CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

LEARNING TO BE HELPFUL

Is it right-side out?

"My son John"

Amateur manicuring

"There was a little girl and she had a little curl"

It is better not to chew the tooth brush

MOTHERS often complain that the children need so much attention. "I never get time to breathe," says one. "I never have a minute's rest," says another.

I wonder if they ever heard of the mother who taught her children to go to church, by exercising tact and skill! It is a story with a moral. She noticed that her neighbors' children always objected to church and Sunday school, always fought against it. So when her children grew old enough to have observance of Sunday she gathered them round her and said: "I am going to let you, as a special privilege, go to church; so long as you are good you may go every Sunday. Should you misbehave you must stay at home."

Of course, the children were crazy to go. They always are anxious to do things that are attractively presented, and while they were young they all acquired the habit of going regularly and joyfully to church—a habit none of them lost in after life.

Just the same principle may be applied to children who do not do for themselves. Teach the children, as soon as they are old enough, to button their own shoes and to fasten their own clothes. Make it something of which to be proud; make it a privilege. By thus presenting many tasks they become a pleasure instead of work. Do not tell the child she must dress, she must brush her hair; tell her she is now old enough to start to do things for herself. Tell her how caring for her own needs is one of the privileges of grown-ups; how glad she should be that she has arrived at such an interesting time of life.

Few children, unless there be some illness, some lack of strength, are naturally lazy. There is a time—while they are growing—that they long to be out in the open air. They love to run and play, of course, yet they do not care to climb a flight of stairs on an errand for mother. That is not always laziness, nor does it indicate a bad disposition. It is the natural, savage instinct of the child to be out where the sun supplies health and strength to foster rapid growth and development.

It is really true that children cannot be successfully driven unless they are absolutely intimidated, and, surely, no really loving mother wants to put herself in the position of slave driver toward her child. It spoils the training, spoils the disposition and ruins the ideal relation that should exist between a woman and her family.

But children are very easily led. A little love, a suggestion, a patient lesson, and the result usually far exceeds the most sanguine hopes. Children are quick to learn both good and bad. Why not teach them only good?

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 ofttimes 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.

Dry Hair

My scalp is dry and my hair falls out rapidly. What can I do? It seems to be absolutely lifeless. I have never tried anything equal to your cleansing cream. I shall never again be without it.

F. B. B.

Very dry hair is usually not very healthful hair. It should be carefully treated. The following is a very good lotion which will help you, I think. Apply this to the scalp every other night with a medicine dropper, and I am sure you will find great improvement. Needless to say, after applying the lotion, the scalp should be thoroughly manipulated: Glycerine, one ounce; eau de cologne, one-quarter pint; liquid ammonia, one dram; oil of origanum, one-half dram; oil of rosemary, one-half dram; tincture of cantharides, one ounce. Briskly agitate for ten minutes, then add camphor julep, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

Eyelashes Are Annoying

My eyelashes die and grow backward and irritate my eyes. Some people call them wild hairs. It may have been caused by the fact that I have granulated eyelids. That trouble is now cured, but my eyelashes do not yet behave themselves properly. Can you give me something to cure the trouble?

C. P. T.

I am afraid that there is nothing I can do to help you, although I much regret my inability. An oculist is the only person whom it is safe to consult, for then you are sure not to get anything that will injure the eyes. I should think, however, time would cure the complaint.

Good Cold Cream

Will you kindly print your best formula for cold cream? Mrs. G. S. R.

For plain cold cream there is no better recipe than: Expressed juice of cucumbers, one-half pint; deodorized alcohol, one and one-half ounces; sweet almond oil, three and one-half ounces; shaving cream, one dram; blanched almonds, one and three-quarter drams. This is a suave lotion, very whitening, softening and cleansing. I hope you will like it.

Large, Fleshy Feet

What can I do for large, fleshy feet? My boots are very small, and I am not otherwise stout, but my feet are fatty and very tender. A READER.

