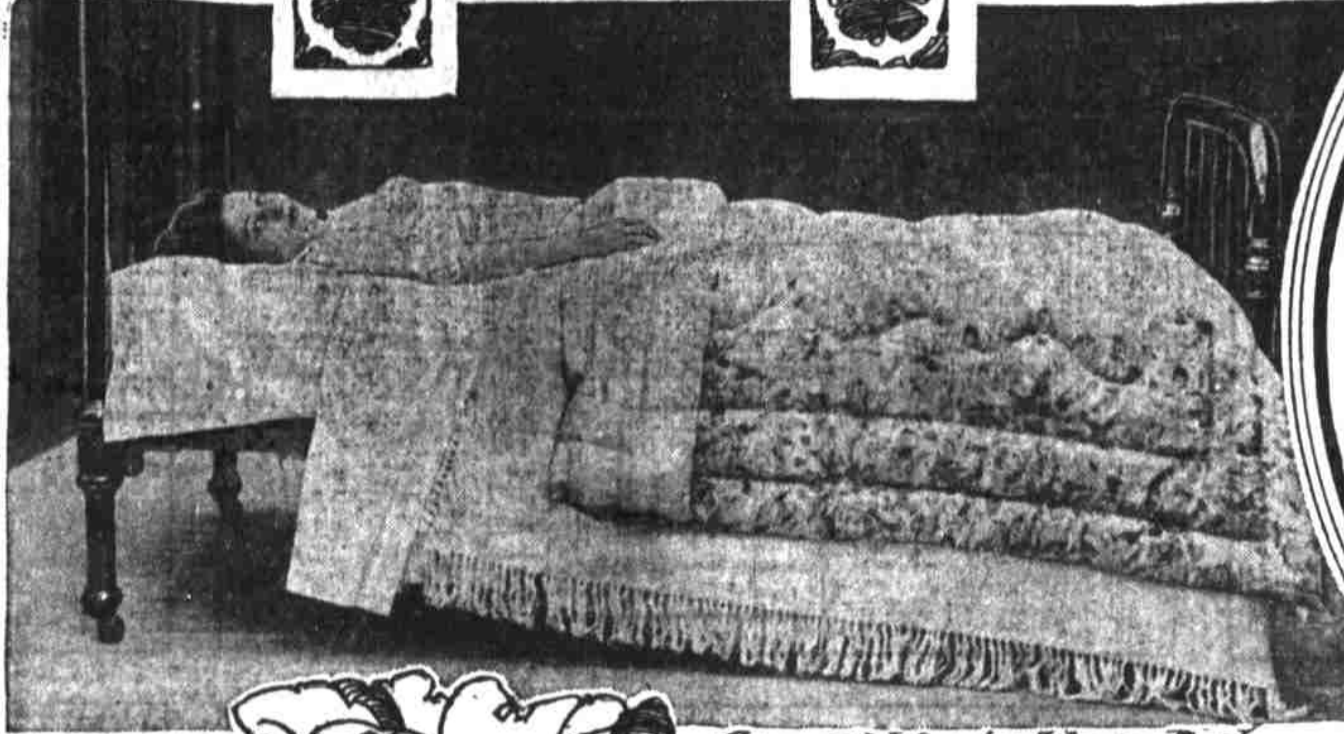


HOW TO BE HEALTHY AND BEAUTIFUL *By Mrs. Henry Symes*

How to Lie in Bed



Correct Way to Lie on the Side



Correct Way to Lie on Back



Gives no Chance for Growth and Repose



Comfortable but Unhealthy



Holding Arms Over the Head is not Restful

THERE was once a woman so prominent that she had few hours for sleep or any kind of mental or physical relaxation, till her health gave way under the strain and celebrated doctors were called in, but to no avail. Finally, some one suggested that she should make a point of learning how to relax her muscles. This she did, and whenever she was alone she would lie flat on the floor and stretch her arms and figure out straight. In time she found that her few hours of rest at night did more good than ever before, and, after a little while, even when she slept but a few hours, she awoke completely rested. This she attributed to her habit of absolute relaxation. Where she had formerly laid in bed curled up like a kitten, she now threw her head back and straightened out her body so that every muscle was in a comfortable position; her whole spine got the support of the mattress, with the result that it was better able to stand the strain of the next day's fatigue.

