

# How to be Healthy and Beautiful

by Mrs. Henry Symes

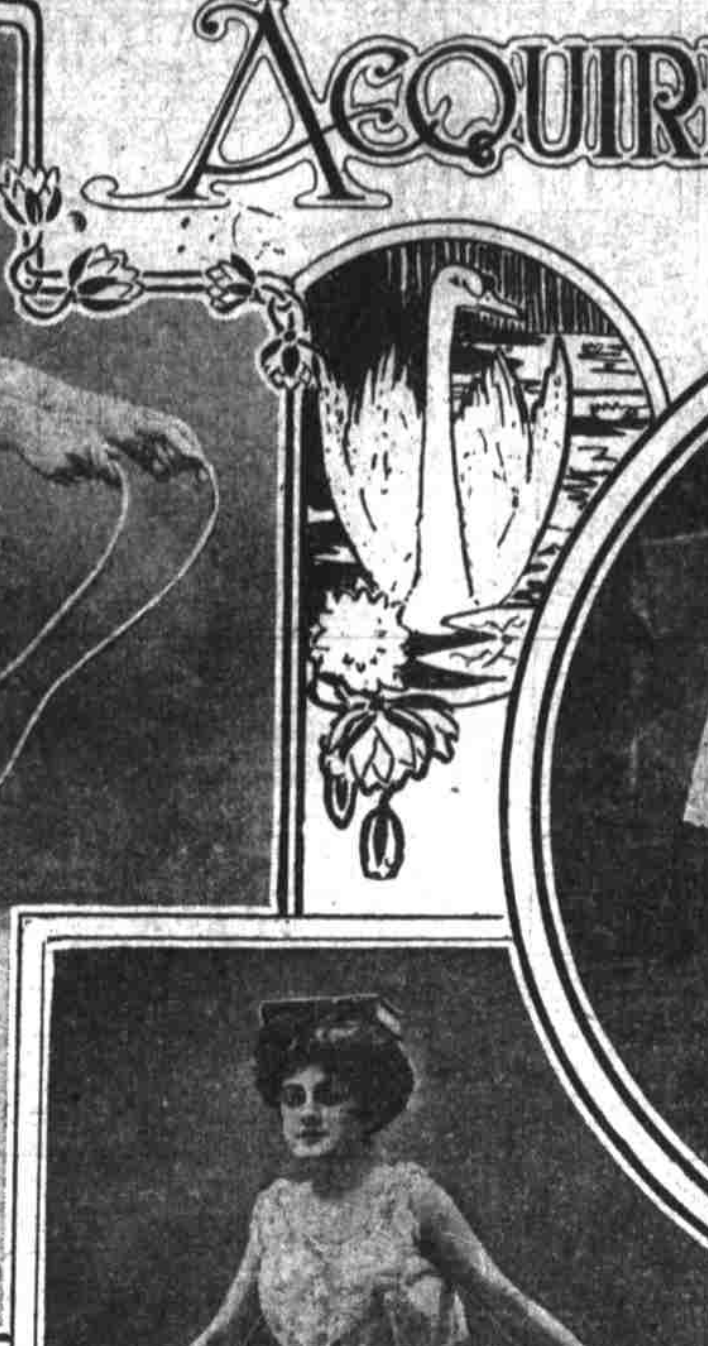
## ACQUIRING POISE and GRACE



Acquiring light step

**A** WOMAN to be beautiful must not only have beautiful features, but her figure must be perfect and her carriage graceful, and this last is what so many women lack. Those women who are not beautiful—and they are, of course, the majority—cannot control their figures, but at least they can become graceful and lithe when there are so many exercises that may be so easily done in the privacy of their own room without having to buy extra paraphernalia—dumbbells, Indian clubs and weights.

Poise is merely the art of balancing well and easily on hips and ankles, which are both supports of the body. Why should any one be expected to know exactly how to walk, how to hold one's self, who has never been taught from the time she began to "cover ground" at perhaps a year and a half old?



Curing Round Shoulders



Learning Equilibrium

To strengthen the spine and learn how to carry the upper part of the body no DeLarsate exercise could have more effect than the simple home method of standing half the length of the body from the wall, resting the head against it and lifting a chair from the floor. In time such a firm footing will be established that it is possible to pick the chair up and regain an erect position.

Another exercise to strengthen the same muscles is to rest the tips of the fingers against the wall and lean toward it as far as possible, always using the hand as a guide to maintain equilibrium.

No exercise to cure round shoulders and obtain an erect figure could be better than to hold a book balanced on the head while stepping up and down on a chair. At first it is both tiresome and difficult, but it soon becomes quite easy, and it not only keeps the head in the correct position, but it teaches the



Maintaining Equilibrium



Balancing against Wall

ankles to balance the figure. Walking a rail between two chairs is not only beneficial, but it is extremely interesting, and for the awkward and clumsy girl no better exercise could be devised. At first a pole may be used to prevent falls, but it is not long before the body becomes accustomed to balancing, and then all assistance may be discarded.

