

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

## FIRST AIDS TO LITTLE PATRIOTS



mixed together in equal parts—olive oil is the most convenient to use—and nothing is equal to this in the treatment of burns.

The Fourth of July game is less hazardous if the small people wear goggles; this, of course, qualifies the fun, but goggles for a day is better than impaired eyesight for a lifetime.

It is a question whether or not children would be just as happy if some safer form of celebration were introduced.

Great efforts are being made to effect a change in our mode of patriotic demonstration, and it is interesting to note results.

**T**O WRITE an article upon the cautious celebration of the Fourth of July might seem like quenching patriotism in the future heroes of our nation, still, the precautions, in many cases, may prove a means of preserving prospective heroes and, in this light, should be accepted as encouragement.

Fourth of July and the small boy have ever afforded subject for the cartoonist, who nearly always points to the "old gray dawn of the morning after." A gruesome brace of pictures shows in one the small boy presiding with confidence over the firecracker; in the next the blinds are bowed and a streamer is pending from the door—a picture, surely, which points a moral and offers a timely warning. Each year there is a stronger protest against the noisy celebration of the Fourth of July, and one must acknowledge the strength of the arguments put forth when confronted with the Fourth of July casualties. To one who takes the trouble to investigate, it is an overwhelming surprise—the loss of life and limb. The common injuries include loss of sight, loss of an eye, of a leg, an arm, hands and fingers.

Blank cartridges are responsible for many a case of lockjaw. The explosion of a cartridge frequently causes a wound which results in lockjaw, because powder and other bits of foreign matter are thereby embedded in the burned tissue, creating a condition favorable to the development of the lockjaw germ. It is wise to procure medical advice in the case of such an injury, and that at once.

Parents who allow their children to play with fire should be prepared for accidents, and should have ready simple remedies that there may be no delay in treating the burn or bruise.

One pater familias devotes one day in the year exclusively to his children—and that is the Fourth of July.

"From early dawn to dewy eve" he is stationed upon the front lawn—in the midst of his four boys and two girls—ready to enter into all the fun and, at the same time, to prevent careless handling of the fireworks; ready to render "first aids" should the occasion require it.

### Mrs. Symes' Advice to Correspondents

**W**ING 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 enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

**To Develop the Legs**  
**ANXIOUS**—To strengthen and develop the muscles of the lower limbs practice the following exercise: 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.

**Walnut Stain for the Hair**  
**WIDOW**—The walnut stain is made from unripe walnut shells, gathered at the end of the summer. When the fruit is ready for picking, take four ounces of walnut skins, beaten to a pulp, to which add sixteen ounces of pure alcohol. Then apply to the hair. The fleshy covering of the ripe nuts, which is thrown away when the fruit is prepared for eating, also furnishes the dye.

**Jaborandi Tonic**  
**FRANK M.**—The jaborandi tonic, if

used persistently, will stimulate the growth of the hair: Quinine sulphate, twenty grains; tincture of cantharides, two fluid ounces; fluid extract of jaborandi, two fluid ounces; glycerine, two ounces; bay rum, six fluid ounces; rosewater, sixteen fluid ounces. The quinine should be dissolved in the alcohol liquids by warming slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

**Eyebrow and Eyelash Grower**  
**MARIE**—The following recipe for eyebrow and eyelash grower will do much to darken them: Two ounces of vaseline, one-eighth ounce of tincture of cantharides, fifteen drops of oil of lavender, fifteen drops of oil of rosemary. Mix thoroughly and apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often. When applying the oil to the eyelashes take care that none of it gets into the eyes, for it will inflame them if it does.

To make the lips red use this excellent salve, for which I give the recipe: Spermaceti ointment, one ounce; balsam of peru, fifteen grains; alkanet root, fifteen grains; oil of cloves, five drops. Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool,

stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

**Hair Wash**  
**V. L.**—Here is the recipe to which you refer: Alcohol, two ounces; green tea, two ounces; garden sage (dried), two ounces.

After straining, keep tightly corked to prevent evaporation.

This recipe will make a very good skin rouge: Rosinilla, seventy-seven grains; white wax, one and three-fourths ounces; spermaceti, fifty grains; white petrolatum, 280 grains; alcohol, one-half fluid dram. Perfume to suit.

Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

**Fencing**  
**TOWN READER**—If you will send me a self-addressed stamped envelope I will send you the fencing exercises. It is impossible to reprint them at this time.

Here is the treatment for bunions: Get a bunion plaster of the druggist and nick with the scissors around the inside circle of opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape.



A safe way to play with firecrackers

It will greatly relieve the pressure of the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

To make the henna hair stain, 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.

**Concerning the Teeth**  
**MRS. S.**—Some persons use salt alone to cleanse the teeth and meet with good results; they brush the teeth with it and afterward rinse with warm water. Their teeth are very white and the gums hard. However, I am afraid this treatment would not suit every one, and if you do not care to use tooth powders and the salt does not prove agreeable, you may use a good brand of soap without any fear of its injuring the teeth.

**Violet Sachet Powder**  
**TRIXY**—Here is a recipe which will make up into a very pleasant powder: Powdered orris, one ounce; powdered bergamot, peel, one-fourth ounce; powdered acacia, one-fourth ounce; musk, twenty grains. Mix thoroughly. Bottle for ten days, when it is ready for use.

**Cure for Bald Spots**  
**WORRIED**—Where the hair falls out in spots try the following wash: Distilled rosewater, six ounces; aromatic vinegar, five drams; pure glycerine, two and one-half ounces; tincture of yonicia, one-half ounce; tincture cantharides, two and one-half ounces. Mix thoroughly. Apply night and morning.

