

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

FIVE DAILY DUTIES



A Brush Cleanses Well

Cuticura's Alcoholic Nails

Do Not Forget the Hundred Strokes

W E OWE it to ourselves and posterity to perform certain daily duties that will keep up the health and beauty of the body. Any one who neglects these is inviting nature to inflict punishment in ways which will be far from agreeable.

Through carelessness the face is often made unattractive by the appearance of blackheads. Indiscipline in eating causes indigestion, and this, in turn, prevents the skin from doing its proper work; therefore, the pores become clogged with fat and dirt, and if these are not removed daily with hot water, soap, etc., they harden and become very stubborn.

Physiologists have been convinced that we eat too much and too rapidly. By masticating slowly we would need less food and receive more nourishment than we do by bolting food in quantity. It is therefore to your advantage to eat less and chew more. Try it when your next meal is served and see if these words are not true.

Attention of your hair every day will do wonderful things. The hair cannot be healthy if the scalp is tight and drawn. It is therefore necessary to loosen the scalp by massage. Use the tips of the fingers for the massage, and if the hair is dry, rub into the scalp a little castor oil or vaseline. After the massage brush the hair to remove all dust and to stimulate the growth. Select a brush that has firm, bristles, but be careful to choose one that will not scratch the scalp. Another important thing to remember, if you would have lustrative hair, is to keep the brush and comb clean. I have known persons to reflect themselves

with dandruff by using an unclean brush and comb. Once a week the brush should be cleaned in water to which a little ammonia has been added. Do not let the back of the brush touch the water, and be sure to rinse the bristles well. Place it, bristles down, in the air to dry. The comb should be made clean by using a brush or a piece of cloth.

application before retiring. In the morning wash the head with soap and water and rinse thoroughly. After the hair is dry brush it well. You should be sure to cleanse your comb and brush before using them on your head.

If you are one of many trying to get rid of blackheads, diet for a while. Do not indulge in ice cream, candy and all the other rich things which most girls like. Fried foods, too, should be shunned. Do not drink liquids with your meals, but drink plenty of water between meals. The drinking of water is the best way to thoroughly flush the system and get rid of waste matter. If you are troubled with indigestion, drink a cup of warm water an hour before bedtime. Should the taste of this be unpleasant, add a pinch of salt.

Now, for the external remedies. I advise the daily use of the complexion brush, provided your skin will stand it. Select a soap which agrees with your skin, and use plenty of clean hot water. When you feel that the pores are sufficiently cleansed, rinse the face with cold water to contract the pores to their normal size.

Exercise for Agility
nails at night before retiring. This will soften the skin and make it more pliable. To continue with the manœuvre of the nails, it is necessary after the use of the stick to scrub the nails with a little nailbrush. Rinse and dry the hands and then apply a nail polish and use the buffer. Use the palms of the hand to give the final polish.

Keep your hands in such splendid condition that you will never be ashamed to offer them for examination. One seldom stops to think that to have luxuriant hair is to have healthy hair. For the hair to be healthy it is necessary to give it daily treatment. This is not so laborious as it sounds, for ten or fifteen minutes given to the at-

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ANSWERS TO BEAUTY QUERIES

R EPLIES to letters to the writer of this department will be printed in regular order; but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

Superfluous Hair
Please tell me what to use to remove superfluous hairs which have grown on my arm.

A Depilatory
Sulphide of soda or calcium sulphide..... 20 grains
Chalk..... 20 grains

Mix thoroughly and keep dry in well-corked bottle until wanted for use. Then enough to cover the part to be denuded and add warm water to it 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 remove with a blunt blade or paper knife, for example, it should be removed, and every day with a depilatory, even the burning sensation is produced. Do not contact with the skin should be avoided, and immediately after the hair has been removed the surface should be treated with warm water and a cold cream or a bland oil applied to prevent irritation.

The above depilatory will remove the hairs temporarily. The electric needle is the only thing which will remove the hairs permanently.

For Blackheads
Please tell me what to do to remove blackheads, the nose, chin, forehead, etc.

The green soap treatment will prove helpful in your case:
Green Soap Treatment for Blackheads
Tincture of green soap..... 3 ounces
Distilled water..... 3 ounces

the cambric needle. The hardened mass may be pressed or picked out. The angry redness of the face should be treated with a little tannic acid and water, or with a little tannic acid and water, or with a little tannic acid and water.

