

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

THE MAKE BEAUTIFUL



Tweezers for Superfluous Hair

AN OLD Roman poet begins his first book by the confession that it was his Cynthia's eyes that first took him captive, untouched as he then was by love. Here is only a typical illustration of the power of a woman's eye; should she not then devote some thought and care to its beauty and its health?

Yet her first thought must be a negative one: Never, never tamper too much with the eyes; they are the most delicate organs of the body. Do not put patent "drops" in them when they ache or are tired; do not neglect to wear glasses when you need them; do not go for treatment to an oculist, but to an oculist. Never read when lying down, or in a dim light, or unless the light comes from over your left shoulder. All this is an old story to most of us; but some of us seem to need this telling still, judging from what I have seen women do to those precious eyes of theirs.

There are, of course, simple washes which will not hurt the eyes. Weak black tea is one; rosewater and plantain is another, for inflammation, elderberry water for itching. Dotted veins are a curse to the woman whose eyes are weak; but it seems impossible to convince women on this score. Rubbing the eyes is another bad practice; remember the old advice—"Never rub the eyes with anything but the elbow." This, of course, does not include the very beneficial circular massage for crowsfeet.

Eyelashes which are too thin can be thickened by painting them with vaseline, using a small camel's-hair brush. "Lining" is a dangerous method; about half the time the clipped hair never comes back. Coloring the eyelashes is also highly dangerous; it is only too easy for the harmful dye to get into the eye itself.

This is not so true of the eyebrows; and, indeed, women with very faint eyebrows should learn how to pencil them. Judiciously, of course, so that they give no appearance of artificiality. Eyebrow pencils come in shades to suit the hair, and if you are careful in your choice of color the pencil marks will be indistinguishable. If for some reason you object to the pencil, a solution of Chinese ink and rosewater will color

your brows very dark without harm to them or the skin around them. The too thin eyebrow should have vaseline rubbed upon it also; the too thick should be treated with a pair of tweezers, carefully pulling out the superfluous hairs. Use an eyebrow brush to shape the brows, brushing them vigorously whenever you wash your face; and as a final touch smooth the brows down with a finger dipped in perfume. Never use a depilatory on the eyebrows; the skin around them is too delicate. If the brows are really unpleasantly thick, get your doctor to recommend to you a reliable place where you can have some of

Pencil in Darker Brows

the hairs removed by electrolysis. Treat your eyes well and they will repay your efforts; eye strain leads to headache, nausea, and nervousness, and a consequent loss of beauty through loss of health. Besides, as I said before, the eyes directly contribute to the beauty of the whole person by the expression and charm they give to the face. Look people straight in the face, simply and honestly; never make any conscious effort to attract attention by your eyes; and you will find, that properly cared for, they will be, and be recognized as being, the glory of your countenance.

corn, potatoes, etc., are fattening. Bread and milk are also good for this purpose.

To Remove a Dark Circle

Dear Mrs. Symes, I would like to know what to do for the following:

1. Dark circle around the mouth.
2. Large pores.
3. Blackheads.
4. To whiten the neck.
5. To bleach dark hair on the face.
6. To remove blotches left by pimples.

1. Cleanse the skin with soap and water, and after rinsing and drying apply a cold cream. Allow it to remain on the skin five minutes and then remove all traces with a soft cloth. Next apply lemon juice, or you can just as well use a slice of lemon.

2. Here is the recipe for a lotion for enlarged pores:

Boric acid..... 1 dram
Distilled water..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

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pure olive oil make one stout? When should it be taken for this purpose? How long will it be before results are noticeable?

INTERESTED.

The best brand of olive oil should be used to increase flesh. When taken internally, the dose prescribed is one tablespoonful before each meal. It is not possible to say when results will be noticeable, but if your system is in good order and you take care of yourself, it will not be long before you see an increase.

Style of Hair

Dear Mrs. Symes, I am a young girl, 17 years old, and I have been wearing it parted, with two braids in the back. I am anxious to wear it a different way. My age is 15 years.

1. If the part is becoming to you, continue to wear it that way and coil the braids around your head. This style is most appropriate for one of your age.

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Trim the Brows with the Eyebrow Brush

ADVICE ON SOCIAL CUSTOMS

Miss Clara Adams most cordially invites her friends to bring to her their social problems and perplexities by letter at any time

LETTERS TO FRIENDS

JUST as different are letters to friends from those to business houses as the personal relations are unlike. And yet there are some points of similarity that are apt to be forgotten. You must always be careful about giving the person to whom you are writing a clear idea of just where you are, so that any answer will reach you, and just when you are writing, "I shall expect to meet you tomorrow," wrote a friend to me, recently; but I was in an unpleasant predicament for the letter was not dated and the date of mailing was hopelessly blurred. I had to telephone and I missed her, and much confusion resulted. All of this trouble was because a few words had been omitted.

To acquaintances or friends with whom you are not on the most intimate terms the accepted form for the salutation is "My dear Miss Gray." In cases of great friendship the word "my" is omitted and the first name used after "dear." When closing a note to a friend, there are many ways in which your feelings can be shown in the formal line. Like "Very sincerely yours," about as well as any, don't you? It has a good, true ring, and means much to a dear friend.

Did you ever write a letter that you regretted? Well, let all regrets teach us to be careful in the future. Lincoln said, "When you are angry, write a letter—and then throw it into the fire!" Good advice, surely. In other words, allow your anger to cool off before you send a letter to a friend. Just as soon as you post a letter it becomes the property of the person to whom it is addressed. If you mail a note of which you repent five minutes later, you are powerless to recall it.

