HOW TO BE HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes

PHYSICAL CULTURE MADE EASY

Involuntary Exercise.

IT IS remarkable how we exercise our muscles without conscious thought or plan! This is particularly noticeable when, upon awakening in the morning, almost all of us stretch to our full height—and a better exercise could not be conceived. It is the one involuntary exercise that every one adopts, so why not carry it further and take all our gymnastics in bed?

The morning is the right time—when one is neither tired nor stiff—and it is remarkable how much good these simple gymnastics will do; how they improve the digestion, clear the complexion and develop the figure.

The exercise of stretching alone tends to increase the heignt and to lengthen the waist; but if the arms are stretched over the head and the bedposts are firmly grasped, the body may be pulled up and pushed down—thus bringing into play the arm and shoulder muscles.

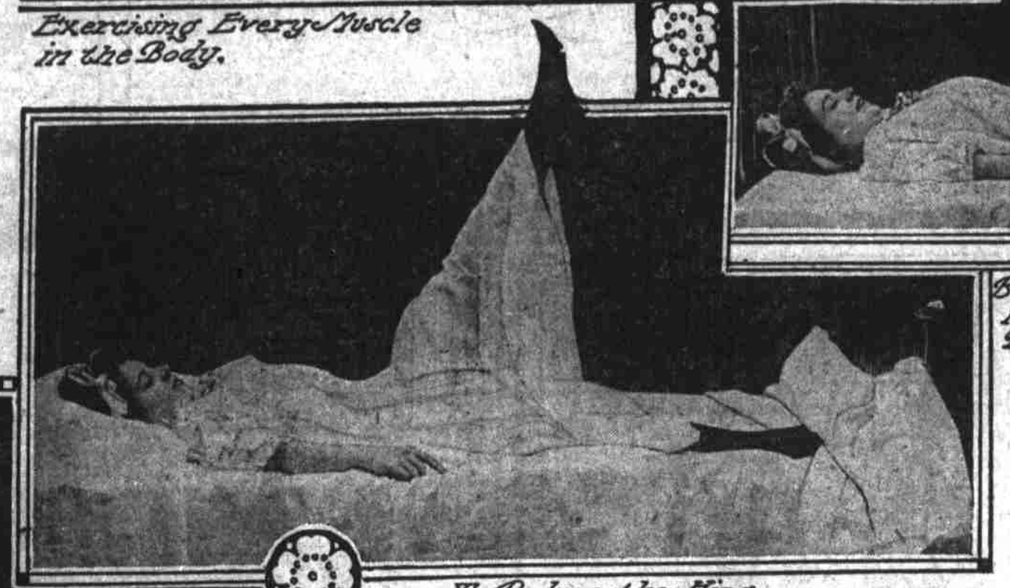
The first two motions of the gymnastics may be done without removing the head from the pillow; but, by this time, sleep has gone and the athletically inclined person has begun to take an interest, and the next exercise is the most useful of all. The feet are thrust under the bar at the foot of the bed and the body is raised from a recumbent to a sitting position without any aid from hands or head and with the shoulders thrown back. This exercise develops the muscles of the abdomen, decreases the size of the waist, strengthens the back and reduces the hips; altogether, whether performed in bed or upon the floor, no more useful motion can be found. When this has been done—and the beginner will find that, at first, three times is sufficient for one morning—it may be carried still further by leaning forward and grasping the footboard; thus the body, from the waist up, will make almost a complete semicircle.

This done, she will be very glad to return to her pillow, and there she may rest and, while resting, perform the next step in the morning's work. This consists in raising the right leg slowly to an upright position, repeating three times, then going through the same motion the same number of times with the left leg and then with both. This exercise should not be gone through quickly, but quietly and deliberately, so that it may benefit the hips, decreasing them in size and limbering the joints.

When the motions have been conscientiously and carefully gone through, it is best to rest for fifteen minutes—letting all the muscles relax. When the time for the bath comes it is surprising how wonderfully well one feels.

Exercising Every Muscle in the Body.

Strengthening Back and Straightening Shoulders.



To Reduce the Hips.

Rise to Sitting Position Without Support.

Becoming More Proficient in the Exercise to Reduce Hips.

Aids to Beauty Seekers

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 oftimes 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.

To Fatten the Cheeks

SALLIE—To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

Use the lotion for premature wrinkles once a day.

The walnut stain for the hair is made up of the following ingredients: Four ounces walnut skins, beaten to a pulp, to which is added pure alcohol, sixteen ounces.

Let it stand eight days and strain. Then apply as any other dye.

