

# HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

## THE THIN GIRL



Olive Oil by the Spoonful.

There is no gainsaying it—the slender girl (always more than less in favor) is, indeed, having her innings this season. Slender materials, the long lines of the clinging robe, the enormous hat—all were designed with the slender girl in mind.

But the slender girl is quite a different creature from the thin girl. The former suggests graceful length of line with curves delicate—not sumptuous—and undulating motions. The thin girl suggests bones and angles and a certain crudeness.

Far be it from me to wish the thin girl fat; but she justly craves a right to be described by the grace-implying adjective "slender"—instead of the undesirable "thin"; and to this end she must put on a carefully weighed amount of fat.

Fat has important uses in the body. It is the fuel food which feeds the human machine; it also cushions the muscles, bones and some of the internal organs; while, stored up as fat, it rounds off the surface of the body, producing a graceful contour.

The thin girl needs more fuel food; she needs cushions to protect her muscles and bones against shocks and jars; she needs the rounding off of sharp angles.

There are no elaborate treatments and complicated methods by which to gain this necessary fat. Just very homely and simple exercises and practices, conscientiously and systematically performed, will give the desired result.

Let us draw a picture of the thin girl. She is frequently nervous, while her fat sister scarcely knows how to spell NERVE. She works with nervous energy and oftentimes far beyond her physical strength, and even when she sits down to rest every nerve and muscle is tense—she is holding the chair down firmly to the floor and clutching at the arms for fear she may fall off. The habit of relaxation is one of the first things she must make her own, for rest comes only with relaxation.

The thin girl sometimes looks hungry, while, in reality, she may eat more than her fat sister. It is evident that the food she eats is not a lighted; possibly she is not eating the right kind of food; perhaps she is not taking it in the most beneficial way. It is most necessary to eat at regular times, and meat must occupy a secondary place on the menu. Foods containing starch and sugar are prescribed—vegetables, especially potatoes, both white and sweet, corn and peas and beans, cereals and soups, butter and milk. Let chocolate and cocoa be substituted for tea and coffee.

Olive oil is excellent; it may be eaten lavishly on salads, or it may be taken in lemon or grape juice; some, however, take it by the spoonful and let it be like it. Try a tablespoonful three times a day.

Sleep is essential. Take at least eight hours' sleep each night; seven is necessary, and more than eight would do no harm. A short nap each day—two, if it is convenient—helps wonderfully. Never go to bed hungry. A glass of hot milk at bedtime induces sleep. If milk is not acceptable, try it at first with a dessertspoonful of lime-water added to each glass of milk. After a



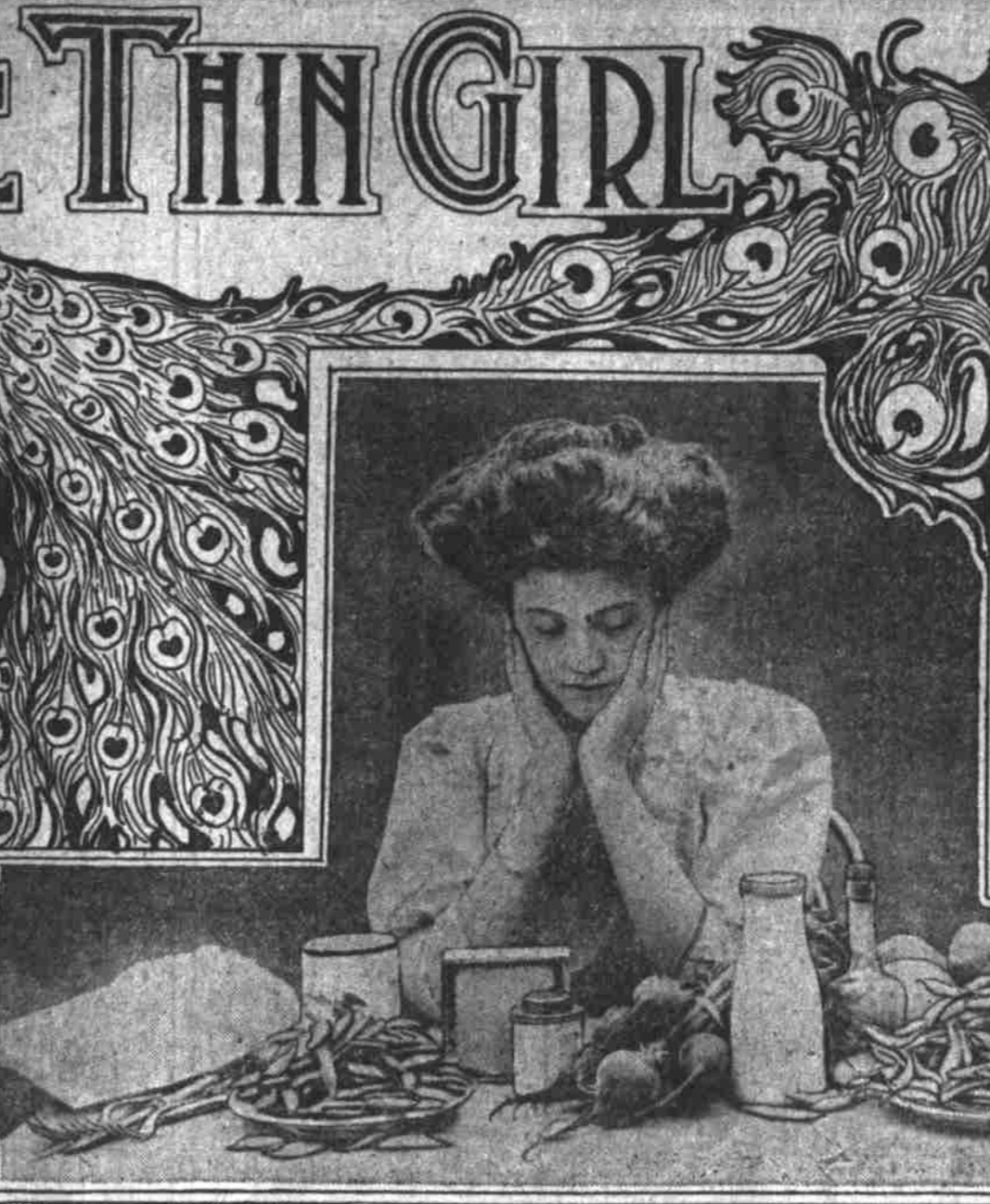
Massage with Cocoa Butter.



