

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

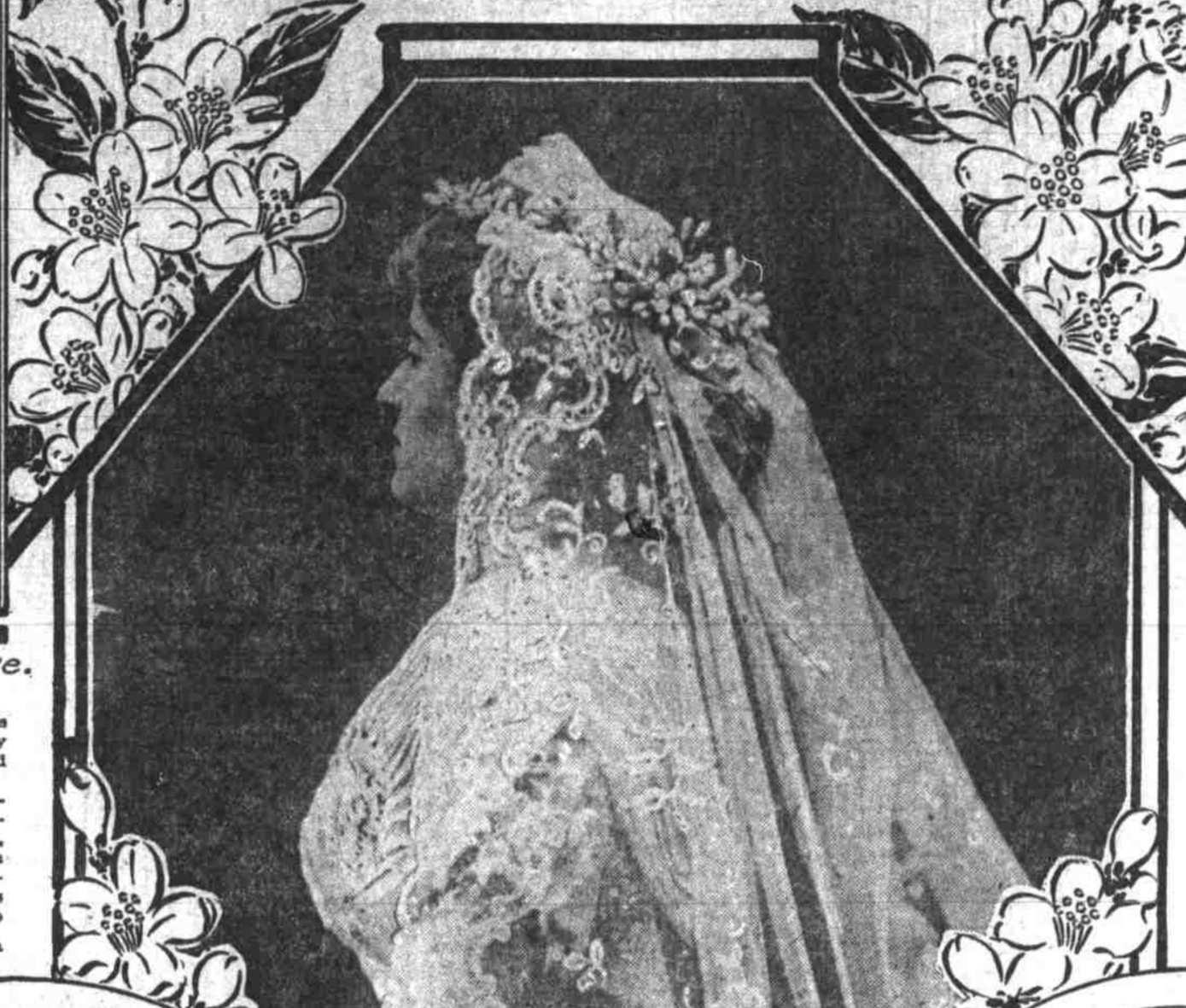
THE BEAUTY of the BRIDAL VEIL



Face Framed with Orange Blossoms and Lace.



Veil Held in Place by Half Wreath.



The Most Artistic Arrangement of a Lace Veil.

THE bridal veil is the survival of an old custom, but for all that it has lost nothing of its beauty and is still the most characteristic part of the costume of the bride. But unfortunately we, who so seldom wear drapery, have not the magic touch with which the ladies of Spain are able to make their lace mantillas the most graceful headresses in the world.

There are two ways of arranging a bridal veil: The first is on the straight of the tulle, and the veil hangs straight from the top of the head to the train, where it must be curved off; or on the bias, where the veil is a triangle, one corner of which is fastened to the head. This last is the more graceful way, as the veil is then not so heavy on the hair, and it grows wider and wider over the train and falls in graceful lines.

When a tulle veil is used, the bride usually wears it over her face when going up the aisle, but after she is married she comes down the aisle without it. The veil used to be arranged in one piece, but this made too heavy a covering for the face, so now a separate piece of tulle is cut to reach from the head to the waist line and only one-half the width of the material. This piece is pinned to the pompadour in such a way that it looks as though it were one piece with the rest of the veil, but it may be readily detached without affecting the back veil. This is much better than the old way of throwing the veil back from the face, for then it always disarranged the coiffure. It is the work of the maid of honor to unpin this front section, and she carries it over her arm on the return down the aisle.

