

HOW TO BE HEALTHY AND BEAUTIFUL By Mrs. Henry Symes

An EXERCISE to BEAUTIFY the WAIST and ARM



Catching the Ball

I HAVE suggested a number of exercises from time to time, but it is hardly to be expected that each form will appeal to every one. In fact, I have written with no thought that it would. I have hoped, however, that the suggestions would convey a message—that health may be found in the open air. Outdoor games of all

kinds—walking, riding, driving—are all merely the jelly with which we take good long breaths of air, and different people prefer different kinds of sweets. If a girl wants strong and well rounded neck and arms, if she wants grace and easy carriage, she should walk, but, if she does not like walk-

ing, she may run, play ball, climb trees or do anything that strikes her fancy. They will all be beneficial, for they are all done in the open air, which is the master doctor for flabby muscles, poor complexions and weak lungs.

Today there is pictured ball playing, intended to add some little spice to the time spent out of doors. The girl in holding the ball above her head is bringing into play those muscles which are ordinarily left at rest except when she arranges her hair and puts on her hat. These last two actions cannot be regarded as strenuous, but throwing the ball is strengthening and it naturally develops and rounds out the shoulders, arms and wrists.

The wrist is exercised when throwing the ball, and it is remarkable how useful good wrist development is. It renders writing easy and gives complete control over a horse when riding and driving. In fact, there is hardly a moment in the day when the muscles of the wrists are not in use, either for carrying an umbrella or wielding the hair brush. Any strengthening of these muscles is desirable.

Tennis is particularly beneficial for the arms, shoulders and wrists; in fact, this game brings into play all the muscles of the body. At the same time quickness and agility are both acquired and the eyes are taught to see accurately and rapidly.

It is wonderful, too, what fresh air will do for the complexion. The blood runs through all the little veins and brings color to cheeks and lips. Who has not seen the pasty-faced girls, those unfortunate creatures who sit all day in the house huddled up over the fire? The English women are famous all over the world for their clear skins and rosy cheeks, and it is said to be owing to the fact that they stay as much as possible out of doors.



Beauty and Grace in Tennis.



Delivering the Ball.

lack of enough fluid taken during the day. A tumbler of cold water ought to be slowly sipped in the morning, another at bedtime, and a third at

noon. Instead of constantly taking medicine to cure this trouble, it is advisable to try a change in diet. Exercise, too, will prove helpful.



Wrist Exercise in Throwing.



Position in Throwing

maintaining perfectly erect. Practice in alternate movements. 2. Place hands on hips, shoulders well back. Raise the leg, with knee 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 relax.

Bending exercises also are good.

Bleach for the Neck

D. L.—Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add: Pulverized borax, five and a half ounces; acetate of soda, three ounces; tincture of quillaia, two and a half ounces; tincture of benzoin, four drams; rose-water, one pint.

Mix thoroughly and apply two or three times a day until the stain is removed.

Here is a recipe for a very good tooth powder: Arecia nut charcoal, five ounces; cuttlefish bone, two ounces; raw areas nut, powdered, one ounce.

Pound and mix. Two or three drops of oil of cloves or of cassia may be added if a perfume is required.

For Dry Hair

Q. E.—Rub the following mixture well into the scalp, then brush the hair, giving it at least one hundred strokes: Tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of thyme, one-half ounce; rosemary oil, one-half dram. Mix all together with six ounces of rose-water.

Self-consciousness is at the root of the habit of blushing, which is so annoying to any one unfortunate enough to acquire it, and the only way to break yourself of it is to give yourself something to do that will occupy your mind enough to make you forget your own personality.

Face Massage

ANXIOUS—When the skin is inclined to be oily it is best not to use "creams" that are at all greasy. Whatever preparation is used, it should be rubbed gently into the line or wrinkles that may be present. For the face the fingertips alone are used, though when massaging other parts of the body, firm pressure is obtained by working with the palm of the hand.

