

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## HOW TO AVOID SUNBURN and FRECKLES



*Powder is the Finishing Touch Before Going Out.*

SEVERAL years ago Newport, with characteristic peculiarity, decided that the much abused sun was too hard on the complexion, so the fair ladies of the resort sat down to discuss a way to avoid the complexion-destroying rays without bandaging eyes and all.

At last a diminutive little sportswoman of the South suggested that a very thick chiffon veil, tied around the face in the style sacred to burglars and Moorish women, would amply protect the complexion, while the forehead would be shaded by the hat. The idea was loudly applauded and enthusiastically adopted. All the summer maidens in the vicinity began to bind their faces with opaque materials, and, although they saved themselves the annoyance of freckles and sunburn, they also excluded all good, fresh air from their lungs and lost that rosy-bud look that is so much sought after by young and old.

There were other ways of arriving at the same result had they but known it, but perhaps that summer's experience taught them in the end.

Summer is a time made for the brunettes, who only become attractively tanned. Blondes and auburn-haired maidens stand little chance when the sun's rays shine down upon the world with summer strength. But if they take the trouble, perhaps they may avoid some of the season's effects on the complexion, and, if they follow the directions given, the result will surely be satisfactory.

In the first place, it is only the fineness and delicacy of the skin that makes the heat so fatal to blonde and auburn beauties. So if a little alcohol is patted

on the skin regularly for a time and later after exposure to the sun—it will have a hardening effect. The alcohol must be diluted so that it does not irritate. Do not rub with the alcohol; lightly touch the face with it. It need only affect the outer skin, so any friction is unnecessary.

Buttermilk is an excellent antidote for sunburn, too. Bathe the face in this fluid frequently, and the complexion will remain clear and soft.

Cold cream should always be massaged into the skin to remove the lines and wrinkles caused by squinting, and this should be done by a rotary motion with the very tips of the fingers. Massage wrongly done is more harmful than no massage at all.

After the cream massage, always be sure to remove from the surface any cream which may remain. It not only

spoils the appearance, but collects the dust and dirt of the highway. Last of all, powder should be applied before going out. It forms a sort of cover for the skin, intercepting heat and offering a protection against dust.

Freckles may usually be avoided by following out these directions, but if precaution has been neglected, treat the freckles with this very good cream, made of one ounce (avoirdupois) each of petrolatum and lanolin (anhydrous) one fluid ounce of peroxide of hydrogen and one fluid dram of acetic acid. This cream may be put on the face at night and removed in the morning.

A little healthy tan on the face is not really an affliction, but too much is unbecoming, particularly in the evening.

Water before applying and dry carefully. Shake well. If the glycerine is heated it will increase the solubility of the preparation.

Mix thoroughly, add fifteen grains of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

When annoyed with perspiring hands this recipe for a lotion will prove valuable: Boric acid, eighty grains; borax, 120 grains; salicylic acid, 150 grains; glycerine, two ounces.

Rub on the hands four or five times a day. Wash the hands in warm



*Rotary Motion Up and Out with the Very Tips of the Fingers.*



*Carefully Wipe All Creams from the Eyelids.*



*The Buttermilk Bath for Sunburn.*

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.

**Lotion for Oily, Damp Hair**  
KATE—For greasy, moist hair the following is an excellent drying lotion. If used daily, it tends to produce a crispy condition: Bicarbonate of soda, powdered, one-fourth ounce; borate of soda, powdered, one-quarter ounce; eau de cologne, one fluid ounce; alcohol, two fluid ounces; distilled water, sixteen fluid ounces. Mix and agitate until solution is complete.

**Lotion for Premature Wrinkles**  
MOTHER—You will find this recipe for a lotion very good for removing all traces of wrinkles: Alum, powdered, seventy grains; almond milk (thick), one and one-half ounces; rosewater, six ounces. Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

**To Whiten the Neck**  
SUSCRIBER—Wash the neck and face with warm water to remove all dust and dirt. Then rub the neck with equal parts of pure cream and lemon juice. The cream does away with scragginess and feeds the skin, while the lemon juice whitens it.

**Poor Blood**  
HOPEFUL—To improve the condition of your skin I would advise you first to get a good tonic for your blood and take it regularly. Taking a dose one day and not taking any for the next two or three days will do you no good whatever. Along with the internal treatment it will be helpful to try some external means to get rid of the blemishes. Bathe the face in hot water, then steam it over a basin of boiling water. After drying the skin apply a good cream. The following recipe will make up into a splendid face cream: White

wax, two ounces; spermaceti, two ounces; sweet almond oil, twelve ounces; distilled water, two ounces; glycerine, two ounces; salicylic acid, ninety grains.

**Chest Weights**  
SKINNY—Chest weights are used to develop the muscles and increase the size of the chest. They are weights on pulleys which are fastened either to the floor or wall, and as the strength increases the weights are made heavier. They may be purchased at the athletic department of any store.

**To Cure Double Chin**  
X. Y. X.—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 any discomfort.

**Troubled With Dandruff**  
D. Z.—A little vaseline rubbed well into the roots of the hair will soften the dandruff so that it will brush out easily. Don't attempt to comb it out, as this will only irritate the scalp and increase the dandruff. This dandruff remedy will prove helpful: Moisten the scalp with olive oil. When crusts are soft, wash scalp with tincture of green soap. Rinse thoroughly and apply almond oil to the scalp. Rub in with fingertips and then use the following lotion daily: Ammonia muriate, ten grains; glycerine, one ounce; rosewater, five ounces. Rub the bristles into the scalp. At the end of ten days shampoo.

