

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

CURE for RED NOSE



Massage from Tip to Base.



Spray Nose with Cold Water



Scrub with Stiff Brush and Soap.



Powder before Going Out in Wind.

A RED nose, whether caused by March winds or a painful cold in the head, is a sore trial to womankind, and its cure or prevention is always a source of interest. Powder, of course, may always be called on as a last resort, but usually the afflicted matron or maid sighs for a permanent cure, some definite help which cannot be blown or rubbed away, and which will give her some hope of lasting relief.

Several suggestions are given, any one of which will help materially, and if careful attention is paid to the offending member and it is regularly treated as prescribed, the acquirement of a milk-white feature may be regarded as a certainty. Anyway, nothing can be lost, and the trouble cannot grow worse because a little effort is taken to cure it.

It may be, it certainly has a lasting effect on the red nose. These treatments every morning and a little powder before going out will surely cure any poor circulation; but the powder should be lightly applied, so that it cannot get into and stretch the pores that the earlier remedies have been trying to close up.

The causes of a red nose are two: tight lacing and indigestion. The first is easily overcome, and the second may be partly cured by the habit of deep breathing, which both fills the lungs with good air and increases the circulation of the blood.

der, one-half dram of oil of rosemary. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Orange-Flower Cream
ANXIOUS—if you will use plenty of cream on your complexion it will never be rough and scaly. Every complexion needs a soothing application of some sort. Wind, sun, hard water, heat and cold all have a damaging effect upon one's countenance, and a good cream will keep it fresh and youthful. The formula for an excellent cream is: Four ounces of oil of sweet almonds, six drams of white wax, six drams of spermaceti, two drams of borax, one and one-half ounces of glycerine, two ounces of orange-flower water, fifteen drops of oil of neroli, fifteen drops 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.

without bending the knees. In recovering position, let the arms relax and sink down as the body straightens up.

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Second, with hands placed lightly on the hips, the fingers pointing forward, let the body drop forward easily, so that it is bent at the waist. This must be done gently, as by jerking more harm than good is done. From this bent position roll the body round to the left, counting four for it to reach the position of being bent over the side, then to the back, being careful to do it very easily at first, till the muscles have gained strength, for an exaggeration of the movement may cause pain.

Then on to the left, and back to the front. Practice again, only start toward the left. The waist acts as a pivot on which the trunk swings, and the head is easily relaxed.

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.

red face also caused the red chin and the pimples.

It will also stimulate the appetite, and thus enable you to eat larger quantities of fat-producing foods.

swing the free limb pendulum position from the hips, each time allowing it to go as far forward and backward as possible.

Have the electric needle used to shape them properly.

in a circular direction for fifteen minutes.

Every night rub this hair tonic into the scalp; three drams of resorcin, one ounce of tincture of cantharides, four drams of oil of rosemary, ten drops of oil of bergamot. Add sufficient bay rum to make eight ounces.

Almond Lotion

TILLIE—This lotion will make the skin soft and white: Four ounces of bitter almonds, blanched; five ounces of orange-flower water, one-half ounce of curd soap (any fine toilet soap), fifty drops of oil of bergamot, ten drops of oil of cannelle, twenty drops of oil of almonds, four ounces of alcohol.

Hair Falling Out

WORRIED—It may be that your scalp is in a bad condition. I am giving you a formula for bald spots, and if after you have given it a fair trial you have not received satisfactory results, write me again, stating whether your hair is dry or oily, and I will advise you further.

Foot Powder

WEARY—You will find this powder very good for the feet: Five grams of burnt alum, two and one-half grams of salicylic acid, fifteen grams of starch, fifty grams of violet talcum powder. Dust over perspiring feet, which should be bathed at least once daily.

Hair Tonic

ETHEL—A simple hair grower, and one that is often very effective, is made by combining eight ounces of cognac, one ounce of tincture of cantharides, one-half dram of oil of English lavender.

Pomade to Reduce Fat

A SUBSCRIBER—Massage your face daily with the following: 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. Make into a pomade and rub over the fatty parts twice a day.

Chapped Hands

WORRIED—You will find this recipe helpful: Three and one-half ounces of white petrolatum, one-fourth ounce of paraffine wax, one ounce of lanolin, one and one-half ounces of water, three drops of oil of rose, one-half dram of alcohol.

Perspiring Hands

JEANE—A simple application for moist hands is made by combining eighty grains of borac acid, 120 grains of borax, 150 grains of salicylic acid, two ounces of glycerine. Rub on the hands four or five times a day. Wash the hands in warm water before applying and dry carefully.

To Reduce the Hips

K Y Z—The exercise here described is highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symmetry. She states that it has reduced the hips two inches in a month.

Talcum Powder

MINNIE—A simple and delightful talcum powder for the skin is made thus: Ten ounces of rice flour, ten ounces of talcum, ten ounces of oxide of zinc. Mix thoroughly and sift through a fine bolting silk. Perfume to taste.

Lotion for Oily Skin

H. C. T.—To the oily skin apply this lotion: One dram of boracic acid, two ounces of distilled witch hazel, two ounces of rosewater.

Complexion Cleaser

RUBY—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.

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