

How to be Healthy and Beautiful By Mrs. Henry Symer

Four Ways of Washing the Hair



Dry Shampoo with Powder



Brush Brushing to Make Hair Healthy



Dealing with Shampoo



Comfortable Way to Wash Hair



French Method of Gasoline Shampoo

Aids to Health and Beauty

Solution to Keep Hair Curled
BETTY—The hair-curling solution is made thus: Gum arabic, one ounce; good moist sugar, one-half ounce; pure hot water, three-quarters pint; alcohol, two fluid ounces; bichloride of mercury, six grains; sal ammoniac, six grains.

Here is a recipe for lavender water: Oil of lavender, six fluid ounces; alcohol, forty-eight fluid ounces; rosewater, eighteen fluid ounces; magnesium carbonate, one avoirdupois ounce.

Lotion to Whiten and Soften Hands
LAURA—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.

I would advise you to use the following shampoo, which will do much toward keeping your hair light: Wh to castile soap, in shavings, one ounce; water, twenty-four ounces; potassium carbonate, thirty grains; borax, one hundred and twenty grains; cologne water, two ounces; bay rum, two ounces. Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters, then dry carefully.

Obstinate Blackheads of the Skin
F. R.—Try this method of removing the blackheads, which should be attended to before considering the enlarged pores: Ether, two ounces; soap linctment, two ounces. Rub into the spot affected, and as soon as the mixture burns, wash the surface with hot water.

Soften the skin that is wrinkled with cold cream; then smooth out the wrinkles with the fingers by regular movements several times a day.

Any one having a weak heart should take neither cold nor hot baths, but should use only warm water and afterward rub down with clear alcohol, being careful meanwhile not to expose the body to a draught.

To Develop the Hips
SKINNY—The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

The red nose is probably due to a disordered stomach. Try to straighten out matters there, or else you can do little to cure the red nose and pimples. Be very careful about your diet. Massage is an excellent thing to relieve this condition. Massage vigorously along the leading nerve of the nose on each side. This will surely relieve congested circulation.

Dislikes Gray Hair
G. H.—I do not think a woman

Advice to 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.

Milk of White Roses
MAY H.—Indeed, you are not too old to improve your looks. Massage your neck and at the same time rub this lotion well into the skin: Rosewater, one-half pint; simple tincture of benzoin, one-quarter ounce; attar of roses, three drops.

Put the rosewater into a basin. Add the tincture of benzoin a drop at a time. Add attar of roses and bottle for use. The following is a very good tonic for the eyebrows: Oil of lavender, fifteen drops; oil of rosemary, fifteen drops; tincture of cantharides, two drams; vaseline, two ounces.

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often.

Excessive Perspiration
READER—Excessive perspiration usually indicates a nervous or run-down condition, and in such instances a tonic should be taken to build up the system. For external treatment use freely a good powder, which will tend to prevent over-secretion of the sweat glands. Washing under the arms night and morning with hot water and soap is often very effective. Washing with cologne and water or alcohol and water in equal parts is also helpful.

The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint, wrung out of boiling water; cover with a piece of jaconet and a pad of cotton-wool on top; fix with a bandage.

Blood Purifier
THELMA—This will prove an excellent tonic for the blood: Sodium sulpho-vinate, one ounce; avoirdupois; compound syrup of sarsaparilla, four fluid ounces; fluid extract of dandelion, two fluid ounces; syrup of orange, one and a half fluid ounces; water enough to make sixteen fluid ounces.

Wart Eradicator
F. L. M.—Apply the following repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off: Sublimed sulphur, 120 grains; glycerine, five fluid drams; acetic acid, one fluid dram.

After exhausting exercise, and when the muscles are very tired for any reason, or when extremely nervous, great relief will be experienced from taking a hot plunge bath to which

employed, the "patient" whose hair is being done wants as much comfort as may be had during the process, and a Morris chair is ideal for the purpose, because the back may be let down till the top is on a level with the basin, so that the hair may rest on the marble edge of the basin.

An egg shampoo may be made by dissolving a half cake of white soap in one pint of warm water. This is best done on the stove. To this add an egg that has been thoroughly whipped, stirring it in with the water to prevent curdling. Add one-third teaspoonful of borax and one tea-

spoonful of alcohol if the mixture is not to be used immediately. When using, rub the shampoo well into the scalp, and then rinse in several clear waters with a spray if possible.

A plain soap and water wash is perhaps the most popular, and there are several mixtures each with a long line of advocates. A preparation including shavings of white soap, water, potassium carbonate, borax, cologne water and a dash of bay rum is especially adapted to blonde hair. The simplest wash perhaps is made by dissolving one-half cake of white soap in a quart of boiling water, and a tablespoonful of washing soda in a quart of boiling water. The two quarts mixed together make the shampoo, and five rinsings are necessary.