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

**For Oily Skin**  
F. D.—Banish all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with diluted alcohol (25 per cent. strength) is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

**Solution to Keep the Hair Curled**  
MARY J. H.—The following recipe for a hair-curving lotion may be helpful: Gum arabic, one ounce; good moist sugar, one-half ounce; pure hot water, three-quarters pint; alcohol, two fluid ounces; bichloride of mercury, six grains; saf. 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.

**Tonic for Falling Hair**  
A. P. M.—The following recipe for hair tonic will increase the growth of your hair, if you use it persistently: One-half dram of phenol, seven and a half grains tincture cinchona, one-half dram tincture cantharides, four ounces cologne, and two ounces sweet almond oil. Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

This is a preparation which has been helpful to many persons troubled with dandruff. One ounce of tincture of cantharides, one dram liquid ammonia, one-

half ounce glycerine, one-half ounce oil of thyme, and one-half dram rosemary oil. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

**Tea Hair Tonic**  
READER—Here is a recipe for a tonic which will darken the hair somewhat: 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.

**To Sweeten the Breath**  
ALICE R.—For a bad breath hold listerine and water in the mouth as long as possible. Gargle with listerine after meals.

When troubled with an offensive breath extra care should be taken of the teeth. This recipe makes a very good tooth powder, which should be used after each meal: Four ounces of precipitated chalk, eight ounces powdered orris root and one ounce powdered camphor. Triturate the camphor in a mortar, moistening it with a very little alcohol. Add other ingredients. Mix thoroughly, and sift through a fine bolting cloth.

**Orange-Flower Skin Food**  
QUEEN—Here is the recipe for the orange-flower cream. This cream is excellent for improving the condition of the skin, making it smooth and clear: Oil of sweet almonds, four ounces; white wax, six drams; spermaceti, six drams; borax, two drams; glycerine, one and one-half ounces; orange-flower water, two ounces; oil of neroli, fifteen drops; oil of bigarade (orange skin), fifteen drops; oil of petit grain, fifteen drops.

Melt the first three ingredients add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour slowly into the blended fats, stirring continuously.

**To Polish Finger Nails**  
Mrs. W. I. F.—The best way to polish the nails is to put a little powder in the palm of your hand and rub the nails briskly. This gives the nails a pretty pink flush. Try this recipe for

nail powder: Talcum powder, one-half ounce; pumice stone, pulverized, two ounces.

three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

**To Fatten the Cheeks**  
TOOTSIE—To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making

**Lotion for Blackheads**  
ANXIOUS—To make the lotion, mix the following ingredients: Pure brandy, three ounces; cologne, one ounce; liquor potassa, one-half ounce. Apply at night, after washing the face thoroughly with soap and water.

A lotion, made from the following recipe will improve the appearance of a red nose: Powdered calamine, one dram;

**Clip Off the Tips of the Fingers.**



*Lemon Whitens the Hands.*



*Oatmeal Softens the Hands.*



*Oatmeal Softens the Hands.*

THE hands have often been called the index of character, as the eyes are known as the windows of the soul, so surely such important members are well worth care. They need care, too, particularly in summer

time, when they are so seldom covered with gloves and when the sun has ample opportunity to mar their whiteness with tan and freckles.

Ideal hands are pink, not dead blue-white, but pinky white; they are not too soft—at least, not soft enough to lack character. The nails are mani-

cured, and at all times of the year, perfect hands are neither too hot nor too cold.

Of course, such wonderful hands are quite the exception, but every woman can do a little toward keeping them in condition. Freckling hands are, for instance, far from desirable and a good remedy is to wash them in a solution

of tincture of belladonna one-half ounce, cologne water three ounces. This mixture should be kept at hand and always rubbed well into the skin after the hands are washed in hot water. As belladonna is a poison, the solution

should be kept out of reach of children and the bottle should be labeled.

The hands in summer are very likely to become tanned and freckled, and both of these defects should be remedied at once. For this purpose it is always well to have a half lemon on the washstand so that the juice may be rubbed into the hands every time they are washed. This serves to keep the hands white and attractive.

Hard and callous hands should be washed in oatmeal water made by dipping little cheesecloth bags of oatmeal into the basin, or they may be washed in a paste made of ray oatmeal and warm water.

Gloves, too, are sometimes worn at night to soften and whiten the hands, and the gloves are prepared for use by ripping them open and spreading the inside with a paste. The ripped seam may be again sewed up. The paste is made of ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

The gloves should have the fingers cut off at the ends to allow the air to reach the hands. It is best to choose a large size.

A nice lotion for the hands is made by putting 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, and, after washing and drying the hands, rub a little of the mixture into them.

Sea bathing frequently makes finger nails brittle, but equal parts of turpentine and myrrh melted together and spread upon the nails at night will make them stronger, while that mixture may be removed with a little olive oil in the morning.

Freckles and sunburn often disfigure the wrists and arms, but there is a good remedy which may be put up in bottles and applied when convenient. Three drams of lemon juice, eleven ounces of hot water, two drams of borax, one ounce of red rose petals, dissolve all together. After twenty-four hours the whole is strained through a cloth, the clear portion is bottled and a few drops of glycerine and the quantity is ready for use.