

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes



FOOT EXERCISES for REDUCING the ABDOMEN

Exercising Muscles of Spine and Abdomen

THE woman who really needs exercise and neglects it "because it is so much trouble," has absolutely no excuse. When asked where the trouble lies, she always says "one's feet get so tired"; "I am too heavy to walk so far"; "my back gets tired"; "I cannot take walks because I cannot be so long away from home."

Here is a suggestion, madam. You need not stand, you may lie down flat with a pillow under your head; you need not carry your own weight; your back will be stronger; and all the time you are running and walking, from the standpoint of exercise, you may remain in your own room. Is it worth trying?

The first exercise for strengthening the spine consists of lying on the floor and sitting up without any assistance from the hands or arms. At first it is possible to perform the feat but once; however, after a week or so it will prove so easy that it will be necessary to increase the difficulty by folding the arms behind the head. This exercise is simple and in time easy, yet it is really effective and it not only strengthens the spine, but it decreases the size of the waist and strengthens the muscles of the abdomen, those muscles that prevent its growing large.

The next exercise is running, but for this it is not necessary to tear all over the house. You may lie flat and comfortably while you go through all the motions. This will in a short time materially decrease the size of the hips, and it also reduces the size of the waist. Then, too, it gives the lungs a chance for expansion and will help to prevent that breathlessness that comes after hurrying to dress or to catch a car.

REDUCES THE HIPS

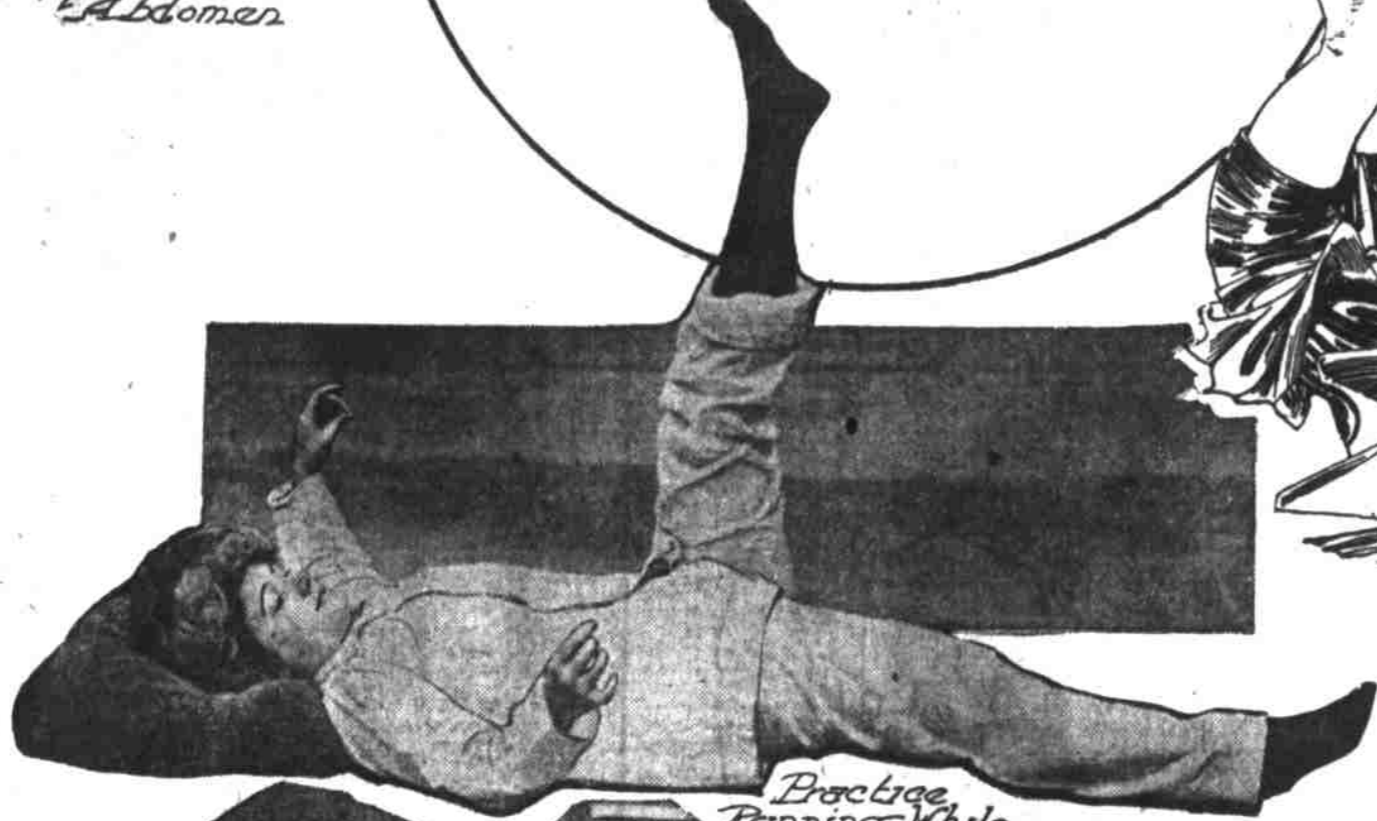
Punching the bag with the feet also reduces the size of the hips and at the same time strengthens the ankles. It is interesting as well as efficacious, and one may become quite expert in the art. It also teaches grace and the proper control of the feet, a very necessary thing, for agility of this sort saves many falls.

