

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

RENOVATING the CORSET

EVERY woman feels some affection for an old and tried corset, and she looks forward with regret to the time when it must be cast away to be replaced by a new and stiff one. Of course, a soiled corset may be sent to the cleaner to be either washed or cleaned, but one must not expect a corset ever to be quite the same after the process.

The cleaning being expensive and success not guaranteed, the woman may be encouraged to launder and renovate her own corset, and the results will, perhaps, be quite as satisfactory. She is not likely to get good results with batiste or net corsets. Coutil is the only material that will launder well and that will retain its strength and shape.

The careful woman when buying a corset selects it with an eye to washing. The "bones" must be bound in kid or else they must be whalebone. Even

the steels may be procured so treated that they will not rust.

Before washing always remove all trimmings and fixings; the lace around the top, the garters and the lacers come under this heading. Two ways there are to wash corsets: with the bones in and with the bones removed. If the bones are removed they should be so marked that each one may be returned to its proper place. When the bones are out the corset may be laid flat upon the table and scrubbed with good white soap and water. If the bones are not removed the corset should be rolled on the arm so it will maintain its shape, and then scrubbed. The brush should be neither too stiff nor too soft; any ordinary nail brush will do. The soap should never be applied directly to the material. Soapsuds with warm—not hot—water make the best cleanser for corsets.

Be sure to see that all the traces of soap are washed away before the corset is rinsed in its last water, which should be clear and cold.

The corset should be dried on a line. Hang each half by the back end and let it remain in the air till it is thoroughly dry. Put no bluing in the water at any time, and, of course, no starch.

After the corset is washed its appearance is much improved if it be trimmed with fresh new lace and ribbon and laced with new strings. Either Hamburg or St. Gall insertion makes a charming finish for the top of any corset, particularly if combined with a little beading for ribbon. The embroidery tears less easily than lace and looks just as pretty.

After the corset is dry it may be mended wherever necessary with tape or bits of coutil. Should the seams be anywhere stretched or strained, it is a good plan to compare the old corset with a new one, and sew the strained parts in to as nearly conform with the new corset as possible.



Removing All Traces of Soap. Rinsing in Clear Water



Removing Garters and Trimmings.



Scrub the Rolled Corset.



When the Bones Are Removed.

To Keep the Hands in Good Condition

WHEN doing housework or gardening old gloves should be worn. They will protect the hands from the effects of injurious substances, and keep them clean.

A little almond meal may be put into the warm water in which the hands are washed, and if they are much soiled a little borax or ammonia may be added. The roughest hands will be softened if care is given them before retiring at night. It scarcely requires five minutes' attention to efface the traces which the rudest labor may have left upon them, and the necessary articles are not expensive.

Stains on the hands may be removed by lemon, borax or ammonia, according to their nature.

Before peeling Irish potatoes the hands should be well dried, and should not be washed immediately after. By this slight precaution they will not be stained with the juice of the tuber.

To cleanse the hands after very rough work, use a good emollient or cream. Rub the hands with a small quantity of the cream, which will penetrate well into the pores of the skin. Then wash the hands in hot water and soap. This treatment makes them very soft.

Very often persons are troubled with moist hands; they would be greatly benefited if they would wash them in water in which a little powdered alum has been dissolved. Alcohol, too, will keep the hands dry.

FOR SUNBURN

When the hands have been burned by the sun, a good way to restore them to their delicate color is to apply lemon juice and glycerine, mixed, or a paste made of cornstarch and glycerine. Buttermilk also is excellent for removing tan and freckles.

Very often the appearance of one's hands is marred by warts. A very good way to remove these blemishes is to rub them two or three times daily with an Irish potato. Cut off one end of the potato and rub the wart with the pared surface. After each operation remove a slice of the potato.

The application of lemon juice will sometimes cause warts to disappear. Touch them several times during the day with a camel-hair brush soaked in the juice.

To be Attractive

IF YOU are dissatisfied with your lot because you are not as beautiful as your sister you are making a big mistake, for by taking pains with your toilet you can make yourself just as attractive as you could wish to be.

See that your hands are perfectly manicured and your feet well dressed. Your hair should be well brushed, and if the prevailing style of hairdressing is becoming, adopt it. If, however, it does not suit your features, arrange your hair in such a way that it will bring out your good points.

Your teeth should be attended to regularly and kept in good condition. Always endeavor to be neat and clean. Your clothes should be a perfect fit and should be suitable for the occasion, whatever it may be.

Will Whiten the Skin

BUTTERMILK is one of the simplest and most effective remedies for whitening the skin. Bathe with it both before and after exposure to the sun and let it dry on the skin. This will also help to keep freckles away.

Care of the Eyes

NEVER rub the eyes, for this practice causes inflammation of the lids, and however beautiful the expression, if the eyes are red or without lashes they lose their charm.

When a foreign substance gets into the eye do not irritate it by trying to force it out. Keep the eye closed for a few moments, or until the object is removed by the tears which will flow. If, however, it is impossible to remove the substance yourself, have some one (who will perform the operation carefully) remove it for you.

If the wind has reddened the eyelids, wash them in slightly salted warm water (using common salt).

However strong the eyes may be, give them a little rest after a few hours' continuous use. Never force them to gaze at minute objects when they are weak; neither write, read nor sew when the light is dim. During all continuous work close the eyes from time to time at intervals.

Great care should be taken that the light should fall from the side, not full in the face. When working, it should be allowed to fall upon the left side. It is bad to read on a railway train, in a carriage, while walking, while lying down or while physically tired.

Beds should not be so placed that the eyes receive the full rays of sunlight on awakening. The light should fall from the side.

