

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

HOW TO REMOVE WRINKLES



After Massaging Forehead & Tie Up Tight.

EVERY woman dreads the day when her face will show the signs of care and worry in wrinkles and crow's feet, and all of them are interested in the easy ways of preventing facial defects. Many directions have been given from time to time concerning the ways of drying the face after washing. The towel should always be rubbed in an upward curve around the mouth to prevent the natural tendency toward the drooping at the corners, and the cheeks should be rubbed with a circular movement, while the forehead, of course, one dries by running the towel straight across to

obliterate those wrinkles between the eyebrows. All of these habits are very good and once acquired take little time, but there are other things that may be done that would help to cure the wrinkles already gathered and that also occupy but a few minutes of the day. Applying soapuds to the forehead is said to cure those temporary wrinkles acquired by reading or studying in a poor light or by worrying over minor financial troubles. It takes but a few seconds of the time occupied in washing the face and the effect is good. Perfumed water is very beneficial in preventing and curing crow's feet caused by age or worry, and it should be applied with a soft sponge night and morning. This, too, takes only a very short time and is well worth the effort. The same cure may be used for the wrinkles in the forehead, which are, after all, the most prominent of any; and after the water has been used a damp bandage tied tightly around the head will help smooth out the skin. As this may be worn while reading or dressing it should not be too difficult to try, and a half hour spent with the forehead bound up will make an immense difference in the many minute wrinkles caused by the ordinary friction of daily life. It is a very good plan to form the habit of smoothing out the skin over the forehead and temples before going to sleep, for while unconscious the skin of the forehead will naturally relax, and a little rubbing done in the early part of the night will give it the impetus required.



Habit of Smoothing Forehead before Sleeping.



Applying Hot Perfumed Water to Crown's Feet.

Mrs. Symes' Advice to Correspondents

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 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.

Myrrh and Borax Mouth Wash
D. P. F.—Rub together in a mortar one-half ounce each of pulverized borax and strained honey; then add gradually one pint of pure alcohol and one-half ounce each of gum myrrh and red sanders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Pass through a filtering paper and it is ready for use.

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

Lotion for Shiny Nose
BERT—The remedy here given is often very successful: One dram of boracic acid, four ounces of rose-water. Mix together. Apply the lotion to your nose as often as necessary.

You may find relief by wearing a bunion plaster. Secure a plaster from the druggist and nick with the scissors around the inside circle or opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure of the joint. Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

Boro-Glycerine Cream Jelly
JENNIE—The following formula is very good for the skin: Fifty grains of tragacanth (whole), thirteen ounces of water, two ounces of glycerine, one ounce of alcohol, eighty grains of boracic acid. Macerate the gum in the water until perfectly soft; strain by expression through muslin; dissolve the acid in the glycerine by the aid of heat; add to the mixture, then incorporate the alcohol; perfume to suit, and add, if necessary, enough water to make sixteen ounces.

Leanness and Emaciation
E. J.—The following rules must be complied with if you wish to overcome excessive thinness: Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this, naps during the day if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health as sleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar. Be out of doors as much as possible

and take a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe any one can gain flesh if there is an internal disease; certainly not if there is any tendency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and falls in another a gymnastic course is advised. There is nothing better than bicycling, unless it may be a regular gymnastic course. In order to pursue the latter properly the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercise prescribed by the attendant physician. These gymnasiums, at moderate prices, may be found in any town of a fair size. Where the development is meager in the upper part of the body swimming is also an excellent exercise. Walking is always wholesome.

The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her nerves to get the better of her.

Blood Purifier
FLORENCE—This tonic will purify your blood if you persist in taking it regularly: One-half ounce of cream of tartar, two and a half grains of potassium carbonate (150 grs.), one fluid dram of fluid extract podophyllin, one and a half fluid ounces of compound extract sarsaparilla, two fluid drams of compound tincture of scammony, two fluid ounces of glycerine, water enough to make sixteen ounces. The dose is from one to two tablespoonfuls morning and evening after meals.

