

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

EXERCISES with TURKISH TOWEL



Strengthening Shoulder Muscles.



Strengthening Back.

WHAT better opportunity could there be for exercise than after the morning bath, and what better substitute for a wand is there than the Turkish towel? Conditions are just right for the most beneficial development of the chest and strengthening of the shoulders. Every motion that one makes is useful as a healthful exercise, and when a little thought is taken and the towel is stretched in both hands the benefit is increased and the figure is improved.

When drying the chest, both arms should be held out and slightly back, giving the lungs free play, while the shoulder muscles are stretched and strengthened.

When the towel is held back of the shoulders the head should be turned slightly to one side, thus exercising the muscles of the neck; at the same time the chest is expanded and the spine straightened.

In drawing the towel over the hips the body is turned on the waist, a very useful exercise for decreasing its size and making the figure supple, while the arms come in for their share of development.

In drying the back of the neck the ends of the towel are alternately held at arms' length, which is the same mo-

tion used in the dumbbell exercise, only the towel must be used in any case and no time is wasted. To get the best effects from this motion breathing should be deep and long, and the head should be held erect.

When bending over one should be careful to hold the shoulders straight; and to bend the back from the hips, for only in this way is grace acquired, and the simple motion of rubbing the towel up and down takes the place of pulling up the weights fastened on the wall.

In fact, regarding all the motions as the regular form of the Desarte method in the first and second, the towel is used instead of the wand; in the third, pulling the towel around the hips is exactly the same motion one goes through in giving the Indian clubs a double whirl. Drying the back of the neck is the dumbbell motion, while weights and parallel bars are used with exactly the same muscles which are put into play when bending to the knees.

In taking the exercises scientifically a little more than the usual time is spent for the morning ablutions, while the time for exercising is saved, thus adding five minutes to each day for work or pleasure, and these little economies count when reckoned by years, while no one can afford to neglect some little systematic effort to develop the figure.



Arm Exercises.

Developing Chest.

randi, two fluid ounces of alcohol, two ounces of glycerine, six fluid ounces of bay rum, sixteen fluid ounces of rosewater.

The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

To darken a switch, make a pot of strong tea, strain this thoroughly and let it cool. Wash the switch in warm water; when dry dip the switch into the tea.

Before applying any stain or dye the hair should be washed and dried thoroughly.

Rose Sachet Powder

READER—You will find this a very delightful powder: Eight ounces of powdered Florentine orris, ten ounces of rose leaves (air dried), twenty grains of musk in powder, two ounces of lavender flowers, ten grains of civet.

Mix well and keep closely corked until you wish to use for the sachet.

Here is the recipe for a face rouge: Three quarts of fresh, ripe strawberries, one pint of distilled water. Place in a fruit jar and set the jar in a saucepan of water over a slow fire. Let the water simmer for two hours and strain through a fine hair sieve. When cold add twelve ounces of pure alcohol, thirty grains of best Russian isinglass (dissolved), fifteen grains of pure carmine (first dissolved in alcohol), four drops of attar of roses, two drops of oil of neroli, five drops of oil of cedar.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

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.

Solution to Keep the Hair Curled

V. P.—Try the following lotion on your hair: 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 bichloride 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. Moisten the hair with the fluid before putting it in the papers or curlers.

This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently applied, nor at too short intervals. An occasional use, however, is practically harmless.

Superfluous Hair

A SUBSCRIBER—Here is an efficient depilatory: One hundred grains of sulphate of soda, 200 grains of chalk. Mix thoroughly, and keep dry in well-corked bottle until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

You will find this an excellent tooth powder: Four ounces of precipitated chalk, eight ounces of powdered orris root, one ounce of powdered camphor. Triturate the camphor in a mortar, moistening it with a very little alcohol. Add other ingredients and mix thoroughly, then sift through a fine bolting cloth.

For Tender Feet

FRANK—Wash the feet in cold water night and morning, rubbing dry with a rough towel, after which

mop on the following solution: One-half ounce of salicylic acid, four ounces of alcohol. This is not only refreshing, but will often prevent disagreeable perspiration.

The following is an excellent paste for brittle finger nails: Take equal parts of refined pitch and myrrh, or of turpentine and myrrh melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil. This paste will nourish the nails and make them stronger.

