a pernicious effect upon the scalp.

#### Tonic for the Hair

**M. K.**—Here is a formula for a very simple hair tonic. If you wish something that you can make at home you will find nothing better than this: One pint of water; one-half dram of bluish phosphate of quinine; one-half ounce of salt; three-fourths ounce of borax. Perfume with a few drops oil of rose. Apply every night to the scalp, using a small toothbrush for the purpose.

#### To Whiten the Skin

**ELSIE.**—A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin. An excellent application to corns is: Thirty grains of salicylic acid, five grains of extract cannabis indica, one-half ounce of collodion. Hygienic Talcum Powder. N. P.—I do not know the exact formula for the powder to which you refer, as it is a proprietary article, but it is very similar to the hygienic talcum powder. Formula: Fifty grains of farina starch, twenty grains of powdered talcum, twenty grains of powdered lycopodium, ten grains of salol or boric acid, twenty grains of essence of violet.

#### Sultana Cream Make-Up

**CURIOS.**—Sweet almond oil, four ounces; white wax (melted), 50 grains; spermaceti, 50 grains; benzoin (finely powdered), 100 grains; rice powder, 200 grains; pure carmine, fifteen grains. Blend the fats in the inside receptacle of a custard boiler; add benzoin while they are heating; the rice powder and carmine while cooling, and the tincture last of all. Spread it on the face and neck gently and carefully, rubbing it into the skin, and avoid getting it into the eyebrows or close to the eyes. Powder with any flesh-colored powder or veloutine, applying freely with a puff; and after a little while wipe off with a bit of chamolis. This masks as effectively as a plaster of pastes, and paints all slight imperfections of the skin without having the repulsive artificial look which they give. By artificial light it is imperceptible.

#### For Oily Skin

**ETHEL.**—Banish all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with diluted alcohol (5 per cent. strength) is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful. Nothing is better than olive oil rubbed in after washing and before drying the hands. For persons who have eczema this is often far better than cold cream, as it softens the skin and prevents irritation.

#### Inflamed Eyes

**WORRIED.**—When your eyes become red and inflamed it is a sure sign that they have been strained. You had better consult an oculist and have him examine your eyes. Bathe your eyes in warm salt water. You will find this mouth wash very good to strengthen and whiten the teeth: One ounce of tincture of orris, two ounces of essence of white rose, one ounce of alcohol, twenty drops of peppermint. Mix well. Pour a few drops in half a glass of water and rinse the mouth thoroughly.

#### Hardening Pomade

**J. G.**—This pomade should not be used as a massage cream, but should be applied after massage, to restore shrunken or flabby skin: Oil of almonds, six ounces; white wax, three ounces; tincture of benzoin, one and one-half ounces; rosewater, one and one-half ounces; pulverized tannin, six drams.

#### To Cure a Double Chin

**J. E.**—To cure a double chin, massage daily, using the following movements: From point of chin with open hand press firmly downward, throwing the head backward at the same time. Bathe the chin and throat frequently with cold water.

#### Washing the Face

**I. L.**—Get a good complexion brush and a piece of castile soap. At bedtime wash the face with plenty of fairly hot water, making a live soda. Rinse the face in clear warm water. In the morning bathe the face with cold water and apply a good face powder. You can make your own toilet powder if you prefer. Formula is as follows: One-half pound of starch powder, one ounce of powdered orris root, fifteen drops of oil of geranium. Crush free from lumps. Add the perfume a drop at a time.

#### Cleansing Lotion for Hair

**R. B.**—You will find this lotion very cleansing for the hair: Eau de cologne, one ounce; rectified spirits of wine, two ounces; aromatic spirits of ammonia, one ounce; water, four ounces; essence of bergamot, one-fourth ounce. Mix spirits, add water. Shake for five minutes after bottling. Here is a salve for granulated eyelids: Yellow oxide of mercury, one grain; vaseline, or unsalted butter, one-half ounce. Apply to the eyelids night and morning.

#### Old-Fashioned Skin Lotion

**MARGARET.**—Thirteen grains of spermaceti, forty-five grains of white soap, in powder; forty-five grains of white wax (pulverized), forty-five grains of almond oil (sweet), three ounces of Jordan almonds, two ounces of pure alcohol, eight ounces of distilled water, three drops of attar of roses, five drops of oil of neroli, one-half dram of essence of jasmine, one-half dram of essence of white rose. Blanch the almonds and beat them into a smooth paste, adding some water gradually to form a thin cream. Melt the wax, spermaceti and almond oil together and to this add the soap, previously rubbed down with one-half ounce of water. To this add, in small quantities, the remainder of the water, assiduously stirring. Then add the strained almond cream, and, finally, the alcohol and the perfume. A little of this milk may be rubbed into the skin several times during the day. The effect is permanently beneficial.

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### Clothing the Children

**D**O NOT let the child wear clothing so fine that he dares not play freely, nor so elaborate that it excites the jealousy of the other children. Dress the infant in the fewest garments possible that shall be soft and warm. Through childhood use wool next the body. Do not use tight bands. More children have been injured by tight bands than ever were helped. When the child grows into short dresses, use few pins and strings to mar the soft flesh. Let the dress be short enough to be out of the way of the uncertain little feet, and thus save the baby many a fall. Do not impede the circulation with bands about limbs and body. Let the weight of all the clothing, even the stockings, hang from the shoulder. Never allow the child to wear clothing too small or shoes too short. Teach them it is a duty they owe themselves and others to be careful of their clothing and what is suitable to the occasion.

### Value of Good Looks

**A** HEALTHY, skin, bright eyes, abundant and fine hair, white teeth, a symmetrical figure, with an upright, graceful carriage, and tasteful dress, go to make up an attractive personality, and are passports to favor and distinction which receive prompt recognition. It added to these is a well-informed mind, a cheerful disposition, an unselfish and helpful spirit, the individual is a welcome addition to any crowd. In the first place, it is impossible to look well without a good skin. The skin should be free from blotches and pimples and smooth and shiny. Also, it should be as soft as velvet. It does not mean the fact that the skin is smooth. There are general directions which apply to all cases of inquiry in regard to the skin. In the first place, the skin must be kept perfectly clean. Not only must all visible dirt be removed, but the microscopic as well. Clean sponges and washcloths, and free them from the remains of decaying soap. In order to have them clean, so that the use of them will not result in pimples and a muddy skin, they should be scalded every day and dried in the air and sun.