Cucumber Wash
V. D.—Cucumber wash is most excellent for the skin. 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 heavy wooden potato masher 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 saucepan 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.

Impoverished Blood
BLUE EYES—What you need is a good iron tonic. Your impoverished blood and the condition of your skin are both due to the lack of iron, which is such an important element. After you have taken it steadily for a time you will find that your blood and complexion will improve. Keep in the open air as much as possible and take a great deal of exercise. Remember that whatever kind of exercise is taken it should be moderate at first and gradually increased. In exercises of a fatiguing nature a quarter of an hour is enough to begin with.

For Falling Hair
WORRIED—Perhaps you massage your scalp too hard, or it may be that it is not just in a condition to receive massage. Either discontinue or moderate it. However, it would be much better if you could give a gentle massage once a day; then as the condition

of the scalp improves you can work up a vigorous action. Apply this tonic to the roots of the hair with a soft sponge once or twice a day: Phenol, one-half dram; tincture nux vomica, seven and one-half grains; tincture cinchona, one ounce; tincture of cantharides, one-half dram; codonopsis, two ounces; sweet almond oil, two ounces.

To Develop the Bust
ALICE—The Vaucaire remedy will not affect the stomach in any way, and you can take it with perfect safety. However, if you prefer a massage cream to the Vaucaire remedy, here is a good one: One ounce of lanolin, one ounce of cocoa butter, one ounce of sweet almond oil. Put in a small bowl, set in hot water until melted. Beat together and cool. Each night after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes. Your indigestion may be cured by taking hot water, with or without salt in it, before you go to bed at night.

To Thin the Blood
L. L. F.—Every morning take a glass of water into which half a teaspoonful of cream of tartar has been dissolved. To prevent the blood from rushing to the head be very careful when stooping over not to let the head hang down; hold it as erect as possible. Never allow yourself to become excited, but learn to control your feelings when any unexpected thing happens.



Cure for Temporary Wrinkles.



Scenting Water.

Eye Lotion
W. H. T.—If the eyes become tired when you are at work, close the lids for a few minutes and you will be surprised how rested they will feel. Bathe the eyes with this lotion: One ounce of boracic acid, one pint of boiling water. Put the boracic acid in a basin. Pour water in and allow the acid to dissolve before bottling. Then strain and use the clear solution.

HEIGHTENING the INSTEP



Sewing Pad in Shoe.



Shoe Without Pad.



Showing Effect of Padded Instep.

THERE is no more attractive line of the foot than a high instep. It matters not how small a foot may be, if it looks flat it is sure to be ugly. There is no exercise that will have any material effect in enlarging the instep, for it is entirely a question of the build of the arch of the foot. However, no matter how flat a girl's foot may be, if it is incased in a high-heeled slipper the effect will be fairly good, but in a high boot the conditions are quite different.

For these unfortunate it is a suggestion that they should pad their instep by sewing a little cotton wadding on the tongue of the laced boot, thus making an artificial arch. It is a curious thing that no matter how

large the foot may be, if it is arched in the proper way it will look about four sizes smaller; therefore, surely the girl who pads her instep or uses artificial means for gaining the effect of a good arch has a good excuse. The girl who uses this method should be really very careful that her foot has not already a pretty arch, for if she should add padding to the natural instep the result will closely resemble a deformity. The artificial pad is made of three layers of cotton batting about three inches long and two inches wide. This is incased in a bag of muslin and sewn on the tongue of the shoe just above the vamp. If this should prove too thick, it could be reduced to one or two layers of batting. When wearing a pad see that it is renewed often, so that it will not get flat, for with a flat instep one day and a large arch the next one might cause comment among one's friends.

Aids to Health and Beauty

Lotion to Whiten Hands
M. W.—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 drying the hands, rub a little of the mixture into them.

