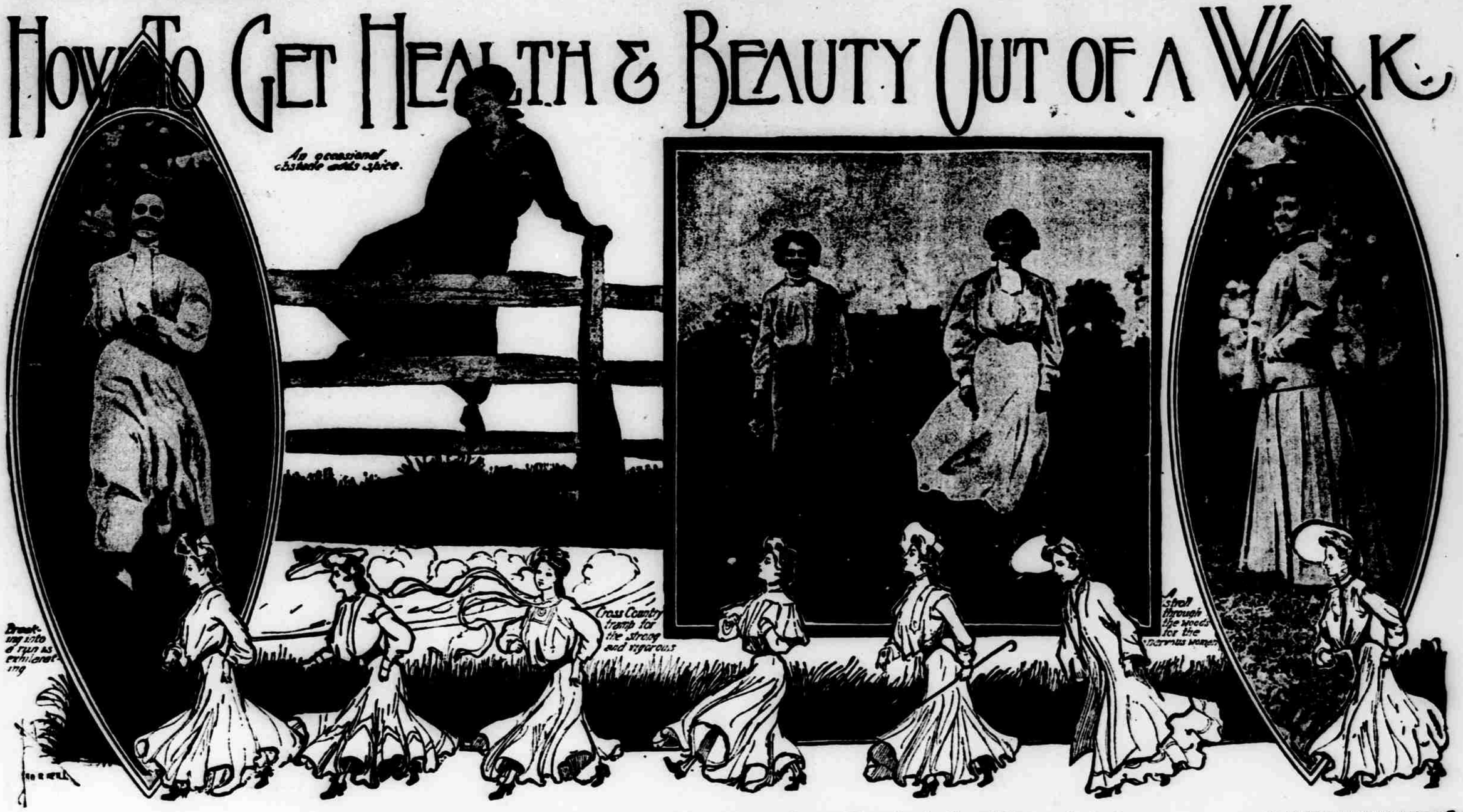
How To Get Health & Beauty Out of A Walk



Every Woman, No Matter What Her Mental or Physical Condition, Can be Benefited by Exercise in the Open Air

IN this day of trolleys, automobiles, bicycles, etc., there is danger of walking becoming a lost art—at least walking for health's sake and for the pleasure of being out of doors. Let us hope, however, that this form of exercise may not be lost sight of, for nothing excels it in some regards. It requires no expensive apparatus. It is accessible to rich and poor alike. And there are no rules to learn and break.

There are, of course, different ways of taking a walk, and it can be made a source of health, beauty and pleasure, or a dismal failure, so far as refreshing the soul and body. In order to get the greatest satisfaction out of a walk it is well to rid one's self of disagreeable thoughts before starting out and to have the body clothed comfortably.

