

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes



SELDOM do health and fashion go hand in hand, and the woman who would be healthy and at the same time fashionable often has to "toss up" to determine which course to pursue. We of today are fortunate in being spared the solution of the corset problem, for the corset model to date is considered (by those who value health over fashion) sensible, practical, scientific and not to be classed with the implements of torture worn by our foremothers. Do you remember Janice Meredith being commanded to "breathe out" while her mother took instant advantage to strain the strings of her stays, and how she was forced to repeat the operation until the edge of the stays met across the back? Tight lacing is unquestionably injurious, and no corset built in proof against the evil results of this habit; but we class tight lacing among the abuses and not the uses.

Corsetiers have, perhaps unwittingly, hit upon a most hygienic plan for the corset of the moment, with its ample room for deep breathing, in contrast to the old-time corset support to the abdomen, instead of the once dragging-down tendency. Some of you may say: "That is not the story of my corset. Why is mine most uncomfortable and tiring, while the strain caused by the stocking supporters is well-nigh unbearable?" A woman, the possessor of a new \$5 made-to-order corset, said to me the other day. Let me answer your questions by asking two others: Does your corset fit, and do you know how to wear it? Not many women buy shoes without trying them on, and it is becoming more common each day to have gloves tried on before purchasing; yet many women, particular in these matters, will buy a corset at random. The corset should be tried on before purchasing, and a model selected which suits the figure; then, if necessary, alterations may be made. A corset so selected is a formidable rival of the high-priced, made-to-order article.

Now the corsetier has done his part in providing a good article; it is for you to learn how to use it, and here is really the lesson of the day: How to properly



adjust and wear the corset. To begin with, lace your corset properly. The laces should be in two sections; the top lacer is carried from the top of the corset three-quarters of the way to the waist line; it is drawn up to just the right size and tied in a firm knot which will not slip—but not a hard, bulky knot that will hurt the back and show through a closely-fitted bodice. Start

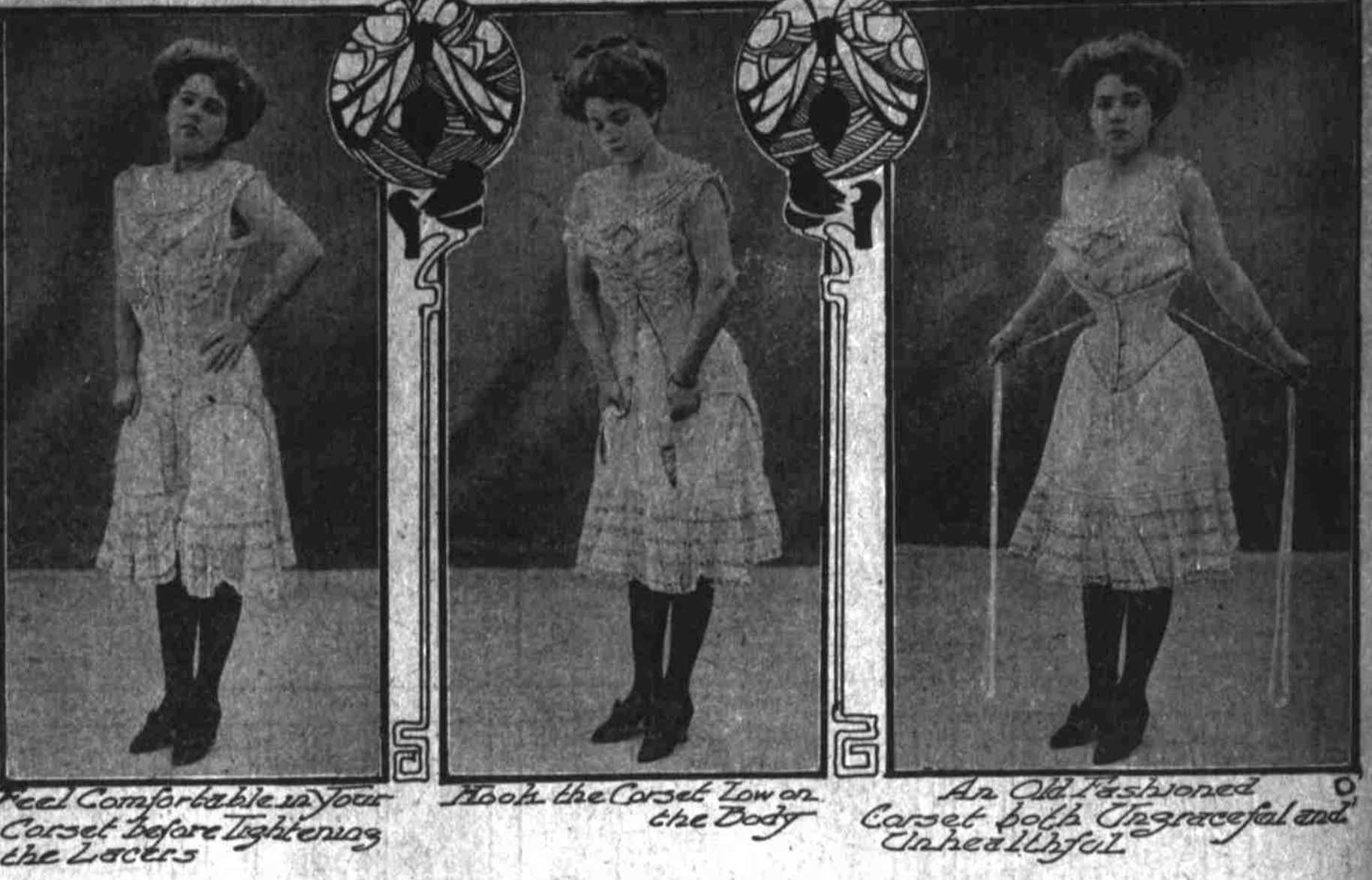
another lacer in the eyelids where the first lacer ends; lace this to the bottom of the corset and tie, leaving a loop each side at the waist line to be drawn up and tied after the corset is adjusted. This lacer must be a long one to admit of the corset being well loosened before putting on.

