

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

The SUMMER COIFFURE



Artistically Arranged.



Simply Parted.



Just Braided.

DURING the hot days of summer one seems to have a natural longing to dispense with artificial aids to hair dressing and to appear with the tresses loosely and naturally bound. Indeed, such a course is imperative for the well-being of the hair. If it is to grow it must have no heavy pads to steam it. It must be allowed to fall in the most natural way, and the result will be not only comfortable, but, if properly done, most artistic.

some mercy! The artificial curl, in any case, does not last long, and it is far better to appear always plainly coiffed than to appear one day "marcelled to the limit" and the next day to greet one's friends with nothing that even resembles a curl.

When cold weather comes again the hair may be piled high to make up for lost time, but the hair itself will have been inestimably benefited.

Parting the hair does not mean that it must be "flattened" on top and "slicked" down on both sides, making the unfortunate one look like a modest and demure maiden of Puritan days.

One may be just as swaggy and just as massively coiffed when the hair is parted as with the most exaggerated pompadour. But the hair will rest and grow thicker if, for a few weeks, madame leaves out the "rat" and puffs her hair out only on both sides. It may then be finished with a Grecian knot in back and be quite appropriate with the present fashion.

When the hair is long the braid might be brought up again across the top of the head, part and all; this is a pretty style and makes the coiffure becoming to almost every one.

If preferred, there is no reason why the hair should not be pompadoured as usual, but without "padding" and marcelling. This is not for the sake of economy, but a few weeks' rest from the frons will give the new hair a start in life. Surely, there could be no better time than summer to show the hair



Evening Coiffure.

To Get Rid of Wrinkles

OUT-OF-TOWN—The following recipe is very good for wrinkles: Rosewater, one-half pint; simple tincture of benzoin, one-quarter ounce; attar of roses, three drops. Put the rosewater into a basin. Add the tincture of benzoin a drop at a time. Add attar of roses, and bottle.

If you are thin, you require plenty of sleep and should be careful not to overwork, and, above all, should avoid worry. You should drink plenty of milk and cream and abstain from tea and coffee.

Bleach for the Neck

F. D. L.—Here is a formula for a bleach for the neck: Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add: Pulverized borax, 175 grains; acetate of soda, ninety grains; tincture of quillaja, two and one-half ounces; tincture of benzoin, four drams; rosewater, one pint. Mix thoroughly and apply two or three times a day until the stain is removed.

Rules for the Reduction of Flesh

TEACHER—Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome

and not expensive. In reducing flesh one fact to recollect is that fat is carbon. Oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the open healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away. Here is a diet list which you may like to follow:

MAY TAKE.

- Fish—Nearly all fresh fish, boiled.
- Meats—Lean beef, mutton or lamb, chicken, game (sparingly).
- Eggs—Boiled or poached on toast.
- Farinaceous—Stale bread, dry toast or crusts (sparingly).

Vegetables—Spinach, lettuce, celery, cress, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.
Desserts—Ripe fruits only—acid varieties preferable.
Drinks—One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water, sipped at end of the meal.

MUST NOT TAKE.

Soups, salmon, bluefish, eels, salt fish, pork, veal, sausage, made dishes, fats, potatoes, macaroni, oatmeal, hominy, splices, rice, beets, carrots, turnips, parsnips, puddings, pies, pastry, cakes,

Aids to Health and Beauty

"Cold Sores"

NOT the least unpleasant, by any means, of the ills attendant upon a cold is the uncomfortable, unbecoming cold sore or fever blister. If taken in time, its further development can often be stopped by the application of a bit of alum. Moisten this and rub gently but thoroughly over the spot.

Sore Throat

FOR summer sore throat, which is often due to the irritation of dust, try gargling with a mixture of twenty grains of chlorate of potassium to an ounce of water. A teaspoonful of the potash to a wineglassful of water is quite a good domestic measure.

Good Remedy for Freckles

ORDINARY buttermilk is one of the best cosmetics at this time of year. The lactic acid in the milk has a most beneficial effect on the skin and causes fading of the little stains—due to decomposition of the secretion of the skin—which are commonly called freckles.

Weak Eyes

IF your eyes are weak and are easily tired when reading and sewing, it probably means that your general health is below par. A nourishing diet and plenty of sleep, combined with exercise in the open air, are important. When you must work, rest your eyes occasionally for a few minutes at a time, and always work in a good light—in daylight, if possible.

For the Good of the Hair

DON'T curl or plait a child's hair tightly if you want it to grow long and thick. Many a scanty crop of tresses in later life is due to straining the hair while a child is growing.

Perfumed Soaps

IT IS necessary at some time or other to use soap upon the skin, but care should be taken to rinse the face afterward in clear water. Use only pure soap. The strongly perfumed soaps are, too often, only a mask for the impurities they contain. The colors used in soaps, especially rose and green, are dangerous to the skin. Pure soap should be of a light mastic color and not transparent.

Do Not Use Creosote

CREOSOTE should never be put into a hollow tooth for toothache. It relieves the pain, but in time destroys the substance of the tooth. Leave creosote to expert use.

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.

Blood Purifier

X. Y. Z.—A very good blood purifier is made of cream of tartar, one-half ounce; potassium carbonate (150 gr.), two and one-half drams; fluid extract podophyllin, one fluid dram; compound extract sarsaparilla, one and one-half fluid ounces; compound tincture cardamom, two fluid drams; glycerine, two fluid ounces; water enough to make sixteen fluid ounces.

