

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

CHARM of the CHIN.



High Collar Causes Double Chin.

A FEATURE that no one can afford to neglect is the chin. A double chin is sometimes unavoidable, and the least a woman can do to improve her appearance is to correct as far as possible the defect and to wear clothes that will not make matters worse.

It is best to wear a low collar if the chin has already lost the outline of youth—a collar that will not force the chin out, but will be so soft that the flesh may be hidden by its folds. A tight neckband not only calls attention to the difficulty, but it also helps cultivate an unbecoming heaviness of chin and cheeks.



Lying with Head Thrown Back Prevents Double Chin.

which throws her head forward, and she should cultivate the habit of keeping her chin up, so that it makes a right angle with the line of her throat. In the morning gentle massage will help to send the fat from chin to neck, where it should have settled in the first place.

It is a curious fact that a woman with a heavy chin seldom has a well-rounded throat, and she will be amply repaid for her trouble if fifteen

minutes every morning are spent in massaging.

But the double chin is not the only thing that detracts from the charm of the chin. The girl who hunches her shoulders and throws her head forward is not only spoiling her figure, but presenting the ugliest line of her profile to the view of the world. As a rule this habit may be traced to imperfect vision, and the oculist should be consulted before it has gone too far to be cured.

A mother cannot begin too early to teach her daughter how to hold her head. It should be carried straight on the shoulders, not too far back—that is ungraceful—nor so far forward that the chin is dropped against the throat, nor held out so that it looks detached from the figure.

All details of the carriage help to make up the perfection of a woman, and no one should complain of the time necessary to correct injurious habits in herself or in her children.



Correct Way to Hold Head.



Correcting the Double Chin.

Advice by Mrs. Symes

OWING 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 that will 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.

Lotion for Dry Hair

A. C. R.—If you desire a good tonic for very dry hair, try the following formula: One ounce of glycerine, one-quarter pint of eau de cologne, one dram of liquid ammonia, one-half dram of oil of origanum, one-half dram of oil of rosemary, one ounce of tincture of carduus.

Briskly agitate for ten minutes, then add camphor tincture, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

The preparation you referred to will not whiten the skin permanently. A teaspoonful of the tincture of benzoin to a ounce of rosewater forms a well-known lotion, which is excellent for whitening the skin.

Oily Nose

KITTY—Beaming, oily noses may often be cured by bathing the entire face with a weak solution of soda water. Use common washing soda, a piece about the size of a hazelnut to a quart of warm water.

The circulation is usually at fault in these cases, and women with troublesome noses should take plenty of exercise in the open air and avoid all highly spiced food.

To Whiten a Scar

L. C.—I know of nothing that will remove a scar of such long standing. However, this salve may help to make the blemish less noticeable: Two drams of lanolin, one drop of tincture of cantharides, one dram of liquid ammonia, one-half ounce of glycerine, one-half ounce of oil of thyme, one-half dram of rosemary oil. Mix all together with six ounces of rosewater.

To Remove Dandruff

ANXIOUS—Dandruff is a skin disease and should not be neglected. It arises from many causes, but usually from improper care of the scalp.

Rub the scalp thoroughly with this preparation until the dandruff entirely disappears: One ounce of tincture of cantharides, one dram of liquid ammonia, one-half ounce of glycerine, one-half ounce of oil of thyme, one-half dram of rosemary oil. Mix all together with six ounces of rosewater.

Eye-lash Grower

VIOLET—Clipping the eyelashes is an unsatisfactory experience. It removes the fine hair point and leaves the growth stubby like a man's beard. A preparation which is used to promote the growth of the eyelashes is made by combining two and a half ounces of glycerine, two ounces of fluid extract of jaborandi.

Agitate ingredients until thoroughly incorporated. Apply to the lashes with a tiny camel-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Skin Food

A. P.—The following formula will make up into a perfect skin food, suitable for massage: Four ounces of oil of sweet almonds, six drams of white wax, six drams of spermaceti, two drams of borax, one and a half ounces of glycerine, two ounces of orange-flower water, fifteen drops of oil of neroli, fifteen drops of oil of bigarade (orange skin), fifteen drops of oil of petit grain.

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the

mixture, then pour it slowly into the blended fats, stirring continuously.

Bathe the face at night with warm water, a pure soap and a correct complexion brush, rinsing first with warm water, then with cold, dry and apply with a rotary movement of the finger ends.

Wart Eradicator

ELMER—The wart on your hand can be painlessly and permanently removed by applying the following repeatedly to it:

One hundred and twenty grains of sublimed sulphur, five fluid drams of glycerine, one fluid dram of acetic acid.

It causes the wart to dry up and then fall off.

Complexion Brush Necessary

M. D.—Friction keeps the minute blood vessels exercised and the skin active and healthy. Immediately after bath and ablutions, dry with a coarse towel and give the skin a brisk brushing with a good complexion brush. This will remove the old, dead skin and make the complexion brilliant.

