

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



With Back Supported

There is no mother or nurse in the world who can afford to be ignorant in regard to handling the baby. This does not mean feeding the baby, washing and dressing him; it means lifting, holding and making him comfortable when he is in the arms.

First, it is necessary to bear in mind that the little spinal column is not sufficiently strong to carry the weight of the head. Never hold a baby without placing one hand at the back of the neck so that it supports both head and spine. Up to the time the child is 3 or 4 years old it is not safe to allow him to sit on the lap without making the position secure, for, though he may be very strong, a slight twist might cause a heavy fall which would maim the child for life.

There was a nurse not long ago who was sitting on the porch rocking a child thrown over her shoulder. She suddenly started to cry, and the nurse, not knowing what was the matter, rocked him all the harder, and the harder she rocked the louder the child cried. At last, in despair, she took him from her shoulder and put him on her lap. Then she discovered, to her horror, that the child's arm had been caught in the spindle at the back of the chair, and as she rocked she had broken the tiny bones. That was inexcusable carelessness.

The arms of a child should always be accounted for; they should always be in sight, so they are sure to be safe. Such accidents sometimes happen, yet mother and nurse will persist in ignoring even a possibility of such a catastrophe in their personal experience.

The young child under 6 months old should always be laid flat, and, if in the lap, kept in place with one hand, so that, by no accident, can he fall.

When the child is carried on the arm a second hand should be placed as a support. The only safe way to carry a child with one arm is to support him on the hip in a sitting position, so that the curve of the arm will support the back. But this surely is an undesirable position for mother or nurse, and two hands may certainly be spared to carry such a precious atom of humanity.



Unsafe Way for Baby

A child should not be carried around when the mother is at work and her mind is upon other things. He should be laid on the bed and protected against a possibility of harm.

When a child cries always see what it is about—if there is a disturbing pin or any other discomfort. If you discover that nothing is wrong, and that baby just wants to be picked up, it may be your cue to exercise discipline. Baby is far better lying unrestrained and relaxed upon a comfortable couch than huddled close in a mother's arms, to say nothing of the jolting to which so many unfortunate babies unwillingly submit.

So Baby Cannot Fall



Healthful and Comfortable

Incorrect Way to Hold Baby

erly fitting shoes. Have the shoes and stockings a trifle too long for the feet, so as to relieve the pressure on the toes. Soak the feet night and morning; wipe dry and rub with a mixture of one tablespoonful spirits of turpentine and lard (equal parts) or turpentine and sweet oil (one to three parts) until the soreness subsides. Dust between the toes with burnt alum, five grams; salicylic acid, two and a half grams; starch, fifteen grams; violet talcum powder, fifty grams.

For Rough Skin

Please give me a formula for a cream to put on my face. It is very rough. I must have something that will not encourage hair to grow. Please tell me what to do for oily hair. I wash my hair every week, and three days after it sets so oily I cannot arrange it.

The following is a very good prescription for a skin food which I am sure will not encourage hair to grow. I would not suggest your using any cream on your face except the cleansing cream every night, such as the cucumber cream. The skin food is made as follows: Oil of sweet almonds, four ounces; white wax, six drams; sper-

cel, six drams; borax, two drams; glycerine, one and one-half ounces; orange-flower water, two ounces; oil of neroli, fifteen drops; oil of bergamot (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, stirring continuously.

As for oily hair, I am giving you a very good recipe which I am sure will be of some assistance to you. When you wash your hair—really should not be oftener than once every three weeks—add some ammonia to the water. Rub this lotion on your scalp at night: Powdered bicarbonate of soda, one-fourth ounce; borate of soda, powdered, one fluid ounce; eau de cologne, two fluid ounces; alcohol, two fluid ounces; distilled water, sixteen fluid ounces. Mix and agitate until solution is complete.

Cucumber Cream

Will you please give me in Sunday's paper the recipe for cucumber cream?

As I have said so often, it is impossible to answer letters in the paper of the same week that they are received. The mail is too large to admit of any immediate answer. All must take their turn.

The following is the recipe for cucumber cream. It is very good: 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.

When to Turn a New Leaf

How much more sensible it would be," said Molly one day, "to turn over a new leaf at the change of season rather than in midwinter—when a material and lasting improvement would certainly be a shock to one's friends. Take the girl, for instance, who, in reviewing the season, finds she was not a great social success, or that she had no beaux. Let her most carefully think back and find where she failed. Was she too gushing, too selfish or too indifferent? "I always do that," said wise little Molly, "at the change of every season, for each brings a new state of affairs. The winter I spend mostly among my old friends. True, new people are introduced, but they hardly present a problem. But these old friends must be well treated; little jealousies must be guarded against; sympathies must be always on tap, as it were. "In the spring I find that I must

behave quite differently. It is then that we all take little trips out of doors, and it is then that all my particular friends seem to be on the verge of an engagement. A girl requires tact to keep peace in the spring.

