

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes



PERHAPS the most becoming costume that women wear is evening dress, charming gowns of soft materials that show the neck and shoulders to the best advantage under shaded artificial lights. But unfortunately there are many who would fain wear low neck if their backs were whiter, if they were plumper or if there were no deep creases in evidence.

Most of these defects may be remedied, or better, cured; in fact, they should never have existed at all, for waking and sleeping the neck should receive the same care as the face.

That sleeping perhaps sounds rather formidable, but it is really in sleep, during the complete relaxation of the night, that most good is done. Always sleep without a pillow, though if one is a necessity, let it be very low and very soft, thus keeping the head and shoulders on a straight line with the body all the time. This habit teaches carriage and prevents those unsightly creases and wrinkles.

Next, the neck must be white, and for this a bleach is used. Peroxide is very beneficial and a bleaching liquid is made of one ounce of pure oxide of zinc, one dram of glycerine, four ounces of rosewater, fifteen drops of essence of rose. Sift the zinc, dissolving it in just enough rosewater to cover it; add the glycerine, then the remainder of the rosewater. Shake well and apply to the neck with antiseptic gauze, but wipe it off before the liquid dries or the skin will be streaked. Obstinate freckles that mar the whiteness of the back may be removed by a mixture of three ounces of lactic acid, four ounces of glycerine and one ounce of rosewater. This should be applied gently with a camel's hair brush, and if the skin becomes irritated, the treatment should be omitted for a few days.

After bleaching the skin a flesh food should be massaged well in to round out the angles and keep the back in condition. A good one is made of one ounce each of white wax and spermaceti, two ounces each of lanolin and cocoonut oil and four ounces of oil of sweet almonds. These should be melted together over the fire and then taken off and beaten till nearly cold, adding little by little thirty drops of tincture of benzoin. The finishing touch to the

Massaging the Back



mixture is two ounces of orange-flower water.

These prescriptions conscientiously used will greatly improve the back. For one that is too narrow a cold spray does wonders, after which a brisk slapping will make the blood circulate.

The arrangement of the hair and the wearing of ornaments all have their effect on the whiteness and shape of the neck, and a brunette may always lighten her skin by wearing a one-inch black velvet band around the

throat. Some women habitually wear a bit of black court plaster with low-neck, while others hide undesirable outlines with a choul of tulle or meline.

The cut of the dress affects the appearance of the back materially, for a gown cut low in a V naturally broadens out toward the shoulder, thereby adding breadth to the figure. There is more formality about a gown cut in this way, though exactly why it is hard to say.

The habit of standing, too, is impor-

tant, for where the arms are skimbo or crossed in front the chest is contracted and the shoulder blades point outward. On the contrary, when standing, if the hands are lightly clasped at the back, the chest is necessarily expanded and the shoulders are thrown back in the proper and most healthful position.

It is always a mistake to sit quietly and say, "What must be, must be; if I cannot wear evening dress, I cannot." You can cultivate good habits in standing and walking, get lots of fresh air and have your back or neck treated in the way suggested.

Advice to Correspondents by Mrs. Henry Symes

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 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.

Skin in Poor Condition
M. B. R.—I think the condition of your skin is due to some internal trouble, and before external treatments will be effectual it is necessary that you attend to the inward cause immediately. At the same time you might be well to use this cream on your face and hands: Sweet oil of almonds, two ounces; orange-flower water, two ounces; white wax, two drams; oil of sweet orange, one dram; spermaceti, two drams.

Half fill a saucepan with boiling water. Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water; add it half a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucepan. Beat mixture with the whisk. Heat and add oil of sweet orange. Whisk cream until it is cold. Put in pots and cover with parchment.

Orris Powder for Perspiration
B. P.—This powder is very good for excessive perspiration, and I am sure you will find it helpful. Phenolic acid, three fluid drams; alcohol, five and one-half fluid 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.

Spots on the Face
BEATRICE DE—It is best not to do anything for the red spots on your face, as in time they will all wear away. For the flesh worms I would advise you to consult a doctor and have him prescribe a remedy.

To Reduce the Hips
SHORTY—The exercises about to be described is highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symmetry. She states that it has reduced the hips two inches in a month. Lie extended on the floor, supporting yourself by one hand, while the other is placed upon the hip. While holding this position, raise the whole weight is supported by the hand and feet. It is comparatively easy to get the body from the floor as far as

the knees, but to bring it up to the full extent just described is not easy at first. It should be tried first on one side and then on the other.

For Oily Hair
EMMA—Use the following mixture daily, rubbing well into the scalp:
Alcohol, two ounces; witch hazel, two ounces; resorcin, fourteen grains.

If your hands perspire too freely, use this lotion on them:
Boric acid, eighty grains; borax, 120 grains; salicylic acid, 150 grains; glycerine, two ounces. Rub on the hands four or five times a day. Wash the hands in warm water before applying, and dry carefully.

To Remove Moth Patch
A. M.—Apply the following mixture to the moth patch night and morning:
Coccol butter, two and one-half drams; castor oil, two and one-half drams; oxide of zinc, three grains; white precipitate of mercury, one and one-half grains; essence of rose, ten drops.

To Darken the Eyebrows
J. N. E.—Here is a recipe which will do much to darken your eyebrows:
Two ounces of vaseline, one-eighth of an ounce of cantharides, fifteen drops of oil of rosemary, fifteen drops of oil of lavender. Mix thoroughly and apply to the eyebrows with a tiny toothbrush once a day until they become darker; then less often.

