

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## Cool Comforts for Warm Babies



**D**URING the hot weather all babies suffer, but the amount of discomfort depends mainly upon the knowledge or ignorance of the mothers in whom they must trust.

Young mothers usually imagine that the instinct of motherhood is theirs, just as it is with animals, but that this is an erroneous opinion is shown by the fact that the infant mortality of this country is nearly 50 per cent. Every woman has a preconceived notion of how to dress her baby, but somehow she almost always goes to extremes.

One mother will swathe her infant in flannel and cover it with warmest afghans, even in midsummer. This means that prickly heat will result and that the vitality of the child will be reduced.

Another mother will take all baby's clothes off and leave it no protection from vagrant breezes, a condition which impairs the digestion and frequently causes the death of the baby.

The first rule in dressing baby is that the band shall always be left on. The band is the first little garment, usually all-wool or silk-and-wool, with low neck and no sleeves. The shirt goes over this. In really hot weather, the shirt, and even the flannel skirt, may be left off, but never the band. At the seashore, during the first and second summers, it is better not to remove the shirt. Merely cut the sleeves above the elbow.

Young babies always—or almost always—wear flannel tops to their skirts. In summer, these skirt bands may be made of double thickness of muslin, which will be neither too thin nor too thick.

Give baby plenty of exercise, and allow the limbs plenty of freedom. Jumpers are perfect garments for children of a year and older. Long clothes were never intended for summer, so, if possible, put baby into short clothes when warm weather comes.

Knit socks are too warm for summer, and with long dresses no covering for the feet is necessary. With short dresses white cotton stockings are sufficient, but do not put a newly "shortened" baby into short socks unless the climate is equable, and never at the seashore, for rheumatism will be sure to result.

Bathing is the most important factor of baby's toilet. The water should be warm, but not hot, and the temperature may be determined by the mother testing it with her elbow, which is almost as sensitive as baby's skin.

After the bath baby should be powdered, which does not mean that the child should be deluged with talcum. Only the joints, knees, arms, elbows and neck need be sprinkled.

Prickly heat and other irritation may be cured by adding a little bicarbonate of soda to the ordinary talcum powder, boracic acid powder added to the talcum is also excellent, especially for chafing.

At night the child should sleep on a pad, and there should be three on hand, so each may be well aired. As baby's bedclothes are difficult to keep in place, it is a good plan to tie



The Necessary Band



Ready for Play



Tied Up

The Daily Bath

baby into the nightgown, but it must be plenty long to allow the tiny legs to be quite free. A sheet is not necessary to use as a cover for baby; a thin blanket is almost as cool and does not become damp. In hot weather even this may be omitted. If the tied-up gown is used.

When baby's clothes are washed they should always be hung up to air and thoroughly dry for at least a day and a half after they are ironed. Freshly washed and ironed garments are never absolutely dry. Baby's clothes, too, should never be dried on the grass, for they seem to absorb some of the earth's moisture and cause eczema.

Moisten scales 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 the fingertips and then use the following lotion daily:—

Ammonia muriate, ten grains; glycerine, one ounce; rosewater, five ounces. Rub this briskly into the scalp. At the end of ten days shampoo.

one and a 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 it slowly into the blended fats, stirring continuously.

If your skin is in a very dry condition, it would be well for you not to use soap more than once a day. When you do use it, be very careful about rinsing the face so that no trace of the soap is left on the skin. Almond meal is very good for dry skin, and I would advise you to use it.

**For a Dry Skin**  
MARIANNE—The following is a recipe for a very good cream. It does not have the least tendency to create a growth of hair:

Oil of sweet almonds, four ounces; white wax, six drams; spermaceti, six drams; borax, two drams; glycerine,

**The Vaucaire Remedy**  
KATE—The Vaucaire prescription is usually a most successful aid to bust development. You will get quicker results by practicing deep breathing and giving the bust gentle massage treatment each night while using the remedy.

