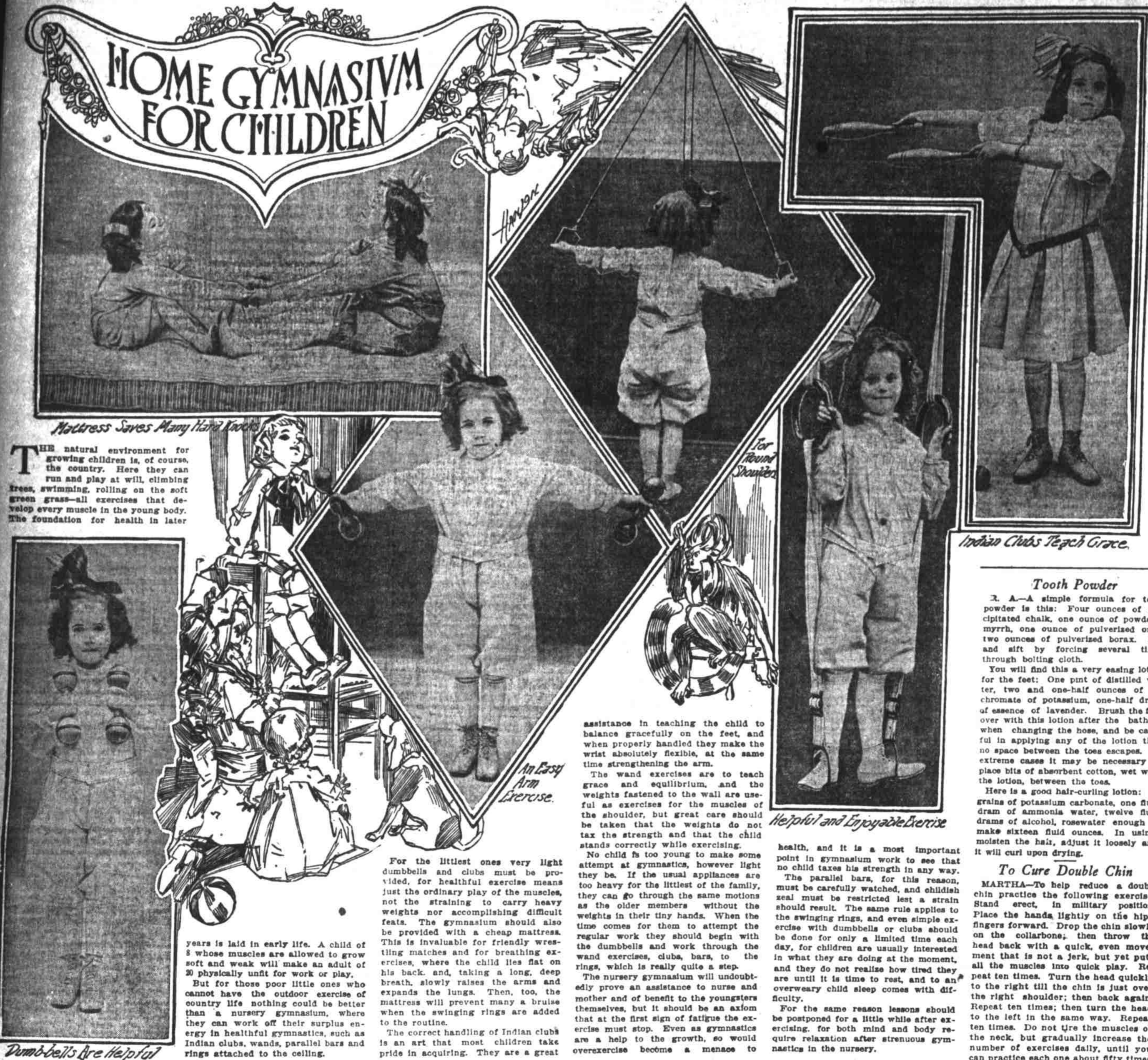


HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

HOME GYMNASIUM FOR CHILDREN



THE natural environment for growing children is, of course, the country. Here they can run and play at will, climbing trees, swimming, rolling on the soft green grass—all exercises that develop every muscle in the young body. The foundation for health in later



Dumb-bells Are Helpful

Necessitates Many Hand Exercises

The wand exercises are to teach grace and equilibrium, and the weights fastened to the wall are useful as exercises for the muscles of the shoulder, but great care should be taken that the weights do not tax the strength and that the child stands correctly while exercising.