The exercise is begun with one foot; then, as skill comes, use both feet. Later it will be found that the bag may be kept in constant motion with little effort, while in reality the muscles of the figure will have become firm and strong.

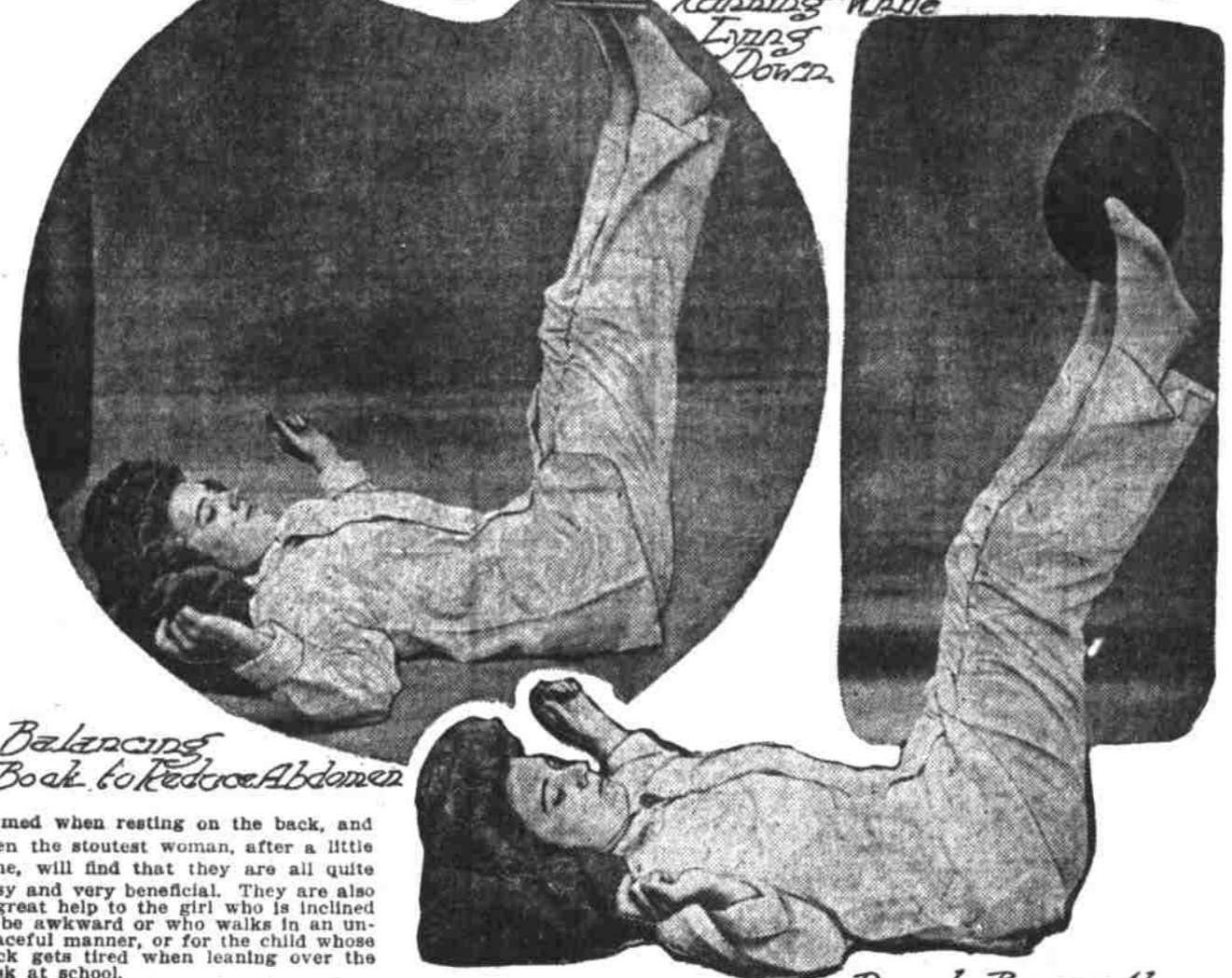
To acquire grace a book may be balanced on the feet. This teaches lightness of step, perfect control and at the same time strengthens the muscles of the back and abdomen. The ankles, too, are strengthened and made stronger, and when a light book has become easy to handle, a heavier one may be substituted, or even a block of wood.

