

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

BROAD SHOULDERS and HOW to ACQUIRE THEM



An Unfitted Waist Defracts from the Straightness of the Figure



Stretching The Shoulder Muscles



A Soft Pleated Neck Gives Width to the Shoulder



A Correctly Cut Coat

If shoulders are cut too wide, the falling sleeves will give a definite outline.

BROAD shoulders, one of the most important details of a woman's looks, can be simulated by the cut of the garments or acquired by exercise. A rumpled, ill-fitting blouse will take away from the width of the chest, while a chic blouse with the pleats turning outward toward the shoulders and overlapping the sleeves an inch or so will give the impression of breadth no matter how narrow-chested and undeveloped the woman in the case may be.

Many girls make the mistake of thinking that a coat cut long on the shoulders will give the appearance of an athletic figure, but their mistake is apparent to all. A well-fitting coat just right, but not exaggerated in any way, will look far better and will not resemble a caricature, as a coat too large for the wearer is sure to do.

A dress with a yoke does much to broaden the shoulders, while fairly full sleeves should be adopted and adhered to no matter what Dame Fashion shall decree. All perpendicular trimming on the shoulders should be carefully avoided, but braid or insertion running diagonally across to the middle of the front would be very becoming.

In choosing a coat, the kimono style, contrary to the natural expectation, has the effect of removing all



Broadening The Chest

shoulder line at all and giving no credit for what little breadth there may be. A good exercise to expand the chest is the partial bending of the arms, palms turned front, the elbows well back. Then take a long, deep breath

forward. This exercise all the muscles and stretches the shoulders to the fullest extent. The habit of breathing deeply once acquired is sure to make all the difference in the world to the girl with the narrow figure, for it not only improves her looks, but also helps her to sit and stand erect, and both of these habits are absolutely necessary to good health and a clear complexion.

The brazeles so much in style at the present time are also most becoming to the unfortunate one, and with every aid of gymnastics and dressing it seems strange that any girl would be content to remain narrow and ungraceful.

for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them: Oil of lavender, fifteen drops; oil of rosemary, fifteen drops; tincture of cantharides, two drams; vaseline, two ounces. Mix thoroughly and apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often.

Formula for freckle and pimple cream: One ounce of petrolatum, one ounce of lanolin (anhydrous), one fluid ounce of hydrogen peroxide, one fluid ounce of acetic acid. This preparation, usually employed for pimples, may be also used for blackheads.

Question Asked
MAE O.—Your question is too personal. If you will send me stamped addressed envelope I will give you all the information you desire on the subject.

Egg Shampoo
C. C.—To one-half cake of pure white castile soap add one pint of hot rain-water. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an egg beater, stirring it into the mixture with the beater to prevent curdling. Add one-third teaspoonful of borax and one teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray.

It is a matter of preference whether you use the whole egg or just the whites of two eggs.

Rose Cream
MARION—A good cream for the skin is made thus: One ounce of pure wax, two ounces of spermaceti, one-half pint of almond oil. Melt together by a gentle heat, then add three ounces of glycerine, twelve drops of attar of roses.

Here is the recipe for a cosmetic for nails: Three-quarters ounce of spermaceti, three-quarters ounce of white wax, six ounces of oil of almonds (sweet), two ounces of alkane root, one dram of oil of rose.

Melt the first four ingredients, strain, beat until nearly cold, then add the oil of rose. Pour into wide-mouthed porcelain bottles or jars.

Discolored Teeth
EMILY—Stomach trouble will not turn the teeth yellow, though it may cause

Aids to Health and Beauty

Gamphor Toilet Cream Jelly

EDNA—This cream jelly is excellent for the skin: Sixty grains of quince seed, fourteen ounces of hot water, sixty grains of borax powder, two ounces of glycerine, one ounce of spirits of camphor, ten drops of oil of bitter almonds. Macerate the quince seed for several hours with the water; strain, add the glycerine and in the mixture dissolve the borax. Dissolve the oil in the spirits of camphor and gradually add to it the mucilage and mix thoroughly.

A pleasant toilet water is made thus: Seven fluid ounces of essence of violet, two and a half fluid ounces of essence of rose, two and a half fluid ounces of essence of cassia, fifty-six ounces of alcohol.

Old-Fashioned Skin Lotion

BESS—Thirteen grains of spermaceti, forty-five grains of white soap, in powder; forty-five grains of white wax (pulverized), forty-five grains of sweet almond oil, three ounces of Jordan almonds, two ounces of pure alcohol, eight ounces of distilled water, three drops of attar of roses, five drops of oil of neroli, one-half dram of essence of jasmine, one-half dram of essence of white rose.

Blanch the almonds and beat them into a smooth paste, adding some water gradually to form a thin cream. Melt the wax, spermaceti and almond oil together, and to this add the soap, previously rubbed down with one-half ounce of water. To this add, in small quantities, the remainder of the water, assiduously stirring. Then add the strained almond cream and finally the alcohol and the perfume.

A little of this milk may be rubbed into the skin several times during the day. The effect is permanently beneficial.

Enlarging the Eyes

MARY—Unfortunately, I know of absolutely nothing that will enlarge the eyes. Their size is fixed by the sockets and the surrounding flesh and skin, and no treatment will change them. Even if it could, I doubt if any unnatural increase of the size can develop their beauty proportionately.

