

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## "TO TIE UP HER BONNY BROWN HAIR"



Quite on Classic Lines



"Clubbed" and Tied with a Ribbon



Appropriate Arrangement for a Young Girl



Threading Her Pompadour with Gold Ribbon

### Timely Suggestions

**Concerning the Nails**  
 TO HAVE pretty finger nails it is necessary to keep them properly manicured. The nails should be filed in a curve which follows the shape of the end of the finger.

After the nails have been filed the finger tips should be held in hot, soapy water until the cuticle is soft, when it may be easily pushed back from the nail by means of an orangewood stick. To give the nails a delicate rose tint they should be polished by applying some good ointment or powder. In the interest of pretty nails it is a good habit to rub cold cream into the cuticle every night, always rubbing the cuticle away from the nails. Another little habit is to always, when drying the hands, rub the cuticle back with the towel. These little habits help materially to keep the nails in order and greatly lighten the weekly manicuring process.

### Cleansing Cream

There are many people whose skin is so dry that a cream "wash" is often a desirable substitute for the usual one of soap and water. Here is a recipe for a cleansing cream which, I think, you will find valuable. I might add that the cream is free from all ingredients which have a tendency to promote a growth of hair. Apply the cream with the tips of the fingers—working up and out as in massage—to the face and neck; then remove with a soft towel. The recipe is: White wax, two ounces; spermaceti, two ounces; sweet almond oil, twelve ounces; distilled water, two ounces; glycerine, two ounces; salicylic acid, ninety grains.

### A Simple Wash for the Skin

Cucumber wash is excellent for the skin at all seasons of the year, and now is the time to prepare it. 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 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. Put all together in a clean enameled saucepan and simmer (don't boil) for ten minutes. Re-strain and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use, instead of water, for spraying the face during the day. The alcohol should preserve the juice.

### Daily Baths

A daily bath is a necessity if the body is to be kept in a good, sound condition. If one's constitution will not permit of a daily plunge, the sponge bath will prove sufficient for all purposes of cleanliness and health. Whether the bath should be a cold one in the morning or a hot one at night is to be determined by the physical strength of the bather. A cold bath has a tendency to make the skin dry and harsh. To avoid this condition, some outdoor exercise should be taken soon after the bath. This will promote perspiration and the action of the oil glands, thus making the skin soft and smooth again. For nervous people, a bath in sea-water, or in water to which sea-salt has been added, will prove beneficial. The salt stimulates the heart and overcomes the exhausted feeling one so often experiences after some mental or physical strain. The hot bath has a soothing effect, and often induces sleep to one who is inclined to be wakeful and restless.

### The Cold Bath

The cold bath, be it sponge, spray or plunge, is a delight to her with whom it agrees. It is heroic treatment, and should not be tried save with caution or by the advice of a physician. If you promptly rebuke from the body, and are left warm, "all-of-a-glow" and full of strength and energy, then the bath has proved beneficial; if you feel "shivery," weak and depressed, beware—the cold bath is not for you.

### Avoid Wrinkles

Frequently wrinkles are the result of bad habits, such as repeated contracting of the eyebrows, which forms small lines—sometimes one deep one—between the brows; the lifting of the eyebrows, which results in transverse lines on the forehead. A stereotyped smile frequently impresses a heavy furrow down nose to corner of mouth, or either side of the mouth. Little lines about the mouth are usually the result of much laughing; these, as my friend, are not objectionable; good humor and gaiety being more conducive to beauty than lines are to ugliness.

### Health and Beauty Hints

**Health Don'ts**  
 DON'T eat when fatigued or overheated. Don't bathe the body for at least an hour after eating. Don't eat an excess of sugar, sweets and starchy foods. Don't eat foods that disagree with you. Don't be gloomy at mealtimes. Don't eat between meals, and eat fruit or drink a glass of water, before breakfast.

**Care of the Hair**  
 To have a head of luxuriant hair it is useful to take the utmost care of the scalp, for from an unhealthy scalp no one may expect beautiful hair to grow. An important thing to do to increase the growth of the hair is to brush it throughout its entire length; this distributes the natural oil uniformly from end to end and also removes any dust that happens to fall upon the hair during the day. The hair should never be bound up tightly for the night. If possible, it should be allowed to fall over the pillow, so that the air may circulate through it. If it is too annoying to let the hair fall in this manner, part it down the middle and plait it loosely in two braids.