I do not know of anything that you can do to reduce your feet. Perhaps you do not walk enough. You had better see some physician, who could do more for you than I, because he could diagnose your case at a personal interview. There is probably something wrong with the circulation of your blood.

Superfluous Hair on the Arms

What shall I do with the hair on my arms? It is very dark, and shows so plainly that I find it impossible to wear short sleeves. I am afraid to cut it for fear it will grow longer, and I cannot find any good cream to remove it. Have you any? E. VAN T.

It would be a great mistake to cut the hair on your arms, for it would, as you say, surely grow longer.

The following is a good depilatory, which you should use strictly according to directions: Sulphide of soda or calcium sulphide, 100 grains; chalk, 100 grains. Mix thoroughly, and keep dry in well-corked bottle until wanted for use. Take enough to make a paste, and add warm water 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 blade—a paper knife, for example. It should be removed if a 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 should be applied to prevent irritation.

To Develop the Bust

Will you please give me a remedy to develop the bust? Kindly put it in the Sunday paper. TOPSY.

I must reiterate my usual statement that letters cannot be answered in the next edition of the paper. The mail is so large that they must each take their turn. Anybody wishing an immediate reply must send a stamped and self-addressed envelope.

The following you will find a good developer for the bust. It is not harmful, and I think it will be satisfactory: Fluid extract of galega, two and one-half drams; lacto-phosphate of lime, two and one-half drams; tincture of fennel (not official), two and one-half drams; simple syrup, twelve ounces.

The dose is two soupspoonfuls with water before each meal.

Hair Too Dry

Will you please publish a formula for the hair, something that will make it less fluffy after it is washed, so that it may be arranged? Also, please advise me in regard to some preparation to prevent falling hair; mine is coming out in thick bunches.

Mrs. NEWLYWED.

The following is a very good recipe for brilliantine. You use it by putting a little of the mixture on the palms of the hands and rubbing them over the hair, either before or after arranging: Sweet almond oil, eight fluid ounces; alcohol, four fluid ounces; glycerine, one fluid ounce; oil of rose geranium, twelve drops.

I am also giving you a recipe for a hair tonic, which should be rubbed on the scalp every second day: Phenol, one half dram; tincture nux vomica, seven and one-half grains; tincture cinchona, one ounce; tincture of cantharides, one-half dram; cologne, four ounces; sweet almond oil, two ounces.

If you do not care to use the tonic, a few drops of kerosene rubbed on the scalp every night will have the most beneficial effect.

To Reduce the Bust

Will you please tell me if there are any exercises that may be taken to reduce the bust? If so, please name them, and also state the length of time it takes to show results. HARRIET K.

There are no exercises, to my knowledge, that will reduce the bust. Time will do this of its own accord, and you need not try to help it, for you will only regret it in the end. It is very seldom I receive a question like yours. I get hundreds of inquiries for treatments and prescriptions to develop the bust. A small bust is by no means considered a mark of beauty. If you will write to me and state the size of your bust and your hips, also your weight, I can judge a great deal better about what you really need. I really cannot give you any medicine.

A Cleansing Cream is Necessary

I live in a large city, where there is a great deal of smoke, and it seems to me I can never get my face clean. Can you tell me at length what to do to give my complexion a clean, fresh look? NAN.

Many people think that soap and water are the best things to use to clean the face, but there they err, for soap is not a good thing to use on the face; in fact, it is extremely injurious to the skin if it is employed oftener than once a week at the most. It dries the skin, removing all the natural oil, thus making it extremely sensitive to wind and weather, besides laying a foundation for wrinkles in later years.

There are people who, acting on this knowledge, feel that soap and water should never be used, and there are still others who never use water, but always use a cleansing cream. This is carrying the idea a little bit too far, for a little clean water never hurts anybody's face. After a journey, or after a particularly hot day, the face should be cleaned with cream. This is done by rubbing the cream on the skin, and then removing it immediately with a soft piece of linen. The face may then be washed in hot and then in cold water. This process should be gone through every night without fail, and it may be repeated during the day. Cleaning the face cannot be harmful. Some women vary this arrangement by washing first in hot water, then applying the cream, then washing the face in cold water. This is also a very good plan. In any case, let soap be avoided in face washing.