Lotion for Premature Wrinkles

PAULINE—Wrinkles are caused by a great many different things. One of the principal causes is worry, and, as worrying benefits no one, it might just as well be stopped at once, before it gets too firm a hold on you. Apply this lotion to the wrinkles with a soft linen cloth every night before retiring: Seventy grains of alum, powdered; 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.

To Remove Moth Patch

D. N.—Two and a half drams of cocoa butter, two and a half drams of castor oil, three grains of oxide of zinc, one and a half grains of white precipitate of mercury, ten drops of essence of rose. Apply this preparation to the moth patch night and morning.

Shampoo for Dry Hair

P. N. O.—You will find nothing better than this shampoo for dry hair: 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.

For Thin Cheeks

FLO—To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

You will find the green soap treat-

ment for blackheads very good. It is made thus: Two ounces of tincture of green soap, two ounces of distilled witch hazel. Let this mixture stay on only a few moments, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day and apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is of about the consistency of custard.

Jaborandi Tonic

MRS. C. C.—Here is a formula for a very good hair tonic: Twenty grains of quinine sulphate, two fluid ounces of tincture of cantharides, two fluid drams of extract of Jabo-

Mole on the Nose

JIMMY F.—There is no remedy that will permanently cure moles. The only way you can cure the one you mention is to have it removed by some specialist.

The operation may be a little painful, but it is the best and surest remedy.

Pomade to Reduce Fat

A READER—Rub this pomade over the fatty parts twice a day. 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.

You should abstain from food that is especially fat-forming—cereals, potatoes, corn, beans, etc. Avoid sweets of all kinds.

Several Questions Asked

MOTHERLESS GIRL—Apply this tonic to the hair every night: Three drams of resorcin, one ounce of tincture cantharides, four drams of oil reclint, ten drops of oil rosemary; add sufficient bay rum to make eight ounces.

To remove dandruff rub the scalp thoroughly with olive oil until the scales are loose, then wash the head with a good soap. Rinse several times and dry.

Then use the following lotion daily: Ten grains of ammonia muriate, one ounce of glycerine, five ounces of rosewater. At the end of ten days shampoo. A few drops of ammonia will soften hard water.

Wash the face with soap and hot water, then rinse in clear, warm water and apply a good skin food before retiring. In the morning wash in warm water, then rinse in cold water.

Wrinkles Between the Eyes

MARY—To affect these obstinate lines you must adopt persistent and repeated massaging of the flesh. Fix some number, say one hundred, and to every wrinkle apply a hundred manipulations each sitting. Do not bruise the flesh while giving this treatment. For the first few days treat the face in this way two or three times daily, devoting about twenty minutes to the operation each time.

You will find the following recipe very good for wrinkles: One-half pint of rosewater, one-quarter ounce of simple tincture of benzoin, three drops of attar of roses. Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses, and bottle.

To Fatten the Neck

R. T.—To remove the hollows in your neck and shoulders practice the following: Bend the head slowly forward until the chin touches the neck, then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and backward until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.

Again, stand perfectly erect with the arms at the sides, lift them up vertically, inflating the lungs as the arms ascend. At the same time, rise up on the tips of your toes and throw your head back, at the same time touching the backs of the hands overhead. As the arms slowly descend, exhale from the lungs.

Oatmeal Helpful

NELLIE—Chapped hands are very troublesome in winter. It is a good plan to have on hand a jar of oatmeal with which to rub the hands immediately after drying. Be sure to dry your hands carefully if you wish to avoid the chapped condition you complain of.

You should use a clean washing every day, one that has been washed and hung in the sun to dry. One cannot be too particular with the toilet articles, especially when a clear complexion is desired.

Aids to Health and Beauty

To Apply Powder

S. M.—When powder does not adhere nicely to the face it is because the skin is too dry. Anoint the surface every night with a good skin food after having washed the face in warm water. This will get the skin in good condition. Before applying the powder to the face it is well to moisten it first with a little cream, wiping off the thickest before the powder is used.

Very often the irritation in the throat can be relieved by taking the juice of a lemon.

For Thin Hair

ADA—One of the best tonics for increasing the growth of the hair is as follows: One ounce of tincture of nux vomica, two ounces of spirits of rosemary, two ounces of alcohol. Apply this several times a week to the roots of the hair.