An Easy Arm Exercise

No child is too young to make some attempt at gymnastics, however light they be. If the usual appliances are too heavy for the littlest of the family, they can go through the same motions as the older members without the weights in their tiny hands.

For Round Shoulders

The parallel bars, for this reason, must be carefully watched, and childish zeal must be restricted lest a strain should result. The same rule applies to the swinging rings, and even simple exercises with dumbbells or clubs should be done for only a limited time each day, for children are usually interested in what they are doing at the moment, and they do not realize how tired they are until it is time to rest, and to an overweary child sleep comes with difficulty.

Helpful and Enjoyable Exercise

For the smallest ones very light dumbbells and clubs must be provided, for healthful exercise means just the ordinary play of the muscles, not the straining to carry heavy weights nor accomplishing difficult feats. The gymnasium should also be provided with a cheap mattress. This is invaluable for friendly wrestling matches and for breathing exercises, where the child lies flat on his back and, taking a long, deep breath, slowly raises the arms and expands the lungs. Then, too, the mattress will prevent many a bruise when the swinging rings are added to the routine.

The correct handling of Indian clubs is an art that most children take pride in acquiring. They are a great

assistance in teaching the child to balance gracefully on the feet, and when properly handled they make the wrist absolutely flexible, at the same time strengthening the arm.

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For the same reason lessons should be postponed for a little while after exercising, for both mind and body require relaxation after strenuous gymnastics in the nursery.

Secret of Beautiful Hair

THE secret of beautiful hair is in knowing how to make the most of it, how to comb and cooie it into growing, and to arrange it to the best possible advantage.

It is the natural frame for the face, and whether or not this frame is becoming remains with the woman herself.

A horrid, untidy, slipshod way of twisting up one's crown of glory will make the most adorable woman look like a cartoon.

Arrange it in fluffy, pretty, neat coils and it will change the cartoon into a picture worth photographing.

It is wonderful what a terrible thing a woman can do with her own hair.

You think this when you go to a matinee and view the sea of mussed pompadours and crooked parts and wispy locks that spread out before you.

Hairpins are falling, hair ribbons are dusty and soiled, straggly ends of hair are looking out to see what they can observe, while here and there is displayed the business end of a switch that has not been properly concealed.

Combs are set in crooked, and in many cases a head of hair looks more like a bird's nest than a coiffure.

To have pretty hair you first of all must have clean hair.

This means that you should shampoo it every two weeks.

The hair catches even more dust than the face.

It has a thousand little arms reaching out for it.

To Stimulate Eyelashes

WHAT woman does not wish for long, curling eyelashes?

They are one of the details that make a homely woman attractive, and it does seem as though they could be cultivated.

Vaseline, pure white vaseline, rubbed on with a small brush every night, is a splendid tonic for these much-desired beauties. Keep the eye tightly closed, that the grease may reach the roots of stubborn lashes although if the vaseline is fresh and of good quality it cannot hurt the eye. In fact, one woman who has found the remedy successful says that, on the contrary, the eyes become brilliant under treatment, while the longer lashes make a marked improvement in the appearance.

Caring for Sponges

SPONGES, unless they are properly cared for, soon become slimy and disagreeable to use, besides being unsanitary.

A sponge has a very large capacity for holding water, and the innumerable little cells of which it is composed serve as a filter and catch the impurities in the water as it passes.

Thus, if the sponge is used frequently it soon collects considerable slimy matter that will ruin any skin.

Avoid rubbing soap on a sponge and do not let it lie in soapy water. It should be thoroughly cleansed once a week in a strong solution of soda and water or borax and water, squeezing it occasionally in the center.

After each using a sponge should be thoroughly rinsed and as much of the water pressed out as is possible, then hang in the open air to dry, in the sunshine if possible.

Proper Use of Cold Cream

TO SAY that the use of cold cream as a face cleanser makes the hair grow is an exploded fallacy, says a noted skin specialist.

"There is no reason to leave the cream on the face over night. Five minutes is plenty of time. Then rub it off with a soft cloth and wash in warm water, using a dash of cold before drying. This method keeps the skin smooth and clean without enlarging the pores and cultivating blackheads. Nor does it make the face delicate for winter winds."