Juggling the football with the feet is difficult, one might almost say exciting. It has the same effect as punching the bag, but it requires greater skill, so this form of exercise had best be postponed until the punching bag is well under control. Later, when the football feat is managed without difficulty, it may be substituted for the running exercise.

All of the gymnastics given are per-



Practise Running While Lying Down



Punch Bag with Foot to Reduce Hips

Balancing Book to Reduce Abdomen

formed when resting on the back, and even the stoutest woman, after a little time, will find that they are all quite easy and very beneficial. They are also a great help to the girl who is inclined to be awkward or who walks in an ungraceful manner, or for the child whose back gets tired when leaning over the desk at school.

Indeed, the feet exercises have been tried and proved of great benefit to those who show signs of increasing stoutness, and to those who have to sit all day at an office desk.



Juggling Foot Ball to Assure Agility

Good Habits to Acquire

THERE are several good habits that a woman may acquire that save bills for specialists, manicurists, masseuses and others, and which insure her looking well, no matter what hurry she may have been in while dressing. To feel that details are not attended to will put a woman at a disadvantage, and she is so constituted that unless she feels herself at her best she never enjoys herself.

It is a very good habit after washing the hands to push back the cuticle from the nails with the towel. This keeps the nails always in good condition and renders frequent visits to the manicure unnecessary.

It is a good habit, too, to rub the ears with a powdered chamomile after washing. Who has not seen newly bathed ears shine like a looking-glass? and, although there is some consolation in such proofs of a recent bath, the shine can hardly be considered pretty.

Consuelo, duchess of Marlborough, is supposed to have a pair of the most perfect eyebrows in the world, and they are frankly admitted to be not natural, but cultivated. It is not a difficult thing to shape one's own brows, and it would seem as though a habit of this kind should be eagerly acquired by most women. One of the best methods of overcoming bushy eyebrows is to shape them between dampened thumb and forefinger after bathing the face or at any time when it is convenient. In this way wonderful results may be obtained.

Dimpled Elbows

HOW many women find themselves using their elbows as props when resting or reading. The elbows are a very important feature in this day of short sleeves, and it is impossible to take too much care of the dimpled arms with which nature is supposed to provide us. Soft, white elbows may be cultivated and kept in condition by soaking them every day in very hot water, and then rubbing with cold cream or some other skin food.

These details in the care of the appearance do take a great deal of time, but in the end they are worth the effort spent upon them.

Calloused elbows are one of the first signs of age, and she is lucky who has begun to care for her arms before the dimples of youth entirely disappear.