For the nervous, tired woman, to whom a brisk walk might prove exhausting, there is the quiet stroll through the woods. But for the strong and vigorous nothing is more health-giving than a cross-country tramp. Weather should prove no hindrance, and on a dull, rainy afternoon, when nobody knows what to do, put on old short skirts and sweaters, heavy shoes and felt hats and start for a cross-country walk.

If there are obstacles to be encountered—fences to climb, ditches to jump—it will be all the more exciting; and if you feel like it, break into a regular run—it's the most exhilarating thing imaginable. While running keep the chin up, the head back and the shoulders squared. If possible, take deep breaths into the lungs; and if you feel yourself getting winded, stop short until you get your breath. An hour spent like this will bring everybody back in splendid spirits and with complexions like roses.

Of course, the wet clothing should be immediately removed, in order to prevent any ill effects. In the rush and hurry of everyday life we do not give up enough time to going out into the fresh air. Every one needs it; but, above all the women—particularly those who have home cares that are confining.

Let the woman who has been working all the morning over the countless details of the housekeeping work put on her hat—if she is sensible she already has on a short skirt—and go out for a brisk walk. If it is only for fifteen minutes, it will do her untold good, her head will be clear and her heart lighter.

Time thus taken is not wasted, but the best kind of an investment, as she will find she can do so much more in the long run.

HEALTH AND BEAUTY SEEKERS' QUESTIONS ANSWERED BY MRS. SYMES

To Enlarge the Bust and Hips

Can you give me, through your column, some outward application for enlarging the bust; also the hips?

You have helped me before, so I feel sure you will be able to do so again.

My hands are also a great source of trouble to me. I am a typewriter, and would naturally like shapely white hands. They are very red and rough. TYPEWRITER.

I am giving you formula for an excellent preparation for the hands, also one for a cream to use in massaging the bust. You can develop your hips by performing the exercises for that purpose, which are so frequently published in this department.

Massage Cream for the Bust.

Lanolin, 2½ ounces; spermaceti, 1½ ounces; molten tallow (steably tried), 2½ ounces; cocoanut oil, 2 ounces; tincture of benzoin, ½ dram. Melt the first five ingredients together. Take off the fire, and beat until cold, adding the benzoin, little by little, during the process.

To Whiten the Hands.

Lanolin, 300 grams; paraffin (liquid), 30 grams; extract of vanilla, 10 drops; oil of rose, 2 drops.

Mix and apply when necessary.

For Snow-White Hair

I have read with much interest your page, especially everything relating to the hair. I have noted your hair tonics, shampoos, something for glossy locks, and the formula for oily hair, which is my great trouble. My hair is very white (prematurely, as I am just 30). I am very careful to wash my hair every few weeks; but in a very short time it becomes oily and stringy, then turns an ugly yellow. I have been advised to use a little bluing in the last water. That gives the hair (or makes it) a beautiful, clear white for about a week. Now, won't you please tell me what to do to be free of that ugly yellow color?

A TWENTY-FIVE YEARS' READER.

As you state that your hair is very oily, I think you might shampoo it every ten days, using the bluing as you suggest. Usually I do not recommend shampooing so frequently, but I think in your case it will most likely prove satisfactory and will keep your hair white and fluffy.

Male Correspondent Wants Gray Hair

Being constant reader of your paper, will appreciate your answering this in your column. My hair is changing to gray, and I like the color, and would like you to advise me what to use that will turn it perfectly gray. I shave daily, and could have my barber use it as directed. Will ask if it will hurt the hair or make me bald, as I have a nice head of hair. Thanking you in advance, I remain.

REGULAR SUBSCRIBER.

I know of no harmless lotion for turning the hair gray.

Hair Gray at 24

Will you kindly tell me of anything that will turn the hair to its natural color? I am only 24 years old, and there are lots of gray hairs in my head. Hoping you can help me, I remain, yours truly,

A CONSTANT READER.

There is no way of restoring gray hair to its natural color except by staining. If you wish to do this, I think you will find the physician's remedy a satisfactory dye.

To Whiten the Hands

Please give a formula for whitening the hands. It must be very strong, as I have tried every simple remedy available. I do no work, yet my hands are rough and dark. Can cosmetic gloves be made of anything besides kid? S. R. D.

I am giving you directions for making cosmetic gloves, and I think you will find that wearing them at night will greatly improve the appearance of your hands.

To Make Cosmetic Gloves.