"If grease made the hair grow so easily as some people believe, would there be any baldheaded men or would women use so much false hair? Think about that and all your fears will be set at rest."

Use of Limewater

LIMEWATER is not only frequently prescribed for young babies, but is also often given to older children, the addition of a small quantity to hot or cold milk rendering it lighter and more digestible.

The only drawback to its use is the fact that to be efficacious the limewater must be fresh, and for this reason only a small amount should be prepared at a time.

Skinning is Good

SKIPPING is one of the best forms of exercise possible, and is generally popular, while the tedious and shuttlecock is more suitable for indoor than outdoor play.

Callisthenes and drill can, of course, be resorted to, but they are often regarded as rather an imposition during an hour usually devoted to recreation.

ADVICE TO CORRESPONDENTS BY MRS. SYMES

OWNING 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 inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Whiten the Skin

ALICE—After you have washed and dried your face carefully, apply the following lotion: One quart of water previously boiled and strained, thirty drops of alcohol, one ounce of oxide of zinc, eight grains of bicarbonate of mercury, twenty drops of glycerine.

The most simple way to reduce your flesh is to avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it is pure enough, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

Lotion of Lavender Flowers

ZELLA—Add a little of this lotion 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 liquids together, bottle and shake.

Massage the face with the following cream: Two and one-half ounces of lanolin, six drams of spermaceti, two and one-half ounces of white vaseline, two ounces of coconut oil, two ounces of sweet almond oil, one-half dram of tincture of benzoin. Melt the first five ingredients together, beat until the mass concretes, adding the benzoin drop by drop, during the process. Extract of violet or any perfume may be added if agreeable.

Thin Lips

F. S.—Many thin, pallid lips are caused by tight lacing and the incidental impairment of circulation, or the invariable practice which accompanies it of compressing and stretching the lips tightly over the teeth and gums. Anemia, indolence or a diseased, impoverished condition of the blood is a frequent cause. If you wish your lips to regain their natural color and plump loveliness, tone up your blood with a good tonic.

Massage the lips with the following salve, which should be left on all night: One ounce of spermaceti ointment, fifteen grains of balsam of peru, fifteen grains of alkanet root, five drops of oil of cloves.

Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Superfluous Hair

ANNIE—The only permanent cure for superfluous hair is the use of the electric needle. However, if you feel you cannot afford this treatment you might try this formula, which will make the hairs less noticeable: Three drams of sulphate of strontium, three drams of oxide of zinc, three drams of powdered starch. Apply to the surface of the skin and let it remain on until a burning sensation is experienced, and then wash off with warm water. Repeat as often as is necessary.

For Red Hands

SUBSCRIBER—Probably you have the water too hot when washing the hands. There is a red appearance. The better plan is to use lukewarm water while washing the dishes and boiling water to rinse them.

Use this lotion on your hands: One hundred grains of lanolin, twenty-five grains of paraffine (liquid), ten drops of extract of vanilla, one drop of oil of rose.

Mix and apply when necessary.

The Vaucaire Remedy

WORRIED—It makes no difference how old a woman is, the Vaucaire tonic will have a permanent effect just the same. The result depends entirely upon the physical condition of the woman. Following is the formula: Three fluid drams of liquid extract of galega (goatsrue), 154 grains of lactophosphate of lime, ten grains of tincture of fennel, thirteen and a half ounces of simple syrup. The dose is two soup-spoonsful with water before each meal.

Hair Curling Lotion

BEATRICE—I know of no preparation you could use to make the hair grow in curls. However, you may be able to make it wave by forming the new hairs into curls and dampening them so that they will dry into shape. This lotion may be of help to you: One ounce of gum arabic, one-half ounce of good moist sugar, three-quarters of a pint of pure hot water, two fluid ounces of alcohol, six grains of bicarbonate of mercury, six grains of sal ammoniac. 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 water.

Care of the Teeth

L. M.—The teeth are certainly an extremely important element in facial beauty, therefore we should take the greatest care of them. They should be cleaned twice a day, on rising and before retiring. The brush should not be too hard and one should not stop at brushing only the outside surface of the teeth. They should be brushed inside, as well as on the top. Here is a good tooth paste: Eight ounces of orris root powder, eight ounces of myrrh powder, two drams of oil of cloves, two drams of oil of lemon, thirty drops of oil of rose. Solution of carmine sufficient to color. Honey enough to form paste.

