How to be Healthy and Beautiful

By Mrs. Henry Symes

Be sure to fasten securely under the low coil

The Hair Net Properly Arranged

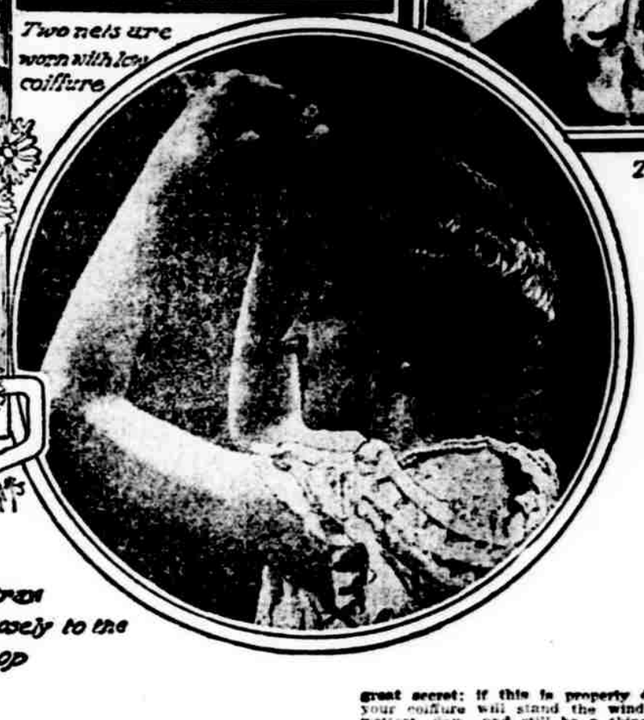
Pin deftly under the knot

Insures Smart Neatness of Coiffure

Two nets are worn with low coiffure

To keep the front hair neat

Fasten at the nape of the neck with an invisible pin



Draw loosely to the top

LADY MODISH is employing the hair net as an accessory to add to her general smartness. The style of the high hats has been an important factor in bringing this about. They require a closer coiffure and few of them can be worn to advantage over locks that are carelessly arranged. They are also of such a shape that it is almost impossible to arrange a wave satisfactorily on anything over them. Either they come too close to the face or they are far away on one side and tilting down on the other.

Only the woman who is blessed with wavy hair, without innumerable short ends, can afford to face a windy or damp day without some protection for her recreant locks, unless she is careless as to her appearance. The method of wearing a veil over the hair under the hat is most unbecoming, and so the hair net has stepped into the breach and made itself almost indispensable.

At first they were popular for wear with hats only, but nobody has found them such a comfort that she is adopting them for general wear.

The present style of wearing the hair, though closer and following the lines of the head more, is by no means stiff. Tightly drawn back tresses are a horror to be avoided, and care must be taken to arrange the nets so that they will merely hold unruly straying hairs in place, without in any way crushing the bouffant arrangement or spoiling the softness and gracefulness of the lines. When deftly arranged, the hair net gives a feeling of absolute security which will cause every woman to rejoice over its return to popularity.

When the hair is dressed high only one net is necessary. It should be one of the invisible sort and match the hair perfectly in color. Fasten it as low down on the neck as possible with a tiny crimped hairpin, or a small barrette, if preferable. Then draw it up loosely, taking care to catch all stray locks, and fasten it securely under the knot of hair at the top. One more pin tightly placed is all that is needed for absolute security and neatness.

With the hair dressed low at the nape of the neck two nets may be used to better advantage. After the pompadour has been perfected, arrange one net over it and fasten the ends securely before coiling the back hair. After the back hair is dressed, cover it with another net, taking great care to fasten the ends well under the coil. This fastening of the ends securely is the great secret: if this is properly done your coiffure will stand the windiest, wettest day, and still be a thing of beauty.

What woman will allow herself to be disfigured by untidy, wind-blown locks, when this simple accessory, properly arranged, will make her good to look at?

THE CARE OF HAIR BRUSHES

IT IS a matter of wonder to women that they can't get a good brush, particularly a hair brush. It may be that a good price is paid for the article and it possesses a beautiful silver mounting, but the bristles come out, and even if they stay in they are so soft as to be absolutely useless.

The reasons of the frailties of the average brush on the market are curious and interesting. As a matter of fact, a good brush costs money nowadays.

A man who deals in hair brushes recently told some interesting facts relative to their quality and manufacture. How to know a good brush is, he avers, as difficult for the average customer as to tell of the habits and customs of the North Sea Islanders.