Complexion Rules

DON'T drink tea or coffee. Drink pure water. Eat grapes, apples, raisins and figs. Eat a few salted almonds daily. Don't eat animal food. An egg or two a day, soft boiled, instead of meat. Eat an orange every day or so. Walk two or three miles a day. Bathe the whole body daily in tepid water. Don't fret; don't worry; be calm and quiet.

To Reduce Flesh

EAT sparingly. Take long walks every day. Take regular dumbbell exercises. Sleep not more than six hours. Eat only fish and lean meats. Drink only a small amount of liquors.

Bad Breath

ELOISE—You will find nothing more refreshing than this mouth wash: Fifteen grains of phenol, six drams of boric acid, fifteen grains of thymol (in crystals), thirty drops of essence of menthol, two and a half drams of tincture of anise, three pints of distilled water.

Rinse the mouth with the above, which should be diluted for use in the proportion of one-half tooth wash to same quantity of clear water. Use after each meal and at any time required.

If you wish a hair tonic that you can make at home, you will find nothing better than this one: One-half dram of phenol, seven and a half grains of tincture of nux vomica, one ounce of tincture cinchona, one-half dram of tincture of cantharides, four ounces of cologne, two ounces of sweet almond oil.

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.

Does Not Grow Hair

MORNING GLORY—The cream you mention has no tendency to promote the growth of the hair. However, if you do not care to use it here is one which will greatly improve the condition of your skin: Two ounces of sweet oil of almonds, two ounces of orange-flower water, two drams of white wax, one dram of oil of sweet orange, two drams of spermaceti.

Half fill a saucepan with boiling water. Stand a jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water, add it half a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucepan. Beat mixture with a whisk. Heat and add oil of sweet orange. Whisk cream until it is cold. Put in pots and cover with parchment.

For the Reduction of Flesh

S. E. G.—Forty-six grains of iodide of potassium, one and three-quarter ounces of vaseline, one and three-quarter ounces of lanolin, twenty drops of tincture of benzoin, two ounces of orange-flower water, four ounces of oil of sweet almonds, twenty drops of tincture of benzoin.

Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin and lastly orange-flower water.

Electric Scalp Massage

SUBSCRIBER—If possible, take electric scalp massage treatment, which will help the old hair to be restored to vigor and which will create new growth as well. Every night rub this hair grease into the scalp: Forty grains of resorcin, one-half ounce of water, one ounce of witch hazel and one ounce of alcohol.

Healthy Luncheons for Children

LUNCHEON for the school children should be of good quality and generous quantity. Growing children require nutritive food and plenty of it to supply brain, nerve and muscles.

The luncheon should be varied in service. Change the menu three times a week at least. If the child can come home to luncheon, so much the better for both child and parent. Mother can then see to the wants and determine if the child is eating enough of the best food.

Beef, roasted or boiled, with dumplings one day and gravy another, with fruit or cake for dessert and an apple to eat on the way back to school, is an ideal luncheon.

Baked beans or tomato soup of corn or peas would make still another good luncheon. Cornmeal cakes or muffins or fried mush is palatable without being expensive.

Rice served with milk or sauce or cooked with raisins is much enjoyed

by children. Lamb chops or lamb stew with noodles is also nourishing food.

Fish once a week and oysters are also valuable. All school children love pickles, and they are not injurious if plenty of wholesome food is taken with them.

A luncheon that has to be carried to school should be prepared to look inviting and be nourishing.

Make sandwiches of meat. Cut the bread thin, trim the slices of crust, if crust is distasteful to the child. Chop the meat finely, ham or cold beef, lamb or veal.

Butter the bread lightly, lay a layer of meat, which should be sprinkled with salt, celery salt or mustard, and on this lay another slice of buttered bread. Wrap in white paper and then in a napkin.

Apples are always good; so are bananas and oranges, crackers or cake. Small cakes are the best—vanilla wafers, cookies and ginger cakes.

To Cure a Sty

TROUBLED—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.