Here is the recipe: Fluid extract of galega, two and one-half drams; lactophosphate of lime, two and one-half drams; tincture of fennel, two and one-half ounces; simple syrup, 12 ounces. The dose is two teaspoonfuls with water before each meal.

To check your hair from falling out so rapidly, give your scalp half-hour massage treatment each evening. Also use the quinine tonic for which I am giving you the recipe: Sulphate of quinine, one dram; rosewater, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, two ounces. Mix, then further add: Glycerine, one-quarter ounce; essence royale or essence musk, five or six minims. Agitate until solution is complete. Apply to the roots every day.

**Cure for Freckles and Tan**  
BROWN EYES—Try the simple lemon and glycerine lotion for freckles and tan. Following is the recipe: Citric acid (lemon), three drams; hot water, eleven ounces; borax, two drams; red rose petals, one ounce; glycerine, one ounce. Dissolve the acid and borax in the water, infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerine. Apply as often as agreeable.

Probably the reason you get so hoarse in the evening is that you expose yourself too much to the night air. When wearing a decollete gown, be sure to carry a wrap with you, for you will

surely need it before the night is over. Hoarseness is often cured by taking the Juice of a lemon.

**Care of the Hands**  
HOUSEKEEPER—There are many ways in which you can protect the hands and there are also some preparations that you can use to make the hands smooth, soft and white. Protecting the hands from dust, always rinsing them with clear water, after having used soap on them, and wiping until perfectly dry, will do a good deal toward keeping them in good condition.

To protect the hands from dust, wear loose gloves.

To soften and whiten the hands, use glycerine and lemon. Put in a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

**Enlarged Pores**  
DOTTY—Enlarged pores, once cured, may be kept normal size if the use of the complexion brush is continued, so that it is impossible for dust to clog them up again.

This preparation is in no way harmful to the skin. Here is the recipe: One dram of boric acid, four ounces of distilled witch hazel. Apply with a piece of linen or a bit of absorbent cotton.

**Massage Cream**  
BLONDE—Here is a recipe for an excellent massage cream: Lanolin, two and one-half ounces; spermaceti, six drams; white vaseline, two and one-half ounces; coconut oil, two ounces; sweet almond oil, two ounces; tincture of benzoin, one-half dram. Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added if agreeable.

**Orris Powder for Perspiration**  
PIFFLE—You will find this recipe for a powder very good for your case: 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.

If your face is too red you should be careful about your diet. Proper exercise, too, is advisable, for excessive color is not always an indication of health.

**To Make Skin Soft and Smooth**  
MRS. E. N.—I think you will find the following recipe to your liking, for it contains none of the ingredients you mention:

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 wooden

potato masher and 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. Now put all into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Then restrain and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use for sponging the face instead of washing it during the day.

The alcohol should preserve the juice.

**For a Yellow Neck**  
LOVEY—First wash your neck in hot water and good soap, then massage with a good cream. Rub the skin with half a freshly cut lemon and massage well. Afterward wipe with a soft cloth. Repeat the treatment night and morning for a time and you will be pleased with the result.

**Cream for the Face**  
LOTTIE—If your face is very dry, use cold cream, rubbing it on at night. Your skin has not enough oil in it.

An excellent cold cream for this purpose is one made according to the following formula: White wax, one ounce; spermaceti, one ounce; oil of almonds, one-quarter pint. Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rose-water 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 sores or stretched skin.

**Cure for Parasites**  
MRS. G.—The recipe I am here giving may prove helpful to you in cleansing your little girl's head. If it is not successful, however, consult your druggist and he will give you a remedy.

Cut a cake of bichloride of mercury soap into halves, and shave one half into fine bits. Dissolve it in boiling water. You may set the mixture on a stove over a gentle heat if you choose. You should have the water form a jelly-like mixture when cold.

The following lotion may be used after a thorough washing with the foregoing preparation:

Tincture staphisagria, three ounces; bay rum, three ounces.

