

# HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

## HOW AUTOMOBILING AFFECTS THE COMPLEXION

**A**UTOMOBILING in the early spring is undoubtedly injurious to the complexion, for the dusts are irritating to the skin. It would be a pity, however, for the girl who cares for her complexion to altogether eschew the sport, and there are many things that she may do to render the trip harmless.

Naturally, when one goes for an afternoon spin in a motor, the wind and the dust would not be enough to cause any bad effect whatever upon the complexion, but so many people nowadays take such long trips, regardless of wind and weather, and the treatments suggested are for these; for no girl wants to acquire a typical "motor skin"—a harsh, coarse complexion that soon takes all the youth from her face.

Before starting on the trip some good cold cream should be massaged well into the skin with a rotary motion, always working upward and outward from the corners of the mouth. This keeps the wind from drying too much the complexion and from biting into the skin.

A very satisfactory cream for this purpose is made of four ounces of oil of sweet almonds, six drams each of white wax and spermaceti, two drams of borax and one and one-half ounces of glycerine, two ounces of orange-flower water and fifteen drops each of oil of neroli, of bigarade, 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 oils, stirring continuously. This is a skin food, and one that has a cleansing effect.

The massaging has given the complexion a tonic—a help to withstand the inclement breeze made by the swift motion—but the last act, before tying on the veil, should be to powder the face, giving it as far as possible an extra coating. Next the veil, and the girl is ready to face anything.

But the care of her complexion is not yet complete, for, when she comes home, the dust has made her face smart—it is unwise to such strong breezes—and she must dampen cloths in whisky and lay them on her face; while the whisky is healing the skin she should lie down, relaxing so that



Massage With Cold Cream Before Going Out.

The Powder is the Last Touch.

the muscles and tiny tendons may have complete rest, thus avoiding wrinkles and crow's feet. The dampened cloths should stay in place for quite five minutes—to give the tonic an opportunity to soak well into the skin—then a good steaming will quite remove all traces of the dirt and tiny particles of sand, giving the face a clear, smooth appearance. Last of all, rub in a very little cold cream, wipe carefully off and apply a little powder.

These various treatments may seem formidable; they might, to some, take away all the pleasure of motoring; but in later years, when wrinkles come, when the face becomes set into the expression one naturally assumes when facing the sun, the woman who has neglected her complexion will be very sorry she did not seize the opportunity when she could, with the expenditure of a little time and pains, have preserved the freshness of a youthful complexion.



Then Steam the Face and Apply Cream.

### Advice to Correspondents

**Outside My Range**  
**D**AISY—Your question can hardly be answered through these columns, as it does not deal with the health and beauty queries. However, if you will send me a self-addressed stamped envelope I will gladly reply to your letter.

**Superfluous Hair**  
**MISS TEDDY B.**—For the superfluous hair on the arms use the following recipe: Sulphurate of soda, 10 grains; chalk, 200 grains. Mix thoroughly and keep dry 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 example. 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.

I would not advise a girl of your age to reduce the size of her bust. Wait until your form has fully developed and give nature time to do her work; then, if you find you would like to improve your figure, it will be advisable to use any of the formulas printed in these columns.

ounces. Let this mixture stay on only a few moments; then wash off with hot water.  
 If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.  
 Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard.  
 Open each seed case with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless the skin, as well as the needle, is thoroughly cleansed, is always dangerous.

**Nail Powder for Polishing**  
**Y. K.**—To take the dull effect from the nails apply this powder: Talcum powder, one-half ounce; pumice stone, pulverized, two ounces. Mix thoroughly, add fifteen grains of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.  
 Here is a recipe for a very good blood purifier: Cream of tartar, one-half ounce; potassium carbonate (150 gr.), two and one-half drams; fluid extract podophyllin, one fluid dram; compound extract sarsaparilla, one and one-half fluid ounces; compound tincture cardamom, two fluid drams; glycerine, two fluid ounces. Water enough to make sixteen fluid ounces.