Now stretch the lower lacer to its fullest extent and hook the loose corners as low on the body as possible; in fact, fasten the top of the corset around the waist; next, fasten the stocking supporters to the stockings and adjust the under garment so that there are no wrinkles; pulling it up in front and at the sides so that it will not draw and interfere with free motion of the arms. With one hand hold the corset firmly down in place, while, with the other, lift the body inside the corset; now gently draw up the laces at the waist line until the corset rises into place and feels comfortable. Tie the laces at the back; where they are likely to cut the corset, breaking or bending the bones.

Sometimes the laces are brought to the front, one end passed under the stocking supporter, where it meets the other end and is tied at the side at the corset's edge. This, however, must be accomplished with care or there will be a tendency to lift the corset after so much pains has been taken to keep it down.

Now, I want you to realize that the whole secret of comfort and healthiness lies right here: the pressure from the corset must be up—in which case it acts as an abdominal support, instead of (as in old-time manner) pressing and dragging the body down and causing all sorts of internal disorders and suffering.

The adjusting of the corset will be a bit of trouble at first, but it is well worth while. For health's sake, learn how to wear the corset correctly!



Mrs. Henry Symes' Advice to Her Correspondents

Sage Tea
EDITH B. B.—Sage tea is an excellent tonic, and will prevent the hair from turning gray. Following is the formula: Two ounces of alcohol, two ounces of green tea, two ounces of garden sage. After straining keep tightly corked to prevent evaporation.

To Whiten the Skin
BOOTS—A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin.

Here is another recipe that may be used as a bleach for the skin: Water (previously boiled and strained), one quart; alcohol, thirty drops; oxide of zinc, one ounce; bichloride of mercury, eight grains; glycerine, twenty drops.

Broken Veins
JESSICA H.—The trouble which you complain of cannot be remedied by any lotion; the only cure is to go to a doctor and have him remove the little clot of blood that collects where the vein has broken.

Massage Cream for the Bust
EFFIE—You will find this an excellent cream for massaging the bust: Lanolin, five ounces; spermaceti, one-half ounce; mutton tallow, (freshly tried), four ounces; coconut oil, four ounces; oil of sweet almonds, four ounces; tincture of benzoin, one dram; oil of neroli, twenty drops. Mix as you would any cream of the sort. Rub on gently at night.

It is just as necessary to take plenty of cold water internally as externally. Every person should drink at least three quarts of water a day; but never drink water with your meals.

When Using Powder
A STENOGRAPHER—To use powder on the face so that it will not show, it is necessary to first rub a cleansing cream well into the skin; then wipe it off with a piece of soft linen. After you apply the powder take a soft handkerchief and rub the face gently, until no trace of the powder is apparent upon the surface. At night use the cleansing cream again, being sure to get all of the powder out of the pores; then apply a mas-

sage cream for the night. An important thing to remember is that powder should not be left on too long, but a fresh application made whenever convenient.

Here is a very good cream for freckles:

Petrolatum, one ounce avoirdupois; lanolin (anhydrous), one ounce avoirdupois; hydrogen peroxide, one fluid ounce; acetic acid, one fluid dram.