**To Reduce the Waist Measure**  
WORRIED—Deep breathing will help to reduce the waist measure and enlarge the bust. The stretching exercises, too, are splendid as waist depleters. Raise the arms high above the head; then, holding the knees straight, try to touch the floor with the fingertips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

is to separate the front hair into three strands, dampen it and wind each tightly as though preparing to singe it. These, in turn, are each wound in and out over the two prongs of an ordinary wire hairpin, which is then pinned back with the hair. This may be done every other night or every third night, and the coilure will always be in graceful waves at no cost whatever.

Dainty maidens when using this method, prefer to sleep in little night-caps, made of wash net, which will allow the hair to dry. The caps are made by cutting a circle of net about fourteen inches in diameter, edging it with narrow lace, and sewing a bit of ribbon leading about one inch from the outer edge. When this is run with baby ribbon and the cap is pulled up to fit the head the effect is very charming. If the cap is considered too hot for summer wear it may be worn around the room all the lights are out, then slipped off, to be replaced in the morning till the toilet is sufficiently progressed to arrange the hair for the day.

Still a third way is to prepare the strands of hair as just described, then wind each strand over a bit of ribbon, using the ribbon like an old-fashioned curli paper. Tie the ribbon in a smart little bow and it is far from unbecoming.

No way has been found to curl the back of the hair, for there is a limit to human endurance, and sleeping so long in a cap is neither comfortable nor restful. However, as low cutters are in fashion, it is not absolutely necessary to curl the hair all round.

A recipe for a hair fluid is made of 100 grains of potassium carbonate, one fluid dram of ammonia water, two or three drams of alcohol, and enough rosewater to make sixteen ounces. Moisten the hair with this preparation, adjust it loosely and it will curl upon drying.

are equally apart, and the hair must be loosened between them. As the hair dries, that is, in the spaces between the ribbons stands up and the bands keep the rest of the hair against the head, leaving a deep, full wave when they are removed.

This is not an uncomfortable method, and it will not interfere with the night's rest, as curl papers so often do. Besides, if the ribbon is fresh and attractive, the three bows at the top of the head really make a most becoming headpiece, for the first is tied about an inch back from the face and the others are an inch apart. Use one-half inch ribbon for the purpose.

Another way, though less becoming,

### Answers to Correspondents

**O**WING 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.

**For Scabby Eyebrows**  
"SHY"—The eyebrow stimulant for which I give you the formula has been successful in many cases: Cologne, two and one-half ounces; glycerine, one and one-half ounces; fluid extract of Sassafras, two ounces. Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with a brush and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minute portion of the lotion touches the eye itself.

Don't rub the eyes if they feel inflamed and as though something were in them. Put into a basin a teaspoonful of boracic acid, cover it with hot water, let it stand a few minutes until it clears and then bathe the eyes with the solution.

**Hair Needs Oil**  
F. O. R.—The recipe I am giving you will make up into a splendid lotion, which should be used every other day if good results are desired.

Glycerine, one ounce; eau de cologne, one-quarter 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 tincture, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

**Remedy for Dandruff**  
M. M. E. K.—It is necessary when troubled with dandruff to massage the scalp thoroughly. You will find the following treatment very beneficial:



Fibber Curl Paper



For a Broad Wave Effect



Arranging a Second Wave

**H**OW familiar is the feminine complaint, "My hair will not stay in curl in summer and daily marcelling is so expensive." Or, again, "Iron's burn my hair so when used every day. What can I do?"

Of course, one's hair must be in curl, but not that tight frizziness of older days, and it seems very hard to keep it looking just right. Happily, there are many ways to acquire almost the proper wavy effect without resorting

to those horrors—curl papers or curling irons. They belonged to a generation that had not ear conveniences and our ingenuity in the little ways of personal adornment and improvement.

Quite the easiest, most becoming and most inexpensive way to arrange the hair in long, deep waves is to tie it up in ribbon bands.

This is done by dampening the hair and arranging it loosely on the head. Then three bands should be tied around it so that in the front they

are equally apart, and the hair must be loosened between them. As the hair dries, that is, in the spaces between the ribbons stands up and the bands keep the rest of the hair against the head, leaving a deep, full wave when they are removed.

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### The Daily Curl

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