Lying in bed in a cramped position produces round shoulders, while if the head is thrown back on the pillow and the arms are not brought up to the face the shoulders must of themselves stay straight. Allowing the bedclothes to partially cover the face is injurious to the complexion and general health, for it does not allow fresh air to get to the lungs. Needless to say it is more than harmful. It is dangerous, to sleep in a room where the window is not open and where the air cannot freely circulate about the room. All the exercise and all the correct positions of lying in bed or walking will not take the place of fresh, cool air in the sleeping apartment. Holding the hands back of the head is another unwholesome way to sleep, for it is a great strain on the heart, and it does not allow the lungs to do their full work. No complete rest will come to her who does not drop her hands at her side and lie perfectly flat and straight. To do this it is necessary to sleep on the back; and as so often people cannot do this, the next best thing is to

carry out the idea as far as possible, when on the side—the right side if possible, so that the heart will have full play. The height of the pillow is another very important matter. It should not be high enough to give the head any angle, and she who can sleep on her back needs no pillow whatever, for its only use is to fill in the space made by the width of the shoulder when on the side. The pillow should be soft and always laid flat on the bed—not braced up against the headboard. Two pillows are injurious, for they allow no straighten-

ing of the spinal column and the cramped position of the head prevents the long breath so essential to healthful slumber. A baby up to the time its shoulders are wide enough to cause the head to hang to one side should sleep flat on the mattress, and when at last a pillow is provided it should be low and only increased in size as the child grows up. It is only by following out the simplest rules of nature and doing away with whatever is artificial and unnecessary that we can get the best results from sleeping, walking and eating.

Eye Trouble
SCHOOLGIRL.—For the granulated eyelids apply this salve night and morning: One grain of yellow oxide of mercury, one-half ounce of vaseline or un-salted butter. Apply this lotion to the 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.

Cold Cream
T. K.—You will find this cream very good for massaging purposes: Two and a half ounces of lanolin, six drams of spermaceti, two and a half ounces of white vaseline, two ounces of cocoanut oil, two ounces of sweet almond oil, one-half dram of tincture of benzoin. Melt the first five ingredients together, heat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added, if agreeable.

For Cold Feet
G. M.—Friction with hot flannel at night is useful in correcting a tendency to cold feet. If this is not sufficient, a bottle or rubber bag filled with hot water may be used in addition, but neither should be allowed to come into direct contact with the feet, and its use should not continue unnecessarily. On rising in the morning care should be taken not to set the feet naked on the floor.

Chapped and Discolored Lips
OLIVE.—When the lips have a tendency to chap they should be anointed every night on going to bed with a simple cold cream. The habit of biting the lips, and especially of biting off detached portions of the skin, should be carefully avoided, as it is ruinous to their beauty and sometimes causes ugly sores. Never moisten the lips with the saliva to make them red or fresh-looking, as this tends to discolor and dry them and make them chap. The following recipe is very good for freshening and reddening the lips: 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 slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into

Advice to Correspondents by Mrs. Symes

Too Personal Inquiry
T. S. B.—If you will send a stamped addressed envelope to me your letter will be answered personally.

Henna Stain
CAREFUL.—The henna stain causes the hair to have a reddish tint. To make it, take one ounce of henna leaves, steep in a pint of boiling wa-

ter for twenty minutes. Let stand until it gets cold. Strain the liquid. 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. The use of cocoa butter and lanolin will not promote the growth of hair.

For Itching Skin
JESSIE.—You will be greatly relieved by taking a bath every night in warm water into which a little baking soda has been dissolved. This itching sensation is generally caused by the poor condition of the blood, and the best thing to do is to have your physician give you a tonic which will purify the blood.