Here is a lotion to use for enlarged pores: Boric acid, one dram; distilled witch hazel, four ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Hollow Eyes

MRS. T.—There is always, in my opinion, some internal cause for the black circles under the eyes. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins, and are rarely, if ever, found excepting under one or more of the following circumstances:

When the subject is anemic, and there is an impairment of the chemical constitution of the blood, or when the system is being drained, as it would be in prolonged study, lack of sleep or dissipation of any description. The external treatment is sometimes effective, especially if the cause is permanent while the cause exists.

Bathe frequently with cold water and use friction. A little turpentine liniment or weak ammonia, one part of diluted ammonia to four parts of water, may be rubbed into the skin daily (once), but great care must be taken that it does not reach the eyes.

To Restore the Natural Color of the Hair

RUTH—One-half ounce sugar of lead, one-half ounce zinc sulphate, one-half ounce essence of bergamot, one-half ounce alcohol, one ounce glycerine, one-half ounce tincture of cantharides, one-half ounce ammonia. Mix all of one kind.

Apply to the roots of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp.

The best way to use any stain is to apply it to the roots of the hair with a small brush—a tooth brush will answer for the purpose. Then spread it evenly downward through the tresses with an ordinary hair brush.

This should not be applied more than once a week, as its frequent use in too brief an interval would, sooner or later, have a pernicious effect upon the scalp.

Mrs. 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.

The Vaucaire Tonic

A CAREFUL READER—I cannot tell how long it will be before the effects of the Vaucaire tonic will be noticed, for all cases differ. The result, however, depends entirely upon the condition of the individual taking the medicine. Here is the formula: Liquid extract of galega (goatsrue), three fluid drams; lacto-phosphate of lime, 154 grains; tincture of fennel, ten grains; simple syrup, thirteen and one-half ounces. The dose is two spoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

Face Burns

E. H.—Probably the reason your face burns so much is that you do not care for it properly. If you find that soap does not agree with your skin, in its stead use a good cleansing cream. It is not advisable to expose the face to the air immediately after washing it, for such exposure will make the skin rough and cause it to burn. If you bathe your face at night with buttermilk it will relieve the burning sensation.

Nose Too Large

PERSEVERANCE—The only way you may be able to reduce the "bump" which you say is on the end of your nose is to massage it downward—that is, rubbing from the bridge of the nose toward the end. I would not advise you to wear the instrument you mention, for in compressing the artery it will interfere with the circulation of the blood, and thus cause a more serious condition than a "bump" nose.

Quinine Hair Tonic

S. W.—To prevent the hair from falling out apply the following tonic: Sulphate of quinine, one dram; rose-water, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, four ounces; mix, then further add: Glycerine, one-fourth ounce; essence of rosyale or essence musk, five or six minims. Agitate until solution is complete. Apply to the roots every day. The yolk of an egg cleans the hair thoroughly and causes the hair to grow. Only the scalp should be rubbed with the yolk, and the head rinsed in hot water. The beaten whites of eggs are also good for cleansing the hair. Rub the scalp and rinse in hot water.

Irritated Throat

MINTA—Whenever the throat becomes irritated a gargle of salt water is most excellent. For scant eyebrows mix the following thoroughly and apply with a tiny toothbrush once a day until the growth is sufficiently stimulated, then wash often: Oil of lavender, fifteen drops; oil of rosemary, fifteen drops;

tincture of cantharides, two drams; vaseline, two ounces.

Lavender Foot Lotion

SORE FEET—The use of the following recipe will often ease the feet: Distilled water, one pint; bichromate of potassium, two and one-half ounces; essence of lavender, one-half dram. Brush the feet over with this lotion after the bath or when changing the hose, and be careful in applying the lotion that no space between the toes escapes. In extreme cases it may be necessary to place bits of absorbent cotton, wet with the lotion, between the toes.

Shampoo for Light Hair

"SIS"—A good shampoo is made of white castile soap, in shavings, one ounce; water, twenty-four ounces; potassium carbonate, thirty grains; borax, 120 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 thoroughly in several waters, then dry carefully.

To reduce a double chin practice the following exercise: First, 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. Second, 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.

