

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## HOW SHALL I ARRANGE MY HAIR?



Pinning the "Rat."

### 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.

#### Hair Stain

B. B.—To give the hair a brownish tint use the following recipe: Green walnut shells, nine ounces; alum, half ounce; pure oil, four ounces. Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.

#### Excessive Perspiration

ANXIOUS—You will find this recipe for powder just as beneficial as a liquid preparation: Zinc oxide, three fluid drams; alcohol, five and a half fluid drams; starch, six and a quarter ounces; boronite orris, five and a half ounces; essence of violet, thirty-two minims. Dissolve the acid in the alcohol; add the violet essence, then the starch and orris root. This powder can be used to advantage on perspiring hands, and it is an agreeable glove powder.

#### To Reduce the Flesh

READER—To overcome obesity you must keep the mind engaged and the body well exercised. Do not yield to laziness, and do not eat quantities of things you are particularly fond of, especially if they are sweet. Control your appetite as much as possible. I would not advise you to take internal medicine to reduce your weight. If you obey the above rules the result will be as satisfactory as you could desire.

#### Superfluous Hair

A READER—The following recipe makes an excellent depilatory: Sulphide of soda, 100 grains; chalk, 200 grains. Mix thoroughly and keep dry in well-corked bottle until wanted for use. Take enough to make a paste, and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin, then scrape off with a blunt knife—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

#### Green Soap Treatment for Blackheads

A SUBSCRIBER—Here is the recipe you desire: Tincture of green soap, two ounces; distilled witch hazel, two ounces. Let this mixture stay on only a few moments, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of a custard.

#### Lotion of Lavender Flowers

FAY—The lotion made by this recipe

IT IS interesting to note the evolution of fashion.

One often considers that some startling style is suddenly launched, but, in reality, it is the result of a tendency, or it is the final acceptance of a fashion which has been, perhaps, offered more than once without results.

Even in the case of the "sheath gown, which startled even Paris," there really was no reason why Paris should have been startled; the Directoire is but the evolution of the Empire and the Empire of the classic Greek, and the Empire and the Greek have been with us for a year or more.

In like manner the hat has been undergoing a change—not suddenly, but little by little.

It was not so long ago that brims

were close and short at the back; the short-back sailor is within remembrance. Then a year ago the brim widened at the back and narrowed at the front, and it was a sora temptation to turn our former season's chapeaux hind-side-before.

For the wide front hat the hair was pompadoured, and as the brim changed the hair had to keep pace. When the hat presented the "wrong-side front" appearance, the hair became slightly pompadoured in the back, but there was the barrette with its tuile-brown tints to match the hair—to fill in interstices.

This season the short front, long back and—what is more—drooping back have become accentuated, and so of necessity we "rat" our back hair and pin our puffs low. The rat has really slipped around to the back, leaving the front hair quite soft.

It has become fashionable to part the hair, and the center parting is so typically classic that, when it becomes the woman, it is the most charming mode in which to comb her tresses. But it does not suit the contour of every woman's head. In which case a side parting may be made. This is often startlingly becoming. In either case the hair is flat in front, being puffed out at the sides. The rat starts at the sides and is pinned across the back; then the waved hair is gathered in and coiled or puffed quite low.

A hair dresser will tell you that a

Hair and Hat in Harmony.



"three-quarter" hair arrangement is the present vogue and that the Psyche knot is the thing. In reality the Psyche knot has superseded the "strings" of small puffs which, though in perfect conformity to the dictate of fashion, could never be honestly termed artistic. Three large puffs are frequently arranged to resemble a Psyche knot; this is a fair way to handle puffs.

Many have been the predictions that the wave is going out of fashion. This is a summer cry, for, when "far from the madding crowd" of hair-dressers, how, in the name of expediency, shall my lady secure her "undulation marcel"?

Many are the contrivances for the home curling of the hair—curling without irons. Ribbons and kids and hair-pins and leads are all called into requisition. This would indicate that the curl is still desirable. Then, too, sea breezes wage war against artificial waves, and this is frequently a discouragement against curling efforts. When, however, in autumn we hie us back to town, I do not fancy that the hair-dresser will close her doors because of the passing of the wave.

The small, tight, precise "marcel" arranged in wig-like style, has happily passed and the popular wave is large and loose and soft and akin to nature's endowment—when nature is kind.

spoonful of borax and one teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair rub well into the scalp and rinse in several clear waters, using a bath spray if you have one.

