

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

AIDS to the EYE'S EXPRESSION



Paint the Edge With Olive Oil

On women Nature did bestow two eyes, like heaven's bright lamps in matchless beauty shining. Whose beams do sooner captivate the wise. And wavy heads, made fash by art's refining.

AS nature or God-it is the same thing-not been kind to us! Surely, And so, when we willfully neglect to care for and preserve the beauty of the eyes we are guilty of base ingratitude to the donor and gross injustice to ourselves.

It has been poetically said that the eye is the window of the soul, and poets were ever noted for getting at truths for which we are oftentimes loth to give them credit.

The eyes are expressive of character, perhaps even more than the mouth, and for this reason, if for no other, they should have at least five minutes of our time each day.

The eyebrows should be brushed night and morning. Little eyebrow brushes should be obtainable at any place where toilet articles are sold. However, if they are not to be had, a not too stiff nailbrush-one of those little bone-backed affairs with a bone handle-or an even-bristled toothbrush will answer the purpose. At night the brows should be brushed to stimulate them, and in the morning they should be neatly brushed into place for the sake of beauty. Begin, of course, at the nose, and brush each eyebrow toward the ear. The brushing should be done with a gentle firmness, and each stroke should be even and the full length of the eyebrow.

Occasionally, there is an abnormally long hair which mars the symmetry of the eyebrow. This should be either clipped off with the scissors or removed by a professional.

When the eyebrows meet they give a sinister expression to even the most guileless face, and greatly mar beauty. I advise you, therefore, to have them removed with the electric needle. When home remedies are used the hairs invariably return. Bleaching the hair between the brows is sometimes effective. If you clip the occasional long hair with the scissors, it is best to use manicure scissors, because they are small. Great care should be taken that the scissor points do not slip and injure the eye. To get another person to do the clipping is a remedy. Not long do we have to search for the ever-accommodating household friend, olive oil, is at hand, and the old standby, vasoline, which might be forgotten, after the eyebrows have been brushed to stimulate circulation, dip a small camel's-

Cut Off the Uneven Hairs

A tiny quantity of the cream and stroke with the tips of the fingers, the motion being toward the temples.

The eyes are such delicate little cameras that to one who has always been taught to take great care of them it is sometimes difficult to credit the carelessness with which many people in their ignorance treat them. From infancy children should be taught that fingers must not come into contact with the eyes only in rare and very necessary instances. In this way many injurious substances will be kept from the eyes and irritation resulting from rubbing will be avoided. As for the idiotic-nay, criminal-practice of putting belladonna into the eyes to enlarge the pupil, I am taking it for granted that none of my readers would be guilty of it. Blindness is sometimes the result of such indiscretion.

To remove foreign particles from the eye a most effective method is to put a whole flaxseed into the eye and allow it to circulate under the lids. It becomes gummy from the tear moisture, and the foreign substance nearly always adheres to it. Another way is to pull the upper lid well down over the lower lid.

Never rub the eye, even though the irritation causes a torturous itching. This often embeds the particles in the eyeball, whereas, if the eye is let alone, the tears, receiving word of the intruder, will rush to the rescue, and usually rout him without assistance. I know of a woman who travels much and who never goes on a railway journey without having in her handbag a small packet of flaxseed. I assure you that she has quite a number of relieved sufferers to her credit.

If the eyes have been overstrained and are tired, a bathing in warm water will soothe them wonderfully. Let me beg of you not to read in trolley or train, and certainly never do so at night or on the home ride from the office. Then the poor eyes are desperately tired and crying out for rest. Have you not had that dull, heavy, almost sick feeling when you have reached your destination in the evening after a day's work it is very likely because you were reading, and the book or paper was winking and wiggling. Arty studying for a week the types of people about you instead of reading on the car or train. The trial once made, you will not return to the practice of forcing your poor eyes to work overtime.

Brush the Eyebrows Every Night

Apply a depilatory when the burning sensation is produced. Too long contact with the acid should be avoided, and immediately after the hair has been removed the depilatory should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Witch Hazel Cold Cream

White wax 1 ounce
Spermaceti 1 ounce
Oil of almonds 4 pint
Melt: pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 1 ounce of rosewater and 1 ounce of witch hazel, and continue to stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

Remove Crows Feet

continue to beat until you have a thoroughly incorporated emulsion.

If this cream does not suit your purpose, you may find witch hazel more satisfactory.