"In selecting a brush, buy nothing but the real Russian bristles or those coming from the north of Germany," says he, "for the finest quality of bristles come from the wild boar which is found in these localities. Any one that knows anything about the trade is keenly aware of the rise in price. It has increased from 10 to 20 per cent., and the reason for this is that as the country becomes more thickly settled the boar is driven further and further away, and also is being quickly decimated.

"The bristles of the domestic boar can and are being used, but they lack the quality and stiffness of the wild variety. In the latter case nature has provided a hard coating. One might well wonder how these bristles are secured. The peasants pick them up strand by strand and store them away. It is an interesting custom in Russia for the parents to keep the bristles as a dowry for their eldest daughter upon her marriage. They gather them in small bundles and tie them. To buy the bristles costs a penny each. Of course, they are much longer than one sees them in the brusher.

"French manufacturers use only the finest bristles in their brushes, a fact which some persons object to. The best brushes are made in England. Americans have not yet begun to compete with the English in this industry.

BEST BRISTLES SCARCE

"To show you the scarcity of the real Russian bristles, an agent of one of the largest English brush manufacturers recently told me that their entire stock of bristles amounted to not more than $50,000. And it was all they could get at the time for love or money.

"A good deal depends upon what material is used as a backing to brushes. Nothing equals in durability a seasoned hardwood. Neither moisture, heat nor cold affects it, and, owing to the nature of the material, the bristles can be more securely fastened in. Turtle-back ebony is perhaps the best of all. It comes from South America, and from Madagascar also, is more expensive than ordinary ebony, although the cost of transportation is the same. A big tree, perhaps, will yield only a small quantity, because of the fact that the heart of the wood is very apt to be decayed. Turtle-back ebony shows a faint grain, while the other is dead black.

"This brush," holding up a rather unusual-shaped hair brush, "was made for exhibition at the time of the Indian Durbar. The backing, which is mottled sathwood, was ten years being seasoned. The brush will last a lifetime. Any one similarly made should do the same.

"Very few persons know how to wash a brush properly. It isn't at all necessary to immerse the whole brush. Pour tepid water into a shallow basin and wet the bristles only. Do not use soda, ammonia or borax. Instead, add a little brush powder to the water and rub the hand across the surface of the bristles while in the water. Rinse and dry with the bristles down."

MRS. SYMES' ADVICE TO HEALTH AND BEAUTY SEEKERS

Wants Hair a Shade Darker

I hope you will have time to read and answer my letter. My hair is very light. Would like to know something that will make it a shade or two darker. I see you recommend the Physician's Remedy a good deal. What is it? Will you please tell me where to get it and how to use it? And if it will make the hair very dark? If so, should not care to use it. I should be so grateful if you will advise me what to get.

MRS. H. L. N.

I am giving you formula for pyrogallic stain for the hair, which, I think, will produce the results you want.

Dye for Hair.

Pyrogallic acid, ½ ounce; distilled water (hot), 2½ ounces. Dissolve and when the solution has cooled add gradually rectified spirits, ½ fluid ounce.

The above is full strength and will make the hair almost black. Diluted with water, it will stain the hair from dark to light brown.

Dye should never be applied when there is any irritation or abrasion of the skin.

Inquiry About Formula

Reading the paper recently I found a cure for unsexed busts, in which you recommend Dr. Vaucaire's remedy. My sister is in need of something of the kind and intend to have the formula filled. But I wanted to ask you if it would not be safer in connection with any medicine she also wanted to know whether it was to be taken internally or to be applied. Is this the correct recipe: Extract quince, glycerin, tincture benzoin, phosphate of lime, 10 grains; tincture of fennel, 10 grains; simple syrup, 60 grains.

Do you think anything applied will do any harm? I am always afraid of cancer or tumors. There are lumps in my breasts. Can you give me any information as to what will remove them? I thought that if I applied some cream of some sort and gently kneaded them they would soften up. My busts are not developed much. I wish they were.

I wish you to, of course, answer this or letter, as I do not wish it to appear in the paper. Mrs. J. R.

It will do no harm to take the Vaucaire remedy while taking other medicine. Gentle massage with a good skin food will also aid greatly in developing the bust. If the lumps in your breast that you describe do not soon disappear, I advise you to consult a reliable physician on the subject. The formula you have is correct.

