

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes



ONCE upon a time there was a girl who was pretty, but who grew fat and fatter till she weighed 170 pounds at the age of 20. Now this state of affairs caused grief to the girl's father, who was a man of esthetic taste and of sufficient sense to know that increased adiposities does not always insure increased strength and health. The girl herself was not so troubled, for a dulled sensibility and indifference are characteristic of many fat people.

However, this girl was suddenly aroused from her lethargy by her father's offer of \$5 for every pound she would lose.

She experimented with ways and means—the unusual activity given her brain was helpful—and finally hit upon a method which proved most satisfying. She had once gloried in long walks and had been fond of sports, so walking and even running were resumed, as was also tennis. When engaged in these exercises (and it was summer, too) she was always arrayed in a white wool sweater, which induced profuse perspiration. The only caution necessary was to be prudent when the exercises

over, she sought rest and cool; to avoid draughts and iced water. At the end of the season she weighed just forty pounds less, had regained all her grace and comeliness and had added \$200 to her balance sheet.

This little story goes merely to show that, with proper incentive and systematic perseverance, proportionate and

youthful figures may be retained. The fat girl should guard against becoming indulgent in her habits. Seven hours is quite long enough for sleep, and the luxurious little day nap should be dropped from her program. She should acquire active interests; her brain as well as her body needs stimulation. Let her pursuits be varied. In order to

exercise all the muscles and to incite interest.

Long walks—no matter what the weather—are of benefit. All outdoor sports which will quicken the perception and induce quicker movement should be practiced. Jumping rope, if not overdone, and the heart is good and sound, is a good exercise, and it is fun, too.

Two exercises pictured are simple, and may be performed each morning upon rising. One tends to reduce the abdomen and lengthen the waist: Raise the hands above the head; with knees and elbows stiff, bend forward from the waist and try to touch the floor with the fingertips. Inhale a deep breath as you stand erect with raised arms; expel it as you bend toward the floor.

The other exercise reduces the hips: Stand with hands on hips and shoulders level; raise the leg, with the knee flexed, and make a quick side kick as high as may be; then bring the foot back to the floor and perform the action with the other leg.

Deep breathing is an exercise for the fat girl, because many stout girls have little chest development.

In the matter of diet she should be very careful and abstain from many goodies that girls dearly love—ice cream sodas and candies, and, in fact, all sweets; soups and milk and starch foods.

The fat girl is not so likely to overeat as she is to be injudicious in her selection of food. The fat girl is inclined to be indulgent, and it is hard to impress on her so many "don'ts"—but we do it all in love.

Avoid that delicious little habit of between-meal eating.



Mrs. Henry Symes' Advice to Correspondents

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.

Witch Hazel Cold Cream
MAY—Bathe your hands three or four times a day in warm water, using a good brand of soap. Rinse them carefully and dry thoroughly; then apply the witch hazel cold cream. This treatment if persistently followed will make the hands soft and white. Formula for cream is:

White wax, one ounce; spermaceti, one ounce; oil of almonds, one-fourth pint. Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add the oil of roses, one ounce, and one ounce of witch hazel, and, as the mixture thickens, add the oil of almonds, one ounce, and afterward until the mixture is nearly cold.

Lotion to Whiten and Soften the Hands
IRENE—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.

Spotted Nails
FLO—White spots on the nails sometimes indicate disturbed circulation of the blood, but more frequently they result from bruise or injury by a manicuring instrument. No application would avail.

The lemon and glycerine formula given makes a simple and pleasant bleach: 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.

Rules for the Reduction of Flesh
"FATTY"—Avoid all starch and sweetened food, all cereals and 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 lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside; no naps. You must take exercise.

To Develop the Bust
L. M. H.—The following will be found very good for developing the bust: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put in 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.

Eyelash Grower
E. M. O.—Apply the following lotion to the eyelashes with a tiny camel-hair paint brush. The brush must be free from any drop and passed lightly along the edge of the eyelids, exercising extreme care that not the minutest portion of the lotion touches the eye itself. Cologne, two and one-half ounces; glycerine, one and one-half ounces; fluid extract of jaborandi, two drams.

Consult a Physician
ANXIOUS MOTHER—As the trouble is undoubtedly due to cold, it would be wiser to consult your doctor about your daughter. I would advise you not to use any special treatment for developing the bust.

Lack of circulation is the cause of cold feet. Bathing the feet with alcohol or rubbing them briskly with salt stimulates the blood to flow more rapidly, thus making the feet warm. Exercise, too, is often a very good remedy for cold feet. 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 only on the eighth count. Repeat the same exercise, rising on the heels.

Sage Tea
A. M. A.—Sometimes the turning of the color of the hair is caused by excessive dryness of its roots. I think this must be your trouble, for you are too young for your hair to turn gray yet. The recipe I am giving you will prove an efficacious tonic, and will give new life to your hair: Three drams of rosemary, one ounce of tincture of cantharides, one ounce. Briskly agitate for ten minutes, then add camphor juice, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

To Erase Wrinkles
L. L. L.—Wrinkles that are caused by much laughing are not at all objectionable, but if you wish to drive them away, massage with the following cream: Lanolin, two and a half ounces; spermaceti, six drams; white vasoline, two and a half ounces; coconut oil, two ounces; sweet almond oil, two ounces;

tincture of benzoin, half a dram. Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added if agreeable. To help to reduce a double chin practice the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

Ingrown Toe Nail
CONSTANT READER—Loosen the flesh, cut the nail, moisten the affected part with a camel-hair brush soaked in perchlorate of iron. The flesh is thus made insensible and hard. This remedy is infallible.