Every Nerve and Muscle Needs.



Rest Comes with Relaxation.



Meat Must Occupy a Secondary Place.



A Glass of Hot Milk at Bedtime Induces Sleep.

then scrub the face with it. Be sure to rinse the face thoroughly with clear, warm water.

### Falling Hair

STUDENT—First of all, you need to give your scalp a good massage, for when the hair falls out there is nothing that will so soon restore the circulation to the skin of the scalp as the friction which is obtained through proper massage. I am giving you a formula for a tonic which may be helpful: 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 at least once a week.

### Formula for Skin Food

D. C.—Here is a formula for a good skin food, which should be used only after the face has been thoroughly cleansed and free from foreign matter. The cream should then be applied and left on until morning, and then carefully washed off with a good brush, soap and warm water and carefully dried. Do not at any time expose your skin to sudden changes of temperature—for instance, after a bath going out into the cold air. Formula: 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 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 a whisk. Heat and add oil of sweet orange. Whisk cream until it is cold. Put in pots and cover with parchment.

### Solution to Keep the Hair Curled

EFFIE—Here is the recipe for the hair curling lotion.

Gum arabic, one ounce; good moist sugar, one-half ounce; pure hot water, three-fourths pint; alcohol, two fluid ounces; bicloride of mercury, six grains; sal ammoniac, six grains. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curlers.

This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair-follicles. Therefore, it should not be too frequently applied and not at too short an interval. An occasional use, however, is practically harmless.

You will find walking the best exercise for reducing the hips. Begin by taking a short walk each day and gradually extend the course until you can cover five miles or so without feeling the least fatigue.

### Would Like to Acquire Flesh

R. M.—Thinness is often caused by badly selected, insufficient nourishment; or by fatigue, either physical or mental; or it may be caused by nervousness. You should adhere to the following rules: Retire early, rise late, but always at a regular hour. Take moderate exercise. Have your meals served regularly, eat good food, abundantly, but never to excess. Many persons have found cod liver oil very good for building up the flesh. It would do you no harm to try it.

### Henna Hair Stain

ANXIOUS—This stain will give the result you desire. To make it, take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

I have never used the soap you mention, and therefore feel that it would not be right for me to advise you to use it.

### Lips Too Thick

READER—If the thickness of the lips is due to a practice of biting them, correct this habit and they will in time resume their normal size.

You will find the following recipe an excellent one for tooth powder:

Avoca nut charcoal, five ounces; cuttlefish bone, two ounces, raw area nut, pounded, one ounce. Pound and mix. Two or three drops of oil of cloves or of cassia may be added if a perfume is required.

### To Beautify the Nails

MRS. T. S.—This paste will nourish the nails and make them stronger: 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.

The following recipe is a good depilatory: Sulphide of soda, one hundred grains; chalk, two hundred grains. Mix thoroughly, and keep dry in well-corked bottle until wanted for use. Take enough to make a paste, and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature

of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case of a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

### Hollow Eyes

MRS. T.—There is almost always some internal cause for this trouble, and external treatment will not be effective unless this cause is first cured. It would be wise for you to consult a physician. By all means do not neglect to give this trouble immediate attention.

### Obstinate Freckles

MOTHER—You will find that prickly heat yields to the following treatment: First, a bath in which has been dissolved a teaspoonful of bicarbonate of soda; dry gently, and bathe the affected parts in diluted witch hazel.