**Snow of Cucumber**  
**PEGGY**—For the freckles use this mixture: Two small cucumbers, four ounces olive oil, two ounces lanolin, one dram white wax, one dram spermaceti. Heat olive oil. Slice up the cucumbers, not removing the peel, and place in the oil. Leave for twenty-four hours. Strain.

**Jaborandi Tonic**  
**BROWN EYES**—The tonic for which I am giving you formula might benefit the hair. Keep the scalp perfectly clean and free from dandruff.  
**Formula:** Quinine sulphate, twenty grains; tincture of cantharides, two fluid ounces; fluid extract of jaborandi, two fluid drams; alcohol, two fluid ounces; glycerine, two ounces; bay rum, six fluid ounces; rosewater, sixteen fluid ounces. The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added and the whole filtered. Rub into the roots of the hair every night.

**Lotion for Premature Wrinkles**  
**READER**—Apply this lotion with a soft linen cloth every night before retiring: Alum, powdered, seventy grains; almond milk (thick), one and one-half ounces; rosewater, six ounces. Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation.  
 This lotion is very good for inflamed skin: Rosarin, sixty grains; zinc oxide, 120 grains; starch, 120 grains; petrolatum, one-half ounce. Apply at night after washing the face. Keep away from the eyes and nostrils. Wash off in the morning with bland soap and to be added to the water when bathing; warm water.

**Lotion of Lavender Flowers**  
**NAN**—Her is a very pleasant lotion. Two ounces rectified spirits of wine, one-fourth ounce of spirits of ammonia; one-half dram oil of lavender. Mix liquids together. Bottle and shake.

arms, shoulders and back, practically leaving in relaxation the rest of the body. Making beds is said to use more muscles than any other form of exercise. Fencing, however, will be found more attractive practice to some women.  
 If one would open wide the window of her room to admit plenty of fresh air, then, with a long flexible foil, try to touch the same spot in a target, she will receive all the benefit that the muscles could get even with an opponent—and a good one.  
 It lends interest to exercise, it makes it something to look forward to, not dreaded. The position adopted naturally decreases the size of the waist and hips, while holding the foil with arm outstretched cannot fail to develop both arm and wrist and develop all the muscles of the back.

In the attack one throws all the weight upon the right foot, balancing with the left arm, while in the defense one naturally reverses the weight, thus bringing into play other muscles. At the same time the head must be erect, the shoulders must be straight and the eyes must be quick at seeing opportunity and waiting the proper instant to press a momentary advantage. The wrist must turn in a flash, the waist must be supple, so that the body may be easily and quickly. Where could greater development be acquired, where a more better exercise to be found?

### Aids to Health and Beauty

**O**WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer the 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.

**Care of the Teeth**  
**CURIOUS**—The teeth may be preserved to a good old age if properly taken care of. Sudden extremes of very hot or very cold food or drink jar upon the teeth most injuriously and should be avoided. The teeth should be cleansed twice a day—on rising and before retiring. The brush should not be too hard, and one should not stop at brushing only the outside surface of the teeth, but should brush them inside as well.

Here is a recipe for a simple and non-injurious tooth powder: Precipitated chalk, four ounces; powdered orris root, eight ounces; powdered camphor, one ounce. Triturate the camphor in a mortar, moistening it with a very little alcohol. Add other ingredients. Mix thoroughly and sift through a fine bolting cloth.

**Henna Hair Stain**  
**F. G.**—The henna stain gives the hair a reddish tint. To make it, take one ounce of henna leaves; steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

Bunions and corns are due to improperly fitting shoes, and one should do everything to prevent them. Have the shoes and stockings a trifle too long for the feet, so as to relieve the pressure on the toes. Soak the feet night and morning; wipe dry and rub with a mixture of one table-spoonful spirits of turpentine and lard (equal parts) or three parts) until the soreness subsides. Dust between the toes with talcum powder and place a little cotton between toes, so as to absorb any moisture.

**Lotion for Oily Skin**  
**MINTA**—If the skin is the least bit greasy, never use any cream on it, for this will make matters worse instead of improving them. Apply this lotion to the face once a day: Borax, one dram; distilled witch hazel, 2 ounces; rosewater, two ounces.