Obstinate Freckles
Dear Mrs. Symes:
I have a few freckles on my face which I should like to remove. Please tell me what to use.

Hands Perspire
Dear Mrs. Symes:
Please give me the recipe for a lotion which I may use on hands that perspire a great deal.

Witch Hazel Cream
Dear Mrs. Symes:
I have a very good recipe for a cream which I may use to make my hands more plump.

Witch Hazel Cold Cream
White wax..... 1 ounce
Spermaceti..... 1 ounce
Oil of almonds..... 1 pint

Skin Food for the Hands
Dear Mrs. Symes:
Will you please give me a recipe for a cream which I may use to make my hands more plump?

To Reduce Weight
Dear Mrs. Symes:
I should like to know what I should do to reduce my weight.

weeks every trace of the dandruff will have disappeared. The hair will become soft and glossy, and there will be no return of the old trouble.

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Eating Salt
Dear Mrs. Symes:
I do not think it does any harm to use a lot of salt on food, I am very fond of it, but have heard that I should not use so much.

A Liquid Rouge
Dear Mrs. Symes:
I should like very much to have a recipe for a liquid rouge. Will you kindly let me have one?

The Henna Stain
Dear Mrs. Symes:
My hair is turning grey and I should like to know what to do to keep it from turning grey.

For Vermin
Dear Mrs. Symes:
Will you kindly let me know what is used in vermin bags?

A Hair Tonic
Dear Mrs. Symes:
I do not know of anything that will make the hair grow in places around the crown of the head.

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White Spots on the Nails
Dear Mrs. Symes:
Please tell me what to do to remove white spots from the finger nails.

To Fatten the Arms
Dear Mrs. Symes:
Kindly tell me how to put flesh on the hands and arms.

An Eye Lotion
Dear Mrs. Symes:
What simple lotion can I use to relieve my eyes when they itch and burn after a day's work?

Bron Bags
Dear Mrs. Symes:
I should like to know what is used in bron bags.

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Results of a Tight Corset
Dear Mrs. Symes:
I have been wearing my corset too tight ever since I was a girl, and I should like to know what to do to rub my hips on each side and left a few brown spots. Will you kindly give me something to remove them?

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Advice on Social Customs

Mrs. Charles Adams
I will send you a copy of my book, "Social Customs and Etiquette," by letter on receipt of a personal reply in a self-addressed stamped envelope should be enclosed.

WEDDING GIFTS

JUST a little talk today on the sending of wedding gifts, if you receive an invitation or announcement this month. If you are a very dear friend of a bride-to-be, you will not wait to receive an invitation. Your friendship is sufficient ground for sending a present as soon as you know that the approximate date has been decided.

Placing the Card

D EAR Mrs. Adams:
Please tell me when one should put the card when calling for the first time on a woman who has a new house. Should she draw her horses' attention to it?

Who Pays the First Call?

D EAR Mrs. Adams:
A girl friend of mine is coming here soon to visit, and I should like to know whether it is her duty to call on the girl first, or should she be invited to her by the girl's own home, or should she be invited to her by the girl's own home, or should she be invited to her by the girl's own home.

Raising His Hat

D EAR Mrs. Adams:
A man should raise his hat from his head when bowing to a woman and when a woman is walking with a woman. When walking with a woman he should raise his hat when she bows to him, or when she bows to him, or when she bows to him.

Using the Napkin

D EAR Mrs. Adams:
Should one use one's napkin to the fullest extent and spread it across the lap? It is proper to drink bouillon from the cup, or should it be taken with a spoon? Bouillon may be drunk from the cup.

An Ambitious Mother

D EAR Mrs. Adams:
I have the advantage of a broad education, but I am most desirous of bringing up a man of his acquaintance. What do you think is the best thing for me to do to keep them from being a disappointment to their mother?

Bron Bags

D EAR Mrs. Symes:
I should like to know what is used in bron bags. I have heard they are very good for whitening and softening the skin.

For Vermin

D EAR Mrs. Symes:
Will you kindly let me know what is used in vermin bags. I have heard that coal oil will kill them on the skin.

A Hair Tonic

D EAR Mrs. Symes:
I do not know of anything that will make the hair grow in places around the crown of the head. I should like to know what to do to keep it from turning grey.

For Vermin

D EAR Mrs. Symes:
Will you kindly let me know what is used in vermin bags. I have heard that coal oil will kill them on the skin.