

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

By the Aid of POWDER

WHAT could be more important or more engrossing than the selection of the dainty little trifles that go to make the toilet of a dainty woman? She must not only have the usual attractive touches to her costume, but even the things unseen must be perfection.

Powder vehicles are important, and are made in various ways. Some are of glass with silver tops and have a tiny powder puff within. This milady uses in any way that strikes her fancy. There is also a little home-made puff, a bag of knitted wool, with a tiny bag of muslin inside holding powder. The muslin is not thick enough to keep the powder from sifting through, so the knitted bag may be used as a powder puff. Unless shaken, the powder remains in the bag.

Sometimes, too, milady sprinkles her powder on absorbent cotton, which she fastens into a dainty white cover. This may be carried in her stocking, and when the cover is soiled it may be washed. Such a portable little bag will always be found useful, particularly on hot summer days, when milady feels that a little dash of powder would make her a new woman.

Powder leaves, too, are satisfactory. They are so arranged that they may be used at any time or in any place. They are of great value when auto-mobiling, for they may be easily applied without the powder blowing away.

Sometimes a powder bag, like that carried in the stocking, is carried in the handkerchief; then, when the mouchoir is taken out, it may be rubbed lightly over the face and a little of the powder will stay. Such a contrivance is an invaluable assistance—particularly when shopping—and the whole may be easily carried in one of the dainty bags of cretonne which at present are so much used.

There are hand-embroidered reticules, too, that are used for carrying powder. Boxes of tin or paste-board, glass and ebony are so nice for sprinkling the powder on sunburned arms or prickly heat, that enemy of dainty skins. There is no friction to irritate delicate skins when this sifter is used.

With all these many aids to beauty it seems almost inconceivable that any one would be willing to look tired, hot and sticky, when it takes



Crocheted Powder Puff.

but a very few minutes to make a powder bag. It may be made of the coarsest of cheesecloth, and it would be just as useful as though it were made of the finest satin or damask. Surely, here the French women have the advantage of the Americans. They would never think of leaving home without taking with them all the things that make them comfortable.



Tucking Away the Powder Puff.

Aids to Health and Beauty

The Proper Care of the Hair.

THE care of the hair is of the greatest importance. Its condition is a sure indication of the state of the general health, its gloss and beauty depending in a very great measure upon the bodily vigor of its possessor.

As a general rule, the hair should not be washed more than once in every two or three weeks. Of course, the periods between the washings must be regulated by the necessities of the case. The quality of the hair also has its influence, oily hair needing more frequent attention than dry.

When washing the hair do not rub the bar of soap on the hair, but make a lather and rub this into the scalp thoroughly with the fingertips, taking care to avoid scratching with the nails, if the hair is oily, a few drops of ammonia may be used in the water. More than this is apt to dry and split the hair. After washing the scalp and hair, rinse well in several waters until the last one is perfectly clear.

After drying the hair with warm towels, massage the scalp with the fingertips until the whole head is in a glow. Whenever possible, the hair should be dried in the sun. If sunshine is not available, fanning the hair will have good effect. Do not attempt to brush or comb the hair until it is absolutely dry.

Care for the Neck.

TO KEEP the neck pretty one should be very particular about her collars, for tight collars bring on endless ills from a beauty standpoint and a dark line very difficult to remove, to say nothing of the headaches and flushed faces.

If you have your lingerie collars boned, see that the ends of the tiny bones are well covered, else they will make ugly scratches on the skin. To remove the dark collar-line about the throat, apply peroxide of hydrogen with a bit of absorbent cotton. Dab it on at night after thoroughly washing the neck; leave it on all night, then wash off in the morning. Repeat this treatment until the stain disappears.

Another way to get rid of the unsightly collar-line is to rub cold cream well into the throat and allow it to stay on all night. In the morning bathe with hot water and use a good soap.

For the Good of Your Health.

CONQUER your moods; don't let your moods conquer you. People who give way to moods never amount to much, because they are never masters of themselves. They never know in the morning whether they are going to do a good day's work or not, whether they are going to be a cheery or a depressing influence on the people around them. If they feel like being good-tempered, they will be; if they feel like "snapping" at everybody, they will snap.

People who suffer from "moods" should be careful about their habits. They should be regular about meals, sleep, exercise and work. The condition of the health has much to do with moods, and there is nothing that contributes so much to health as absolute regularity.

Should Have Plenty of Air.

WHEN an unwashable garment has just been taken off never put it into the wardrobe until it has been aired for an hour or so. Clothing which has been worn a long time, if not aired properly, contracts most disagreeable odors.

Air and sunshine have disinfecting qualities which are purifying, and we should know how to avail ourselves of them.



The Convenient Powder Book.

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 enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

An Excellent Rouge

MRS. S. Y.—I feel quite confident that the following recipe will be just what you want: Sweet almond oil, four ounces; white wax (melted), 320 grains; spermaceti, 320 grains; benzoin (finely powdered), 160 grains; rice powder, 320 grains; pure carmine, fifteen grains.

Mix the fats in the inside receptacle of a custard boiler, and, while they are heating, mix the carmine and carmine white coloring, and the tincture last of all. Spread it on the face and neck gently and carefully, rubbing it into the skin, and avoid getting it into the eyebrows or close to the eyes. Powder with any flesh-colored powder or velourine, applying freely with a puff; and, after a little while, wipe off with a bit of camellia. This masks as effectively as a plaster of pastes and paints all slight imperfections, without having the repulsively artificial look which they give. By artificial light it is imperceptible.

Two Recipes

A. SARGENT—You will have no difficulty in making up the following recipe for tooth powder. 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.

To whiten your arms and hands bathe them in buttermilk. Or a teaspoonful of tincture of benzoin to an ounce of rose-water forms a lotion which is excellent for whitening the skin.