A very good wash that will strengthen the sight and restore its powers is made of one pint of soft water, a pinch of common salt, a spoonful of brandy.

Good Form of Exercise

ROWING strengthens and develops the back and arms and broadens the chest, doing it in such a way that the hollows which are too often found in the chest are filled out and the neck is rounded.

Unless the sport is indulged in to excess it will exercise, without straining, the whole body.

For children and women who are a little inclined to stoop, rowing is a splendid exercise, in that it forces the taking of deep breaths.

PERFECTING the EYEBROWS



Vaseline to Increase the Growth.



Apply Lotion with Brush.



Shaping the Eyebrow.

CONSUELO, Duchess of Marlborough, is said to have perfect eyebrows. In shape, size and color they are exactly right. But this was not always the case—the eyebrows of the little American Duchess were not originally any different from the most ordinary, average brows. It was by care, thought and perseverance that they became the ideal of what eyebrows should be.

To train the eyebrows as they should

will be possible to keep them smooth and pretty.

Of course, every woman, in the process of her toilet, always brushes her eyebrows so that each hair lies smoothly in place.

If the line of the eyebrows is not as

Advice to Correspondents by Mrs. Symes

OWING to the great amount of small 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.

To Darken Eyebrows

Some time ago I noticed a recipe for darkening the eyebrows, but I have forgotten it. Will you publish it again?
M. H.

Certainly, I am always glad to republish anything that will be of help. I think this is the one you mean: Gum arabic, one dram; india ink, one-half dram; rosewater, four ounces. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder.

To Reduce the Weight

What shall I do? I certainly was never meant to wear a sheath gown, for I am only five feet four inches tall and weigh 145 pounds. Can you tell me how to reduce my weight? I want one of the new dresses so much.
T. C.

It is surely pathetic about your weight, but I feel sure that if you follow my advice you will much improve your figure.

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 limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

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.

Deserts—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.

Soaps, salmon, bluefish, eels, salt fish, pork, veal, sausage, made dishes, fat, potatoes, macaroni, oatmeal, hominy, spices, rice, beets, carrots, turnips, parsnips, puddings, pies, pastry, cakes, sugars, sweets, milk, cream, malt or spirituous liquors, beers, sweet wines, champagne.

Several Questions Asked

Being an earnest reader of the paper and your valuable page, I wish to know a good aid for falling hair. Also I would like to know what would make a person grow. Do you think electricity is a good aid?
J. G. S.

The following is a good recipe for falling hair: Tincture of nuxvomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces. Apply several times a week to the roots of the hair.

There are many exercises to make a person tall—all stretching exercises, for instance, are beneficial. Learn to stand straight, with head erect, and take exercises regularly, and I think you will find that you will be quite satisfied with the result. Electricity is not necessary to increase the growth. Good carriage is most of the battle.

To Round Out the Face
Will you kindly give me a recipe for a good skin food? I have lost twenty-five pounds, and it makes my face soft and I am afraid it is causing it to drop. I had a firm, rounded face before my illness, and am greatly worried about it. I would like a mild astringent to draw up the skin where it has been stretched for a full face.
M.

In your case I think an astringent would be quite useless. What you need to bring back the former contour of your face is healthful living, good food and plenty of fresh air. The

following is a good skin food:

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

Tattoo Marks

Kindly tell me how to remove tattoo marks from the arms.
G. M. R.

I am very much afraid that it is impossible to remove real tattoo marks. If they have been done by a professional they are indelibly stamped on the skin. It might be a satisfaction to consult a physician, but I advise you to avoid experimental treatment.

Cure for Pimples

Will you please give me your advice on how to remove a number of pimples from my chin? They seem to be very persistent.
J. H. S.

You can never remove pimples unless you seek the cause for them and work with that knowledge. Be careful of your diet for a while—do not eat rich and indigestible things. A cream made according to the following formula and care of the diet will soon bring you relief: Extract of violet, ten drops; sweet almond oil, one and one-quarter drams; sulphur precipitate, seventy-five grains; lanolin, seventy-five grains; oxide of zinc, two scruples.

Shiny Nose

I have a very shiny nose, and it spoils my whole appearance, so much that I never feel properly and neatly dressed. Can you send me a lotion which will make me look like other, more fortunate, people, who have not my affliction?
R. H.

Below you will find a formula for a too oily skin, and I am sure it will help you:
Boric acid, one dram; rosewater, four ounces. Mix. Apply the lotion to your refractory nose as often as necessary.

thick as it might be, if they look unneat, thin and straggly, the beauty of the face is spoiled. A lotion may be applied to increase the growth of the brows. The lotion for the purpose is made of two and one-half ounces of cologne, one and one-half ounces of glycerine, and two ounces of fluid extract of labrador. These ingredients should be mixed thoroughly and applied every night to the eyebrows with a paint brush of soft camel's hair. It will not be necessary to rub the lotion well into the skin, for the brows are never so thick that the lotion will not be able to reach the roots. It is not like applying a tonic to the hair, where great care must be taken to rub it into the scalp.

TO IMPROVE EYELASHES

Another excellent remedy for thick eyebrows is vaseline. This will also increase and promote the growth of the eyelashes, which are so beautiful when they are long and curly. The vaseline may be put on every night and allowed to remain on the brows, and lashes, too, until morning. Should the vaseline in any way get into the eye it will not injure them; in fact, it seems to have a rather strengthening effect and serves to make them more brilliant.

It is wonderful how a woman may improve her appearance by care. It is just these little details that go to make up the perfect whole.

A lotion on the eyebrows as a little vaseline at night, some care when the face is being cleaned after washing, and she may soon acquire one of the most beautiful features of a beautiful face.