Vaucaire Remedy

ELIZABETH—I do not think it is necessary to use a massage cream for the bust while taking the Vaucaire tonic. Here is the formula for the latter: Liquid extract of galega (goatsrue), three fluid drams; lactophosphate of lime, 154 grains; tincture of fennel, ten grains; simple syrup, thirteen and one-half ounces. The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

To Reduce the Hips

TOO STOUT—The following exercise, if persevered with, will reduce flesh around the hips: First, raise the outstretched arms above the head, the body retaining its erect position, then bend slowly forward from the waist, so that the fingers come as near touching the floor as possible, without straining in any way. This is done without bending the knees. In recovering position, let the arms relax and sink down as the body straightens up. Second, with hands placed lightly on the hips, the fingers pointing forward, let the body drop forward easily, so that it is bent in at the waist. This must be done gently, as by jerking more harm than good is done. From this bent position roll the body around to the right, counting four for it to reach the position of being bent over the side, then to the back, being careful to do it very easily at first, till the muscles have gained strength, for an exaggeration of the movement may cause real pain. Then on to the left, and back to the front. Practice again, only start toward the left. The waist acts as a pivot on which the trunk swings, and the head is easily relaxed. Third. In this exercise the hands have the same position, but now the body is bent forward from the waist, then back to the right and left. Each movement should occupy four counts. Take these exercises gently, but let the movements be firm and strong. Avoid the slightest strain of the muscles. No corsets should be worn while practicing them.

Powder of White Geranium

B. C.—This recipe will make up into a delightful toilet powder: Starch, one-half pound; powdered orris root, one ounce; oil of geranium, fifteen drops. Crush free from lumps. Add the perfume a drop at a time.

Bleach for Brown Spots

LAURA—Here is a recipe that will remove the brown spots: Bichloride of mercury, in coarse powder, eight grains; witch hazel, two ounces; rosewater, two ounces.

Agitate until a solution is obtained. Mop over the affected parts. Keep the lotion out of the way of ignorant persons and children. Label: "Poison and external use only."

Apply this tonic to the roots of the hair once a day: Three drams of resorcin, one ounce of tincture cantharides, four drams of oil recini, ten drops of oil of rosemary. Add sufficient day rum to make eight ounces.

Lotion of Bergamot

WORRIED—Here is a perfectly harmless lotion of bergamot: Eau de cologne, one ounce; rectified spirits of wine, two ounces; aromatic spirits of ammonia, one ounce; water, four ounces; essence of bergamot, one-quarter ounce.

Mix spirits, add water. Shake for five minutes after bottling.

If your eyes have a burning sensation bathe them with hot water, to which a dash of witch hazel has been added.

The effect of the Vaucaire tonic is very varied. In some cases it immediately benefits, and when used in others there is no perceptible change until six or eight bottles have been taken.

Eyelash Grower

ELVA—The following recipe may be used to promote the growth of either eyelashes or eyebrows: Cologne, two and a half ounces; glycerine, one and a half ounces; fluid extract of jaborandi, two drams.

Agitate ingredients until thoroughly incorporated. Apply to the eyebrows with the brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Rules for Reduction of Flesh

JENNIE—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 limes or lemons to it if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

Toilet Vinegar

V. O.—Here is a toilet vinegar which is simple enough to make: Lavender flowers, seven ounces; alcohol, eight fluid ounces; diluted acetic acid, fifty-eight fluid ounces.

Dancing and all other forms of exercise which use the muscles of the legs more than any other part of the body are all beneficial.

Red Face

L. A.—If your face is too red be careful of your diet. Take no hot drinks, but plenty of cooling ones. Don't wash the face in cold water, nor when you feel flushed. Lukewarm water is better. Hot foot baths are also said to be very good in cases of this kind.

The following is the brilliantine recipe for the hair: Sweet almond oil, eight fluid ounces; alcohol, four fluid ounces; glycerine, one fluid ounce; oil of rose-geranium, twelve drops.

For the Hands

ROSE—Here is an excellent skin food for the hands: Cocoa butter, one ounce; oil of sweet almonds, one ounce; oxide of zinc, one dram; borax, one dram; oil of bergamot, six drops.

Heat the cocoa butter and oil of almonds in a bain-marie, and when thoroughly blended add the zinc and borax; stir as it cools, and add the oil of bergamot last.

Rub into the hands at night.

It is almost impossible to prescribe a diet for all, but every person should know from experience the things which agree with her, and should never eat what disagrees repeatedly.

About the Vaucaire Remedy

PEARL H.—The results of the Vaucaire tonic depend entirely upon the physical condition of the person taking the medicine. Some persons only require two bottles, and others need two or three times that many. So you see you should not feel discouraged, as you have not given the tonic a fair trial.

Mouth Wash

SUBSCRIBER — For the offensive breath it would be well to use a mouth wash. The recipe I am giving you is very good: Oil of sage, two and three-quarter fluid drams; oil of lemon, one and one-quarter fluid drams; alcohol, six and one-half fluid ounces; water, twenty-five and one-half fluid ounces.

tooth wash to same quantity of water. Use after each meal and at any time required.