As for acquiring lightness of step or fairy tread, what can take the place of rope jumping and, really, what could be more fun? After the simple jumping many variations may be tried, and when every step has been mastered there is always a waiting step that can be used. It is all such a great help and teaches so much that no set exercise need be adhered to after it proves in the least bit tiresome.

## MRS. HENRY SYMES' ADVICE TO HER MANY CORRESPONDENTS

**O** WING 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.

**A Face Rouge.**  
**EMILE**—Bloom of roses, a face cream, is made thus: Seventy-seven grains of rosanilin, one and three-quarter ounces of white wax, fifty grains of spermaceti, 200 grains of white petrolatum, one-half ounce of alcohol, perfume to suit. Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

**Chinese Eyelash Stain**  
**JESSIE**—This is the recipe which you inquired about: One dram of gum arabic, one-half dram of India ink, four ounces of rosewater. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid, and then add the remainder.  
 To cure a double chin, massage daily, using the following movements: From point of chin, with open hand press firmly downward, throwing the head backward at the same time. Bathe the chin and throat frequently with cold water.  
 You will find this a good powder for the teeth: Two ounces of precipitated chalk, two ounces of powdered orris root. Crush and mix.

**Brown Hair Stain**  
**DISTRACTED**—Two ounces of green walnut skins, one-quarter ounce of alum, four ounces of pure oil. Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.  
 Sage tea may be used to darken the hair. Make a strong brew of dried leaves; strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

**Hardening Pomade**  
**Q. V.**—This pomade is an astringent and should not be used as a massage cream, but should be applied after massage to restore shrunken or flabby skin: Six ounces of oil of sweet almonds, three ounces of white wax, one ounce of alcohol, perfume to suit. Boil, one and one-half ounces of rosewater, six drams of pulverized tannin. To tighten the legs, exercise is the best possible method. Long walks will soon produce results. A gymnastic feat which is said to be certain to enlarge the lower limbs is to stand on one foot, with the other leg held out as nearly at right angle to the body as

possible, try to touch the knee to the floor.

**To Remove Stains From Hands**  
**SISTER**—To remove the ink stains from your hands with oxalic acid, put an ounce of the crystals in a pint bottle and fill up with water. Mark the bottle plainly with the name and also the word "poison." Wet a piece of cloth with the acid solution, and rub the stained places. Use a pointed orange-wood stick beneath the nails. Follow with a thorough washing in clear water.

**Dr. Shoemaker's Bleach**  
**F. S.**—For freckles and brown spots try the following: Eight grains of bi-chloride of mercury, in coarse powder, two ounces of witch hazel, two ounces of rosewater. Agitate until a solution is obtained. Mop over the affected parts. Keep the preparation out of the way of ignorant persons and children. Label "poison" and for external use only.  
 This is the recipe for camphor ice:

adults; one-half teaspoonful for children, at intervals until purging commences.

To expand the chest try this exercise: Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest this way eight times.

**Wart Eradicator**  
**B. M. R.**—To remove the wart from your finger apply this powder to it: Calomel, thirty grains; boracic acid, fifteen grains; salicylic acid, ten grains.  
**Cucumber Lotion or Cream**  
**L. Z.**—A very good lotion is made for the skin thus: Express juice of cucumbers, one-half pint; deodorized alcohol, one and one-half ounces; sweet almond oil, three and one-half ounces; shaving cream, one dram; blanched almonds, one and three-fourth drams.  
 This is a suave lotion, very whiten-

ing, softening and cleansing.

Breathing through the mouth very often causes catarrhal inflammation. It is important to breathe through the nose, for then the air is better prepared for the lungs.

**Old Depilatory**  
**PERPLEXED**—One hundred grains of sulphate of soda, 200 grains of chalk. Mix thoroughly, and keep cry 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 instance. 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.

**Exercise is Necessary**  
**CURIOS**—Every one should take a certain amount of exercise in the open air. The best form of exercise, and the most natural, is correct walking, which brings into play every function of the body. A healthy person may easily walk five miles a day; those who have not sufficient strength should only go so far as is not fatiguing.

**Diet for Skin Diseases**  
**PHOEBE**—The following diet list

may be adapted to almost all skin diseases:

- MAY TAKE**  
 Soups—Fresh fish soups, vegetable broths—clear.  
 Fish—Raw oysters, fresh fish, boiled.  
 Meats—Fat bacon, broiled or broiled chicken, game (all sparingly).  
 Farinaceous—Cracked wheat, oatmeal, rice, sago, hominy, whole wheat bread or biscuits, rye bread, graham bread or rolls, crackers, dry toast, milk toast, macaroni.  
 Vegetables—Mashed potato, green peas, string beans, spinach, cabbage, cucumbers, cresses, lettuce, celery.  
 Desserts—Plain milk pudding, junket, rice and milk, sago and milk, stewed fruits (all without sugar).  
 Drinks—Weak tea (no sugar), milk, buttermilk, toast water, pure water (cold or hot).  
 Thoroughly masticate all foods. Eat slowly.