Never use a wash rag on the face. Absorbent cotton is the very best thing for a cleanser, for it may after each washing be thrown away.

The following is a very good cleansing cream: White wax, two ounces; spermaceti, two ounces; sweet almond oil, twelve ounces; distilled water, two ounces; glycerine, two ounces; salicylic acid, ninety grains.

One of Woman's Chief Charms

A SWEET voice is one of the chief charms of an attractive woman.

We should therefore be careful of the gift that nature has given to us and, if possible, improve it. Even coarse, shrill and harsh voices may be softened by care and study, and surely it is worth the trouble. A woman with a peacock voice can never charm.

Speak always in a low tone, but distinctly. Loud talking denotes ill breeding, and sometimes shows a domineering spirit. To keep the voice at a proper tone never call from one end of the room to the other, nor from upstairs down, nor from any distance that necessitates bellowing. Such practices only roughen the voice and in time ruin it.

There are persons who when spoken to do not at once respond, either from indifference or abstraction. The person who speaks is then obliged to raise the voice, and thus the habit of loud speaking is often formed.

This is a condition likely to arise in families where but little politeness is observed. It seems strange that people who love each other often fail in the most ordinary civilized consideration.

To really care for the voice one should never cry out either in pain or in anger. Such efforts forever destroy the harmonious working of the vocal cords. Children should be restrained from wild shrieks when at play.

Should a young child show signs of speaking in a hoarse or disagreeable tone, it should at once be taken to a physician, for perhaps it is not the fault of the baby. It may be some physical defect which skill may overcome.

HOW TO TREAT ADJUSTABLE HAIR

Do not dry in the sun

The proper method of cleansing

After airing, bag it.

IT is only a few years ago that the mere mention of false hair was forbidden in polite society. Switches were carefully taken off in the dark and hidden away, so that the weakness, the fault, the sin of wearing one would not become known even among one's intimates.

But nowadays it is a different story. The heretofore blushing maiden proclaims loudly that she wears dollars' worth of pomps and puffs. There is no more hiding inoffensive but tell-tale locks away when girls visit. On the contrary, the dressing table is piled high with all sorts and conditions of hair, and she who possesses most has a markedly superior, one might say supercilious, air.

As false hair is so expensive, it is a very important matter to learn how to take the very best care of it, and now that it may be spoken of "right out loud" even at parties, instructions may be given with ease.

In the first place, air it. Hang it up where it may be reached by breezes. Do not hide it away in bureau drawers or silken bags, even though you may be of the most modest temperament.

In the second place, do not be afraid to clean it—but in soap and water, of course, but in gasoline.

Thirdly, if possible, have a double set; that is to say, have two pompadours or transformations—one to wear and one to air—and at least two extra puffs, so that one set may rest from time to time. If a double set is provided, the extra hair may be cleansed, aired and then put away in a perfumed bag. There is no harm in this, provided always that the hair to be put away is well aired first. It is for this reason that the perfumed bag may not be used unless milady owns at least two pompadours.

Do not let false hair become matted. If it is good hair, it will stand brushing and combing just as well as, sometimes even better than, the hair of your own head. To brush puffs and such things, they may be held quite tight by closing the dressing table drawer upon the foundation; sometimes they may be pinned to a table cover or pillow, but best of all, they may be held by some other person. The art of making a finger puff is not difficult to acquire, and each needs remaking almost every day.

To wash the false hair, pour plenty of gasoline into a deep basin and lift the hair up and down in the fluid.

Hair washed in gasoline may be quickly fanned dry, and, after a good airing, it may be tucked away in the perfumed bag. Do not hang any false hair in the sun.