To Whiten the Hands

CONSTANT READER—Before going outdoors rub this preparation into the hands: One hundred grains of lanolin, twenty-five grains of paraffine (liquid), ten drops extract of vanilla, one drop of oil of rose.

Mix and apply when necessary.

Enlarged Pores

J. T.—Enlarged pores are usually the result of blackheads. They can be cured, but the process takes time. Give your face a thorough cleansing each evening with a brush, hot water and a good soap. Use the lotion for which I give you formula: Boric acid, one dram; distilled witch hazel, four ounces. Apply with a piece of old linen or a bit of absorbent cotton.

For perspiring feet the following formula is very efficient: Salicylic acid, twenty scruples; boric acid, one dram; talcum powder, one ounce.

For Oily Skin

VIOLA—If the skin has a tendency to be oily, you should banish all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with diluted alcohol (25 per cent. strength) is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

To make the hair curl use the following preparation: Potassium carbonate, 120 grains; ammonia water, one fluid dram; alcohol, twelve fluid drams; rosewater, enough to make sixteen fluid ounces.

In using, moisten the hair, adjust it loosely and it will curl upon drying.

Cream for the Face

READER—This skin food is what you need to build up the tissues of the face: 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.

I never recommend the use of hydrogen dioxide (commonly known as peroxide of hydrogen) on the hair by amateurs. Any bleaching chemical of the kind is sure to lighten the hair more toward the ends than toward the roots, and it is seldom that the inexperienced person can apply it so carefully that a lighter shade will not in time result. Henna is a vegetable stain, quite harmless and producing an equally attractive reddish tint. For home use it will be found a much safer article than the bleach. Hydrogen dioxide, when used on either the scalp or skin, should be diluted with water, equal parts.

Lotion for Blackheads

J. M.—These common blemishes are caused by impurities in the system, and should be treated internally as well as externally. For the external treatment apply the following lotion: Pure brandy, three ounces; cologne, one ounce; liquor potassa, one-half ounce. Apply at night, after washing the face thoroughly with soap and water.

Here is a recipe for the antiseptic tooth wash for offensive breath: Phenol, fifteen grains; boric acid, six grains; thymol (in crystals), fifteen drops; essence of menthol, thirty drops; tincture of anise, two and one-half drams; distilled water, three pints. Rinse the mouth with the above, which should be diluted for use in the proportion of one-half

THE IMPORTANCE of PROPERLY FITTING SHOES for CHILDREN

Picking Up" with the Toes.

An Exercise to Strengthen Ankles.

This Exercise Develops the Arch.

Laced Boots with Low Heels Should Be Worn.

IT IS a grave mistake to undervalue the importance of procuring properly fitting shoes for the growing child. Trouble frequently results from carelessness in this matter which it requires years and a considerable expenditure of money to rectify.

A child's shoes should always be generous in length; they may be narrow—even too narrow without disastrous results—but a short shoe is sure to work havoc. It is commendable economy to throw away a pair of perfectly good shoes if the child has outgrown them and they "stub" the toes.

The bad effect of short shoes is obvious and acknowledged, but not so many parents know that danger lurks in the spring-heel shoe, and that, if worn beyond the proper time, it causes flat foot—which requires gymnastic exercises and specially built shoes to cure.

To be sure, the wearing of the heel is a habit, but it is one of those habits so akin to nature that divorce is not practicable, even if possible.

There are, of course, women with feet so perfectly modeled upon the original plan that they have never stepped in a heel shoe—but their names are few. The average foot of today requires a low, broad heel.

There is no stated age at which to discard the spring-heel shoe and don the heel boot; it is a matter to be determined by the rapid or slow development of the child. A conscientious shoemaker will give you reliable advice on the subject.

When the evil has been wrought, there are certain exercises which will be found beneficial in counteracting the bad effects, and three of the most helpful are illustrated here—they are especially devised to strengthen the ankle and to develop the arch of the instep.

In the first exercise the child stands on a ledge, such as a step or bench, and, with the toes, tries to "pick up" the bench.

In the second exercise the child with toes turned in and feet turned over walks on the outer edge of the foot; this is a club-footed walk and has a tendency to strengthen the ankles.

In the third exercise the child stands with feet parallel, rises on toes and turns feet out with a rotary motion; this has direct influence upon the instep.

In addition to these exercises, a specially built boot may be worn, or a plate of steel, covered with leather, may be placed in the shoe to raise the instep.

Caution must be taken that the plate does not irritate or hurt or annoy the child in any way.

A child should wear a laced boot which may be adjusted at will, and the heel should be low and broad.