Whitening Paste for Freckles

J. S.—Sixty grains of salicylic acid, four ounces of bay rum. Apply night and morning with a soft cloth or sponge. This lotion seeks to produce a slight roughness of the skin, which should be subdued by the use of glycerine or starch.

This may also be tried in cases of obstinate freckles: Three ounces of lactic acid, four ounces of glycerine, one ounce of rosewater.

This is to be gently applied by means of a camel-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

To Beautify the Throat

R. H.—The most beneficial local exercise for beautifying the throat is forcible whistling. However, as many persons think whistling a bad habit for girls the music of the proceeding may be omitted, in which case noiseless but powerful blowing with the lips should be substituted, the lips being meanwhile held in the whistling position. Frequent practice of this exercise will healthily develop the muscles of the neck.

If persons would only be more careful about drying their hands after washing they would not be troubled with chapped hands. Use the following lotion: Thirty drops of tincture benzoin, two ounces of glycerine, three ounces of rosewater. Rub this into the hands night and morning.

Cucumber Wash

U. G.—Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound with a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency.

Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can from the refuse. Now put the refuse and filtered juice into a clean enameled spacepan and simmer (don't boil) for ten minutes.

Then re-strain and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day.

The alcohol should preserve the juice. There is no remedy that will remove scars, but this salve will help to make them less noticeable: Formula—Lanolin, two drams; ointment of biniodine of mercury, one dram. Rub in well once a day.

When the Hands Are Stained

CURIOUS—To remove the ink stains from your hands with oxalic acid, put an ounce of the crystals in a pint bottle and fill up with water. Mark the bottle plainly with the name and also the word "poison." Wet a piece of cloth with the acid solution and rub the stained places. Use a pointed orangewood stick beneath the nails. Follow with a thorough washing in clear water.

Face Ointment

O. R.—You will find nothing better than boric acid ointment for facial eruptions: Boric acid in fine powder, 240 grains; white wax, 240 grains; paraffine, 480 grains; oil of sweet almonds, one fluid ounce. Triturate the acid to a smooth paste with a portion of the oil of sweet almonds; melt the paraffine, wax and remainder of the oil together and add the previous mixture.

To Cure Double Chin

MARTELLA—To help reduce a double chin practice the following exercise: 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. 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.

Tonic for Eyebrows

MARION—You will find the following very good for sootey eyebrows: Red vaseline, two ounces; tincture of cathartides, one-eighth ounce; oil of lavender, fifteen drops; oil of rosemary, fifteen drops. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.

To Expand the Chest

AGNES—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.

You will find the following 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.

A Boon to Sallow Complexions

THE black velvet band has returned to fashion not only for evening dress, but for house wear. What a boon to the girl with the dark or sallow complexion or to her sister with the long, too slender neck. About the question of adornment, only the girl with a scrawny throat can afford to break the line with jeweled bars or decorations. It is the unbroken shadowy black that gives the appearance of slenderness. The jewels call attention to a thick throat by giving a fixed point from which the eyes may subconsciously take measure. For this reason a bow detracts from the beauty of the band. It should be pinned on neatly at the back, leaving no raw edge in sight, or, if preferred, it may be fastened with a pearl or rhinestone bar.

As for the color of the velvet, the black hue makes the sallow complexion look white in contrast. This is especially true when wearing a decollete gown, and a most unbecoming dress will be quite possible with the assistance of black velvet.

The width of the ribbon is a matter of taste. The band should be worn high around the throat, and, when it is very narrow, it leaves a large area of neck for the eye to cover before it reaches the black. On the same principle, a matron with a thick neck who wore a one-inch velvet ribbon would have no throat at all visible.

For use at the top of a high collar, one-inch velvet is the correct width. Many blonde women find that when they are tired or pale the black ribbon will lend them color; in fact, one girl fastened the band quite tight to choke the blood into her cheeks. This method, however, gave the too serious girl a rather apoplectic hue that was not at all becoming as she had hoped.

Just now a touch of black is worn with any gown, and this is the opportunity par excellence for the woman with an olive complexion.