Dislikes Gray Hair

Have just had the prescription for Dr. Vaucaire's remedy for the bust filled, and will you please tell me whether it is permanent? I have used cream balm, which answered to produce a pretty bust in a short time, but it has to be kept up to keep it at the time, or it soon goes back to its old condition. Is you based for us to have the prescription refilled or is once sufficient? Will you please give prescription for "tiny white" for face, and other remedy that is not injurious and that will bleach the skin? Also, physician's remedy for hair? My hair is a chestnut brown, and has a few gray hairs in front, which do not like. Am 32 years old. E. E.

It is usually necessary to take several bottles of the Vaucaire remedy before results are noticeable. After the development once takes place it is not necessary to continue taking the remedy.

The "Tiny-White Skin" is a liquid powder, not a bleach. Peroxide of hydrogen is a simple bleach for the skin. Directions for its use are frequently published in this department.

I am giving you formula for Physician's Remedy, as requested.

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, 1 ounce; sulphur, ½ ounce; essence of cinnamon, ½ ounce; bay rum, 4 ounces; glycerin, half mixture of sarsaparilla, ½ ounce; ammonia, ½ ounce.

Mix with the bay rum and apply to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abrasion of the skin. The best way to use any stain is to apply it to the roots of the hair with a small brush, a toothbrush will answer for the purpose.

Large Double Chin

I have had the pimples for some time but now they are in the neighborhood of a large double chin. Can you give me something that will put them down?

The pomade for reducing the bust can be used on the face without injuring it. I am giving you a recipe for a good cold cream. This will not fatten the face unless you rub it into the pores.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti, one-quarter pound of oil of almonds. Melt, put into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of hamamelis and one ounce of witch hazel and keep steadily with the mixture until the emulsion is formed and afterward until the mixture is nearly cold.

Too Fat

I am a new reader of your paper and one of you made good advice to reduce the bust. I have my large and more than a yard around the waist and also thinking over the top of my corset and breaking them down. I am very stout all over, especially stomach and hips. Age 40 years. I want badly the pomade to reduce the bust. I will be very thankful for a recipe. And also have very fine wrinkles underneath of my eyes, in my face and one or two long deep wrinkles from ear to mouth, along my jaw. What good for them?

A PATIENT NEW READER.

I am giving you a set of rules for reducing the flesh, in which you will find valuable information. In addition to using the pomade to reduce the bust, by making frequent applications of clear alcohol. Massage with a good skin food will remove wrinkles from your face. The proper movements are frequently published in this department.

Pomade to Reduce the Bust.

Iodide of potassium, 4 grains; tincture of grains, 1 drachm; glycerin, half ounce; water, 20 drops. Make into a pomade and rub all over the fat parts twice a day.

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted, eat it with butter instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Not water is an excellent substitute for other liquids. Lift a little of the juice of lemon for breakfast to fit it you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not live in the vicinity of institutions where mechanical massage is given, several of my correspondents report excellent results from the use of this method for reducing the fat. As exercise, they require the system to be thoroughly washed and not expensive. In reducing flesh the chief fact to remember is that fat is formed by the food we eat, not by the carbon we take through our lungs. The more starchy and sugary food you eat, the more carbon to burn away.

Premature Grayness

I am quite young, and my hair is turning gray. Will you be kind enough to publish in next week's paper the Physician's Remedy of which I hear? Would like to also the eyelash grower, which "Friend" found so splendid. A. J. N.

You will find the Physician's Remedy given in answer to another correspondent in this paper, and also the formula for eyelash grower.

Eyebrow and Eyelash Grower.

Castor oil, 2½ ounces; glycerin, ½ ounce; tincture of cantharides, 1 drachm. Shake well before applying. Apply to the eyelashes with the brush and to the eyebrow with a tiny camel's-hair paint brush. The brush must be freed of any drop and placed in a safe place where it will not touch the eyes. Exercise extreme care that no ointment portion of the lotion touches the eye itself.

Thick Eyebrows

I read in your paper some time ago of something to grow eyelashes and make the eyebrows thick. Will you please publish it?

Miss N. S.

See answer to "A. J. N."

To Promote the Growth of Eyelashes

Will you kindly publish in next week's paper a recipe for eyelash grower? And also please tell me how to use it. And how often? Will you please tell me how to use belladonna? Is it dangerous? If this is used, would it result in blindness? Or is it harmless? How much do you buy?

W. S. P.

You will find formula for eyelash grower elsewhere in this department. I cannot advise you as to the use of belladonna.

