How to be Healthy and Beautiful

By Mrs. Henry Symes

Throwing for the Basket

Basket Ball as a Healthful Sport.

A Foul

Ready for a Long Pass

Held Ball.

BASKETBALL as a game for women is increasing in popularity each year. It was invented about twelve years ago by an instructor in a training school for boys. The students had tired of the monotony of regular gymnastics, and the teacher endeavored to plan a new game—one that would be beneficial to body and mind, and yet be interesting to the participants. Several things were tried, but basketball fell at once into popular favor.

For a while the men and boys monopolized the game, but instructors in physical training for women soon recognized its merit, and it was then adopted in women's colleges. It supplied a long-felt want, combining, as it does, the beneficial results of gymnasium exercise and the interest of competitive sport.

Interesting the game most certainly is both to the participants and spectators. There is very little expense attached to it, and it is very easy of comprehension, so that I cannot think of a better game to recommend to my readers who are looking for a healthful sport.

It has the advantage of being both an indoor and outdoor game, and girls who are thinking of getting up a team for the winter could not do better than begin practicing in the open air. The first cool days make playing delightful.

Besides a small plot of ground upon which to play, there are very few requisites. The size of the playing ground varies according to the available space, although the general rule is that it shall not exceed 2500 square feet. The goals are at opposite sides of the field on the boundary line. These are baskets made of hammock nets of cord suspended from metal rings and placed ten feet above the ground.

The object of each team is to put the ball in the basket of its opponent and thereby make a "goal." The rules are simple, and may be obtained from any dealer in sporting goods. The team is composed of not more than ten and not less than five players on a side. The game consists of two halves of twenty minutes each, with an intermission of ten minutes between.

When playing indoors the regulation gymnasium suit of bloomers and a loose blouse of some light-weight woolen material is usually worn.

A picturesque costume for outdoor play is short skirt of cloth, with sweater to match. Red, white or blue costumes are particularly good. Team work is the stronghold in basketball, and the sacrifice of personal glory to the general success of the team is an excellent lesson in self-control.

The woman or girl who goes in for basketball will find her most valuable assets to be speed, accuracy, strength, endurance and, above all, control of temper.

A game that requires these qualifications is bound to have a wholesome effect on mind and body.

PHOTOGRAPHS SHOWING HOW BASKET BALL BENEFITS THE DIFFERENT PARTS OF THE BODY.

VALUABLE HINTS ON RELIEF FOR YOUR BLEMISHES BY MRS. SYMES

Afraid to Use Remedy

I saw your remedy for a large bust in yesterday's paper and showed it to several people, who promptly told me it would only make the bust smaller by making it wrinkled and flabby, and also yellow. If this is true, can you recommend anything to keep the bust firm during the falling-off process? As my bust is not firm, I would be afraid to attempt to try anything to increase the trouble. I have great faith in your remedies, having used the eyelash grower which worked wonders. Do you think the bust reducer can harm me in any way? MYSTERY.

The remedy for reduction of bust will have no harmful effect. During treatment frequent applications of cold water and brisk rubbing with a coarse towel will aid in keeping the bust firm.

Troubled With Blackheads

Will you please give me through your valuable column a remedy for red noticeable by squeezing blackheads? I have present them, and data sometimes that the skin has come off and been sore. It has left a little scar. They make my face look bad. I make up my mind not to do it any more, but the temptation is too strong, and I pick at them again. Please tell me how to get rid of them forever. I have a pretty good complexion, and would thank you to tell me how to get a smooth and clean skin, like a baby's, as this is what I should like. I am twenty to be losing my color, and would be grateful to know how to get good, rich blood. Please recommend something. Thanking you in advance for this and past good advice which I have received, I am. DESPONDENT.

Try the following treatment for blackheads, and afterward use the lotion for which I am giving you formula. It will allay any inflammation, and is also very good for the enlarged pores which sometimes follow blackheads.

Treatment for Blackheads.

Get the correct camel's-hair face scrub brush (a bland tooth brush is a little good cold cream or toilet cream of superior merit—there are many of them—and a few ounces of common washing soda. If the black pores are very distinct, dissolve them out, if not, wetting the face morning and night with hot water, into which you have put a pit of the soda about a biscuit to give to each quart of hot water, soap the brush generously as you would were you going to wash for your hands, and scrub the face thoroughly.

How to Use the Camel's-Hair Face Scrubbing Brush.

Immerse the brush in water as hot as can be tolerated, but not boiling, if you just wet the bristles, if you were about to lather for your hands. Scrub the face thoroughly, taking especial care of the places that most require cleansing. Rinse the face with cooler clean water, make to dry, pat the soap off of the pores, dry carefully and apply a cream or toilet balsam; any good emollient will answer.

Lotion for Inflamed Skin.

Borax, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces. Use as a wash (wet or three times a day.