Tea is popularly supposed to be a tonic for the hair and a good shampoo has its basis in tea. It is made of two ounces of alcohol, and the same quantity each of green tea and dried sage. When strained, keep corked to prevent evaporation.

All of the washings given require a rinsing in water, and, as a natural result, a tiresome time while the head is being dried and brushed, so for the woman in a hurry who has no time to sit for an hour while her tresses are drying, a dry shampoo is recommended. This is simply done by rubbingorris root in powder form well into the scalp for blonde hair, but for dark hair a special cleansing powder is sold.

The secret of cleansing the hair after the application of the powder is in the hard, fast brushing after the first rubbing. The powder should be put on and brushed out until hair and scalp are clean.

When gasoline is used nothing further is necessary, for the cleansing fluid removes all dirt and oil and dries almost immediately. For this reason and because a cold is not likely to result, even if the patient goes out at once into the air, the gasoline is very popular with some women.

As a general rule, it is only necessary to wash the hair once every three weeks or once every month, but there are some isolated cases where the hair should be cleaned oftener. In any case, a month is ample time to allow between washings.

Salve for Granulated Eyelids
AUNT—I think the following formula is what you want. You can prepare it yourself: Yellow oxide of mercury, one grain; vasoline or unsalted butter, one-half ounce. Apply to the eyelids night and morning.

Braces will do much to correct round shoulders, together with continual practice of swelling the chest and drawing the shoulder-blades together.

How to Arrange a Hair Net



Darning Net in Front



Pulling Out the Hair Net, with Peff's Over Net



Arranging Joints

while you may look neat a few yards away, your friends who stop to speak to you are the ones who see just where your care has fallen short. The only way to insure a clean-cut appearance is to learn to manage a hair net. What a pleasure it is to be able to drive, ride and motor without wearing a suffocating veil. How satisfactory it feels to know that no matter how strenuous the morning has been, no matter how many bargain counters have been stormed and despoiled, when it is time to go to luncheon, either at home, at a hotel or with a friend, you may walk confidently into the room sure that your coiffure is the same as when you first started on your travels.

A hair net is triangular in shape, with one quite long and two rather short sides. To put it on, pin with a bent hairpin or barrette the center of the

long side at the nape of the neck, allowing the opposite angle to fall backward. Pick up first the angle to the left and bring it around the head, but not too far over the forehead, and pin it to the right side of the pompadour with an invisible hairpin; then pin the angle to the right in the same way on the left side. This being done, bring forward the third angle and tuck it under the knot, pin in place the loose edges of the net and the deed is done.

In the illustrations given the hair net is shown by a piece of white veiling, for otherwise it would be invisible. The first picture shows how to pin the loose edges down in front; in the second, the sides are loosened so that the coiffure will not look stiff or "waxy," and in the third the net has been put on first and afterward false puffs have been added. This is a matter of taste. If the

net over the knot of the hair is considered too stiff, the edges of the net and the loose angle may be tucked in all round the knot instead of being brought over it.

With the net, combs are quite unnecessary except the one in the back to hold the hair in place, and it may be put on after the net is arranged or not, as preferred.

When the coiffure is arranged low and the puffs are not false, then it is a necessity to put the net over the puffs and all; otherwise the net will be useless.

Hair nets come in three sizes and of all shades. There is a small net which reaches only over the pompadour, and requires special arrangement; a large net that goes over the whole head, but is too small for the average pompadour coiffure, and the extra large net, which extends across the whole front on either side, thus making assurance doubly sure.

To Increase the Weight
A SCHOOLGIRL—A girl of your age cannot expect to be of correct proportion in weight and height, as it will take a year or two for you to become more developed. In the meantime, get plenty of sleep, at least ten hours out of every twenty-four. In addition to this, take naps during the day if possible.

The diet should be liberal, and should consist largely of food containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaroni and spaghetti kind, fish and oysters, ice cream, desserts without pastry.

Cocoa butter is not in any way injurious. It is a great flesh builder and good to use if your face is too thin.

Brown Hair Stain
S. H.—The brown hair stain is made thus: Green walnut skin, two ounces; alum, one-quarter ounce; pure oil, four ounces.

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.

To Reduce the Abdomen
SARAH—In standing position, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

Two Questions Asked
CORAL—A flesh brush is not at all harmful to the face if you use it correctly. Get a brush just sufficiently firm to give a stimulating glow and feeling of freshness. It should be used upon the dry surface immediately after bathing.

Apply this tonic to the hair once a day: Resorcin, three drams; tincture cantharides, one ounce; oil rosin, four drams; oil rosemary, ten drops; bay rum, and sufficient to make eight ounces.

To Reduce the Bust
L.—Here is a harmless pomade to reduce the bust: Tincture of benzoin, twenty drops; tincture of potassium, forty-five grains; vasoline, one and one-half ounces.