

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

# WHAT to DO WHEN POISONED by IVY or OAK



Applying Remedy with Absorbent Cotton.

**T**O many people the fear of poisoning is the curse of the summer time. To these unfortunate the country has no charms, for the enemy, poison ivy—called in the South, "toak."

To add to their terror, tradition has it that, once poisoned, the skin becomes irritated in the same way, at the same season, for three successive years. Whether this is a superstition or not 'tis hard to say; but certain it is that I knew a child whom strawberry leaves poisoned, and although, once being caught, she thereafter carefully avoided the strawberry patch, for three years the eruption of the skin returned at strawberry season.

To some the irritation caused by poison ivy is not painful; to others the suffering is acute. All that can

be done is to raise the inflammation away, and for this there are several remedies.

The one most commonly used is lead-water or sugar of lead, the latter being powder. Lead-water is applied hot or cold with absorbent cotton, though it is said that it is best when heated. If it reddens the skin, cold cream may be later applied.

Sugar of lead may be mixed with the cold cream, thus forming a salve. This is put on the poisoned skin with a bit of absorbent cotton or a paint brush, and it stays in place.

Grindelia is a remedy intended especially for poison. It is the pure essence of an herb, and it is said to bring immediate relief, while a complete cure is effected after three or four applications.

When applying any remedy for ivy or other poison never touch the affected part with the hand, else it will spread. Liquids may be put on with a fine camel-hair brush or with absorbent cotton. The latter should be burned after using. The brush must be disinfected at once.

If the hands are poisoned, relief may be obtained by holding them in a small receptacle filled with either grindelia, if procurable, or 1-4 of water. Any other part of the body may be frequently bathed in either remedy, and at night the salve may be applied.

When poisoned it is well to wear gloves at night to keep the hands from coming in contact with or further irritating the poison. Otherwise the irresistible impulse to scratch will retard the recovery.

Some people hold that a ring of sugar of lead and cold cream painted round

the poisoned part prevents the inflammation from spreading. It is well worth trying.

Any one who poisons easily, on returning from a walk in the country—or wherever poison ivy grows—should always wash the face and hands in hot water. Hands first, of course. This washes away whatever poisonous substances the wind may have lodged on the sensitive skin and many a troublesome and painful case of ivy poison may thus be avoided.



To Prevent Scratching at Night.

## Advice 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.

## An Ugly Double Chin

**SUBSCRIBER**—To help 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 after-discomfort.

## Some Very Good Depilatories

**WORRIED**—Any one of these recipes will make up into a helpful depilatory: Sulphide of soda, 100 grains; slaked lime, eighty grains; starch, twenty grains; lime-water, four fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is: Barium sulphide, eighty grains; powdered chalk, 40 grains. Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste.

Sulphide of strontium makes also an efficient depilatory. It is made as follows: Sulphide of strontium, two drams; oxide of zinc, three drams; powdered starch, three drams.

## Skin Food for the Hands

**HANDY**—Try this skin food for the hands: Cocoa butter, one ounce; oil of sweet almonds, one ounce; oxide of zinc, one dram; borax, one dram; oil of bergamot, six drops. If at the cocoa butter and oil of almonds in a hair mixture, when thoroughly blended, add the borax, stir as it cools and add the oil of bergamot last. Rub into the hands at night.

## Good for the Complexion

**FAY**—The following treatment for improving the complexion is found very suitable for some skins. Take half an ounce of glycerine and mix with it half a pint of orange-flower water. Add a tablespoonful of powdered borax. Wash the face with the lotion several times a day.

## A Number of Questions

**ROSEBUD**—The following recipe will make up into a splendid preparation for removing pimples and blackheads: Petroleum, one ounce; lanolin (anhydrous), one ounce; hydroxy peroxide, one fluid ounce; acetic acid, one fluid dram.

This treatment is excellent for clearing the complexion. Rub the face over, before washing it, with two tea-spoonsful of flowers of sulphur mixed with half a pint of new milk. This mixture should stand a little while before it is used on the face.

If you are inclined to be round shouldered, practice walking to and fro with your hands behind your back. Throw your shoulders back and keep the el-



Mixing Sugar of Lead and Cold Cream.



Painting Around the Inflammation.

## To Remove Moles

**UGLY DUCKLING**—I advise you to go to a specialist to have the moles removed. However, if they are not of a very great size, I think you would be wise to let them alone, for, undoubtedly, the operation of removing them will leave a scar, anyway.

## To Take Away Tan and Freckles

**C. C.**—There are several simple remedies which you may use to restore your complexion to its fairness.

Bathe your face at night with an infusion (cold) of fresh cucumbers sliced in milk. Buttermilk, too, is very good if applied to the face several times a day.

## Recipe for the Hair

**CONSTANT READER**—Here is the recipe which you asked me to reprint: One-half ounce of sugar of lead, one-half ounce of iac sulphur, one-half ounce of essence of bergamot, one-half gill of alcohol, one ounce of glycerine, one-half ounce of tincture of cantharides, one-half ounce of ammonia.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abrasion of the scalp.

## Home-Made Bay Rum

**VIOLET**—You will not find the recipe given below at all difficult to prepare: Oil of bay, one-half ounce, oil of orange peel, fifteen minims, oil of pimento, fifteen minims, alcohol, thirty-five ounces. Add enough water to make six or four fluid ounces.