Try this skin food for the hands: One ounce of cocoa butter, one ounce of oil of sweet almonds, one dram of oxide of zinc, one dram of borax, six drops of oil of bergamot.

Heat the cocoa butter and oil of almonds in a bain-marie, and when thoroughly blended add the zinc and borax; stir as it cools and add the oil of bergamot last.

Rub into the hands at night.

Oily Hair

LOUISE—When the hair is inclined to be oily it should be shampooed every ten days. The following is an excellent lotion for greasy, moist hair: One-quarter ounce of powdered bicarbonate of soda, one-quarter ounce of borate of soda (powdered), one fluid ounce of eau de cologne, two fluid ounces of alcohol, sixteen fluid ounces of distilled water. Mix and agitate until solution is complete.

To curl the hair without the iron, the string and paper method is just as effective. A long string is tied tightly to a small roll of paper, which is then held closely against the scalp. The hair is divided into strands. Each strand is separated into three parts, and is plaited, the piece of string in each case being plaited with one of the sections. When braided to the end the string is drawn upward, pulling the hair with it, and is tied again around the paper. Two or three hours will accomplish the marking by this method, though the effect is better if the strings are left on all night.

Formula for Tooth Powder

ELISE—A simple formula for tooth powder is this: Five ounces of cocoa nut charcoal, two ounces of cuttlefish bone, one ounce of raw areas nut, powdered. Mix together. Two or three drops of oil of cloves or of castia may be added if a perfume is required.

Use a firm brush when cleaning the teeth. Remove all foreign particles with a piece of dental floss. Twice a year have the dentist scrape away the tartar which is sure to form in spite of all care.

To Develop Muscles of the Legs

JANE—To strengthen and develop the muscles of the lower limbs practice the following exercise: Raise on the toes, count five; lower the body until the heels almost touch the floor; repeat eight times, touching the floor with the heels only on the eighth count. Repeat the same exercise, raising on the heels.

Tooth Wash

TED—A delightful tooth wash may be made thus: One ounce of white castile soap, two drops of tincture of cardamom, two drams of assarum, one-half dram of peppermint, five drops of oil of cloves, five drops of oil of cassia, four ounces of glycerine, fourteen ounces of alcohol, fourteen ounces of water.

Use diluted with water.

There is always some internal cause for the black circles under the eyes. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins of the part, and are rarely, if ever, found excepting under one or more of the following circumstances:

When the subject is anemic and there is an impairment of the absorptive constitution of the blood, or when the system is being drained, as it would be in protracted study, lack of sleep, or in the treatment of any disease.

Internal treatment is sometimes necessary temporarily, but cannot be permanent while the cause exists.

MILADY and HER POWDER PUFF.



Powder Puff in Handkerchief.



Convenient Place for Powder Puff.



Vanity Box with Mirror.

WHAT a blessing to a woman is a powder puff! It helps to hide the ravages of winter winds, and it obliterates the marks left by the sun on the hot summer days. Always it is useful, but it is not always at hand. It was because of this last difficulty that the "vanity" box was invented, that useful receptacle for mirror, puff, cards, bills and coins, not to mention a memorandum pad and a pencil. The contents of one of the minute receptacles rival even the great number of troubles that found place so easily in the famous box of Pandora. With the aid of the beautiful toy madame can, without criticism, improve her complexion in public or private, and if she is noticed in the act the comment is not, "See how she must preserve her looks," but "What a charming box! No wonder she shows it off!"

The boxes, possessions coveted by all unbiased femininity, are made of gold, silver or that base gun-metal, and are studded with turquoise, amethysts or yet more precious stones. When milady sets forth to take the air she wears upon her arm every variety, bag, coin purse and vanity box, while the latter, if necessity pressed, could easily take

the place of the others, each and all. For those women so unfortunate as to possess no magic jewel, a pocket sewed to the silk petticoat is the only solution of the problem. It is inconvenient and absolutely prevents public mending of the complexion, but, although one might do worse, one can do no better, and the silken pocket must serve till Christmas comes again.

Other women find that they cannot bear to be so far separated from the all-hiding powder, and they carry it, puff and all, in the center of their handkerchiefs, where it is fastened with a bit of ribbon. This, combined with a mirror framed in leather and fat enough to be carried easily in an envelope purse, makes it not a matter of criticism to do what little one can, but, of course, is not like holding the beautiful "vanity box" up for the admiration of the curious public.