For Rough Hands
SUBURBAN—Apply the following lotion to your hands night and morning:
Tincture benzoin, thirty drops; glycerine, two ounces; rosewater, three ounces. You may add this mixture to the water form a jellylike mixture when cold.

Cure for Parasites
MARGARET—Cut a cake of bichloride of mercury soap into halves and shave one half into fine bits. Dissolve in boiling water. You may add the mixture on the stove over a gentle heat if you choose. You should have the water form a jellylike mixture when cold.

The following lotion may be used after a thorough washing with the foregoing preparation: Tincture staphysagria, three ounces; bay rum, three ounces.

For inflamed eyes there is nothing better than this eyewash: Borax, one grain; camphor water, one ounce. Pour a little of the solution into the eyes several times a day.

Warts Eradicator
MARIE—I think this formula will remove the blemishes from your face:
Sublimed sulphur, 120 grains; glycerine,

five fluid drams; acetic acid, one fluid dram.

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

To Whiten and Soften the Hands
MISS F. W.—To improve the appearance of your hands apply this lotion:
Put into a bottle two ounces of glycerine, two ounces of water, four table-spoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

For a Red Face
BELL—For the red face you will find the following recipe for a liquid whiter very helpful: Water (previously boiled and strained), one quart; alcohol, thirty drops; oxide of zinc, one ounce; bicarbonate of mercury, eight grains; glycerine, twenty drops. This cream recipe will be very good for fading the freckles: Petrolatum,

one ounce avoirdupois; lanolin (anhydrous), one ounce avoirdupois; hydroperoxide, one fluid ounce; acetic acid, one fluid dram.

Rose Sachet Powder
HELEN S.—I believe this is the recipe to which you refer: Powdered Florentine orris, eight ounces; rose leaves (air dried), ten ounces; musk in powder, twenty grains; lavender flowers, two ounces; civet, ten grains.

Mix well and keep closely corked until you wish to use for the sachet.

To Whiten the Neck
H. D. S.—Here is an excellent mixture for bleaching the neck: Take fresh strained cucumber juice, boil it for five minutes and for every five ounces of juice add: Pulverized borax, five and one-half ounces; acetate of soda, three ounces; tincture of quinine, two and one-half ounces; tincture of benzoin, four drams; rosewater, one pint. Mix thoroughly and apply two or

three times a day until the stain is removed.

Tooth Wash
ELLA—Here is a splendid mixture for a tooth wash; use it at least once a day:
White castile soap, one ounce; tincture of cardamom, two drams; tincture of assarum, two drams; oil of peppermint, one-half dram; oil of cloves, five drops; oil of cassia, five drops; glycerine, four

ounces; alcohol, fourteen ounces; water, fourteen ounces. Use diluted with water.

For the falling hair try massage and apply the lotion for which I am giving you the formula: Cologne, eight ounces; tincture of cantharides, one ounce; oil of English lavender, one-half dram; oil of rosemary, one-half dram. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo it at least once a week.

For a Troublesome Corn
S. L.—You will find the following recipe a very good corn cure: Borate of sodium, one dram; extract of cannabine, one scruple; collodion, one ounce. Paint over the corn once or twice a day and scrape away superficial growth in three or four days. Doubtless the advertising columns will give you the information you desire. There are beauty shops in every large city where you can learn to give facial massage and scalp treatments.

Remedy for Perspiring Hands
MARIE—Try this preparation for excessive perspiration of the hands: Tincture belladonna, one-half ounce; cologne water, three ounces. Mix. Use the liquid whenever you choose during the day, and always after first washing the hands in hot water and drying them thoroughly and quickly. Rub lotion well into the skin. Keep mixture out of the way of ignorant persons and children. To strengthen and develop the muscles of the lower limbs practice the following exercises: Rise on the toes, count five; lower the body until the heels almost touch the floor; repeat eight times, touching the floor with the heels on the eighth count. Repeat the same exercise, rising on the heels.

To Make the Hands Plump
BERTIE—To fatten the hands apply the following cream: 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 bainmarie, and when thoroughly blended add the zinc and borax; stir as it cools and add the oil of bergamot last.

WOMAN AND HER MIRRORS



A Triple Reflection

Exercising the Teeth

When a Cheval Glass is Not Provided

Convenience of a Double Mirror

Below the Waist Line, and your placket is not properly hooked? Mirrors are intended to insure perfection of detail not only in the front, but all around, and as such they should be used.

A triple mirror is useful, for it reflects every aspect of the hair and face. With this there is no danger of a loosened hairpin or a stray end marring the general effect, and she who owns one may be quite certain that her collar is just right and that her comb is straight.

For properly arranging the hair and caring for the complexion, a dressing table is necessary. There maid may sit at peace with the world and tend to every thing that she might miss if standing tired her. On this table she needs a hand mirror and a little pocket mirror, so that the teeth may get their share of attention. This saves many a dentist's bill and insures the best appearance of those most important additions to woman's beauty.

Even the women of ancient Pompeii had their mirrors, and it is surprising how many of the primitive affairs have come to light during recent excavations. These, however, were not of glass, as ours are, but were of brass, so highly polished that the reflection was well-nigh perfect. Surely if the women of that buried city could see that to look well one must see one's self as the casual observer does, the women of the present century cannot afford to be behind them in substitution.

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