## Hair Tonic

**FLORA**—Use the quinine tonic, which will not darken your hair in the least. Here is the formula for it: Sulphate of quinine, one dram; rose-water, eight ounces; diluted sulphuric acid, fifteen minims; rectified spirits, two ounces. Mix, then filter and give nine drops. Mix, then filter and give nine drops. Mix, then filter and give nine drops. Apply to the roots every day.



Mixing Sugar of Lead and Cold Cream.



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## Character in Walking

**WALKING** is almost as common as breathing, eating and sleeping, yet there are many people who do not know how to walk. Some follow along with a half-dead, half-alive air, while others maddly rush as if but a moment of time was theirs.

Now, there is much character in a walk. It should embody energy, ambition and enterprise and at the same time grace and dignity.

To walk for health certain preparations should be made. In cold weather the clothing should be warm but not heavy. The clothing should be loose, for a tight garment restricts circulation. The skirt should be short and the shoes should be low-heeled, wide and thick soled.

Deep breathing goes hand in hand with walking, and it is a good habit to breathe rhythmically, counting the while.

## To be Agreeable

**THE** girl who gets a grievance, who feels herself ill used, who is quite sure that nobody understands her, has a mental ailment and needs treatment.

Now, I am going to prescribe.

The best cure is action. Fill every hour of the day with interests. Acquire a hobby (many people speak slightly of a hobby, but a hobby is a great thing). Throw yourself with enthusiasm into all you do. Try to make everybody you meet happy. Forget that you yourself exist, and the first thing you know you will acquire that wholesome, happy state of mind which is the most beneficial of traits.

## The Hair Pillow

**F**EW people know the comfort in summer of a hair pillow. Who would think of sleeping upon a feather bed in August? And yet many of us bury our heads in large, soft, feathery pillows.

Suppose you buy a clear little hair pillow, six by six inches, and make for it a simple slip of linen. Lay your weary head upon this some hot night and you will dream of cooling and refreshing drinks and—possibly of feebles.

## An Emperor's Rule of Health

**EAT** fruit for breakfast. Eat fruit for lunch. Avoid pastry and hot cakes. Take potatoes only once a day. Limit drink to one or two. Walk four miles every day, wet or fine. Take a bath every day. Wash the face every night in warm water. Sleep eight hours every night.

# COMFORT for TENDER FEET

### Aids to Health and Beauty



Washing and Drying Carefully.



Soft Slippers in the House.



Rubbing with Vaseline.

**A** SIMPLE help for tender and swollen feet is the application of Vaseline. If it is rubbed well into the skin, it softens it, prevents callous pieces and has a generally cooling and soothing effect.

Afterward the feet may be washed in warm water—neither hot nor cold. If hot is used, it only brings all the blood to the feet, thereby making them more swollen than ever. If the feet are bathed in cold water, it so improves the circulation that the effect is much the same as when hot is employed.

This done, dry the feet carefully in all the cracks and crevices, and powder them well. It is the moisture left where the towel does not reach that causes soft corns and such annoyances.

**C**are of the feet is to some people unimportant in warm weather, for when they usually wear a substantial leaved shoe, their normal air. It is therefore well when buying shoes to take this into consideration and get them a half size or even a size larger than one would buy in winter. Even then

the never cut the corns with a knife, for nothing is there so much dangerous as blood poisoning.

After drying the feet do not wear shoes and stockings at once. Slip on a pair of low-heeled slippers so that the air may reach the skin. Your feet, they are always covered in hot leather casings, and they surely deserve a bit of air in hot weather. Then, again, it is the surest cure for perspiring and other unpleasantness.

These simple little remedies are so easy and save so much discomfort that they are worth trying.

She who follows the suggestions and avoids calfskin shoes during the summer weather will find that all her aches and pains will have down away.

**Very Beneficial**

LET a woman who has been working all the morning over the countless details of housekeeping put on her hat and go out for a brisk walk. If it is only for fifteen minutes it will do her untold good—her head will be clearer and her heart lighter.

Time thus taken is not wasted, but the best kind of an investment, as she will find she can do much more in the long run.

## The Influence of Sunshine

**NOT** half the people on earth realize how large a part sunshine can play in their lives.

Sunbaths are taken as a remedy for rheumatism and sometimes to ward off sleeplessness. Even when there is no special disease to fight, but one is just tired out after a strenuous week, a sunbath will do good work—better than any medicine you could take.

It is interesting, too, to note the difference between the condition of the weather makes in the temper of the body. Of course, when the sun is out, a well and healthy man is the same to them as a nervous child. There are others whose nervousness increases as the clouds gather, and these persons are in the majority.

For the sake of friends and neighbors it is well to be cheerful at times, especially in the fall. So let the sun shine on you, and let your heart be glad.

## A Beneficial Exercise

**T**AKING a walk is a most beneficial exercise. It is impossible to overstate the value of walking. It is the best and cheapest exercise known to the world. It brings into play a great many muscles, it strengthens the heart, it gets rid of waste products by increasing the circulation and heating a portion of the skin. Above all, it does not cost a cent. The business girl has no time to devote to it, but she should make it a point to get a daily walk. It will keep her muscles from becoming flabby and soft.

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Don't rush at it all at once; begin gently, gradually increase the length of your walks, and you will soon find your health has improved in the process. If you come home fatigued or tired, don't sit down at once to a meal; rest for five or ten minutes, then you will feel ready to eat and will digest your food better for the rest.