#### For a Red Nose

ASHAMED—Try the following formula for your trouble. It is excellent if the cause is external only. If, however, it is produced by indigestion, as is often the case, an internal remedy will be needed.

Powdered, camellia, one dram; 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.

Here is a recipe which will make a very good corn cure: Salicylic acid, one dram; colloidion, one-half ounce. Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

#### To Reduce Hips and Waist Measures

READER—The very best exercise for reducing hips and waist is walking. Be careful not to overdo it at first if you are not accustomed to long walks. Start out by walking one mile and increase gradually till five miles can be covered without the least fatigue. Indoor gymnastics, too, are helpful when one is debarrated from open-air exercise.

Deep breathing will help to reduce the waist measure and enlarge the bust. The stretching exercises, too, are splendid as waist depilers: Raise the arms high above the head; then, holding knees straight, try to touch the floor with the finger tips. Stand erect, place hands on hips, bend from waist as far as possible to the right; then to the left.

Hip-circling can be done with good results in the way of decreasing the size if the principle of resistance is employed, taking standing position, hands on hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and resist.

#### Sultana Cream Make-Up

ANXIOUS—This recipe makes up into a very nice rouge: Sweet almonds, oil, four ounces; white wax, melted, 330 grains; spermaceti, 220 grains; benzoin (finely powdered), 100 grains; rice powder, 250 grains; pure carmine, fifteen grains. Melt the white wax and spermaceti together in a water bath, with gentle heat, and then add the oil of sweet almonds. Incorporate the finely powdered benzoin in a cheesecloth bag and immerse in the foregoing mixture. This should be kept warm for almost twelve hours, when the carmine will be mostly dissolved. Then add the rice powder and beat until firm. It is extremely important that the carmine be very finely powdered before adding.

#### Tooth Powder

IRENE—The following is the recipe for an excellent tooth powder which may easily be prepared: Precipitated chalk, four ounces; powdered orris root, eight ounces; powdered camphor, one ounce.

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.

#### Massaging the Bust

ETHEL—I will give you a formula for a good massage cream for developing the bust. Bathing first with warm water opens the pores, so that the cream is more easily absorbed. Use the tips of the fingers and make an upward rotation when giving the massage, which should be daily.

Formula: Lanolin, five ounces; spermaceti, one-half ounce; mutton tallow (freshly tried), four ounces; coconut oil, four ounces; oil of sweet almonds, four ounces; tincture of benzoin, one dram; oil of neroli, twenty drops. Mix as you would any cream of the sort.

#### Toilet Powder

COUNTRY—The following ingredients mixed together make a good toilet powder: Starch powder, one-half pound; powdered orris root, one ounce; oil of rose, three drops. Crush free from lumps. Add the perfume a drop at a time.



The Puff at the Back.

has been liked by all who have used it. Add the lotion to the water when bathing: Rectified spirits of wine, two ounces; spirits of ammonia, two drams; oil of lavender, one-half dram. Mix liquids together. Bottle and shake.

#### For Moist Hands

R. Y. S.—A remedy for moist hands is to rub them several times a day with the following mixture: Tincture belladonna, one-half ounce; cologne water, three ounces. Mix. Use the liquid whenever you choose during the day, and always after first washing the hands in hot water and drying them thoroughly and quickly. Rub the lotion well into the skin. Keep the mixture out of the way of ignorant persons and children.

#### Enlarged Pores

RAY—It will take quite a time to cure enlarged pores. The first thing to do is to use a face brush, water and good soap. The use of these will



Simply Parted.