I think this is the formula to which you refer: Cocoa butter, one ounce; oil of sweet almonds, one ounce; oxide of zinc, one dram; borax, one dram; oil of bergamot, six drops. Heat the cocoa butter and oil of almonds in a bain-marie, and, when thoroughly blended, add the zinc and borax; stir as it cools and add the oil of bergamot last. Rub into the hands at night.

To Develop Neck and Arms

MAGGIE—Massage with a good skin food will help to fatten your neck and arms. There are many exercises that tend to develop the arms. One of the best is bag punching.

To Remove Pimples

C. H. C.—Take a good blood purifier; abstain from rich, unwholesome food, and use a cream for pimples. Recipe of which is given below:
Petrolatum, one ounce; lanolin (anhydrous), one ounce; hydrogen peroxide, one fluid ounce; acetic acid, one fluid dram.

This preparation, usually employed for the removal of pimples, may be also used for blackheads.

Spots on the Nails

ANKIOUS—Spots on nails are usually the results of knocks or bruises. The cream for which I am giving you the recipe will make the nails less brittle if applied every day: Spermaceti, six drams; white wax, six drams; oil of almonds (sweet), six ounces; alkali root, two ounces; all of rose, one dram. Melt the first four ingredients, strain, heat until nearly cold; then add the oil

of rose. Pour into wide-mouthed bottles or jars.

Here is a recipe for a preparation that will make the hair curl: Potassium carbonate, 120 grains; ammonia water, one fluid dram; alcohol, twelve fluid drams; rosewater, enough to make sixteen fluid ounces.

In using, moisten the hair, adjust it loosely and it will curl upon drying.

Catarrh in the Head

GENEVIEVE—I have known of many cases where syringing the nose and throat with a solution of salt and warm water has proved beneficial in treatment of catarrh. However, it is good only in the first stages of the malady, so if you have chronic catarrh I advise you to consult a physician about it.

To Soften the Skin

PANSY—The orange-flower cream may be applied whenever agreeable. When it is intended to soften the skin, just before retiring is the best time to apply it. When used as a protection, before exposure to extreme heat, rub well into the skin; wipe off with a soft linen cloth and then dust the face lightly with a good toilet powder.

To Reduce the Bust

A READER—Make frequent applications of clear alcohol and use the pomade for which I am giving the recipe: Iodide of potassium, forty-six grains; vaseline, one and three-quarter ounces; lanolin, one and three-quarter ounces; tincture of benzoin, twenty drops. Make into a pomade and rub over the fatty parts twice a day.

To Increase the Growth of the Hair

M. M.—If your hair is offy and the growth slow, rub the following into the roots daily: Quinine sulphate, twenty grains; tincture of cantharides, two fluid ounces; fluid extract of laborandi, two fluid drams; alcohol, two fluid ounces; glycerine, two ounces; bay rum, six fluid ounces; rosewater, sixteen fluid ounces. The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered.

To Keep the Hair Light

MILDRED—The shampoo for keeping the hair light is perfectly harmless if used in moderation—that is, not more than once or twice a week: Formula: White castile soap, in shavings, one ounce; water, twenty-four ounces; potassium carbonate, thirty grains; borax, 120 grains; cologne water, two ounces; bay rum, two ounces; Quinine the

soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters, then dry carefully.

Frequently practicing the following exercise will enlarge the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, allowing it to go as far forward and backward as possible.

For Freckles

ROSE—As your freckles seem to be stubborn, I am giving you a formula that has been successful in obstinate cases: Oxide of zinc, one-half dram; sub-iodide of bismuth, one-quarter dram; dextrine, one and three-quarter drams; glycerine, one and one-half drams. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.



Pink Chiffon



Blue Velvet



Black Marine



Yellow Tulle

BECOMING BONNET STRINGS

WITH the advent of the director and merrillious we have also the return of the hat with strings, that charming and reasonable style so becoming to almost every one. When one may select the color of the silk or tulle to tie under the chin, it would indeed seem stupid if the color was not chosen that best sets off the complexion and hair. Every one knows that black worn near a pale skin brings out by the

strength of contrast, what faint rosy pink there may be. Black, too, gives character, life, to the palest of blondes, where blue or pink would merely accentuate the lack of distinct coloring. Marsh colors, such as red, would be overbalancing. Elderly ladies wear black strings under their chins for the double reason that the color best becomes the sallowness of increasing years and because it sets a fine line to the complexion.

When selecting a hat, take into careful consideration your complexion. If you have chestnut hair, it is the chance of your life to look your very best with pale blue strings. Your hat may also be trimmed with blue, so that your face will be charmingly framed in the color that best brings into evidence your complexion and dark hair. If blue by any chance is not becoming, choose the

exact shade of your hair. What nature gave you cannot be wrong. If the complexion be dark, not clear, and lacking in the rosiest of health and youth, pink strings upon a hat will throw a faint glow on the face, giving to the cheeks a touch of rose. Black, too, is also excellent, provided the hair be not too dark. The perfect peachiness of the complexion that goes with auburn hair is best fitted to bear such a trying shade

as yellow. In the back the golden tones in with the hair, and the bow in front will call forth the beautiful shades in brown eyes—the kind of eyes most auburn-haired people possess. Indeed, there is an art in selecting a frame for the face, and she who has studied her own individual shortcomings with the most critical eye in the one above all fitted to accentuate the best points of form, feature and coloring.