Use soft, large, leather gloves, three or four sizes too large. Rip them open, and spread the inside with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

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, and enough of some other perfume in 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 pint.

Melt in a water bath, scenting 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, 1 ounce; 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 heating them together add the honey and rosewater. Beat all up and add glycerin by the teaspoonful until you secure a paste which will spread nicely.

Hair Turning Gray

My hair is black and has some gray hairs in it, especially on the sides. I am not old enough yet for my hair to turn gray. Is there any remedy to prevent it? I have the physician's prescription, would you advise me to use it? It haven't the henna dye. Which is the better in my case? R. T. I.

I know of nothing to prevent the hair from turning gray, although keeping it in excellent condition will sometimes retard the appearance of gray hair. If you wish to use a stain, the physician's remedy would be better in your case.

To Sweeten the Breath

Won't you please give in your talks with correspondents on health and beauty, regularly, a prescription or preparation for bad breath, caused, I think, from the stomach? W. D. J.

To cure bad breath caused from the stomach it will be necessary to get the stomach in proper condition. To keep the mouth and breath sweet after this has been accomplished, hold listerine in the mouth several times a day, and gargle with it after meals.

To Keep the Hair in Place

Could you please give me a formula for dry hair—something that will not gum up the hair? After washing my head I cannot keep my hair in place. It flies up and seems so dry. Hoping to hear from you soon, I remain, Mrs. H. T. H.

You will be able to keep your hair in place after a shampoo more readily if you rub a small quantity of brilliantine on it. After the hair is dressed touch the refractory ends with a brush containing a small quantity of the brilliantine.

Lemon Juice for Freckles

Will you kindly publish in next week's paper the correct proportions of lemon juice and borax for removing freckles, and oblige,

A READER.

Lemon and Glycerin Lotion

(For Light Freckles and Sunburn.)

Citric acid, eleven, 2 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce; glycerin, 1 ounce.

Dissolve the acid and borax in the water, infuse the petals for an hour, strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerin. Apply as often as agreeable.

Lost Formula

Will you please print the formula for Dr. Shoemaker's face bleach which has appeared several times in your department? I saved it once, but it has become lost, and I desire very much to secure it. Is there any danger whatever in using it externally?

A CONSTANT READER.

Dr. Shoemaker's Bleach.

(For tan, freckles and yellow discolorations of the skin.)

Bichloride of mercury in coarse powder, 6 grains; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Agitate until solution is obtained. Map over the affected parts. Keep out of the way of ignorant persons and children.

How to Use Henna

Will you please state in next week's paper how to use the henna leaves for staining the hair, and oblige a regular subscriber, and one who enjoys your advice very much? M. E. P.

The simplest and easiest manner of applying henna to the hair is to use a tea made of the leaves. In preparing the tea use an ounce of leaves to a quart of water, and boil the whole down to one pint. The stain should first be applied to the roots of the hair with a small brush. Next, with an ordinary hair brush, distribute the henna through the hair. A thorough drying, either by sun or heat, concludes the tinting process. A thorough shampooing of the hair should precede each application of the stain.

Use Soap on the Face Only Once a Day

Will you be kind enough to answer the following questions:

1. Is salt good to use for cleaning the teeth?

2. If soap is used on the face three times a day, will it hurt the complexion?

My nose has a number of blackheads on it. When I squeeze them a white substance comes out.

3. Should I continue to squeeze them out? Please give me some remedy for them, and mention how long I should continue its use.

I do not advise the use of salt for cleaning the teeth. Precipitated chalk is excellent for everyday use. Once a day is often enough to use soap on the face. More often than that is apt to harm the skin by making it too dry.

Annoying Skin Trouble

Will you be good enough to prescribe for a skin trouble which seems to baffle every effort. My face is perfectly smooth, with the exception of a blackhead on the chin here and there, and a few hard little white specks under the eyes. But the minute the warm weather comes my back and shoulders are covered with tiny pimples and blackheads. Sometimes they appear on my chest also. The pimples have heads that must be opened. Why do the veins in my hands stand out nearly all the time like cords, and is there a remedy for it? I do my own work, and eat no rich foods and hardly any meat. My diet is principally milk, eggs, fruit and green vegetables. A. D.

The heat evidently affects your blood and causes it to become overheated and disordered, and the rash you speak of is no doubt due to this. I advise you to take a good blood purifier every spring—one containing a blood-cooling ingredient would be best.