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ADVICE ON SOCIAL CUSTOMS

Mrs. Anita Adams
most cordially invites you to
bring to her the
Polity and Republic
by letter at any time

YOUR HALLOWEEN PARTY

SOON have I given suggestions regarding invitations for parties and formal entertainments that it is unnecessary to talk of cards or written invitations that are already out. So today we are going to consider the little things that really mean much in the success of a Halloween entertainment.

I hope that you have been clever enough to choose your company with an eye to the congeniality, friendliness and entertaining qualities of the members. With the right people the success of your party is half won.

If the guests have come masked, there will be much merriment as a result, and the good times will suggest themselves. But the successful hostess will keep the general plan of entertainment well in mind, and will not allow things to lag and guests to grow bored.

Games are expected on Halloween, and accent is placed on the mysterious kind. The foretelling of the future is always enjoyed, although we say that we don't believe a word of it. The forecasting of our husbands and wives, or the lack of them, is always great fun.

If you can choose a clever man or woman to dress as a gipsy or a brigand, have the guests assemble, and a reading of the hand, the cards or the tea-leaf.

The candle, mirror and dark closet afford much amusement if you can improvise a game. The decoration of a harmless joke, such as a dash of cold water to one's hopes, will help in the fun. I do not recommend any practical jokes that suggest the foolishness in schools.

Bobbing for apples is an old-time game and can be played if no handsome dresses are worn. A tub filled with water, with apples floating in it, is placed on the floor, and the apples are taken out by the teeth, the hands held behind the back.

Furnish each guest with a set of three little candles, and have them name them Fame, Fortune, Love, and the test will be to light them and find which one will burn the longest and therefore, be the gift of the future.

A stretching of a sheet across an empty picture frame, and the casting of silhouettes on the sheet, will afford a change, especially if the persons are in costume. Guessing the actors and the quick composition of short verses about each picture will give an excuse to a hostess to award prizes.

At the table there is a great chance for the display of cleverness. Place cards always contribute to the enjoyment of the feast and places the right ones at the right places. The simple ones you will find the best, and the quickly made paper forms that are apples, pumpkins, witcher caps, black cats, broomsticks and mirrors can be contrived for a very small outlay. These decorate the table, and with the centerpiece and large bowls of fruit, will give the table a festive air that is attractive. A large pie, made by crumpling a dishpan with wrapping paper and covering the edges, after filling it with souveniers, can be the last course, and if you can attach a couple to each one, the fun will be the greater. Have ribbons tied to each gift and, after passing through a slit of paper, running out to each guest.

If you have a maid whose service can be called into play, have her enter the dining room in a sheet and pillowcase with a white mask and serve the guests in ghostly silence.

The decoration of lack of lanterns, candles in tin holders and cornucopias will add one more touch to the table and another measure to the enjoyment of the evening.

SOLUTIONS TO SOCIAL PROBLEMS

Place Cards

DEAR Mrs. Adams, Please tell me if it is advisable to use place cards at a birthday party.

Place cards always give a great deal of commotion and hesitation in the seating of the guests. I think it is always better to provide them if they are cleverly designed they often afford a way to start conversation.

A Widow's Cards

DEAR Mrs. Adams, I am a widow and expect to be married next month. I have no parents to announce the wedding. Will you kindly tell me how my announcement cards should read?

The cards may be worded in the following form:

Mr. George Baxter Smith and Mrs. Katherine Little Burns have the honor of announcing their marriage on Saturday, October 18th, at the First Presbyterian Church, Cleveland.

Dignity and Pleasure

DEAR Mrs. Adams, As you have helped so many who have sought you for advice, I would like to enlighten me on a certain subject. Do you consider it very wise for one's dignity for pleasure? I have been out with a crowd of boys and girls and times did not approve of their activities. Am I naturally quiet, and feel that I have little to offer in the way of conversation? My backwaters are not good enough to look back at some of the things that have resulted they have wrought. I don't altogether regret my backwaters.

A CONSTANT READER.

I heartily agree with you when you say that you do not regret your backwaters. I do not think that sacrificing dignity for pleasure ever pays. Those girls who have been what you call popular or successful are really getting very little out of life. There is a semblance of enjoyment, but it is not really the kind that counts for anything in character building or personal worth. I disapprove heartily of the freedom of action between young girls and their men acquaintances. To my mind, it is wiser, and it decidedly places a girl at a disadvantage. I wish you could hear the opinions exchanged between those very boys who have taken advantage of the liberties allowed them by foolish girls. They use far more language, and estimate their worth from industry, and estimate their worth from industry, and estimate their worth from industry.

ANSWERS TO BEAUTY QUERIES

REPLIES 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.

