

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

GIRLS at the AWKWARD AGE



With Equal Weight on Both Feet.

Relaxation the Secret of Graceful and Healthful Pose

Not only Ungraceful but Injurious to Eyes and Conducive to Round Shoulders.

The Reason Why Hips Are Not Proportionate

EVERY mother dreads the "awkward age," and especially the mother of girls, for, for some inexplicable reason, an uncouth girl is more out of harmony than an uncouth boy. I think it is because of the girl—as well as of the woman—we expect more, we exact more. The prevalence of this fallacy is noticeable through life!

If mothers did but know it, proper training in physical exercise and deportment will do much to rob the awkward age of its terrors. Children at an early age should be taught simple gymnastic exercises, but unless these exercises unconsciously influence the child to perform better the everyday acts of sitting, standing and walking, they fall of their purpose. What use to take a five-minute exercise to expand the chest and keep the shoulders straight and the hips level if, for the rest of the day, the child drops into the positions of the little girl in the three pictures who is doing all these things the wrong way?

The first thing to accomplish is to make the gymnastic exercises a pleasure—make them play instead of work. Take five or ten minutes a day and practice these exercises with your little daughter—it will be good for you, too. I know mothers and fathers who make this a practice, and the ten minutes thus employed each morning is the greatest frolic of the day for the children. There is the spirit of competition, too, which always adds interest. Next, do not fail to apply the exercises learned to practical uses. Have the child walk, stand and sit properly—as a part of the exercise—and very soon she will unconsciously do all these things the right way.

Cultivation blots out self-consciousness, which seizes upon growing children and is too often the cause of awkwardness. The overgrown girl is painfully conscious of her newly acquired length and width; and have we not felt pity for the growing girl or boy who hopelessly struggles to dispose of hands and feet?

Hand-in-hand with physical culture should go training in deportment. There is nothing more deplorable than a rude child, and grace and charm could no more attach to a rude child than to an awkward one.

Physical weakness, such as defect in eyesight, will frequently cause a child to assume an ungraceful position. Delicate health and nervousness are responsible for cramped muscles. The art of relaxation should be cultivated.

I marveled the other day when my tailor told me that twenty-nine women out of thirty had uneven hips; now I have ceased to be surprised, for I have not found one woman in fifty who stands on both feet!

Walking is ideal exercise. Hold the head erect, with chin slightly lifted, which will throw the muscles of the back and of the shoulders into proper line; expand the chest with deep breaths, and do not swing the arms, but let them hang with muscles relaxed.



Expand the Chest and Let the Arms Hang.

perfluous hair did not help you is that the hairs have had time to get a good root. If this is the case, nothing but the electric needle will remove them.

To Reduce the Hips

MRS. R. L.—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 at the waist. This must be done gently, as by jerking more harm than good is done. From this bent position roll the body round 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, then to the right and left. Each movement should



Muscles Cramped and Lungs Contracted.

est strain of the muscles. No corsets should be worn while practicing them.

Hips Are Too Small

UNKNOWN FRIEND—The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

Massaging the Face

GULA—Proper massage will do a great deal to make your skin smooth and healthy, but the treatment is often overdone and the result is a flabby, lifeless skin. If you use a good skin food while massaging it will do much to invigorate the tissues and muscles of the face. The following is an excellent formula and the cream will not promote the growth of hair: 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 saucupan 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 saucupan. Beat mixture. Heat and add oil of sweet orange. Whisk cream until it is cold. Put in pots and cover with parchment.

For Pimples

BRUNETTE—Your blood is in a very bad condition, and before you can get rid of the pimples you must take medicine to clear the blood. Meanwhile ap-

ply this mixture to the pimples: Betanaphthol, five grains; oil of camomile, five drops; ointment of benzoated oxide of zinc, one ounce.

Here is the formula for a rouge which will give the cheeks a pink appearance: Carmine, thirty grains; ammonia water, one fluid ounce; rosewater, four fluid ounces; spirit of rose, one fluid ounce.

Lotion for Oily, Damp Hair

TOOTS—For greasy, moist hair the following is an excellent dry lotion. If used daily, it tends to produce a crisp condition: Powdered bicarbonate of soda, one-fourth ounce; borate of soda, powdered, one-fourth ounce; eau de cologne, one fluid ounce; alcohol, two fluid ounces; distilled water, sixteen fluid ounces.

Mix and agitate until solution is complete.

Eyebrow and Eyelash Grower

C. G. I.—I think this is the recipe to which you refer: Cologne, two and one-half ounces; glycerine, one and one-half ounces; fluid extract of labradori, two drams. Agitate ingredients till 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 drops and passed lightly along the edge of the eyelids, exercising extreme care that no minute portion of the lotion touches the eye itself.

Here is a recipe for a lotion which is excellent for cleansing the hair: 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.

