

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

WHEN YOU GET a CINDER in YOUR EYE



A sharpened match stick with a bit of absorbent cotton wound about it.



A camel's hair paint brush is often useful in removing a cinder.



Lift the upper lid by its lashes and roll it back over a pencil.



The eye is opened wide and is flooded with the Boric Acid.

A mention of a cinder in the eye, my mind reverts to a pathetic little story in which a cinder was responsible for the breaking of an engagement of marriage between two young people; but that is neither here nor there. The cinder under discussion is a prosaic cinder, with no intention of doing more mischief than causing excruciating physical pain, inflaming the eye, demoralizing the temper and deranging the nerves.

The summer traveler can scarce expect to escape meeting with such a cinder somewhere in the length and breadth of her journeyings.

In hot weather one is likely to be not so closely veiled, and the windows and doors of cars and other conveyances must needs be opened wide to admit of the chance breath of air off a sultry day. These conditions invite the cinder.

And how to treat it when we get it? Aunt Mary will tell us to close the eye and blow the nose hard several times, rolling the eyeball meanwhile. Cousin Mame will advise rubbing the other eye. Aunt Mary's advice is based upon common sense, for the closing of the eye over the foreign matter will cause the tears to flow, and with them the intruder is likely to be carried to the inner corner of the eye, where it can be easily removed with the corner of a soft handkerchief.

Oftimes the mere lifting of the upper eyelid (by the eyelashes) will allow the accumulated tears to wash away the cinder. Then, too, a cinder, if not tightly lodged, may be displaced by simply drawing the upper lid as far as possible over the lower one, then letting it fly back to its place; the friction is very likely to detach any light substance.

Cousin Mame's advice is probably based upon the principle of sympathy.

A soft camel's-hair paint brush is often used in removing a cinder or other speck which has lodged on the surface of the eye. Moisten the brush in the mouth, then draw it backward against the cheek. Sometimes the particle may be picked up upon the moistened point of the brush, but this must be done with delicate care. The backward stroke is the safest method.

A sharpened match-stick, with a bit of absorbent cotton wound about it, is employed to remove a cinder or other intruding substance from either the surface of the eye or the eyelid.

When the cinder lodges in the under surface of the upper lid, its removal is a more difficult proposition. Stand behind the patient, seated in a low chair with head leaning back. Lift the upper

lid by its lashes and roll it back over a pencil—the patient looking downward the while. This gives opportunity to examine the under surface of the eyelid and locate the cinder, which then may easily be removed by means of the paint brush or the stick wound with cotton.

Bits of iron or stone sometimes fly into the eye and become lodged in the front of the eyeball. Surgical skill should be resorted to in such a case. A powerful magnet often assists in removing from the eye a fragment of steel or iron.

The eye that has entertained a cinder has every reason to feel weak and weary upon its departure. It should have rest and treatment; otherwise, annoying inflammation may follow. Bathing the eye with a solution of boric acid is beneficial. It will be found convenient to have the solution on hand. Prepare it in the following way: Put one ounce of boric acid into a basin, pour one pint of boiling water over it and allow it to dissolve. Then strain and bottle the clear solution.

The use of a little glass eye-cup is a convenience. These little cups are of green or blue glass, and are so shaped that they fit closely around the eye. Held in the position shown in the picture, not a drop of the eye wash need be spilled. The eye is opened wide and is flooded with the boric acid.

ment which will broaden the shoulders. The best way to acquire them, however, would be to have your waists made so that they give you that broad effect.

To Whiten the Teeth
INQUISITIVE—You will find this recipe for tooth powder very good for whitening the teeth: 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.

To bleach 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 quillaia, 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.

One dram of boracic acid and four ounces of rosewater mixed in a lotion that has often proved successful in taking the shine off a nose.

Sage Tea as a Stain
MARY—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: Alco-

hol, two ounces; green tea, two ounces; garden sage (dried), two ounces.
After straining, keep tightly corked to prevent evaporation.

This formula for a salve has been most successful in fading slight scars: Lanolin, two drams; ointment of biniodine of mercury, one dram.
Rub in well once a day.

Consult a Specialist
M. R. L.—Pediculosis is a serious

disease and you should at once employ the services of a skin specialist. There is no treatment that may be given it at home.

To Reduce the Bust and Hips
E. F. A.—To reduce the bust use this pomade: 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 iodine, one

ounce; vaseline, two ounces; essence of peppermint, twenty drops.

Then cover breasts with two cloths dipped into the following: Pulverized alum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.

Here are several exercises that are excellent hip-reducers:

1. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements.
2. Place hands on legs, shoulders well back. Raise the hip, with knees flexed, and give a high, quick side kick, bringing the foot back again to the floor. Repeat ten times, first with the right foot, then with the left.
3. Take standing position, hands on hips, and rotate the hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and resist.

Bending exercises also are good.

To Reduce the Weight
H. S.—I think your method of reducing flesh is very harmful. Here are some rules which will help you if they are strictly adhered to:

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.

To whiten the hands apply this lotion: Lanolin, 100 grains; paraffine (liquid), twenty grains; extract of vanilla, ten drops; oil of rose, one drop.

Advice by Mrs. Symes

To Fatten the Neck
ETHEL—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. Sit 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 side. 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 on the tips of your toes and throw your head back, touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs. It is also well to massage the neck and shoulders with cocoa butter.

Cream for Rough Hands
INDUSTRIOUS—An excellent cream for rough hands is composed of the following ingredients: White petrolatum,

three and one-half ounces; paraffine wax, one-fourth ounce; lanolin, one ounce; water, one and one-half ounces; oil of rose, three drops; alcohol, one-half dram.