**Hardening Pomade**  
**ANKIOUS**—This pomade is to be used after massage. Simply rub a little over the flabby skin and allow it to remain

on all night. Oil of sweet almonds, six ounces; white wax, three ounces; tincture benzoin, one and one-half ounces; rosewater, one and one-half ounces; pulverized tannin, six drams.

The roughest, hardest, reddest hands are in a short time made smooth, soft, white and beautiful by the following treatment: Every night keep the hands in warm water, washing them with good soap, rinse in clear water and dry thoroughly with a coarse towel, and in doing so rub the hands from the tips of the fingers backward. Next rub a little cleansing cream well into the skin, and allow it to remain from five to ten minutes, then take a dry, soft cloth and remove all the cream possible. This will remove all the dirt from the pores. Then apply a skin food, which should be left on all night.

**To Fatten the Neck**  
**F. R.**—To make the throat full and round, the best exercise is to bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the sides. Raise the shoulders as high as possible, then forward, down and backward until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.

Again, stand perfectly erect with the arms at the sides, lift them up vertically, inflating the lungs as the arms ascend. At the same time rise up on the tips of your toes and throw your head back, at the same time touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs.

**Treatment for Bunions**  
**SORE FOOT**—Get a bunion plaster of the druggist and nick with the scissors around the inside circle or opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure of the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

You will find this a very good massage cream for developing the bust: Lanolin, five ounces; spermaceti, one-half ounce; mucic acid (freely dried), four ounces; cocconut 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.



Protection Against Dust and Wind.



Apply Cloths Dampened With Whisky After a Windy Ride.

**Skin is Too Dry**  
**MARY**—Cucumber cream is just as beneficial as any cold cream and is excellent for the drawn feeling of the skin. Here is the formula: Expressed 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; bleached almonds, one and three-fourths drams. This is a suave lotion, very whitening, softening and cleansing.

Gymnastic exercises faithfully practiced will restore the symmetry of your figure. Go to some gymnasium under the supervision of a competent instructor and follow the exercises prescribed.

**To Make Cosmetic Gloves**  
**SOCIETY**—Use soft, large, leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations; then sew the ripped seam up. The simplest, and, therefore, the least troublesome, paste to make is this: Pine tar (refined), one teaspoonful; olive oil, one pint. Melt in a water bath, scenting with rosewater or some other perfume. This is a preparation which does not spoil.

The following preparation for use with cosmetic gloves is slightly more elaborate: Myrrh, one ounce; honey, four ounces; yellow wax, two ounces; rosewater, six ounces. Melt the wax in a water bath and add the myrrh to it while it is hot. After beating them together, add the honey and rosewater. Beat all up and add glycerine by the teaspoonful until you secure a paste which will spread nicely.

**For the Complexion**  
**MRS. A. N.**—A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin. Apply this to the face before retiring, leaving it on all night.  
 If the face burns and smarters after it has been washed, massage a good cream well into the skin. The following is the formula for an excellent cream: Oil of sweet almonds, four ounces; white wax, six drams; spermaceti, six drams; borax, two drams; glycerine, one and one-half ounces; orange-flower water, two ounces; oil of neroli, fifteen drops; oil of bigarade (orange skin), fifteen drops; oil of petit grain, fifteen drops.  
 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.

## AMATEUR FENCING



On Guard



The Attack

**F**ENCING, now become so popular with women, has proved itself to be beyond all other exercises the thing to teach surefootedness, agility, suppleness, while the muscles gain strength, the brain keenness and the eye

a marvelous quickness—an instantaneous focus. All of which is useful in daily life and extremely desirable, for nothing makes a woman or man more attractive than general alertness, mental or physical.

Many girls will say that it is too extensive a sport, that one must take lessons from a professional and that it takes time. Certainly that is all true, but one may fence in her room in an unobtrusive way and get great benefit, until occasion arises when a teacher is procurable. The motions with the foil and the steps taken bring into play every muscle in the body, as does no other form of exercise. Riding uses the muscles above the waist and, for a woman, some of the muscles of the right leg, while rowing develops the