Eyebrow and Eyelash Grower

DEAR Mrs. Symes, Will you please give me the recipe for an eyebrow and eyelash grower? Following is the recipe for increasing the growth of the eyebrows and eyelashes:

Chicago 1/2 ounce
Glycerin 1/2 ounce
Fluid extract of burdock 1 ounce
Saturate ingredients in thoroughly incorporated. Apply to the eyebrows with a brush and to the lashes with a tiny camel's hair paint brush. The brush must be freed from any soap and passed lightly along the eye, at the eyelids, and the eye-tissue care that no minute portion of the lotion touches the eye itself.

The Pupils of the Eyes

DEAR Mrs. Symes, Kindly let me know if there is anything I can do to keep the pupils of my eyes large, without using them.

You cannot possibly enlarge the pupils of your eyes by an artificial means without endangering the health of those very delicate organs. The pupil is really a hole in the eye, made by the drawing back of the iris or colored curtain. This is done to admit more light to the retina. Nature has arranged this mechanical operation in

order that you can see always to the best advantage. If you are in the dark the pupil will grow larger in order to let in more rays of light. In the bright light the pupils are very small; sometimes the size of a pinhead. In people of nervous temperament the pupil is sometimes larger, but I would hardly suggest that you acquire a case of nerves in order to get this result. My advice is never to tamper with the eyes. Sight is too valuable a possession to run any risk in following foolish and artificial practices.

Tooth Paste

DEAR Mrs. Symes, Some time ago you published a recipe for tooth paste. Will you please let me know if this is the recipe to which you refer?

I presume this is the recipe to which you refer:

Tooth Paste

Oris root powder 2 ounces
Mint powder 2 ounces
Oil of lemon 1/2 ounce
Oil of rose 1/2 ounce
Distillation of carmine sufficient to color. Sifted enough to form paste.

A Liquid Powder

DEAR Mrs. Symes, Do you have the recipe for a liquid powder which I can use on my face?

Here is the recipe for a liquid powder:

For Whitening the Skin-A Liquid Powder

Pure oxide of zinc 1 ounce
Glycerin 1/2 ounce
Rosewater 1/2 ounce
Essence of rose 1/2 ounce
Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the essence of rose, the remainder of the rosewater, and the essence of rose.

Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well washed before the liquid dries, or it will be streaked.

A Corn Cure

DEAR Mrs. Symes, Please tell me what I may use to remove a corn.

Following are the recipes for two corn cures from which you can select one:

Corn Cure

Salicylic acid 20 grains
Extract cantharis indica 5 grains
Colloidal 5 grains

Corn Cure

Borate of sodium 1 dram
Borax of ammonia 1 dram
Colloidal 1 ounce
Put over the corn once or twice a day and scrape away superficial growth in three or four days.

If fitting shoes are usually the cause of corns. You should make an effort to get comfortable shoes every time you buy a new pair.

A Cold Cream

DEAR Mrs. Symes, As soon as convenient will you please let me have the recipe for a cold cream?

Following is the recipe for a very good cold cream:

Honey and Almond Cream

Honey 1 ounce
White soap, in powder 1 ounce
Oil of sweet almonds 1 ounce
Oil of bitter almonds 1/2 ounce
Oil of bergamot 1/2 ounce
Oil of cloves 1/2 ounce
Balsam of Peru 1/2 ounce
Liquor hyssop 1/2 ounce
Mix the oils with the balsam, then add the honey with the soap in a mortar and pound. Strain the mixture into a glass jar. Add the essence of Peru.

Remove Blackheads

DEAR Mrs. Adams, What can I do to remove the blackheads that are on my chin and around my nose?

Daily cleansing with hot water, a good soap and a complexion brush will help to remove the blemishes. The green soap treatment will also suit your case.

Green Soap Treatment for Blackheads

Tincture of green soap 2 ounces
Distilled witch hazel 2 ounces

Let this mixture stay on only a few moments, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but is of the consistency of a cream.

Open each seed case with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty use of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, so the use of any instrument, unless the skin as well as the needle is thoroughly cleaned, is always dangerous.

A Powder Recipe

DEAR Mrs. Symes, Please give me the recipe for a powder which can be used in case of perspiration.

Following is the recipe for a good powder which will suit your purpose:

Orris Powder for Perspiration

Phoric acid 1 fluid dram
Alcohol 1 fluid dram
Borax 1/2 ounce
Florentine orris 1/2 ounce
Essence of orris 1/2 ounce
Dissolve the acid in the alcohol; add the violet essence, then the starch and orris root. This powder can be used to advantage on perspiring hands, and it is an agreeable glove powder.