The hair needs more frequent washings in summer than in cooler weather. Various are the methods of cleansing the hair, but perhaps the simplest of all shampoos is the following: Dissolve half a cake of white soap in a quart of boiling water. Let it simmer half an hour over a slow fire. Dissolve a tablespoonful of washing soda in a quart of boiling water. The two quarts mixed together complete the preparation. Five rinsings are necessary.

**Give Attention to the Teeth**  
 There is nothing that adds so much charm to a person's beauty as pearly white teeth. To insure healthy and beautiful teeth care should be given them from the time the baby teeth appear. Therefore it is important that all mothers pay strict attention to this detail until the children themselves are able to care for their teeth. Cleanliness is the only way to overcome causes which, in time, destroy the teeth. They should be brushed night and morning and, if possible, after every meal. Do not brush the teeth across, but in a vertical direction; brushing the upper teeth with a downward motion and the lower ones with an upward motion.

As chalk is the main ingredient in most toothpouders, it may be used alone. It is always wise to substitute chalk for a questionable toothpowder.

**Cleansing of Combs and Brushes**  
 In order to have healthy and beautiful hair it is necessary to have all articles for dressing the hair perfectly clean. The best way to cleanse brushes without softening the bristles is to put a teaspoonful of ammonia into a quart of water and soak the bristles of the brush in the solution (keeping the back of the brush out of water). The brush is then rinsed in fresh water and dried in the air—but not in the sun.

Combs may be cleaned in like manner, using a small brush or a coarse thread or card between the teeth.

ONE who has recently visited the opera in Paris, the birthplace of fashion, reports, "The elegantes, following closely the classic idea, have left off all flashing jewels and for adornment wear only a single string of pearls around their throats, while a ribbon binds the coiffure." It is quite a number of years since this was the fashion, but the prevailing style of coiffure affords ample opportunity for just such artistic ornamentation.

The manufacturers, quick to note the change in fashion, have made a special bodkin to thread the ribbon through the pompadour—a first aid to the accomplishment of the rather difficult feat. The ribbon used must not be too wide, nor too narrow—a standard width is impossible, for it much depends upon the size of the pompadour and the head. A purely Grecian effect may be acquired by parting the hair in front, allowing it to puff at either side and arranging a low knot at the back of the head. A wide ribbon or a gold braid brought round the front and fastened round the knot in the back gives the effect of the fillet of Ulysses' time.

Almost the same idea is shown where a soft ribbon is brought round the pompadour and finished at each side of the head in two little bows. If the hair is parted on the side, a tiny bow may start the decoration in front, whence it is carried back and finished on the right side of the Psyche knot.

When the hair is arranged in many puffs, the ribbon may extend across the back and finish at either side in a bow, while the puffs may be pinned across the ribbon here and there, so it will have the effect of being woven through the hair.

In selecting a ribbon for the hair do not let it be white. White is too startling a contrast and takes the color out of both brown and blonde hair. On rare occasions, when a complete white costume is necessary, the hair decoration may be of white tulle, but when wearing a white dress it is far better to select either gold or silver ribbon. If the gown is pink, blue or yellow, the ribbon for the coiffure may match it, but if the gown be violet or mauve, the decoration would be charming in silver gauze ribbon. When choosing ribbon for the hair, satin is better than taffeta, for the sheen of the satin is always dressy and pretty, particularly at night. Never, under any possible circumstance, wear any decoration in the hair till dressing-up time, or 6 o'clock—necessary combs and barrettes excepted. Just as evening dress is inappropriate for daytime wear, so are hair ornaments out of place in the light of day. Such things need the soft radiance of artificial light to heighten the effect and make the whole costume both suitable and desirable. This latter rule does not, of course, apply to young girls, for they, at all times, suitably wear hair ribbon, fastened at the back, either under a figure 8 or to hold a "clubbed" pigtail in place. Any more complicated arrangement should be avoided, except for dress-up occasions. The ribbon should be black or of a dark color for everyday wear.

of the skin, which should be subdued by the use of glycerine or starch. This may also be tried in case of obstinate freckles: Lactic acid, three ounces; glycerine, four ounces; rose-water, one ounce.