How to Use Henna Stain

Will you please publish in the paper the henna stain recipe and how to use it? My hair is auburn, and each side of my head by hair is getting gray. From what I have seen in your column the henna stain would suit the color of my hair. Don't you think so? I read your part of the paper every week with pleasure, but have never asked any questions before. Mrs. J. T. M.

Henna may be applied in several ways, but the simplest and safest method for the amateur is to use a tea made of the leaves. In preparing the tea, use one ounce of leaves to a quart of water, and boil the mixture down to one pint. The stain should be applied to the roots of the hair with a small brush. Next, with an ordinary brush, distribute the henna through the hair. A thorough drying either in the sun or by heat concludes the process. A thorough shampooing of the hair should precede each application of the stain.

Auburn Hair Turns Gray

Will you please tell me where I can get the henna stain, how to use it and what does it cost? Size or package of bottle. My hair is turning gray rapidly. The original color is auburn.

If it is a recipe or prescription, please give me the address of a drug store where I can get it filled.

Do you make the "orange flower cream" for sale? I am a new subscriber on account of your page. I shall take it regularly hereafter. I have had only the last two numbers, so, of course, I did not get your henna recipe. I dislike to trouble you, but I shall be very thankful and grateful for the recipe.

You will find directions for use of henna stain given in answer to another correspondent in this department.

You can have the formula for orange-flower cream filled by any druggist.

Commercial addresses and rates are not given in this department.

Red Hair Changed to Auburn

Would you kindly advise me what to do for red hair. I have a little girl just 1 year old and she has hair that is a most beautiful gold; too bright even, but I would like you to give me a recipe to make her hair an auburn red. I do not want to bleach or dye her hair. I want something that I can wash her hair with. I want you to prescribe something that won't hurt her, as I have to wash her hair every day, and please let me know how it use it.

MRS. LAM GRETTUPM.

I think your child's hair will turn darker as the years older, and I advise you not to try to change its natural color. Washing the hair every day is very bad for it, and I advise you not to shampoo it oftener than once a week.

Ankles Too Large

Would you kindly advise me how to reduce flabby ankles? I have tried any amount of exercise, but without any effect.

Also, what would you think correct weight for a young girl 5 feet 9 inches tall?

VIOLA.

Raising yourself on your toes frequently will tend to reduce the size of your ankles. One hundred and thirty pounds is a good average weight for a person 5 feet 9 inches tall.

Bad Complexion

Would like to know what to do for my complexion. It looks dried up and muddy and little pimples break out, and then it appears chapped and blotchy. My hair is turning gray rapidly. The original color is auburn. I have a tendency to superfluous hair. J. S.

Muddy complexion and pimples usually indicate liver disturbance. The only effectual way to make them disappear is by getting one's self in a good physical condition. I am giving you formula for an ointment which will help the pimples, but constitutional treatment is what you need most.

Fossati Cream for Pimples.

Lanolin, 2 grams; sweet almond oil, 6 grams; sulphur precipitate, 1 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple twice until the pimples are cured, being careful that the brush does not irritate them.

To Keep the Hands Soft

Some time ago I read a recipe in your paper for chapped hands. It contained glycerin, lemon juice and carbolic acid, but I have forgotten the proportions. Will you kindly repeat it? The hands you in advance. I remain, yours truly. STELLA.

Lotion to Whiten and Soften Hands.

Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of cologne, a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Treatment for Whiteheads

I am a constant reader of your beauty talks, and it occurs to me to day to ask your help in a skin trouble I have. My skin is very oily naturally, and, though I am past 40, I have whiteheads on every part of it. My nose is quite full of them, and I have to squeeze them out at the end of my nose under the skin. I have given the nose a little white ointment, and it is leaving a little round spot. Blackheads also appear in other places, but these little spots will not remain several days and make the skin look very unpleasant. Sometimes the pimples appear on the chin. At times when the weather is warm as it has been the last week these tiny red spots show on my neck, the left side more than the right. At times I feel that to do my complexion the difficulty I should be so grateful if I can have myself with your help. E. V. T.

From your description, I think you are troubled with whiteheads. I am giving you directions for treatment below.

White Heads (Acne Mollusorum).