Orris Powder for Perspiration

GEORGIA—For excessive perspiration you will find nothing better than the following mixture: Phenolic acid, three fluid drams; alcohol, five and one-half fluid drams; starch, six and one-fourth ounces; Florentine orris, five and one-half ounces; essence of violet, thirty-two minims. Dissolve the acid in the alcohol; add the violet essence, then the starch and orris root. This powder can be used to advantage on perspiring hands, and it is an agreeable glove powder. Here is a splendid remedy for freckles and sunburn: White wax, two ounces; olive oil, four ounces; lanolin, one ounce; white wax, one dram; spermaceti, one dram. Heat the oil, then remove the wax, and place in the oil. Leave for twenty-four hours. Strain and add the cucumbers, not removing the peel, and place in the oil. Leave for twenty-four hours. If you wish to prevent freckles from appearing, under no circumstances expose your face to the fresh air until it has been well dried and lightly powdered.

Sultana Cream Make-Up

VERNA—This recipe will make a harmless rouge for the face: Sweet almond oil, four ounces; white wax (melted), 320 grains; spermaceti, 320 grains; benzoin (finely powdered), 100 grains; rice powder, 400 grains; pure carmine, fifteen grains. Blend the fats in the inside receptacle of a custard boiler; add benzoin while they are heating; the rice powder and

carmine while cooling, and the tincture last of all. Spread it on the face and neck gently and carefully, rubbing it into the skin, and avoid getting it into the eyebrows or close to the eyes. Powder with any flesh-colored powder or veloutine, applying freely with a puff; and after a little while wipe off with a bit of chamolis. This masks as effectually as a plaster of pastes and paints all slight imperfections of the skin without having the repulsively artificial look which they give. By artificial light it is imperceptible.

To Develop the Legs

ANXIOUS—Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot; and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor. Constipation is often caused from a

THE NEW HAT PRESENTS DIFFICULTIES



All for the Want of a Bandeau.

An Invisible Bandeau Would Help this Hat.

The Hat Pins Are Not Properly Located.

Heavy Hats Are Difficult to Adjust.

THERE are a few things that the average woman will not do for vanity's sake, but it is hard to think of them! She will wear a gown that is entirely too thin for the sharp breezes, yet if it is pretty, she feels no discomfort. "By the same token" she will wear a heavy velvet dress in midsummer and assure you that she is "feeling nice and cool, than, you," while all her friends are cooking in their lawn frocks. These idiosyncrasies may always be set down to the fact that the gown in question is handsome. There is a woman who owns a Paquin gown, the skirt of which weighs fifteen pounds, and, as it is empire, the whole weight falls

on the neck of the proud woman. Does she mind? Not at all. The dress is her very best, and, to have the pleasure of exhibiting it, she is quite willing to choke almost to death. This same queer outlook fair woman applies to the hat. Here will be a sweet young girl with a pained and worried expression in her face, though her friends assure you that she is perfectly happy. Put her discontented lines down to her hat. It probably is too heavy on one side and the unfortunate wearer feels that her head is being pulled from her shoulders. This is not the fault of her hat, but of her ignorance. If she would only place the hat squarely in the middle of her head, or, if she would

fasten a bandeau to the other side, her comfort would be unassailed with no discredit to the dictates of fashion. Another girl over there has a heavy rose hanging far to the left, while on her face she wears a set angle such as martyrs must have turned toward their captors years ago. If she would pin the hat more flatly on her head, her face would have repose and her eyes might lose that look of weariness. She, too, is ignorant. It would not hurt the appearance of the hat to have it made to fit or to learn how to wear it. A third girl has her head bent forward, while she peers from under the brim of her hat. This is extremely injurious to the eyes, and a hat so

badly worn will surely be the cause of many headaches. The "merry widow" sailor is a style the pinning on of which is a fine art. A hat piled high with many flowers looks as though it were quite upsetting the equilibrium of the unfortunate wearer. That is because she does not know where to place the pins. Why is it that women in their effort to keep at the height of the fashion so often lose sight of essentials? Why do they not understand that the most perfect colors in the world, combined with the most beautiful shapes, will be lacking in both style and grace if not properly handled? Why will they not learn how to wear a hat once they have bought it?