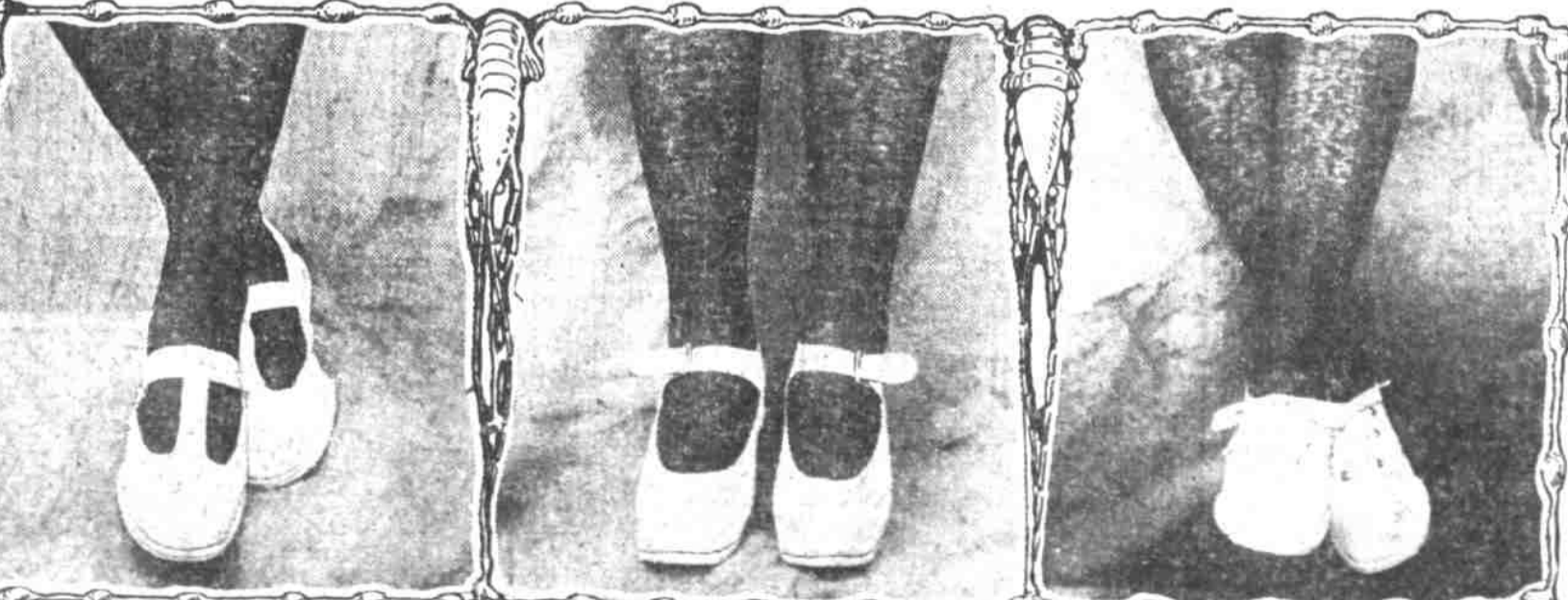
keep the pores free from becoming clogged and in time they will contract. Shampoo your hair with the mixture for which I give you recipe. To one-half cake of pure white castile soap add one pint of hot rainwater. Set

on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an egg beater, stirring it into the mixture with the beater to prevent curdling. Add one-third tea-

## PRACTICAL STYLES of BATHING SHOES



Becoming as Well as Convenient.



March on the Sandal Order.

The Buckled Strap Is Secure.

Oxford Ties of White Canvas.

ACCESSORIES to the bathing costume are very important factors in the comfort of the summer vacation, and not a detail should be overlooked, even the shoes. In this country the custom of wearing bathing shoes is growing rapidly. Till now they are no longer the exception.

The ideal shoes make the feet look small, and in some degree give the effect of an instep, though the latter is a difficult feat when the shoes are best.

Another requirement is that bathing shoes shall be easily put on and quickly

taken off, even though they be wet. Buckles have, therefore, in a measure, taken the place of laces, though one pair of bathing shoes shows that canvas oxfords, with cork or rubber soles, are in no way neglected.

It sometimes happens, however, that laces become untied in the water, and the shoes float away—an impossible contingency if five straps hold the shoes on. Really, these tail affairs are becoming and convenient. Of course, they, like all the rest, are of white canvas.

Shoes with sandal effect are cut with a center strap, which meets the ankle strap over the instep. These, to some

extent, give the appearance of an instep by sharply outlining the little toe in evidence.

Shoes with a single strap are very pretty and very practical, for they dry readily and are easy to fasten in places. Sometimes bathing shoes have soles made of coiled rope, and they are remarkably satisfactory, for they hold the shape and the shells cannot cut the rope as they cut rubber and cork.

The bathing suit is a very good design; the sleeves are cut straight around, tucked and sewed into the armholes under a deep pleat, which extends over the shoulder line. The pretty V-

shape neck is bound with a stitched band of taffeta. The skirt has four ticks across the front, which extend only half way to the knee line.

Stockings for bathing should be of good quality, and when shoes are worn it is quite possible and worth while to wear silk ones. Of course, without shoes cheap stockings must answer, for the sand at once would make holes in the ones.

Silk stockings and bathing caps complete the perfect bathing costume, and nowadays enough thought is spent upon the accessories to make them altogether desirable.