Open each seed sore with the point of a fine needle or scissors. The horny mass must be pressed or pinched out. The empty sac or the gland should then be bathed with a little tincture of iodine, followed with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

To Improve Wrists and Hands

I am going to write to you and hope you can help me, and answer soon. Will exercise with dumbbells help to develop and make the wrists and arms plump? My hands and wrists are all pale and bones. There is not a bit of flesh on my hands. They are always dry and full of lines and little wrinkles. My hands look very bad, and the knuckles and joints just alike. They never looked that way before. They were a fine shape before. I have rubbed a lot of cream on them, every night, but it doesn't do any good. I would also like to have my waist plump. I hope you can help me and give me good advice, which I know you will. My friends are getting fat, and I feel so ashamed to show them. I am 29 years of age. KITTY.

Exercise with the dumbbells will help to develop your wrists and arms. To make your hands plump, massage each day with a special skin food for this purpose given in this department. At night, wear cotton gloves.

To Make Cosmetic Gloves.

Use soft, large rubber gloves, three or four sizes too large. Slip them open and spread inside with one of the following preparations, then sew the ripped seams up. The ointment and therefore the least troublesome paste to make is the

Cosmetic Glove Paste.

Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of honey.

Cosmetic Glove Paste—No 2.

Home-made soft soap, ½ pound; olive oil, 1 gill; mutton tallow, 1 ounce.

After boiling these together, remove them from the fire before adding spirits of wine, 1 gill; ambergris or other perfume to an amount to suit the taste, always being on your guard not to scent things too highly.

Cosmetic Glove Paste—No. 3.

Refined pine tar, 1 teaspoonful; olive oil, 1 gill.

Melt in a water bath, sweating with rose-water or some other perfume. This is a preparation which does not spoil.

The following preparation for use with cosmetic gloves is slightly more elaborate: Myrrh, 2 ounces; honey, 4 ounces; yellow wax, 2 ounces; rosewater, 4 ounces.

Melt the wax in a water bath and add the myrrh to it while it is hot. After boiling, then add the honey and the rosewater. Heat all up well and add glycerin to the temperature until you secure a paste which will spread nicely.

Formula for a Friend

A friend wrote me from Indiana for your advice on obstinate freckles, and, looking through my columns, I find it has been long. Desiring to prove an instrument that you recommend, I ask you kindly oblige a far-away reader by publishing it again in the beauty column. INDIANA.

I repeat the formula with pleasure.

Obstinate Freckles.

Oxide of zinc, ½ dram; subiodide of bismuth, ½ dram; glycerine, 1½ drams; glycerin, 1½ drams. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Falling Hair

I am a young man, about 20 years old, and I have been troubled with falling hair for over a year and a half. Listening to look at my hair, I saw your formula for falling hair, composed of nux vomica, spirits of rosemary and alcohol, and obtained it from a druggist, which I am trying it. My hair is receding, and I have now bare spots above the temples. I have tried several tonics and have tried dry massage, with no result, and my hair comes out in great quantities when I shampoo it.

Do you think above formula, with constant massage would do good, or would you suggest some other formula? I am in good health.

Although I know your column is devoted to women, yet I know you will help.

N. J. S.

The tonic advised for falling hair has proved most beneficial in many cases, and I think you will get good results from its use. Use it in connection with massage.

The Vaucaire Remedy

Will you please tell me if the Vaucaire remedy is a tonic, taken internally, or is it for external application? Where can it be obtained and what the cost? What is its effect?

The Vaucaire remedy is a liquid tonic to be taken internally. The formula is frequently published in this department, and can be filled by any reliable druggist.

Commercial rates are not given through this department.

Thin Dry Hair

Two constant readers would like to ask some advice. We both have very thin dry hair, and cannot do anything with it. Would you advise us to have it shaved and wear a wig and let a skin specialist treat the scalp? Would it come in thicker?

Have seen Dr. Vaucaire's bust developer. Do you think it will help me to use it? Have had very flabby breasts for six years since my baby was weaned. I also saw something in the paper about malt and hot milk at night. Will you answer this in next weekly Beauty Column, and give full particulars about Vaucaire's developer? Why don't some of the ladies that have used it let us hear from them? I am also very flat-chested. N. G.

I advise the following treatment for your hair: Have the ends carefully trimmed, then give the hair a thorough shampooing; afterward use the quinine hair tonic, for which I am giving you formula; use as directed. Dr. Vaucaire's remedy has proved successful in many cases, and I have no doubt you also would get beneficial results from its use.

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; resorcinol, 6 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add: Glycerin, 1½ ounces; essence royale or essence musk, 5 or 6 minutes. Agitate until solution is complete. Apply to roots of hair every day.