"Summer is the time when I, and all of you, I guess, meet many strangers. It is a mistake to be too intimate with chance acquaintances at any time of the year, and I find this especially true in summer. Yet there is a problem at once: too reticent a girl, one who is cold and indifferent, is sure to have a horrid time, and it usually takes a girl two or three summers after she is grown up to find the right line of behavior. "And in the autumn again, when our friends flock back from vacations, they must be treated in a different way, for many of them have changed during the summer months, and sometimes a whole good friendship depends upon just the few weeks after the homecoming.

"Yes, indeed," Molly sighed, "if I ever hope to be popular I must personally conduct many self-examinations."

If Women Would Realize

It is said that a bad-tempered woman can cause more actual unpleasantness for the rest of humanity than all the other disagreeable features one finds in life, and the unlikable possessor of an uncontrolled temper should remedy the fault as soon as possible. The woman who can control herself under the most trying circumstances is the woman who holds the strongest power over her fellow-creatures. No matter how beautiful and clever and fascinating the bad-tempered woman may be, her power is infinitesimal compared with that of her amiable sister. And amiability is not only power, it is mental progression and health, and happiness, and long life to one's self and to one's friends and family.

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.

For Scanty Eyebrows

I need a tonic for my eyebrows, something to make them grow. They are very light and they have no definite line on my face. I know that you will help me.

Mix the following ingredients thoroughly and apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often: Oil of lavender, fifteen drops; oil of rosemary, fifteen drops; tincture of cantharides, two drams; vaseline, two ounces.

The ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

Whitening Paste for Freckles and Brown Spots

What can I do for my freckles? I have just come back from my summer vacation, and I find that all my friends are amazed at my appearance. Please tell me something that will cure them.

duces a slight roughness of the skin, which should be subdued by the use of glycerine or starch. This may also be tried in cases of obstinate freckles: Lactic acid, three ounces; glycerine, four ounces; rosewater, one ounce. This is to be gently applied by means of a camel-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

Falling Hair

Please send me a tonic for falling hair. I need one very badly, for my hair is coming out in spots.

Where the hair falls out in spots try the following wash: Distilled rosewater, six ounces; aromatic vinegar, five drams; pure glycerine, two and a half ounces; tincture nux vomica, one-half ounce; tincture cantharides, two and a half ounces.

Mix thoroughly. Apply night and morning. Another very efficient remedy for bald spots is made as follows: Salicylic acid, ten grains; resorcin, eight grains; phenol, five drops; lanolin (or vaseline), one ounce. Rub into the part night and morning.

Here is a recipe for a skin food which you can easily prepare at home: White wax, one ounce; spermaceti, one ounce; lanolin, two ounces; coconut oil, two ounces; orange-flower water, two ounces; oil of sweet almonds, four ounces; tincture of benzoin, thirty drops.

Melt the first five ingredients together. Take off the fire and heat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

USE AND ABUSE OF PERFUMES



Spilling the perfume—the wrong way



Acquisition to the dressing-table



Moistening the cork—the right way



Imparting a dainty fragrance

THE proper use of perfumes is an art that every woman should master before she adds them to her toilet accessories. Extracts must never be allowed to touch the material of the dress, for they leave a pervading fragrance that soon becomes clinging. Even on a handkerchief, which is washed after each use, the slightest drop is sufficient to produce the required result.

There are only two satisfactory ways of applying liquid perfumes. The first is to spray a tiny bit on the skin, not on the dress, with an atomizer made especially for the purpose. The second is to touch the handkerchief, the throat and the lobe of the ear with the cork of the bottle slightly

moistened with the extract. Perfumes should never be used in the morning nor in the house, unless the costume is a reception or dinner gown. It is perfectly appropriate, however, to adopt an indistinct fragrance, and to lay our belongings among toilet sachets of that particular scent. When this is done the perfume will not be all-pervading and monotonous. Just a little whiff once in a while is pleasant.

The selection of a perfume is a matter of importance to the dainty woman. The one she chooses must not be so sweet that it will become tiresome; it must as nearly resemble fresh flowers as possible and it must smell "clean." For this reason violet is frequently chosen, as it so admirably fulfills requirements. Heliotrope is also a pleasant perfume, and just now, many women have adopted a perfume of the Orient, an extract from one of the exotic plants.