- MUST NOT TAKE**  
 Veal, pork, goose, duck, turkey, salted, dried, potted or preserved fish or meat (except fat bacon), eels, mackerel, crabs, salmon, lobster, eggs, rich soups, gravies, patties, tomatoes, sweet potatoes, asparagus, mushy rooms, rhubarb, lemons, pickles, vinegar, fried or made dishes, rich puddings, spices, pies, pastry, sweets, cheese, nuts, dried fruit, tobacco, coffee, cider, malt liquors, sweet wines, champagne.

**To Make the Hair Lighter**  
**J. V.**—A pinch of soda used in the shampoo water tends to lighten the hair and is not injurious.  
 You cannot expect to have good health if you do not take enough rest. When you go to sleep force yourself to throw off care, so that you will have peaceful and restful slumber. Then when you awake, the body and soul will feel refreshed. It is advisable to relax the muscles frequently during the day. Lie down for half an hour or more in the middle of the day, and if you cannot sleep, forget your troubles and think only of pleasant things.

**Results Cannot be Expected**  
**MRS. H. S.**—I do not think the Vaucaire remedy will have any effect on you until you are cured of the trouble you mention. It may be, too, that the ingredients were not pure. I would take the recipe to another druggist and have it filled again.

**Shampoo for Light Hair**  
**ANXIOUS MOTHER**—Take one ounce of white candle 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. Use very carefully. This shampoo will be suitable for your little girl's hair. Cut the ends of the hair so that they will be even, then continue to clip off one-quarter of an inch every two weeks.



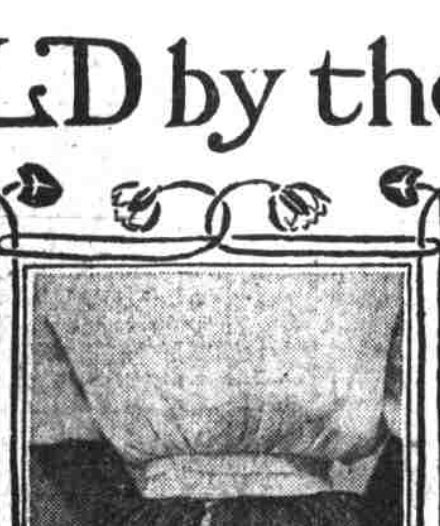
A Dishevelled Girl

**T**HERE is a pathetic story of two young people who were engaged to be married, and the man, even as proved, was of a practical turn of mind, while the girl was more on the so-called artistic order. Details were to her an abomination. She could talk; why should she take time to dress? She could paint; why should she darn? The practical youth of the case should have seen these thoughts in his fiancée's mind, but, as such common sense as he had, he had no perception. However, be it as it may, the lady in the case was sitting on a stool one day working at her easel, when the practical one came to call, and, as luck would have it, he was not announced, but went straight to the studio. As he reached the door, he stopped. There sat his future wife in a palatial apron, with untidy hair; it is true, but worse and worse, she had a tiny hole in the neck of her stocking, just visible over the



The Girl Who Does Not Care

top of her slipper. The young man searched his memory for a parallel case in his own family, as such people will, and finding none, realizing that such a degree of carelessness could not be admitted to the orderly freemason circle, he turned and left.  
 That is as far as the story goes. It does not sound true, but such as it is it is handed down from generation to generation as a warning to careless maidens. Be neat or be unmarried.



Inexcusable Neglect

**What a threat!**  
 To dress well, to look well, and to always feel comfortable it is necessary to have carefully inspected the fastenings on waist and skirt before venturing into the society of family, friends or strangers, and when the fastenings are



The Girl Who Took Time

in the back the precaution is doubly necessary.  
 Collars should be fastened straight, blouses must be buttoned and securely pinned at the waist line, and skirt and belt should always be arranged so that no unsightly safety pins or hooks can possibly be seen by criticizing eyes.  
 Blouse and belt being in order, the next care is the pocket. It would seem impossible for a woman to neglect this detail, yet many do—hooks off, in-



A Trim Girl

side flap not straight, and the effect of an otherwise attractive figure is ruined. The woman or girl has failed to glance at her back in the glass, an operation that would take no longer than fifteen seconds.  
 Needless to say, any one who is so negligent in the house is going to look just as badly in the street, but there her blouse and skirt are hidden by her jacket, leaving her hair and veil only as indications to her character.  
 Stray locks should be held tightly in, veil ends should be tucked under and neatly pinned at some unobtrusive point in the hat.  
 Scrutiny of the back takes so little time and is so easy to do that there is no excuse for any one to complain that they were "in a hurry." A turn on the heel, a twist of the mirror, the deed is done, and maiden may rally forth conscious that from every view she is neat and clean out.