You will find it very helpful when the feet are tender to wash them in cold water night and morning. Rubbing dry with a rough towel after which mop on the following solution: Salicylic acid, one-half ounce; alcohol, four ounces. This is not only refreshing, but will often prevent disagreeable perspiration.

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.

Sore Feet

SALESPERSON—Soak your feet every night in hot water. Apply a little vaseline to them, rubbing it well into the skin. Change your stockings often and do not wear the same pair of shoes two days in succession.

Blackheads may easily be removed without leaving any scar, and once rid of them they very seldom appear again. Try this treatment for the blemishes:

Tincture of green soap, two ounces; distilled witch hazel, two 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 acne 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.

Hair Stain

CURIOUS—The sage tea mixture is one of the simplest forms of dyes or stains. It will not harm your hair in any way. This is the formula: Bay rum, two ounces; glycerine, two ounces; alcohol, two ounces; infusion

of black tea, ten ounces. Mix and perfume to suit. The tea infusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients; apply with a soft sponge to the roots of the hair. It will darken blonde hair.

Here is a formula for nail powder: Talcum powder, one-half ounce; pulverized pumice stone, 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. Put a little of the powder in the palm of your hand, rub the nails vigorously, and then, shaking the powder out of your hand, polish again. This gives a deep pink flush to the nails.

Not Satisfied

EDYTHE—I would not advise you to try to get rid of your fleshy cheeks, for a plump face gives the appearance of youthfulness to a person. You say your body is too slender to be in proportion to the size of your face. It would be much better, then, to acquire flesh. There are numerous directions for increasing the bust, hips and limbs, given in these columns which will prove helpful if you would give them a trial.

Dandruff Cure

MRS. G. S.—Rub a little olive oil into the eyebrows to loosen the scales, then wash them with soap and water, after which rub the following lotion in with the tips of the fingers, being careful, however, that the lotion does not get into the eyes:

Ammonia muriate, ten grains; glycerine, one ounce; rosewater, five ounces.

Pomade to Reduce Fat

READER—The following recipe for a pomade has helped many to reduce flesh: Iodide of potassium, forty-six grains; vaseline, one and three-quarter ounces; lanolin, one and three-quarter ounces; tincture of benzoin, twenty drops. Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fattening—cereals, potatoes, corn, beans,

HOW TO CLEAN JEWELRY



Wash in Soap Suds with Soft Brush.



Drop in Alcohol to Brighten.



Shake Dry in Jeweler's Sawdust.



Wash Filigree Silver in Potash Water, not too strong.

NOTHING mars more completely the general effect of a woman's costume than badly kept jewels. Wearing bracelets, rings or necklaces that are not frequently cleaned is exercising as little care of personal matters as if one did not wear fresh

blouses and clean collars. All jewelry needs cleansing, and it all needs it frequently, although different kinds are treated in different ways. Diamonds should be carefully brushed with soap-suds and then rinsed in cologne water or a 50 per cent. solution of alcohol for both will dry them quickly so that it will be unnecessary to wipe the jew-

els, thereby avoiding the risk of pulling out the stones with loose threads in the toweling. Needless to say, in washing the softest brushes should be used. Gold ornaments should be washed in soap and water and then rinsed with pure water. These when dry may be polished with a chamolite skin. Jeweler's sawdust is invaluable in

drying jewelry, for some stones must not be dipped into alcohol. Place the sawdust in a bowl and shake the jewel well into it until it is completely dry. Opals should be rubbed with putty spread on a chamolite skin and moistened. Then polish the stones with pow-

dered chalk and wash with water and soft brush.

Amber may be repolished with pulverized chalk moistened with water. It is then laid on a bit of flannel, rubbed with olive oil and dried on a soft piece of woolen goods.

Ivory, which becomes yellow with age, may be whitened by a solution of peroxide of hydrogen. Exposing it to the sunlight in a bath of spirits of turpentine is also excellent in effect. To cleanse ivory, rub bicarbonate of soda into it with a soft brush dipped in hot water.

Filigree silver ornaments are perhaps the hardest things to keep clean, for they tarnish with exposure to air, furnace heat, and—in fact, the more wearing removes their brilliancy. There are several ways of washing these beautiful though perishable ornaments, and perhaps the best is the method where all rubbing is avoided. The ornament should first be rinsed in a weak potash water and then soaked not longer than five minutes in a solution composed of one part salt, one of alum, two of saltpeter and four of water. Rinse in cold water and dry on chamolite.

Another method, where so many ingredients are unnecessary, is to wash the filigree with a brush dipped in ammonia and soap. When done, rinse in boiling water and dry in sawdust. When in the jewel case, silver ornaments should be wrapped in paper.

Oxidized silver may be washed in a solution of sulphuric acid, one part to forty of water. Nickel may be kept bright by being rubbed with wool saturated in ammonia.

In caring for gold and precious stones it will be quite sufficient if they are frequently dipped in a dish of bran and shaken around. This done at short intervals will save the trouble of complicated acid baths.