This is to be gently applied by means of a camel's-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

**Troubled With Acne**  
 PET—Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless thoroughly cleansed, is dangerous. The skin, also, should be carefully cleansed.

**To Expand the Chest**  
 XYZ—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. The following recipe makes a good vermifuge: Fluid extract of spigelia, five fluid ounces; fluid extract of sassafras, five fluid ounces; oil of anise, ten drops; oil of caraway, ten drops; simple syrup, eight fluid ounces.

Dose, one or more teaspoonfuls for adults, one-half teaspoonful for children, at intervals until purging commences.

**Hygienic Talcum Powder**  
 F. R. T.—This powder is very easy to make at home: Farina starch, fifty grains; powdered talcum, twenty grains; powdered lycopodium, twenty grains; salol or boric acid, ten grains; essence of violet, twenty grains.

This lotion may be used as a wash when desired: Boracic acid, one dram; distilled witch hazel, two ounces; rose-water, two ounces.

**Brown Spots on the Face**  
 MYRA—Brown spots are generally caused by liver trouble. The recipe I am giving you will fade the spots somewhat: Salicylic acid, sixty grains; bay rum, four ounces.

Label. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness.

**Tea as a Hair Stain**  
 WINNIE—The sage tea mixture is one of the simplest forms of dyes or stains. It will not harm your hair in any way. This is the recipe for the tea: Alcohol, two ounces; green tea, two ounces; garden sage (dried), two ounces. After straining, keep tightly corked to prevent evaporation.

### 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**  
 RESIDENT—I regret that it is against my rules to give the name and address of a skin specialist. I would suggest, however, that you massage each night with the recipe I am giving.

A thorough cleansing of the pores before applying the cream with a camel's-hair face brush, hot water and soap, will prevent the cream from stimulating a growth of hair. Here is the recipe: White wax, one ounce; spermaceti, one ounce; oil of almonds, one-fourth pint. Melt; very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold. This cream is particularly useful to heal sore or stretched skin.

**Cure for Bald Spots**  
 D. G.—When the hair falls out in spots try the following wash: Distilled rose-water, six ounces; aromatic vinegar, five drams; pure glycerine, two and one-half ounces; tincture nux vomica, 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: Salicylic acid, ten grains; resorcin, eight grains;



With a Wide Part the Ribbon is Tied both High and Low



Pretty Effect with Puffs and Ribbon



An Arrangement of Soft, Wide, Satin Ribbon.



A Bow on Each Side of the Psyche Knot

## SWEET LAVENDER

"And lavender—to lurk amidst the labours of her loom, And crown her kerchiefs clean with delicate rare perfume."

THE lines tell us just where lavender is appropriate and lovable. One girl has a happy inspiration, this summer, and I am going to tell you about it. She is visiting at a quaint old home where a bed of lavender thrives, and she is making the most fascinating little bags of lavender and placing them away carefully for Christmas gifts—especially to those young matrons who are glorying in the mysteries of a linen closet.

Lavender has such a faint and unobtrusive fragrance that in poetry, you see, as well as in everyday judgment, it is singled out as the appropriate perfume for household linen and lingerie.

The girl whom I have presented to you is making charming sachet bags of lavender silk, and these she covers with dotted swiss and ties with lavender ribbons; others are made of silk in the faintest of lavender shades and are left uncovered.

But the prettiest of all is the little bag of scrim upon which is worked in old-time cross-stitch a basket full of posies. This makes a quaint little gift for the newly installed matron.

To put with lingerie the lavender tied in a fair linen bag with lavender ribbon is delectable.

We read that it is profitable to raise lavender, and what more delicate occupation for a dainty lady than to tend a bed of lavender?



Bags of lavender to put with lingerie and household linen. It needs little water. In winter the plant must be protected from the cold. The cultivation of the little plant is a pleasurable pastime, for its demands are small and it responds so prettily to the slightest attention.