Biting the Nails
R. S.—Biting the nails is so disfiguring a habit that every effort should be made to conquer it. It is one of the

many forms in which nervousness manifests itself. Rubbing the finger tips with aloe will greatly aid to break the habit, as the bitter taste of the aloe will serve as a reminder to the will. When the shoulder blades project, a pair of shoulder braces should be worn to maintain them in the correct position until the muscles have learned to perform this office.

Mole on the Face
HAZEL EYES.—I cannot grant your request for the simple reason that anything you could do would leave a bad scar. Go to a reputable specialist and have him remove it by electricity. This is the only safe and sure way to remove moles. You must remember that peroxide is a very strong and powerful bleach and should not be used too profusely. Pour

To Whiten the Skin
MOTHER.—A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin. Black tea as a basis for hair tonic is successful in many cases. The formula is: Two ounces of bay rum, two ounces of glycerine, two ounces of alcohol, ten ounces of infusion of black tea. Mix and perfume to suit. The tea in-

To Darken Hair
B. A.—To make the hair darker apply this stain: Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, sixteen ounces. Let stand eight days and strain. Then apply as any other dye. To darken the eyebrows this ointment should be used: Fifteen drops of oil of lavender, fifteen drops of oil of rosemary, two drams of tincture of cantharides, two ounces of vaseline. Mix thoroughly and apply to eyebrows with a tiny toothbrush.

High Collars
I N THIS day of high collars, every one is annoyed either by a black line around the throat, caused by the rubbing of the collar, or else with the soreness resulting from it. The only cure is to rub cold cream into the skin around the throat and let it remain there all night, and in the morning rub peroxide on after having first washed of the cold cream. This line may be entirely obliterated by having collars of three heights, low, medium and high, and wearing each height about two days in succession. This gives no opportunity for any one height to wear on the skin.

GRECIAN HAIR DRESSING

Classic Coiffure for Draped Gowns

New Pompadour Comb with Oriental Dragons

Comb of New Design

Becoming Arrangement of Rings and Flowers

English Way of Wearing Wreaths

THE new style in spring hats will necessitate another style in coiffure, in addition to the fact that the excessive use of false hair, so appropriate to the empire era, will not be at all suitable for the simplicity of the classic draperies just coming into vogue. These require a new Grecian style, and the pompadour, which has

been in fashion for so long, must soon relinquish its place to a more severe fashion. Fillets of gold or silver braid are fascinating for evening wear, and are shown to the best advantage in the illustration. The use of roses on each side of the head is distinctly Oriental, and is part of the peculiar mixture of taste in evidence at the present time.

In this case the brown hair is bound by gold braid and the flowers are of cloth of gold. A very simple coiffure for a young girl almost reverts to the style of three years ago. The wreath is made of silver leaves, and the effect is lighter than it would be if flowers or bows had been used. The spring hats will be worn slight-

ly over the face, which will make the wearing of the high comb a possibility. The arrangement of the hair is simple in the extreme, while the comb is decorated with carved dragons, a design carried out in all the embroidery of the handsomest spring frocks. Puffs forming a center for a wreath of gauzy flowers make a charming

coiffure, while the long line is very becoming to many heads. The braids and puffs of the last winter must either be abolished or arranged in some new manner, following the suggestion here given, for there is no doubt that the Psyche knot must descend from its lofty height to leave room for the hairdresser of the near future.

Who has not had the misfortune to lose a favorite back comb? Some clever person has arranged the teeth so that they zigzag in and out and meet each other at the middle. This will absolutely prevent its slipping from the hair, and it is no harder to put into place than the straight-toothed variety with which we are all familiar.

Nothing so makes or mars a woman's appearance as does the dressing of her hair, and there are only a few who can stand the straggly locks that come with windy days. To keep neat and trim a hair net is the greatest help, and when once the art of putting them on has been mastered the result is a wonderful improvement in the appearance.