The Henna Stain
M. B.—The henna stain is made as follows: 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. 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. Rub this salve over the scars once a day: Two drams of lanolin, one dram of ointment of biniodine of mercury.

To Make the Face Florid
L. M.—If it is impossible for you to take any exercise out in the open air you should go through some gymnastic movements in your own room in the morning. Bathe the face first in hot water and then in cold. This will bring the blood to the face and give the cheeks a rosy appearance.

Lotion for Perspiring Hands
HATTIE—After washing the hands in warm water and drying carefully, apply this lotion: Eighty grains of boracic acid, 120 grains of borax, 150 grains of salicylic acid, two ounces of glycerine. Rub on the hands four or five times a day.

To Remove Dandruff
ELOISE—Try the following preparation, which has cured many cases of stubborn dandruff; before commencing the treatment shampoo the hair thoroughly: 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. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

Remedy for Freckles
FANSY—If you will try this formula I think the freckle trouble will be removed: Three drams of citric acid (lemon), eleven ounces of hot water, two drams of borax, one ounce of red rose petals, one ounce of glycerine. Dissolve the acid and borax in the water, infuse the petals for an hour; strain through a jelly bag; after twenty-four hours decant the clear portion and add the glycerine. Apply as often as agreeable.

The following is a shampoo recipe for light hair: One ounce of white castile soap in shavings, twenty-four ounces of water, thirty grains of potassium carbonate, 120 grains of borax, two ounces of cologne water, two ounces of bay rum. Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters, then dry carefully.

Kentucky Cold Cream
JANE—Apply this cold cream to the lips every night: Four ounces of rose-water, four ounces of almond oil, one ounce of spermaceti, one ounce of white wax. When the lips are too thick and too prominent for beauty the mouth should be contracted as much as possible, and the lips may be frequently moistened with an astringent lotion.

To Reduce the Hips
DISTRESSED—Here are several exercises that are excellent hip-reducers: First. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements. Second. Place hands on hips, shoulders well back. Raise the leg, with knee flexed, and give a high, quick side kick, bringing the foot back again to the floor. Repeat ten times, first with the right foot, then with the left. Third. Take standing position, hands on hips, and rotate the hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and resist. Bending exercises also are good.

To Remove Stains From the Hands
ETHEL—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. The wind and sun roughen and discolor the hands, and gloves should always be worn.

Lavender Water
CITY—The following recipe makes a delightful toilet water: Six fluid ounces of oil of lavender, forty-eight ounces of alcohol, eighteen fluid ounces of rosewater, one avoirdupois ounce of magnesium carbonate.

Enlarged Pores
PEARL—Enlarged pores very often need internal treatment as well as external, as they are principally caused by indigestion and constipation. Sip a glass of hot water every morning before breakfast and drink plenty of cold water between meals, a little at a time. For external treatment, apply this lotion with a piece of old linen or a bit of absorbent cotton: One dram of boracic acid, four ounces of distilled witch hazel.

Arsenic as a Whitener
DOROTHY—I would never advise the use of arsenic as a skin whitener, for it has a very bad effect on the hair. A very simple and well-known lotion, which is excellent for whitening the skin, is made by mixing a teaspoonful of the tincture of benzoin to an ounce of rosewater. Here is a remedy for whiteheads: Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar of household salt soap, and dilute solution of carbolic acid and water. Disinfect the needle before using it by dipping it into boiling water, as the use of any instrument, unless it is thoroughly cleaned, is always dangerous.

To Make Cosmetic Gloves
NAN—Use soft, large leather gloves, these fit four sizes too large. Rip them open and spread the inside with the following preparation, then sew the ripped seam up: One-half pound of household salt soap, one pint of water, one ounce of mutton tallow. After boiling these together remove them from the fire before adding spirits of wine, one gill, ambergris, some other perfume to an amount to suit the taste, always being on the guard not to scent things too heavily.