

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

## The ARTISTIC USE of PERFUMES



The Hat is a Good Medium for Perfume.

IN THIS wide world there are very many women who use perfumes and sachets, but very few know the true art. It is not a question of pervading the surrounding atmosphere with waves of cloying sweetness, nor lining personal belongings with layers of sachet powder. Sachet, perfume—the words indicate a hardly perceptible fragrance of sweet, fresh flowers, but above all it must be fresh and clean. And that is where a lesson or so on the art of making and arranging sachets will not come amiss.

The women of France, who have inherited the knowledge of coquetry, know more about the arrangement of sachets than women of any other nationality, and they never place the little, sweet-smelling dainties near the skin. The bow in the hat, the hem of the dress, the girdle, the gathers of the sleeve, or the pompadour—yes, but never where the sachet may come in direct contact with the body. In this way the fragrance is kept cool and fresh—and in this way only.

Concerning the sachets themselves, most women prefer violet, but that perfume is, above all others, the hardest to keep in its original state. It is so delicate a thing that a few hours' exposure will wither the flowers, as it were, and the fragrance will become stale and unattractive.

Hellotrope, however, is a different matter, and few know that, mixed with powdered orris root, the result is almost the fragrance of the violet, and it is far more lasting. In fact, orris has a preserving effect on most sachets, and should always be mixed with them.

The sachet should be in little, white cotton bags, which will not hold too much powder. In fact, these are called "thumb bags," for they are about the size and shape of a thumb. This does not waste the powder and, when the fragrance has gone bag and all may be thrown away.

The hat is a good medium for perfume, as it is worn in the open air and is away from the natural warmth of the body.

Sometimes the hat is scented by putting some orris and hellotrope in the bottom of the hat box and covering it



A Tiny Sachet Hidden in the Heart of a Flower.

### 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.

#### To Remove Moth Patches

A. B.—Use the following preparation as directed and you will soon be rid of the unsightly blemishes: Cocoa butter, two and one-half drams; castor oil, two and one-half drams; oxide of zinc, three grains; white precipitate of mercury, one and one-half grains; essence of rose, ten drops. Apply to moth patch night and morning.

#### For Whitering the Skin

PRISCILLA—I am giving you a formula for a preparation which will improve the condition of your skin: Pure oxide of zinc, one ounce; glycerine, one dram; rosewater, four ounces; essence of rose, fifteen drops.



Mix Orris with Alh Sachet Powder.

one drop of oil of roses. Mix, and apply when necessary. To expand the chest, the chest should be beneficial. Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times.

#### To Make the Hair Curl

MARGARET M.—This preparation is proved helpful in many cases: Potassium carbonate, 120 grains; ammonia water, one fluid dram; alcohol, twelve fluid drams; rosewater, enough to make sixteen fluid ounces. In using, moisten the hair, adjust it loosely, and it will curl upon drying.

#### To Restore the Natural Color of the Hair

FANNY—The following is an excellent formula: Sugar of lead, one-half ounce; iodo sulphur, one-half ounce; essence of bergamot, one-half ounce; alcohol, one-half gill; glycerine, one ounce; tincture of cantharides, one-half ounce; ammonia, one-half ounce. Mix all in one pint of soft water. 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 toothbrush will answer for the purpose. Then spread it evenly downward through the tresses with an ordinary hairbrush. This should not be applied more than once a week, as its frequent use at too brief an interval would, sooner or later, have a pernicious effect upon the scalp.

#### For Sunburn

T. R. F.—The brown or sunburn may be removed by the following lotion, which will restore the skin to its natural color: Bichloride of mercury in coarse powder, eight grains; witch hazel, two ounces; rosewater, two ounces. Agitate until a solution is obtained. Mop over the affected parts. Keep the preparation out of the way of ignorant persons and children.

Very often, when one has a cold, the eyes feel hot and are red and inflamed. The best way to effect a cure is to bathe the eyes frequently with a solution of boracic acid and water. If the eyes do not feel improved after your cold disappears, it would be well to consult an oculist.

#### Sore Ear

O.—Your request is one which we are not capable of granting, as it is a treatment which only a physician should prescribe. Ask your doctor whom you have consulted for "the simple remedy," and doubtless you can apply it yourself with benefit.



A Sachet Bag of Silk the Same Color as the Hair.

with tissue paper. Sometimes a little thumb bag may be tucked between the folds of the ribbon; sometimes a still smaller one may be hidden in the heart of a flower. All of these ways are good, but the hat sachet may be stronger than the sachet to be worn indoors, as the air will soon dissipate the sweetness. A good way to wear a sachet, too, is in the pompadour. The bag should be very small and of silk the same color as the hair, and it should not be placed too close to the scalp. The false hair, too, might be kept in a perfumed bag, but it should always first be aired well.