The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

### Prickly Heat

MARY—Here is an excellent remedy for freckles: One-half dram of oxide of zinc, one-fourth dram of sublimed bismuth, one and three-quarter drams of dextrine and one and one-half drams of glycerine. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

For perspiring feet the following formula is very effective: Twenty scruples of salicylic acid, one dram of boracic acid and one ounce of talcum powder.

Fever blisters are indeed most disagreeable. Touch them lightly with powdered alum and they will soon be cured.

### Complexion Brush

ELEANOR—The best face brushes are made of camel's hair. The very best time for using one of these complexion beautifiers is while preparing to retire for the night.

Immerse the brush in warm water; rub soap on it till you get a good lather,

while you may omit the lime-water. Live in the open and in the sunshine as much as possible. Cultivate deep breathing—the system needs oxygen; it makes "the wheels go round."

Exercise gently and systematically, but avoid overexertion. Perfect digestion is a requisite of perfect health. The system must not harbor any impurities.

Massage is beneficial, and cocoa-butter is soothing and fattening. And how, my dear thin girl, cultivate a cheerful and reasonable view of things. Throw yourself with interest and enthusiasm into your work and play; but do not worry about the one or overdo the other.

A professional man told me the other day that when, after a day of pressing work, he viewed his dead piled high with unmanured mail, he hesitated but a moment, then rolled down the top and went to bed. You know, tomorrow will be another day.

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.

It very often happens that the rea-

son a person's hips are of a different size is that she does not stand properly. Stand erect with both feet flat on the ground, and no matter how tired you feel never allow the entire weight of the body to rest on one foot.

## 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.

### Hair Too Thin

L. C.—Any one whose hair is becoming thin cannot afford to neglect a regular massage of the scalp. Apply the following mixture to the scalp several times a week: Tincture of nux vomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces.

Probably you will be able to remove the warts on your hands by soaking them several times each day in castor oil.

### Troubled With Deafness

AMY—I am not able to give you a cure for deafness. In a case of this kind it is best to seek the aid of a physician. However, if there is a tendency to deafness, many precautions should be taken—never wet the hair when arranging it, avoid dampness of the extremities and never sit with the back to an open window.

### Lotion for Red Nose

TEACHER—There are many causes for a red nose. The nasal passage may be too dry or the redness may arise from

congestion; in this case the nose should be washed only at night, before going to bed, in hot water. Whatever may be the cause, the redness is made less noticeable by using the following lotion: Powdered calamine, one dram; zinc oxide, thirty grains; glycerine, one-half dram; cherry laurel water, four ounces.

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening.

### Pock Marks

J. K.—The surest way of getting rid of the pock marks is by having the skin treated by a reliable specialist. However, it will do no harm to massage yourself, for in this way you will strengthen the muscles and build up the tissue, and will in time make the scars less noticeable.

### To Cure a Sty

READER—The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint wrung out of boiling water; cover with a piece of Jaconet and a pad of cotton-wool on top; fix with a bandage.

### To Increase the Growth of the Hair

ALMA—One of the best tonics to increase the growth of the hair is the following: 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.

It very often happens that the rea-

son a person's hips are of a different size is that she does not stand properly. Stand erect with both feet flat on the ground, and no matter how tired you feel never allow the entire weight of the body to rest on one foot.

Man never sit around the house just expecting to feel well. They have found the secret of health in using mind and body. Children are constantly and incessantly exercising. Woman, alone of

all the creatures of the world, is the one who expects to be quiet all day and yet feel good, warm blood surging through her veins.

It is needless to point out that such a condition is impossible. Exercise, however gentle, is an absolute necessity to health; and exercise that claims the mind's attention is not only more agreeable, but more beneficial. It is easy to walk, but if there is no objective point, play golf. If there are no links in the vicinity, play croquet. That may sound

ridiculous, but it is not. Living in the open air is healthful and lengthens life, while it is far better to be occupied and breathe deeply than to sit on the porch in a more or less crouching position.

Croquet contains the elements of good exercise. Laying out the wickets in itself is useful—it develops the eye by requiring straightness of vision. It induces suppleness and strengthens the muscles of the arms.

The playing increases the strength of the arms, while one must have control

of the muscles to direct the mallet. There is no motion that may be gotten through that does not help in its little way to build up figure and health. From the time you leave one stroke till you reach the other and return, the arms, the ankles, the back, the brain, the eyes—every portion of the body has come into play, and all the while the mind has been occupied so that the lungs may take in the pure air that they so badly need.

The game is interesting, too. If it is too easy, invent variations, play with one hand or use only the left. There are many things that may be done to make it a good game. The ground should be kept in condition, and it would be beneficial to the women of the house if they were to see that it was.

## CROQUET as an EXERCISE



Develops the Muscles of the Arms.



Exercises the Eyes.



Promotes Suppleness.



Strengthens Ankles and Develops Arch of Foot.

There is no doubt that those who spend their lives in the open air get better physically and mentally for it is the only normal life, and who is not willing to seek health and strength in pleasant and congenial occupations?