You can improve the appearance of your eyebrows and eyelashes, however, and thus make your eyes more attractive. But after all it is the expression that is their chief charm.

Loion for Red Nose

EMILY—To the red nose apply this lotion, which will take away the shine: 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.

The following is a formula for a hair oil: Two ounces of scentless castor oil, two ounces of coconut oil, one ounce of oil of rosemary, one-half dram of oil of jasmine. Mix the oils with gentle heat, then bottle and shake for five minutes.

Applying Plaster to Wrinkles

X. Y. Z.—When applying the court plaster to the wrinkles, be sure to have the skin perfectly smooth, for if you do not the plaster will fall in with the creases and do no good at all.

This rouge will give the skin a pretty pink tint: Three quarts of fresh, ripe strawberries, one pint of distilled water. Place in a fruit jar and set the jar in a saucisson 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 the 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. Henry 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 entails respondents wait 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.

A Cure for Parasites

M. C.—To cleanse your little girl's head the following will be helpful: Cut a cake of bichloride of mercury soap into halves and shave one half into fine bits. Dissolve it in boiling water. You may set the mixture on the stove over a gentle heat if you choose. You should have the water form a jelly-like mixture when cold.

The following lotion may be used after a thorough washing with the foregoing preparation: Three ounces of tincture of staphysagria, three ounces of bay rum.

Wash for Delicate Skin

CURLY—A wash for a tender skin is made thus: Take one dram of boracic acid, two ounces of distilled witch hazel, two ounces of rosewater. Use whenever desirable.

Bathe your face every night, using a complexion brush, warm water and pure soap, rinsing in warm water. Afterward massage with orange-flower skin food.

Curling Fluid for the Hair

L. M.—To make curling fluid for the hair, take a tablespoonful of bruised quince seeds to a pint of water. The water is poured over the seeds and the whole allowed to stand for several hours. The resultant mucilage may then be thinned with a few drops of essence of violet. The hair is moistened with the fluid before curling.

Sultana Cream Make-Up

P. S.—This skin rouge is made as follows: Four ounces of sweet almond oil, 800 grains of white wax (melted), 800 grains of spermaceti, 100 grains of

benzoin (finely powdered), 320 grains of rice powder, fifteen grains of pure carmine. Blend the fats in the inside receptacle of a custard boiler; add benzoin while they are heating, the rice powder and carmine while cooling and the tincture last of all. Spread it on the face and throat gently and carefully, rubbing it into the skin, and avoid getting it into the eyebrows or close to the eyes. Powder with any flesh-colored powder or velveteine, applying freely with a puff, and after a little while wipe off with a bit of camels. This masks as effectively as a plaster of pastes and paints all slight imperfections of the skin without having the repulsive artificial look which they give. By artificial light it is imperceptible.

To Remove Dandruff

FLOSS—An excellent dandruff remedy is made by combining 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 ounce of rosemary oil. Mix all together with six ounces of rosewater. Rub the scalp thoroughly

Ointment for Scant Eyebrows

A. N.—This ointment may be used with the preparation until the dandruff entirely disappears.

Deep breathing will help to reduce the waist measure and enlarge the bust.

The stretching exercises, too, are splendid depletors. Raise the arms high above the head; then, holding knees straight, try to touch the floor with the finger tips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

Artificial Jewelry

There are many women who have in their possession magnificent jewels, heirlooms of great value, that have been copied in paste, and while the real articles lie in a safe deposit vault, the false are worn to baffle and operate. Yet the strange part is that were the original jewels not in their possession these

women would not dream of wearing artificial gems.

Carneos, one of the most difficult things in the world to carve, are yet not really jewels, and therefore are best worn in daylight, with high gowns, but imitation baroque pearls, which are sometimes a sort of step-relation to the

real article, are pretty at night, and far more desirable than the artificial pearls of conventional shape. These are very often so perfectly made that only an expert can detect the deception, but when they are really good, they are as far out of reach of the ordinary pocket-book as are the still more precious product of the humble oyster.

For this reason, fairly inexpensive pearls are best not worn with décollete, for sometimes the natural warmth of the neck causes them to melt away.

There really was a case not long ago, when a young girl donned her new pearl necklace before going to a dance, and when she returned to her own room several hours later she was amazed to find nothing but a silk thread encircling

her throat. Needless to say, there was much lamentation, but there was no way to bring the vanished baubles back to existence.

Some of the most expensive pins are copied in so-called "French" jewelry, and they are sometimes so beautiful that they are worth owning on their own account alone.

Artificial Jewelry

Artistically Worn

Artificial jewelry is very diverse, particularly in this country, but it certainly is true that a beautiful thing is always beautiful, whether found in a bivalve, dug from the ground or manufactured with the aid of human ingenuity. It is a safe axiom that most of the false jewels are best worn in the light of day, excepting always the rhinestones, which seem to be most appropriate for the evening.

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Rhinestones on Velvet Look Well at Night



Strings of Pearls are Better Worn in the Daytime When Not Real



A Collar of Carneos and Old Silver



Jewelry Closely Copied From an Expensive Design



A Dainty Design, Imitation of Pearls