One might air the curls, puffs and rats all night and then tuck them into a strongly scented bag for an hour before wearing. The puffs, etc., that are not being worn—those that are resting—should be kept in the air until they are fresh and nice, then they may be tucked into a bag. If they are to "rest" long the bag should be but delicately scented. Lavender is really the freshest and cleanest of sachets, and it is without parallel, to place with lingerie and linen, while if lavender is adopted as a personal perfume it is far less tiresome and not so pungent.



Keep Sachet Powder in the Hat Box.

enough of the rosewater to cover it; then add the glycerine; next, the remainder of the rosewater.

Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked.

#### Massage Cream for the Bust

R. E. M.—Persistent use of the massage cream will develop the bust in a few months' time. Formula: Lanolin, five ounces; spermaceti, one-half ounce; mutton tallow (freshly tried), four ounces; cocconut oil, four ounces; oil of sweet almonds, four ounces; tincture of benzoin, one dram; oil of neroli, twenty drops.

#### Treatment for Obstinate Freckles

OLIVIA—(Recommended by Erasmus Wilson, and, though excellent in obstinate cases, does not suit all complexions equally well.) Elder-flower ointment, one ounce; sulphate of zinc, twenty grains.

at night. In the morning wash the entire face with soap and soft water, and afterward apply a lotion thus composed: Infusion of rose, one-half pint; citric acid, thirty grains.

All local discolorations, Dr. Wilson affirms, will disappear under this treatment; or, if this freckles do not yield, they will at least be greatly ameliorated.

#### Bleach for the Face

HOPEFUL—An excellent bleach is made of the following: Expressed juice of cucumbers, one-half pint; deodorized alcohol, one and one-half ounces; sweet almond oil, three and one-half ounces; shaving cream, one dram; blanched almonds, one and three-quarter drams.

#### To Whiten the Hands

L. O.—To make the hands white use the following: One hundred grains of lanolin, twenty-five grains of paraffina (liquid), ten drops of extract of vanilla.

## GRACEFULLY EATING UNGRACEFUL THINGS



Cut Away the Tips with a Fork.

GRACEFULLY eating ungraceful things—in other words, avoiding the pitfalls lying in wait for the inexperienced—recalls to mind the story of the Englishman who at one of his first dinners in this country was served with corn on the cob, a distinctly American dish. He ate it, however, regardless of grace and liked it, too, for when he had finished "his ear," he called: "Waiter, here, take my stick and get more beans on it." There are a great many ways of eating corn, but, in spite of the fact, there are many particular people who eat that vegetable, spaghetti, asparagus and oranges only in the privacy of their own rooms. In fact, they have been described as those things one should eat only in the bath tub. But there is a right way to handle each.



Spaghetti should Be Wound on a Fork.

At least in half and, if possible, in three pieces. It is then light to handle, and it must always be held in one hand—never in both—just as one would not think of grasping a sandwich or a piece of bread in both hands as though, unless firmly held, it might escape! Asparagus is a different matter entirely, and the best way to eat it is to first cut off the ends with a fork, eat them and then pick up the stalk with thumb and forefinger and eat that, though without throwing back the head in the manner of a sword swallower. By first cutting away the tips with the fork, the asparagus is rendered short enough to handle gracefully and comfortably.



Hold Always in One Hand.

Fried chicken seems to give many people trouble, for it is difficult to handle, though a really expert person finds no difficulty in using the ordinary knife and fork. However, there are a few people who love to "pick a bone," and it is a habit that may be indulged in—provided it is gracefully done. Always



Some People Love to Pick a Bone.

cut the wing, or whatever portion of the chicken is to be picked, so that it is quite small and then use only one hand during the operation. This last is a matter of great importance, unless one yearns to look like a dog. Spaghetti is obvious, but it can never be properly handled, save by an Italian, who seems to possess an hereditary art



Pick Up the Stalk with the Fingers.

In eating it. Theoretically, it should be wound on the fork by first placing the point of the letter in the middle of the plate and turning it round and round. This is the proper way, but it is even more difficult than it sounds. In fact, if one has not taken lessons from an Italian, it is impossible. So, the uninitiated sometimes use a spoon as a sort of

guard while they wind. The art stamps them as mere amateurs, but it is an assistance in acquiring food when one is very hungry and the first course is spaghetti! Some, who are neither Italians nor amateurs, are able by perseverance to separate the long strands of dough and eat them, more or less "like a lady," but this takes long practice in private. Oranges may be eaten in many ways. Some methods make the lips sore, while others spill all the juice, and still others ruin the costume of the eater. But there is one way sure to do the least harm, and that is to cut the orange in half and dig out the little cells with a spoon. When this is done, only a sugar bowl will be necessary to restore the customary neatness of appearance. When other methods are employed, a skin specialist, a hairdresser and a cleaner must all be brought in to repair the damage.