Another very efficient remedy for bald spots is made as follows: Sallie acid, ten grains; resorcin, eight grains; phenol, five drops; lanolin (or vaseline), one ounce. Rub into the part night and morning.



A dangerous way to light firecrackers.

**Quinine Hair Tonic**  
**FANNY**—If you cannot afford a course of head massage, give yourself one-half hour treatments every night. Press the fingers well into the scalp, being sure to massage the front, back and sides of the scalp thoroughly. Then rub the quinine tonic into the hair. This will not affect the color of your hair: Sulphate of quinine, one dram; rosewater, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, two ounces.

**To Prevent Bunions and Corns**  
**CLERK**—Bunions and corns are due to improperly fitting shoes. Have the shoes and stockings a trifle too long for the feet, so as to relieve the pressure on the toes. Soak the feet night and morning; wipe dry and rub with a mixture of one tablespoonful spirits of turpentine and lard (equal parts) or turpentine and sweet oil (one to three parts) until the soreness subsides. Dust between the toes with talcum powder and place a little cotton between the toes, so as to absorb any moisture.

**Loion for Dry Scalp**  
**VILLAGE**—Apply this loion to your scalp once a day: Glycerine, one ounce; eau de cologne, one-fourth 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 julep, one-half pint, and again mix well and use. A few drops of essence of musk or other perfume can be added.

Henna is a vegetable stain, quite harmless and producing an attractive reddish tint to the hair. For home use it will be found much safer than anything else. Shampoo the hair and dry and apply the henna stain.

**Tender Feet**  
**AGENT**—Wash the feet in cold water night and morning, rubbing dry with a rough towel, after which mop on the

following solution: Salicylic acid, one-half ounce; alcohol, four ounces.

This is not only refreshing, but will often prevent disagreeable perspiration.

The condition of your hair is very bad, and you must give most careful attention to restoring its health. The following recipe is a very good hair grower: Bay rum, seven ounces; distilled witch hazel, nine ounces; common salt, one dram; hydrochloric acid (5 per cent.), one drop; magnesia, sufficient.

**Peroxide of Hydrogen**  
**DISTRACTED**—I do not know of anything that will undo the work of peroxide of hydrogen on the hair. The case is more distressing if the bleach has been applied by an amateur, for only an expert can put it on evenly. If you are unwilling to wait until the hair grows in, so that you will again have its natural color, you might try this brown stain: Green walnut skins, two ounces; alum, one-fourth ounce; pure oil, four ounces.

Heat together 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.

**Superfluous Hair**  
**SUBSCRIBER**—For superfluous hair I would advise you to try any of the following depilatories, which usually prove very effective. I cannot assure their permanence, however, for the only way such a result can be secured is by the electrolysis treatment, but this is very expensive.

Here are the formulas:

A good depilatory is made as follows: Sulphide of soda, 100 grains; slaked 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 when it is mixed with the chalk. Enough water should be afterward added to make a thin paste. Sulphide of strontium also makes an efficient depilatory. It is made as follows: Sulphide of strontium, two drams; oxide of zinc, three drams; powdered starch, three drams.

## THE COMPLETE MEDICINE CABINET.

A cabinet of porcelain with glass shelves.

Bottle with groove in neck and stopper.

Atomizers for throat and nose.

Measuring glass and dropper.

IN THIS day, when germs are a recognized factor in the household, many new appliances have been invented for the protection of mankind. The new medicine cabinet is one of the most useful and desirable of the novelties. It is made of white porcelain with glass shelves, so that it may be frequently wiped outside and in with a disinfectant solution. It is arranged in four compartments—one for medicine and prescriptions, one for external remedies, a small one for a bottle of disinfectant and a lower shelf for powder, pills and creams. Dividing the bottles and placing them separately greatly decreases the possibility of spreading the wrong medicine and drinking a poison instead of some harmless drug. The porcelain cannot become permanently soiled, and if any bottle is accidentally broken, the result of the mishap may be instantly cleaned away; whereas, with a wooden shelf the perhaps unpleasant mixture would sink into the wood, rendering the medicine chest obnoxious.

Concerning stock to be kept on hand, there are many opinions, but almost every one agrees that there should always be some harmless disinfectant for both household and personal use, some calomel, quinine, nargoric, bicarbonate of soda, aromatic spirits of ammonia, ipecac, colloidion, talcum powder, vaseline and tooth powder. Peroxide disinfects and heals, while carbolic acid is good for household disinfecting.

Equipped with these, there will be small likelihood of lacking an instant remedy, for ipecac is the first aid for croup, soda for indigestion, aromatic spirits of ammonia for faintness, while any further medicines may be given by the doctor's orders.

Nux vomica, strychnine and other poisons are medicines frequently advised for a tonal effect, and they are now sold in a new sort of bottle, for all must be carefully measured before being taken. The little receptacle has a glass stopper, with a small groove halfway down on one side, while the neck of the bottle has a groove halfway up. When the stopper is turned so that the two grooves do not meet, the bottle is airtight, but when the grooves coincide, the bottle may be tipped in the usual way for pouring, and the medicine will appear drop by drop. It is needless to explain the great convenience of this new invention, for every one knows how hard it is to find the usual dropper when it is wanted, how difficult it is to keep it clean, and how unsatisfactory it is to use.

Other novelties have also been put on the market, each designed to keep the medicine germ proof. To this end all important drugs are put into glass-stoppered bottles, for cork sometimes becomes dusty. A new glass affair has been made for the purpose of inhalation to cure nasal ills. Medicine glasses, too, are more carefully and fully marked in this day, and many ingenious appliances have been made in the shape of night cloaks, night shoes and covers for glasses in the sickroom.