Milk of White Roses
CONSTANT READER—This is an excellent cure for wrinkles: One-half pint rosewater, one-quarter ounce simple tincture of benzoin, three drops of attar of roses. Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses, and bottle.

Here is a recipe for a good hair tonic: 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.

Lotion for Dry Scalp
ANXIOUS—Apply this lotion to the scalp every night: Glycerine, one ounce; eau de cologne, one-quarter pint; liquid ammonia, one dram; oil of origanum, one-half dram; oil of rosemary, one-half dram; tincture of cantharides, one ounce. Briskly agitate for ten minutes, then add camphor juice, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

Two Hair Stains
KATIE—Either one of the following recipes will darken the hair: Green walnut shells, two ounces; alum, one-quarter ounce; pure oil, four ounces. Heat to-

gether in a water bath until the water has been completely evaporated. Then express, filter and perfume.

Sage tea may be used to darken the hair. Make a strong brew of dried

leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

To Remove Warts
M. A. G.—I think you will find this recipe better than the one you mentioned:

Mix one grain of paraform with nine parts of flexible collodion, and apply to wart three times a day. After two or three days the epidermis peels off and the wart will come with it.

Lemon juice, too, will cause some warts to disappear. Touch them two or three times daily with a camel-hair brush soaked in the juice.

To Reduce Fat
NELLIE F.—Instead of trying the

method you describe use the following pomade: Iodide of potassium, forty-six grains; vaseline, one and three-fourth ounces; lanolin, one and three-fourth 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 fat forming—cereals, potatoes, corn, beans, etc. You should avoid sweets of all kinds.

Sage tea is the most harmless of remedies for darkening the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

For Rough Skin
MRS. C.—The best thing to do for rough skin on the arms is to bathe the arms every night in alcohol. Rub them briskly, as this will improve the circulation of the blood.

This recipe will harden the bust and make it more firm. This pomade should not be used as a massage cream, but should be applied after massage to restore shrunken or flabby skin: Oil of sweet almonds, six ounces; white wax, three ounces; tincture benzoin, one and one-half ounces; rosewater, one and one-half ounces; pulverized tannin, six drams.

Wash for the Skin
BLANCHE—Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound with

a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can from the refuse. Now put the refuse and filtered juice into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Then strain and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day. The alcohol should preserve the juice.

To Develop the Bust
IVA—The following may be tried to increase the size of the bust: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put in 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.

I can give you a formula which will fade the brown spots somewhat, but they are almost invariably evidences of liver trouble. If you do not get better of them shortly after using the recipe, I should advise you to consult your own physician in regard to the trouble. Bichloride of mercury in coarse powder, eight grains; witch hazel, two ounces; rosewater, two ounces. Arctate until a solution is obtained. Mop over the affected parts. Keep the lotion out of the way of ignorant persons and children.

HOW TO AVOID SUMMER COLDS



THERE is at the present moment a French marquis who lives in terror of a draught. His house, in the environs of Paris, is furnished throughout with double windows and doors bound in baize to exclude every "courant d'air," while even his veranda is inclosed in glass. This for a while satisfied him, but soon he found that even when he drove around the country in his phaeton he was exposed to the most annoying breezes. As he passed a meadow there would be no wall to prevent the wind, "yes, without doubt, the wind itself," from blowing upon his noble brow, so he had to give up driving entirely and remain in his hermetically sealed domicile. This attitude lasted for a time, till at

last madame, his wife, tired of seeing nothing but the four walls of the house, protested and Monsieur de Marquis hit upon a plan. It was excellent: He had made a carriage inclosed entirely in stiff leather with glass windows, something on the plan of what Americans call a carryall or Germantown. In the front there was a window of plate glass with two rectangular holes through which to pass the reins, and even these were covered by flaps of leather. So he went forth in his airproof carriage, absolutely sure that he was secure from any vagrant breeze and positive that he would live forever or, at least, until France became again a monarchy. The marquis of the glass carriage was most decidedly peculiar; from the

American viewpoint, crazy; but perhaps there was some reason in his fear of a draught. Americans, as a rule, are a little too indifferent to the possibilities of catching a cold and, as a result they are usually afflicted with one, indeed, throat affections are very common among us.

People take cold not when inhaling good, fresh air, but when sitting in a draught, even when not overheated, or when sitting in the direct line with an electric fan. Others will rush into the house after playing tennis or otherwise exercising, drink several glasses of iced water and then rest on the cold, damp steps until they are thoroughly chilled. Later, she who has been reading in a draught and she who has been catching a cold by the aid of stones and lead

drinks will meet and complain about the "sudden change in the weather," and thereafter for a week or ten they will inflict their friends with their sneezing and coughing, for summer colds last a long time. Those who do not get the usual coryza, frequently wind up with neuralgia, which is far more painful and even more difficult to cure. During the summer be careful. The cause you are very warm, do not immediately try to freeze to death; because you are likely to get serious gallons of iced water. The French marquis, like other Europeans, would faint at even the thought of this latter-Americanism, and while that is ridiculous, just the same it is wiser to drink it all the time and under all conditions.