Lace veils are very magnificent, although some people do not care for them, because they are heavy, but all admit that they are wonderfully beautiful. The lace is Brussels applique, usually covered with an embroidered dot. The girl who is not rich and has no such help from her disposal must be satisfied with the plain tulle, for the lace is hand-made and it costs a fabulous sum of money.

Orange blossoms are the recognized conventional flowers to hold the bridal veil in place, but lilacs-of-the-valley and white roses are the flowers that the bride usually carries in her bouquet.

Five pictures of bridal veils are given—each charming in its way and each possible to copy. Perhaps the most artistic arrangement is that where the curved corner of the veil is brought up over the knot of the hair, while the encircling wreath of blossoms extends over the pompadour.

Another arrangement of a lace veil is where the front is held in place by a half wreath and all the blossoms are on the veil itself, not on the hair.

In some instances the lace is brought over the head like a charming old-

fashioned cap, while the wreath holds it all in place. The effect is slightly heavy, but it is certainly artistic and attractive.

The tulle veil is another sort of problem and must be handled quite differently. The tulle is caught into a chou, and, if the coiffure is low, the wreath may be fastened so that there is a cluster of blossoms at the left side; this adds height both to the coiffure and to the bride herself.

Another attractive way to arrange a



An Arrangement Which Suggests Height.

tulle veil is to gather up one corner of the huge square into a chou and fasten it just at the left side of the hair, which is dressed high. The veil in the back is so adjusted and pinned that it will extend evenly over the shoulders. This is perhaps the simplest way to arrange a tulle veil—and it is most becoming.

In fastening all veils it is well to bear in mind that many hairpins must be used—both visible and invisible. Pins come not only in black, but in a brassy color—less conspicuous when used with the white veil. Before arranging the veil at all the coiffure must be very firmly pinned, lest the weight of the depending drapery pull it down and the wedding become a tragedy.

Would Like to Know
MRS. E.—There is nothing in the following recipe that will darken or change the color of the hair in any way: Tincture of nuxvomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces. Apply several times a week to the roots of the hair.

Tonic for Falling Hair
E. A.—This recipe for a hair tonic is also very good for dry scalp: Phenol, one-half dram; tincture nuxvomica, seven and one-half grains; tincture of cinchona, one ounce; tincture of cantharides, one-half dram; cologne, four ounces; sweet almond oil, two ounces. Apply to the roots of the hair with a soft sponge once or twice a day.

Strawberry Natural Blush
BLUE EYES—This recipe will give a pretty, delicate tint to the cheeks: Fresh ripe strawberries, three quarts; distilled water, one pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire. Let the water simmer for two hours, and strain through a fine hair sieve. When cold add pure alcohol (twelve ounces), best Russian lanigains (dissolved), thirty grains; pure carmine (dissolved in the alcohol), fifteen grains; attar of roses, four drops; oil of neroli, two drops; oil of cedar, five drops. Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Perspiring Feet
WORRIED—Excessive sweating of the feet has been said to be hereditary in many cases. A good lotion for excessive perspiration is: Salicylic acid, twenty scruples; boracic acid, one dram; talcum powder, one ounce.

Advice by Mrs. 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.

Lemon and Glycerine Lotion
ALICE—Here is a lotion for light freckles: If used persistently the blemishes will disappear in a short time: Citric acid (lemon), three drams; hot water, eleven ounces; borax, two drams; red rose petals, one ounce; glycerine, one ounce.

Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerine. Apply as often as agreeable.

Plunging the hands in cold water very often toughens the skin.

Hair Growing Darker
HEARTROKEN—Frequent shampooing will often prevent light hair from growing darker. Use the formula given below once a week: White 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 thor-

oughly in several waters. Then dry carefully. Here is the recipe for a good sachet powder: 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.

Salve for Scars
V. L.—I am giving you a recipe for a good salve which will help to fade the scars: Lanolin, two drams; ointment of biniodide of mercury, one dram. Rub in well once a day. This tooth paste is very good for whitening the teeth: Orris root powder, eight ounces; myrrh powder, eight ounces; oil of cloves, two drams; oil of lemon, two drams; oil of roses, thirty drops. Solution of carmine sufficient to color. Honey enough to form paste. Massage of the scalp is very invigorating to the hair and health-giving to the scalp. It stimulates the sluggish circulation and promotes a luxuriant growth of hair.

To Reduce the Bust
O. F.—This is a harmless poultice: Tincture of benzoin, twenty drops; iodide of potassium, forty-five grains; vaseline, one and one-half ounces. The following may also be recommended: Pure deodorized iodoform, one ounce; vaseline, two ounces; essence of peppermint, twenty drops. Then cover breasts with two cloths dipped into the following: Pulverized gum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.



A Well-Furnished Dressing Table.

A BRIDE may have a most magnificent trousseau, a most charming home and a most attractive husband, but unless she has a pretty and comfortable boudoir she will be dissatisfied with herself and with her surroundings.