Think before you write. Do not put in tangible form any statement that you might regret. A letter stands as a positive proof against you. The black and white evidence is more powerful than the spoken word. It is necessary, then, that you consider the feelings of others when you write to your friends. Reserve all witty remarks that need the tone of voice to convey their meaning for the personal meeting. Keep all unkind statements to yourself. Do not make it necessary that you request that your recipient burn the note. The suggestion itself implies your intention to say something that you are afraid to support.

Scandal, idle gossip, "they say," and all other items of cruel interest should not be written to your friends. I think you know my contempt for these in any form.

Write so that you are your true self. Tell your friends the news just as you would talk. The most entertaining letters are the ones that sound like the writers.

If I were you I would not even keep a great number of letters that no longer mean anything to you. They might mean something to a future reader, and their misinterpretation might cause trouble. As soon as you answer a letter of a friend, it is best to destroy the first. As for love letters, that is a different matter.

That brings us to the last hint of my talk. Be sincere to your lover, but not foolish. The true love does not forget that a dignified letter is worth much more than a silly effusion that is all words. And keep these treasures to gladden your path in future years.

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ANSWERS TO BEAUTY QUERIES

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 sometimes 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.

Large Pores

Dear Mrs. Symes, The pores of my skin are constantly enlarging. Kindly give me a recipe for contracting them. Do you think that cosmetic have a tendency to enlarge the pores? Are cold baths good for the face?

Here is the recipe for a lotion which you may use for your pores:

Boric acid..... 1 dram
Distilled water..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

A powder cosmetic will enlarge the pores if it is not thoroughly removed from the skin.

Salt baths are very good for the whole body, for they tone up the skin wonderfully.

Goiter, Warts, Moles, Etc.

Dear Mrs. Symes, I would like you to tell me some simple way in which I could get a goiter on my neck. It is not very large, but can easily be noticed.

1. I have a wart on the side of my nose for many years. Would like you to give me some suggestions for removing it.

2. My hair is very short, thin and oily and will not hold curl at all. Do you know of a good tonic?

3. After using lemon on the face to bleach it, do you think one can more readily when getting into the sun than before one used lemon?

tricity. Be sure to have a reliable operator do the work.

4. Here is the recipe for a hair tonic which is especially suitable for your kind of hair:

Sulphate of quinine..... 1 dram
Rosewater..... 4 ounces
Distilled water..... 4 ounces

Mix, then further add: Glycerin, 1/2 ounce; essence of rose, 1/2 ounce; musk, 1/2 ounce. Agitate until solution is complete. Apply to the roots every day.

5. No.

6. Brushing the brows several times a day in the direction in which they should grow will prevent them from growing together. It is possible for you to have the superfluous hairs removed with the tweezers, though the hairs usually grow again. See my article today on this subject.

To Remove Freckles

Dear Mrs. Symes, I am taking a dose of salts once a week as a laxative to rid my complexion of a few pimples which break out on my face. Do you think this is too often?

Once a week is not at all too often if you find that the laxative agrees with your system. Should it have a weakening effect, discontinue taking it.

Hair Has Been Bleached

Dear Mrs. Symes, I write to you for advice as to whether there is anything besides sage tea that will darken the hair or bring it back to its natural color after it has been bleached.

It is better not to use anything on the hair to remove the effects of a bleach. Once a month give the hair an egg shampoo.

Peroxide of Hydrogen

Dear Mrs. Symes, Will peroxide of hydrogen cure freckles? I have used several remedies without good results. Is it harmful to the skin? How should it be used?

A lotion of half peroxide and half wa-

ter is a very good cure for freckles. Apply it once a day to the skin with a sponge or soft cloth. It is not at all harmful to the skin.

To Remove Hair

Dear Mrs. Symes, I please give me a recipe to remove hair from the face—something that does not burn or irritate the skin.

2. Can you tell me of anything that will prevent a person's Adam's apple from projecting out too far?

3. Will you please tell me if a scar left by a burn two months ago can be removed, and if so, how?

4. I have a rough skin and it is covered with little pimples. Can you give me a remedy?

1. The only permanent cure for superfluous hair is the electric needle. If you have this applied, be sure you go to a reliable operator, so that the work will be properly done.

2. It is necessary to know the nature of the burn before giving the advice you desire; therefore, I advise you to consult a physician about the matter.

3. To make the skin soft and smooth, massage daily with cocoa butter and once a week take a mild laxative.

Vermis on the Head

Dear Mrs. Symes, Will you please publish a recipe to kill head vermin? I have three children, and twice I have had occasion to use something of the kind, but I never found anything which acted quickly.

Wetting the hair thoroughly with kerosene or alcohol will remove all vermin from the head. This work, however, should not be done near any fire or artificial light. Allow the oil or alcohol to remain on the hair all day and then shampoo the head in the usual way.

To Prevent Round Shoulders

Dear Mrs. Symes, I am beginning to stoop a little. Mention some kinds of food that are fattening, as I wish to grow stout.

A splendid exercise for keeping the shoulders straight is to lie flat on the floor, face down, and raise the body, keeping it rigid all the while, on the hands and toes. Perform this exercise twice a day.

All cereals, vegetables containing su-

Vaseline Makes the Eyelashes Grow

corn, potatoes, etc., are fattening. Bread and milk are also good for this purpose.

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