Against the Rules
CONSTANT READER—Addressors of dealers or commercial rates are never given in this column; but to procure the Vaucaire remedy I should advise that you go to your own druggist and have him prepare the prescription for you, and insist upon having the pure galena. If he cannot secure this for you ask him to name some reputable firm in one of the large cities.

Sleepiness
SLEEPY EYES—It may be that the reason you are sleepy early in the evening is because your eyes are under too heavy strain during the day. You had better consult an oculist and have him examine your eyes.

Powdered borax has a tendency to dry the hair; it is not advisable to use it too often.

The Vaucaire Tonic
JOSEPHINE M.—The Vaucaire remedy is just what you need, and I do not think at your age it will take more than two or three months before it will have the desired effect. It will not interfere with the digestion at all.

Soap is Necessary
GRACE—It is true that some persons have an idea that soap should not be used for cleansing the face. Impure soap should not be used on any part, but good soap is beneficial to the skin of the face as to any other part of the body; in fact, it is more necessary to the face and hands, as these portions are exposed to the impurities of the air.

This is the recipe for cleansing cream: Two ounces of white wax, two ounces of spermaceti, twelve ounces of sweet almond oil, two ounces of distilled water, two ounces

of glycerine, ninety grains of salicylic acid.

If you use a good quality of talcum powder it will not injure the baby's skin in any way. When drying the child's skin pat it gently with a soft towel until it is perfectly dry, then sprinkle the talcum powder on liberally.

Cure for Chilblains
MARY—For the chilblains you will find this preparation helpful: Sixty grains of zinc oxide, thirty grains of camphor powder, thirty grains of myrrh powder, thirty grains of opium powder, 480 grains of lard.

Dissolve the camphor in the lard, which has been melted at a gentle heat; allow this to cool, add other ingredients and mix well.

I would suggest that before you make this application the afflicted part should be immersed or bathed in cold water for a few minutes. Caution also as to rubbing in drying. It is always better to mop the part, so as to avoid the consequences of violent friction.

Cure for Bald Spots
"R. E. G."—When the hair falls out in spots try the following wash: Distilled rosewater, six ounces; camatic vinegar, five drams; pure glycerine, two and one-half ounces; tincture of cantharides, two and one-half ounces.

Mix thoroughly. Apply night and morning.

Another very efficient remedy for bald spots is made as follows: Salicylic acid, ten grains; resorcin, eight grains; phenol, five drops; lanolin (or vaseline), one ounce.

Rub into the part night and morning.

Rules for the Reduction of Flesh
ETHEL—Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at

the outside. No naps. You must take exercise.

Shampoo
TEDDY—You will find this a splendid shampoo for the hair: Potassium carbonate, one ounce; ammonia water, one and one-half ounces; tincture of cantharides, six drams; bay rum, four ounces; alcohol, four ounces; water, six ounces.

Dissolve the potassium carbonate in the water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters; then dry carefully.

Narcotics Are Harmful
BLANCHE—Never resort to narcotics, as they do not produce restful sleep, and are followed by injurious effects. If you take plenty of exercise during the day and walk in the open air as much as possible, you will find that sleep will come naturally at bedtime. A glass of warm milk taken before retiring very often produces sleep.

Massage the Scalp
R. D.—Try to shampoo your hair once every two weeks with warm water and castile soap, thoroughly rinsing before drying. Massage your scalp firmly, but gently, with the tips of the fingers night and morning.

For greasy, moist hair the following is an excellent dry lotion. If used daily, it tends to produce a crispy condition: Powdered bicarbonate of soda, one-quarter ounce; borate of soda, powdered, one-quarter ounce; eau de cologne, one fluid ounce; alcohol, two fluid ounces; distilled water, sixteen fluid ounces. Mix and agitate until solution is complete.

For Pale Cheeks
L. V.—Frequent massage for the face might help bring a glow to your cheeks; also cold baths and brisk rubbings. Get up a good circulation by as much outdoor exercise as possible.

As to the pimples and blackheads, see that your digestion is good and your blood pure. Without that, lotions and creams will not help you. If the trouble persists, try this lotion: Pure brandy, three ounces; cologne, one ounce; liqueur de vanille, one-half ounce. Apply at night, after washing the face thoroughly with soap and water.

Aids for Health and Beauty Seekers

Orris Powder for Perspiration
TRESSIE—Apply this preparation to the armpits: Phenolic acid, three fluid drams; alcohol, five and one-half drams; starch, six and one-quarter ounces; Florentine orris, five and one-half ounces; essence of violet, thirty-two minims. Dissolve the acid in the alcohol; add the violet essence, then the starch and orris root.