Melt the paraffine wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

Rough hands should be treated by keeping the hands as dry as possible and applying some emollient at night before retiring. Cold cream, zinc ointment (benzoinated) or boracic ointment will answer the purpose.

Apply this mixture to the corn: Salicylic acid, thirty grains; extract canadensis indica, five grains; collodion, one-half ounce.

Bust Too Small
ANXIOUS—I presume this is the recipe to which you refer:
Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put into small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

The best way to develop the arms is by taking some good course of physical exercise.

The Vaucaire tablets will give just the same results as the liquid form of the tonic.

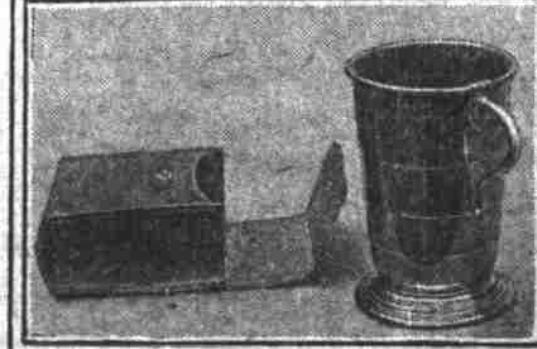
To Soften the Finger Nails
KATIE—Here is a recipe for a paste which is excellent for brittle nails: Take equal parts of refined pitch and myrrh or of turpentine and myrrh melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil.

Do not think you can take any treat-

NOVELTIES for the AUTOMOBILE TRIP



Between a Soft Case and a Steamer Trunk.



Collapsible Drinking Cup.



The Cooking Outfit.



To Hold Simple Remedies.



To Protect Magazines and Books.

THE introduction of the automobile into practically universal use has made it necessary to invent a collection of novelties that may be used on long trips, when luncheon must be prepared by the roadside. The principal feature of these handy implements is their compactness, for it is necessary that they should fit into the smallest space possible. The traveler, or auto tourist, of course, need garments necessary for perhaps a week's trip, and they must include for the women not only the blouses and necessary change of underwear and neckwear, but also a semi-dressy gown that will do to don in the evening at the hotel where the party stays for the night. For such a trip only one hat is necessary, one short skirt and one auto veil and, of

course, a coat to protect from rain and cold. These garments will do for everyday wear for the whole tour. To contain the clothing, needful for comfort a large dress suit case must be carried by each member of the party, and a new variety (a compromise between a suit case and a steamer trunk) with a top tray is very useful. The semi-dressy gown may be placed in the tray so that no weight will spoil it. Everyday things may occupy the bottom of the suit case, or one might keep the tray for the white neckwear and blouses and use the lower section for the gown and those other garments which are necessary.

Besides the suit case a medicine

chest is practically indispensable, and although one need not take a great array of drugs, those simple remedies that any one might need at any time it is well to have along. Perhaps one of the bottles should contain brandy, in case of accidents or cold, and the other three may be used as the owner sees fit.

A new drinking cup, which is of a decent size and at the same time easy to place in a tiny case, is collapsible and with a handle. This cup is so useful that it would be well for every member of the party to number one among his or her belongings.

For such letters, magazines and books as the travelers require may be purchased a sort of envelope case that will easily contain any and all of those paper comforts that help to while away a weary hour while the punctured tire is being mended or the gasoline is being bought in some neighboring township.

Of course, not the least important of the traveling aids is the little stove where one can make coffee, boil eggs or prepare such eatables as may be needed. The little alcohol lamp gives the maximum of heat with a minimum of fuel, and it includes a many appliances as possible for the cooking of a variety of foodstuffs. It is doubtful if it would be possible to broil a bird or to cook any game that may be found by the hunters of the party, but neighboring trees and a few matches will provide a fire that will cook anything from an ox to a rabbit.

Asked For Address
E. R.—There are a number of places in this city where the genuine imported catnip is used in the Vaucaire remedy may be secured. The tonic is the finest thing for thin and undeveloped persons. It does not give the information you desire, as it is against my rules to give addresses.

You can make your own powder for polishing the nails if you prefer. The formula is as follows:
Talcum powder, one-half ounce; pulverized pumice stones, 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.

Troubled With Dandruff
NELLIE—An excellent dandruff remedy is made by combining tincture of camphor, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of thyme, one-half ounce; rosemary oil, one-half dram. Mix all together in a glass bottle, and pour water. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

When the eyelids are inflamed and red they should be bathed several times a day with a solution of weak boric acid and water.

Ring Around the Neck
MRS. A. F.—You can remove this ring by rubbing it with lemon juice or alcohol; apply with a soft cloth, then massage with a good cold cream. An astringent lotion for the skin is made of the following: almond milk (thick), one and one-half ounces; rosewater, six ounces. Dissolve the alum in the rosewater, then pour gradually into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Three Good Depilatories
DESPAIR—Any one of these depilatories will be sure to help you in removing the superfluous hair. Sulphide of soda, 100 grains; staked lime, eighty grains; starch, twenty grains; lime-water, four fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is: Barium sulphide, eighty grains; powdered chalk, 400 grains. Mix with water. The barium sulphide must be absolutely dry to be effective. Enough water should be afterward added to make a thin paste. Sulphide of strontium makes also an excellent depilatory. It is made as follows: Sulphide of strontium, two drams; oxide of zinc, three drams; powdered starch, three drams.

Here is a recipe for a perfectly harmless talcum powder: Rice flour, one ounce; talcum, one ounce; starch, one ounce; carmine, enough to produce pink tint. Mix thoroughly and sift twice through the bolting silk.