Stubborn Case Resists Treatment

I have been taking twelve bottles of the Vapo-Cresolene remedy, I see no results. Would you advise me to take more? I would be only too glad to repeat same if I knew it would help me, and knowing it won't harm, would you advise me to take more? I will do as you say, as I have great confidence in your recipes. I have used your dandruff cure, and it is fine, and would you please tell me how often to use the eyebrow grower? LEONA.

Yours seems to be a very stubborn case, as you should see signs of development after having taken twelve bottles of the remedy. Are you sure that it is being made of the proper ingredients? I advise you to try having the prescription compounded by another druggist. You may also get quicker results by massaging with a good skin food in addition to taking the remedy.

Hair Too Dry

I have been taking quite an interest in your valuable department. I curl my little girl's hair, age 6, on rubber curlers; they curl very nice, but her hair is so very dry and splits and breaks until she is covered with flying little hairs. There is not a particle of moisture or oil in her hair; her hair is of a light color. Could you give some formula which would make her hair more moist and keep it from breaking? Mrs. L. M.

Lotion for Dry Hair.

Glycerin, 1 ounce; eau de cologne, ½ pint; liquid ammonia, 1 dram; oil of cinnamon, ½ dram; oil of rosemary, ½ dram; tincture of cantharides, 1 ounce.

Briskly agitate for ten minutes, then add cannon balls and let stand; equals oils well and stir. A few drops of essence of musk or other perfume can be added.

To Enlarge the Hips

Please tell me how to exercise in order to obtain some hips. I am perfectly flat. Also my collarbone is very prominent and my neck is very bony. Thanking you in advance, VIOLET.

The following exercise is excellent for developing the hips. Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible. To improve the appearance of your neck, first, bathe it in hot water, and then massage with a good skin food, rubbing it well into the pores.

Wavy Hair

Will you kindly give me a formula which will make the hair wavy, without injuring it in the least?

AN INTERESTED READER.

I know of nothing that will make the hair permanently curly, but am giving you formula for a curline which has been very successful.

Solution to Keep Hair Curled.

Take of gum arabic, 1 ounce; good moist sugar, ½ ounce; pure hot water, ½ pint. Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bichloride of mercury and salammoniac, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in papers or pins.

To Color Gray Hair

Will you kindly send me the physician's prescription for coloring gray hair? Have looked for it in your paper the last few weeks, but could not find it. A. C. M.

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerin, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ½ ounce.

Mix in one pint of soft water. 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 scalp.

The best way to use any stain is to apply it to the roots of the hair with a small brush; a tooth brush will answer for the purpose—then spread it evenly downward through the tresses with an ordinary hair brush.

Green Soap for Blackheads

Some time ago I cut your blackhead cure from your paper. Will you please tell me if I should use the green soap treatment for three weeks, or not? And would a skin food be necessary? If so, give me a good one. How long should the lotion for enlarged pores be used after the blackheads have been removed? A. A. N.

After about three weeks of the green soap treatment the blackheads should disappear; if they do not, however, it will do no harm to continue the treatment so long as it does not irritate the skin. Use the lotion for enlarged pores until you notice the improvement you desire.

Excessive Perspiration

Will you kindly advise me what course of treatment to adopt for the cure of perspiration under the arms? I am greatly annoyed; shields appear to be no protection to my waists, and, as you know, such profuse perspiration is provocative of other annoyances. I have tried several so-called specifics, but without satisfactory results; therefore, if you can advise me what to do, I will truly be very grateful to you. E. B. S.

Frequently excessive perspiration is due to a disordered condition of the nervous system, in which case specific treatment is necessary. For the perspiration under your arms, try washing night and morning with hot water, in which there should be a few drops of ammonia, using common brown kitchen soap. I have known of cases where this treatment has proved most successful.

Cut Leaves Ugly Mark

About three months ago a large glass from a grandfather's clock fell out and cut a gash along my forehead to the corner of my eye, which has left an ugly mark. Do you know of anything to help remove the scar? I have tried the scar salve, but it seems to make it sore, and I am afraid to use it. I would be very thankful if you would advise me. L.

If the salve for care irritates your skin, try the cream for which I am giving you formula. Massage the scar with it several times a day. It is very healing.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti and one-quarter pint of oil of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

Morning Exercises for Healthy Girls

POINTS ON BREATHING, BATH AND PHYSICAL MOVEMENTS GIVEN BY DR. WALKER

By Emma E. Walker, M. D.

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HEN you wake, first get rid of all the residue of poisonous gases left in the unused corners of the lungs during the night, of course the air in your room is pure, because it has been well ventilated all night long. But the lungs need their bath at the beginning of the day.