Cherry Lip Salve
V. M.—This delightful preparation makes the lips smooth, soft, plump and beautiful: Spermaceti ointment, one ounce; balsam of peru, fifteen grains; alkane root, fifteen grains; oil of cloves, five drops. Heat the alkane in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Here is a recipe for the simplest of shampoos: Dissolve half a cake of white floating soap in a quart of boiling water. Let it simmer half an hour over a slow fire. Dissolve a tablespoonful of washing soda in a quart of boiling water; add it to the soap mixture. Stir together and let cool. Use as a shampoo. Rinse the hair always in four or five clear waters after using a shampoo mixture.

Lotion of White Violets
MOLLY—The following is a very pleasant mouth wash: Two ounces rectified spirits of wine, one ounce essence of violet, one-half dram spirits of pepper mint. Mix and bottle. Label: A teaspoonful to a glass of water.

In washing take a free, firm, easy stride; carry the body erect, the chest well forward; swing the limbs from the hips; bend the knees but slightly. Walking is the best-known of exercises, because it is a common everyday occurrence, and is therefore most natural. Walk as many miles as you can without becoming fatigued.

Mouth Wash
FANNY—A mouth wash that will do much to preserve the teeth and keep them white is made as follows: Rub together in a mortar one-half ounce each of pulverized borax and strained honey; then add gradually one pint of pure alcohol and one-half ounce each of gum myrrh and red Saunders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Pass through a filtering paper and is ready for use.

When the scalp has dandruff the head should be shampooed frequently. An excellent remedy for this trouble is: Moistened scales with olive oil. When crusts are soft wash scalp with tincture of green soap. Rinse thoroughly and apply almond oil to the scalp. Rub in with the finger tips and then use the following lotion daily: Ammonia, muriate, ten grains; glycerine, one ounce; rosewater, five ounces.

Rub briskly into the scalp. At the end of ten days shampoo.

Sultana Cream Make-Up
L. C. J.—Here is the correct formula for the sultana cream make-up: Sweet almond oil, four ounces; white wax, melted, 30 grains; spermaceti, 30 grains; benzoin, finely powdered, 100 grains; rice powder, 300 grains; pure carmine, fifteen grains.

Melt the white wax and spermaceti together in a water bath, with gentle heat, and then add the oil of sweet almonds. Inclose the finely powdered benzoin in a cheesecloth bag and immerse in the foregoing mixture. This should be kept warm for almost twelve hours, when the carmine will be completely dissolved. Then add the rice powder and heat until firm. It is extremely important that the carmine be very finely powdered before adding.

Obstinate Freckles
BESSIE—These blemishes may be removed by using oxide of zinc, one-half dram; sublimate of bismuth, one-quarter dram; dextrine, one and three-quarter drams; glycerine, one and one-half drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Hot and Cold Applications for Tired Nerves



Let Water be very Hot
IN THESE days of strenuous living it behooves every woman to clutch at the least straw that may save her from being swept into the overwhelming tide of a nervous breakdown. Nowhere will that proverbial ounce of prevention be more sure to outweigh the pound of cure than in the matter of defense against this deplorable fate which looms up warningly on the horizon of the busy woman; and, if we would be wise, we will heed the warning. To this end one of the first lessons to be learned is the art of relaxation. Learn to give your tired, work-



Gentle Massage
ed-overtime nerves a holiday once in a while. Once or twice during the busy day break away for a few moments from your work; forget about it for a short time; in other words, lift the tension.

A simple treatment which requires but a few moments and little inconvenience is the application of heat and cold to the base of the brain. Wrap a towel or sponge out of hot water and hold it firmly to the back of the neck; repeat the operation several times and let each application be a little hotter than the one before, the last being as hot as can be borne. This may con-



Rubbing With Ice
sume from five to ten minutes. Follow this with a cold rub—a piece of ice, folded in a towel; or, if ice is not at hand, a towel may be wrung out of very cold water and applied, but the cold treatment must not exceed half a minute. After this, gentle massaging will be very soothing. The principle of the hot and cold applications is simple and very reasonable. The heat expands and liberates the blood vessels, which have become congested and rigid; then the cold momentarily contracts them—a process which quickens circulation and sends the blood coursing through the veins with new life and vigor. It

is always more restful to submit to treatment at the hands of another, but deprived of this luxury, it is simple enough to give self-treatment in this case. This treatment of heat and cold, applied up and down the spine, is most beneficial when time and occasion permit.

Another opportunity is after the morning bath; with the hand spray held at the back of the neck, run hot water down the spine; then turn off the hot and for a second or two turn on the cold water. The result is a feeling of buoyancy and energy with which it is a joy to begin a new day.