A poor brush will make the skin coarse-grained and leathery, hence will do more harm than good.

Troublesome Acne

DISTRESSED—When acne becomes fairly established it often proves extremely stubborn, and home treatment is not as effective as it might be. Professional treatment is cheapest and best in the long run. However, to clear and cleanse the skin you might take two teaspoonfuls of epsom salts twice a week. The blackheads must be removed from the skin, else they will form into pimples; therefore, the sooner you attend to this disease the better it will be for you.

An Oily Skin

ROSE—An oily skin is due to weakness of the sebaceous glands, and is a condition that requires proper treatment, or unsightly blemishes will in time result.

The diet has a great influence on the condition of the skin. All rich and

greasy foods should be banished. Wipe off the face occasionally with diluted alcohol (25 per cent. strength). A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

Sore Feet

DISTRESSED—No other part of the body requires more care than the feet, comfortable shoes and a daily bath being indispensable requirements. Sore feet are necessary to personal comfort and attractiveness. Corns and callouses interfere with the natural gait and throw the body out of proper balance.

Corns are produced by long-continued pressure upon the skin. This pressure is usually the result of ill-fitting shoes, which compress the feet or allow the toes to rub against each other. Here is a very good corn cure: One dram of

salicylic acid, one-half ounce of collodion.

Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

Thick Neck

MARY—For the thick neck I would advise you to bathe the neck frequently with cold water and apply clear alcohol. This has a tendency to reduce all fleshy parts.

Try this eye wash: One teaspoonful of pure boric acid, fifteen drops of camphor water, two or three cups of boiling water.

Shampooing the Head

V. D.—The head should be washed thoroughly at least once a month. A thick lather of a good pure soap should be made, using warm water.

When the head has been rinsed in several clear waters it should be dried as quickly as possible. When perfectly dry it should be combed and then well brushed with a soft brush. In combing the hair great care should be taken not to pull or twist it.

Aids to Correspondents

Chapped Hands

MARION—Apply the following cream to your hands: Three and a half ounces of white petrolatum; one ounce of paraffine wax; one ounce of lanolin, one and a half ounces of water, three drops of oil of rose, one-half dram of alcohol.

Melt the paraffine wax, add the petrolatum and lanolin. Stir constantly, heating the water in during the process. Add the oil and alcohol when nearly cold.

Chapped hands should be treated by keeping the hands as dry as possible and applying some emollient at night before retiring. Cold cream, zinc ointment (benzoinated) or boracic ointment will answer the purpose.

Hardening Pomade

F. E.—This pomade should not be used as a massage cream, but should be applied after massage, to restore shrunken or flabby skin: Six ounces of oil of sweet almonds, three ounces of white wax, one and a half ounces of tincture benzoin, one and a half ounces of rose-water, six drams of pulverized tannin.

At night the hair should be taken down and shaken, and then combed, brushed and braided.

To keep the hair from becoming thin and splitting at the ends, it should be clipped every fortnight. If you do this regularly it will greatly beautify and strengthen the hair.

A Red Nose

BETTY—To the red nose apply this lotion: One dram of powdered calamine, thirty grains of zinc oxide, one-half dram of glycerine, four ounces of cherry laurel water.

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening.

To Erase Wrinkles

T. R.—Wrinkles may sometimes be effaced by the following treatment, if persistently continued: Cut some narrow strips of court-plaster, then, with the thumb and forefinger of one hand stretch the skin furrowed by the wrinkle until it is perfectly smooth, and with the other hand apply over the wrinkle a strip of the court-plaster.

This application is, of course, best made at night.

If your eyebrows are too thick, they

may be thinned and trained to the line of beauty by the use of tweezers or of a depilatory and patient manipulation.

Eruptions of the Face

READER—This ointment has been found excellent to heal facial eruptions: Five grams of lanolin, five grams of oil of sweet almonds, five grams of sulphur precipitate, two and one-half grams of oxide of zinc, ten drops of extract of violet.

To Reduce the Abdomen

MARIE—The best way to reduce the abdomen is by taking exercise, but remember it should be taken moderately at first and gradually increased. The following is a splendid exercise for this purpose: In standing position clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

Cure of the Complexion

ROSE—The face should be washed, winter and summer, in water from which the chill has been taken off, and dried carefully by pressing gently on it, not rubbing, with a fine linen towel. A little cold cream should be applied at night with the fingers and allowed to remain until morning, when it is gently removed with a fine cloth before washing the face.

Do not expose the face to the external air immediately after washing it. A gauze veil will serve to preserve the skin from the injurious effects of the sun or wind.

To obtain a clear and brilliant complexion heavy and indigestible articles of food are to be avoided. Fruit should be eaten abundantly. Daily exercise in the open air should be taken.