The only way to cover the defect you mention is to use a hair stain. This is a very good one: Two ounces of green walnut shells, one-quarter ounce of alum, four ounces of pure oil.

Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume. Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

Oily Hair

A CONSTANT READER—The hair requires pure air almost as much as the lungs. It should also have a great deal of sunlight. Give the hair a good brushing with a soft brush once or twice a day.

Use the following mixture daily, rubbing well into the scalp: Two ounces of alcohol, two ounces of witch hazel, fourteen grains of resorcin.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat, which is said to be a certain enlarger for the lower limbs, is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

Wrinkles Under the Eyes

J. J. L.—To cure wrinkles it is necessary to build up firm, healthy elastic tissues. To do this a good skin food should be applied and allowed to remain on all night. Here is a splendid recipe: One ounce of white wax, one ounce of spermaceti, two ounces of lanolin, two ounces of coconut oil, two ounces of orange-flower water, four ounces of oil of sweet almonds, twenty drops of tincture of benzoin.

Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin and lastly orange-flower water.

Character Told by Mouth

A LARGE, shapely mouth signifies breadth of mind and toleration of other people's peculiarities. Thin lips denote covetousness, greed, selfishness, and, unless strongly contradicted by some other feature, intense love of power.

The more curved and flexible the lips the more yielding the nature. The more straight and firm the lips the more severe the nature.

Lips that look as if they have been pressed into a straight line show self-repression, nervousness and obstinacy. A mouth to be perfect should be large and shapely; the corners straight or very slightly inclined to droop, lips neither thick nor thin, and firmly but closely closed.

Red Hands and Noses

RED hands and red noses are often caused by an unwise diet and by the use of impure soaps. Tight clothing is another cause. Keep red hands out of hot water as much as possible. Eat lean meats, fruits and vegetables and avoid all pastries, greasy foods and strong coffee.

Advice to Correspondents by Mrs. Henry Symes

For Perspiring Feet

G. M.—For perspiring feet the following formula is very efficient: Twenty scruples of salicylic acid, one dram of boric acid, one ounce of talcum powder.

Every night apply this ointment to your chin: One dram of powdered sulphur, two and one-half drams of powdered starch, one and one-half ounces of ointment of zinc oxide, three drops of oil of rose. Keep your chin well powdered and it will not appear so red. Possibly the same physical trouble that caused the red face also causes the red chin and pimples.

You must keep the organs which take away all waste matter active. When these avenues are inactive, the skin shows it immediately. Drink plenty of water, eat plenty of fruit, bathe daily, breathe deeply.

Each night bathe the face in warm water and pure soap, anointing the face with a good cream. If this treatment is persisted in the trouble you complain of will disappear.

Lotion for the Skin

DISCOURAGED—You will find the following an efficient skin lotion: Thirteen grains of spermaceti, forty-five grains of white soap, in powder; forty-five grains of pulverized white wax, 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 to-

For Pimples and Blackheads

ANXIOUS—Apply a very little of this lotion to each pimple; wait until the pimples are cured before using the face brush, which might irritate them: Two drams of boracic acid, two ounces of alcohol, four ounces of rosewater. Use with friction twice a day on the skin affected.

Do not eat too many pickles, as they have a tendency to impoverish the blood, and when the blood becomes thin the complexion has a sickly appearance. The best way to appease this desire is to have your physician give you a tonic.

Muddy Complexion

G. Q.—The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

Wrinkles

RENA—The electric roller, when attached to a battery, will prove very helpful if used by one who has had experience. However, as wrinkles are caused by the falling away of the fat cells the best method to restore them would be to massage good oils into the skin and to stimulate the glands and blood vessels by means of friction. Here is a good skin food: One ounce of white wax, one ounce of spermaceti, two ounces of lanolin, two ounces of coconut oil, two ounces of orange-flower water, four ounces of oil of sweet almonds, thirty drops of tincture of benzoin.

Melt the first five ingredients together. Take off the fire and heat until nearly cold, adding little by little the benzoin, and lastly orange-flower water. Steaming the face will cause wrinkles rather than cure them, as it has a tendency to rob the tissues of oil.

For Perspiring Feet

gether, 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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