Lie flat on your back, legs straight, feet increased and arms relaxed. Take slow, full breaths for three minutes.

Follow this by a thorough kneading of the abdomen in order to stimulate the circulation of the intestines.

Now you are ready for your morning spray. After your bath, polish your skin with a Turkish towel as the shoeblack polishes his shoe.

Slip on a sweater and take your morning run. This doesn't mean that you must shake the house or run around the room, for you can run in one spot.

Spring lightly from the ball of the right foot to the ball of the left, throwing the feet back as in ordinary running. Accelerate the speed of this alternate motion. Begin with twenty-five steps, increasing each day until you reach one hundred or more without fatigue.

After your run dress loosely and take your second lung bath. Use common sense, and do not get chilled. Do not allow yourself to feel hurried in this part of your exercise, and breakfast will taste better than ever before.

During the day practice some good exercises to keep every part of the body in condition. Try to make some one hour convenient each day; persevere and do not give them up even once.

There is a wide choice in the exercises which you may take, but a few suggestions may be helpful.

Take good standing position, and then a position exercise; arms overhead, stretch upward in a long, elastic movement, then stretch arms out at the sides and down, at the same time reaching up and back strongly with the crown of the head. The chest will come up and the shoulders go down to proper position if it is done correctly.

Follow by a posing exercise for a graceful carriage; a good one is to raise and lower the weight slowly and rhythmically on the toes; this will develop the calf of the leg, as well as the muscles of the back which keep the trunk and head erect. It will also make the ankle flexible, bring the body into poise and quiet the nerves. Practice this with the eyes fixed on some point straight ahead; balance on one foot, and then on the other.

Now strengthen the spine and increase circulation by the following: Stretch arms high overhead, bend gently forward and backward, breathing slowly through the nose.

Lengthen your waist by reaching arms overhead, then bending to the floor, keeping the knees straight. The officers of the Austrian army, who are famous for their tapering waists, are said to do this exercise faithfully, repeating it many times each morning.

SOME GOOD MOTIONS

Increase the number of times gradually from day to day. If you cannot touch the floor with knees straight, precede the exercise with this one:

Sit on the floor, legs outstretched, spine and head erect, arms straight at the sides, resting hands on the floor, fingers pointing backward. Then without moving the body, lift first one foot, and then the other, several inches from the floor in alternate motion. This is a splendid exercise for keeping the spine and shoulders straight.

Now it is time to relax. Lie flat on the floor, taking the position which you assumed on the bed, legs and arms outstretched. Inhale deeply and slowly, and as the breath is expelled, let every muscle and nerve relax to its utmost until you feel every part heavy upon the floor.

Repeat this breathing exercise three times, then test the limbs, one by one, by raising each heavily from the floor, letting it drop down again. In the same way flop about until you feel thoroughly relaxed in every part.

Now acting to your feet, and take the next exercise, one to keep your body supple and graceful.

Stand on one foot, and raise the other knee to the chest, holding it there with hands clasped about it. Keep the back straight; stand in this position as long as possible. Then practice the exercise with the other knee.

This might be followed by any one of several kicking movements. Try this one: Kick one foot as high as you can, and then the other, pretending that you are aiming at a ball with your toe. Here is an exercise for agility in high kicking.

Stand in the doorway, and, resting a hand on each jamb of the door, swing the leg forward and backward as far as it will go. Practice this until tired. In resting swing the arms rapidly, first alternately, and then together, both forward and backward, keeping the chest firm and well to the front.

Before finishing, practice some torso movements. The theory of resistance in exercise is now used largely in modern methods. To illustrate, try the following torso exercise:

Stretch the arms front on a level with the shoulder, palms facing each other. Standing firmly on the feet, first twist the body by turning hips, shoulders and head to the right as far as possible; move arms to the right at the same time, keeping right arm straight and flexing the left at elbow toward the last; now, holding hips and head in this position at the extreme right, contract the arm muscles and move arms and shoulders to the left as far as possible. Next, twist the arms and shoulders to the right, at the same time twisting hips and head to the left. Repeat five times.

A simple head and neck exercise is a fitting one with which to close your morning practice. Rotate the head slowly, keeping the face front, reversing the direction with each rotation.

It may seem rather formidable to think of taking all of these exercises in one day, and they have not been given for that purpose, but merely to offer you a variety which will bring into play every part of the body.

From these you may choose a few which experience teaches you are most beneficial in your particular case. Any good exercise done with care is sure to bring you rich results. Perseverance in exercise is your watchword.