Superfluous Flesh

WORRIED—To reduce your flesh you must avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn and potatoes. Have your bread toasted; sprinkle it with salt

instead of using butter. Milk, I repeat to say, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the most, as over-indulgence in sleep is especially hurtful.

Deformed Noses

MOTHER—Your child's nose may be improved by pushing it perseveringly in the opposite direction. It may be necessary to continue this treatment for eight or ten months to produce the desired result.

The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

Irritated Eyes

BESS—The eyes should always be washed before going to bed to remove the dust which may have gathered on the lids during the day, and also on rising in the morning to remove any particles that may have gathered during the night. Ordinarily pure cold water is best for this purpose, as warm water has a tendency to reddens the eyes and make them watery.

When your eyes have become irritated through excessive use of a cloth dipped in cold water and applied to them, and changed as often as it becomes warm, will generally relieve them. If the irritation continues, the following lotion will prove efficacious: One grain of borax, one ounce of camphor water.

Pour a little of the solution into the eyes several times a day.

Home-Made Bay Rum

H. C.—Use the following lotion on the hair after it has been shampooed: One-half ounce of oil of bay, fifteen minims of oil of pimento, thirty-nine ounces of alcohol. Add sufficient water to make sixty-four fluid ounces.

Obstinate Freckles.

A. V. G.—Freckles are caused by the wind or the sun and very often from organic disorder. You will find the following recipe very helpful: One-half dram of oxide of zinc, one-quarter dram of subiodide of bismuth, one and three-quarters drams of dextrose, one and a half drams of glycerine.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Astringent Wash

DOTTY—You will find this an excellent wash for coarse pores, oily or flabby skin: Seventy grains of alum, one and a half ounces of almond milk (thick), six ounces of rosewater.

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

When the eyebrows fall out this tonic application will improve them: Fifteen drops of oil of lavender, fifteen drops of oil of rosemary, two drams of tincture of cantharides, two ounces of vaseline.

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.

If the eyebrows are of unlovely line, have the electric needle used to shape them properly.

Remedy for Perspiring Hands.
V. M.—Use this lotion on your hands: One-half ounce of tincture of belladonna, three ounces of cologne water. Mix together.

Apply the liquid whenever you choose during the day, and always after first washing the hands in hot water and drying them thoroughly and quickly. Rub the lotion well into the skin.

Keep the mixture out of the way of ignorant persons and children.

The Auburn Tint

BELLE—To acquire the auburn tinge for the hair, take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid and apply to the hair by the aid of a small sponge.

The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

Since the ends of the hair every four or six weeks to prevent the ends from splitting.

Cut the ends occasionally, if stretching on the hair, and after each cutting since then.



Double Chin and the Correct Height for Collar.



Ungraceful Pose For Chin.



Black Court Plaster Makes Hand Look White.

HAND FADS



Tulle Bow on Fan Makes Hand Look Small.

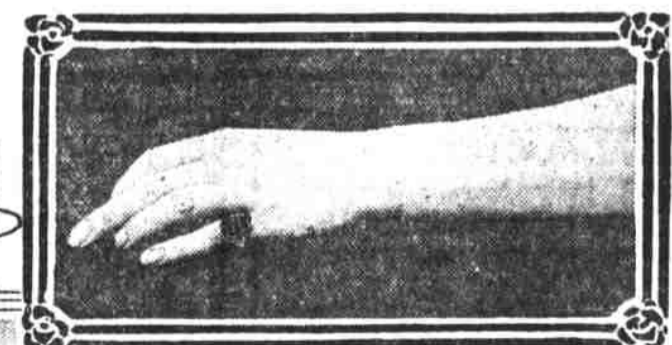
minutes that every one spends in idleness before luncheon or before dinner, or they may be worn while reading in the evening.

On the subject of rings volumes might be written, but she who wears only one in the morning with her tailor suits is always sure to be correct. This should be worn on the lit-



Black Velvet Makes Wrist Look Small.

tle finger of the left hand, and the best design for the purpose is one like that shown in the illustration, some large semi-precious stone in a plain setting. Numerous and handsome rings should be reserved for afternoon



One Ring Is Appropriate for a Morning Costume.

and evening wear, but even then the hands should never look loaded down with jewels.

To make the wrist look slender and supple nothing is so useful as a plain band of black velvet. When the hands are large the band may be wide, as in the illustration, but when the hand is small and the wrist merely out of proportion a narrow black band is all that is necessary. A tight old-fashioned bracelet of black enamel might be used instead of the velvet, and it has the advantage of being proper for all-day wear, while black velvet may be worn only at night.

To give the hands an appearance of whiteness a piece of black court-plaster is worn. This, unlike the velvet band, is quite appropriate for the morning, and it has the desired effect.

No device, however, will make neglected fingers look well-cared for, and the girl who wants small white hands must first learn to keep her nails in good condition, or her rings, court-plaster and black bands will only call attention to the details that she has overlooked.