The first essential is cleanliness. The hangings should be of chintz or of a white material which may be washed when necessary. The wall paper should be light and flowery, a charming Dresden picture, so that midday when in her boudoir may be part of the whole. The curtains should be

of housekeeping, or where she may recuperate during the season's gayety.

The dressing room may be an inexpensive affair—no matter how cheap things are they may always be pretty; and even if cheneecloth is used for the window hangings and a soap box hung with it is used as a dressing table, the room will be attractive. Color, however, must be good and the hangings graceful.

The dressing table shown in the picture is a Chippendale, graceful in line and dainty as the owner, no matter how fair she is. The fittings in this case are silver, but they might be ivory. They include a hand-mirror,

MILADY'S BOUDOIR



Tray of Toilet Helps.



Tapestry Jewel Case.

either of chintz or in white. A fireplace there must be, if possible, but there should surely be a lounge on which the bride may rest after an arduous day.

A scrap basket should always be handy to catch those little worthless things that find their way to the dressing table. Letters and odds and ends always seem to gravitate and land there despite the neatness of the boudoir, so a convenient basket is the greatest help in cleaning such trash away.

Sometimes the dressing table is fitted with a little drawer, where the

hair brush and comb, velvet brush, clothes brush and nail scissors. The cloth is a simple white linen, embroidered with the monogram of the owner—but it need not be embroidered at all. The dressing table is not too crowded; there is nothing more untidy than a table covered with utensils of all possible descriptions. To avoid this a small tray should be used to hold those creams, waxes, the manicure set and such things that midday uses to complete her toilet. This little tray may be kept in a convenient drawer and at dressing time it may be placed near midday on a table, so that it may be within reach and yet will not disturb the perfect order of the dressing table itself.

Another important accessory is the powder box, and there are many women who do not like the garish affairs of cut glass or silver, but prefer little silk bags with powder puff and inside chamomile bag for powder. They are very useful, easy to keep clean and easy to tuck away in a bag when going on a journey.

A stool is a very handy thing to have before the table—for it may be easily placed out of sight and brought forth for use when dressing time comes around.

For those odds and ends of jewels, those inexpensive chains and little necklaces, there is nothing more convenient than a jewel box of tapestry

Peroxide and Ammonia
MAX—It is true that peroxide and ammonia will destroy superfluous hair, but as peroxide is employed to open the pores so that the second acid may get at the roots, it would be a mistake to mix the two together. As for the white of an egg, there is nothing that would not spoil its properties that may be used as a preservative. It is a very fragile thing and will not keep more than twenty-four hours.

To Grow Heavy Eyebrows
GRAY EYES—Two ounces of vaseline, one-eighth ounce of cantharides, fifteen drops of oil of rosemary. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often.

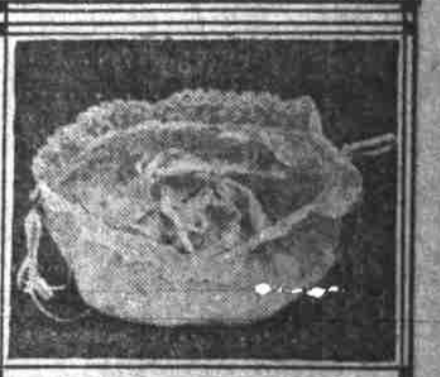
This ointment may be used for the eyelashes also. In this case apply it carefully, for it will inflame the eyes if it gets into them.

Lotion for Shiny Nose
A FAITHFUL READER—The remedy here given is often very helpful. Apply the lotion to your nose and forehead as often as necessary: Boracic acid, one dram; rosewater, four ounces; mix.

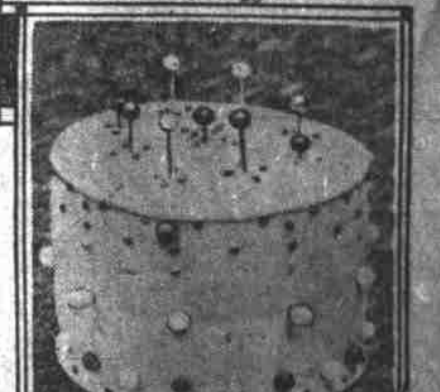
This mixture is very good for whitening the hands. Put into a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Stain for the Eyebrows
C. M. L.—If you desire to blacken your eyebrows and eyelashes use this recipe: Gum arabic, one dram; India ink, one-half dram; rosewater, four ounces. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel-hair brush.

Scalp is Too Dry
VIXEN—When the scalp is very dry it is not necessary to wash the head more than once in two months. Apply this hair oil every night: Two ounces scentless castor oil, two ounces coconut oil, one ounce oil of rosemary, one-half dram oil of jasmine. Mix oils with gentle heat. Bottle. Shake for five minutes.



Powder Bag for Travelling.



A Useful Little Dressing Table.

bound in gold braid—which opens backward on a most peculiar hinge. It is plainly seen that a perfect toilet cannot be made without the aid of the dressing table, and when such a convenience is really so inexpensive, and when it needs only a little care to keep it in good condition, it seems impossible that there is a bride who would be willing to do without this bit of feminine luxury.