A Heavyweight

G. W. H.—The best way to work off superfluous flesh is by exercising. Take long walks, do not stroll along, but set a pace and keep it up throughout the entire walk. Diet yourself, avoiding all starchy and sweetened food. Exercises for reducing different parts of the body are published almost weekly upon this page, and it would be well for you to try some of them.

For Sunburn

TRAVELER—When the face has become sunburned, mix the following ingredients together and apply the preparation to the affected parts: White petroleum, two and one-half ounces; paraffine wax, one-quarter ounce; lanolin, one ounce; water, one and one-half ounces; oil of rose, three drops; alcohol, one-half dram.

Nothing is better for cleansing hair brushes than ammonia. It does not soften the bristles as soap and soda do. Put a teaspoonful of ammonia into a quart of water and wash the brush in the solution, keeping the back of the brush out of the water. The brush is then rinsed in clear water and dried in the air.



Making Powder Bag.

Massage Cream for the Bust

MABEL W.—I agree with you that a cream is what you need to develop your bust, and the recipe I am giving you will be a good one for you to have made up:

Lanolin, five ounces; spermaceti, one-half ounce; mutton tallow (freshly tilled), 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. Rub on gently at night.

To Remove Scars

CONSTANT READER—Here is the formula for a salve which has been most successful in fading slight scars, and it will help to get rid of the marks left by the scratches. Lanolin, two drams; ointment of ointment of mercury, one dram. Rub in well once a day.

When the lips burn after a long ride through the wind, rub a mixture of rose-water and glycerine into them. This will relieve the burning sensation in a very short time.

Two Recipes for Toilet Water

MRS. WILLIAM B.—I am giving you recipes for two toilet waters, lavender and violet. Oil of lavender, six fluid ounces; alcohol, forty-eight fluid ounces; rose-water, eighteen fluid ounces; magnesium carbonate, one avoirdupois ounce.

Essence of violet, seven fluid ounces; essence of rose, two and one-half fluid ounces; essence of cassia, two and one-half ounces; alcohol, fifty-six ounces.

Causes of Falling Hair

PERPLEXED—Neglect, dandruff, eczema, washing with too strong soap, neuralgia, headache and worry are some of the many causes for falling hair. Careful treatment should be administered. Wash it gently every night, then give the scalp a good massage for fifteen or twenty minutes, using the tips of the fingers. The following is an especially good tonic recipe, and it is a good idea to rub a tonic into the scalp while massaging:

Cologne, eight ounces; tincture of cantharides, one ounce; oil of English lavender, one-half dram; oil of rosemary, one-half dram.

Snow of Cucumber

ANNA—One of the best remedies for sunburn and freckles is as follows: Two small cucumbers, four ounces olive oil, two ounces lanolin, one dram white wax, one dram spermaceti.

Heat olive oil. Slice up the cucumbers, not removing the peel and place in the oil. Leave for twenty-four hours. Strain.

To Remove Warts

D. R. V.—You will find this recipe for removing warts very good:

Mix one grain of paraffine with nine parts of flexible collodion, and apply to wart three times a day. After two or three days the epidermis peels off, and the wart will come with it.

Here is a formula which makes a very good lotion for inflamed skin: Boracic acid, one dram; distilled white hazel, two ounces; rose-water, two ounces. Oxide of zinc ointment may also be used.

Eyelash Stain

M. K. O.—Here is a perfectly harmless stain for eyebrows and lashes:

Gum arabic, one dram; India ink, one-half dram; rose-water, four ounces.

Powder the ink and gum and triturate small quantities of the powder with the rose-water until you get a uniform black liquid in a powder, and then add the remainder of the rose-water to it. It should be applied with a very tiny camel's-hair brush.

PRETTY ELBOWS



Holding the Elbow in Hot Water.



Using Flesh Brush.



Massaging with Sweet Almond Oil.

PRETTY elbows are desirable. Even though elbow sleeves go out of fashion, the masculine style-made of tulle or chiffon—is quite transparent enough for soft, round arms to be necessary.

A child originally has adorable dimpled arms and elbows that, in their baby curves, are perfection. What a pity it is that, as the child grows up, the skin over the joints becomes hard and goose-flesh—altogether unattractive.

No one can expect to have soft elbows when they are continually used as props for the head. Do not rest the

elbows on hard substances; let the weight of the arms rest on the lap. Even quite stout people often have callous and ugly elbows, resulting from the habit of leaning upon them—and it is so easy to keep them soft and pretty.

Of course, the bad habit must be corrected before one may hope to attain any amount of success in acquiring pretty, dimpled elbows.

Every night the elbows should be held in a basin of hot water and allowed to remain there for at least ten minutes. Do not let the elbow touch the hard bottom of the basin, but let it come in contact only with a folded towel.

After the long bath the elbows should be briskly rubbed with a flesh brush to increase the circulation and stimulate the tissues. The brush also removes the dead skin, and soon the fresh skin will replace the ugly "goose flesh."

Then the flesh brush need not be used so frequently, though the hot bath should be continued.

After the brushing use hot sweet almond oil and massage it well into the skin. Rub it for at least ten minutes, and afterward bind the elbow in absorbent cotton soaked in oil. This method, if the instructions are faithfully carried out, is sure to work impressively.

It is perfectly natural that when we do not care for the little details of our person, the details should not care of themselves. We cannot expect to have perfect skin unless we take some little thought about it.

Now that the reign of semi-dressy summer frocks is almost over for another season and the conventional evening gown is in anticipation, it is a very important matter that the girl who expects to go to parties should be equipped with soft and pretty elbows, for they do say that evening dresses are to be sleeveless. This, however, may not be a true guess.