To Darken Blonde Hair

Nitrate lotion, one of a few drops can be made, but I fear that will not be enough. Will that do? Yes! I have tried that, and it answers for a while, but after continued use it turns the hair a greenish shade. Can you be tinted from a to suit better, pray, put a reddish tint? A. S. F.

Tea Hair Tonic.

Black tea is a tonic for hair tones in such cases. Strong tea, 2 ounces; glycerine, 2 ounces; alcohol, 2 ounces; infusion of black tea, 10 ounces.

This good anything to suit. The tea infusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients, apply with a soft sponge to the roots of the hair. It will darken blonde hair.

I think you will find the black-tea tonic more satisfactory for your hair than the sage tea. Of course, all stains have to be repeated when the color needs renewing.

The Use of Pumice

I had been interested in reading the paper where you give advice to people that need help. I am a girl of 20 years, and have been bothered this last year with hair growing on my body. I don't know what makes it grow, and don't know how to remove it. I would ask you to kindly assist me. MATRON

For the removal of superfluous hair on the body, try the plaster stick or pumice stone treatment, both of which have proved beneficial in many cases.

Pumice Treatment for Superfluous Hair.

Get an ordinary 1-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair rub the skin affected with the superfluous growth and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night before retiring.

Red Hands and Face

Will you give me a remedy for red hands and face? My face and hands are not sunburned, but are always very red, and I will appreciate some remedy which will make my face and hands whiter. If you will publish one in your columns I will certainly thank you. GREENSBORO.

Red hands and face come from various causes, and are frequently constitutional, in which case they are very hard indeed to combat. Abstain from blood-making foods, and do not use water that is extremely hot or cold. It is better to use a good face cream. I am giving you lotion for whitening the hands. Wearing cosmetic gloves has been very successful in some cases of red hands, and I am giving you directions for making them.

To Whiten the Hands.

Lanolin, 10 grams; paraffin (liquid), 30 grams; extract of vanilla, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

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, therefore the least cumbersome, paste is made in this:

Cosmetic Glove Paste.

Ground barley, the white of an egg, 2 teaspoonful of glycerine and one ounce of honey.

Cosmetic Glove Paste—No. 2.

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

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

Dandruff Causes Hair to Fall

I am another one anxious to know if you can tell me what to do for my hair. It is coming out very badly, has been for a long time. Am troubled with dandruff. Washing does no good, for it is as bad as ever in a few days. My nerves are in poor condition. Would constitutional treatment be beneficial, combined with local treatment? My hair has never been as long or thick as I desire, especially the latter. It is rather dry, so I would like something that would not have a tendency to dry the hair, nor yet make it greasy or damp. If you can give me formula for something that will stop the falling, cure dandruff and make the hair grow long and thick you will have my lasting gratitude. My hair is blonde. I wouldn't wish it any darker. Thanking you in advance, and hoping you will help me as soon as possible, I am your, etc. PANSY.

You must first get rid of the dandruff, and I advise you to use the lotion for which I am giving you formula until it has entirely disappeared; then treat with the quinine tonic, which will promote the growth of your hair.

To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid of ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ dram.

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces; mix, then further add glycerine, ½ ounce; essence royale of essence musk, 1 or 4 minims.

Agitate until solution is complete. Apply to the roots every day.

To Remove Wrinkles

I am a new reader of your paper, and ask some good advice to remove wrinkles, which are under my eyes, and one goes across my nose, connecting with the laughing wrinkles. I am 38 years old and very stout. Please tell me how to remove them? P. C. S.

Massage with a good face cream, using the tips of the fingers gently, with a rotary movement upward and outward. This movement should be given fifty times each day.

Pores Too Large

I am very much troubled with enlarged pores and blackheads. On my nose and cheeks the pores are very large, and I can squeeze a brownish matter out of them. I have used two bottles of the boric acid and witch hazel, but it did no good. Can you tell me something else to do? I will very much appreciate it. A READER.

Try the following lotion on your face, and at the same time abstain from spicy, stimulating, greasy foods and sweets:

Astringent Lotion.

Dried rose leaves, 1 ounce; white wine vinegar, ½ pint; rosewater, ½ pint. Pour the vinegar on the rose leaves and let them stand for one week, then strain and add the rosewater, throwing the rose leaves away. The lotion may be used either pure or diluted by putting a tablespoonful into a cupful of rosewater. Do not keep in a metal vessel.

Harmless Rouge.

Will you please give me the ingredients of a harmless rouge? Please publish in your columns as soon as possible. Also, will you please tell me what I can do to regain my rosy cheeks? I was very rosy until a few months ago, but since that time have been very pale. I should be very grateful to you. Yours truly. K.

I am giving you formula for a harmless rouge. Better try to bring the roses back to your cheeks in the natural way. Take plenty of exercise in the open air, bathe daily and eat good, wholesome food.

Strawberry Natural Blush.

Fresh, ripe strawberries, 2 quarts; distilled water, 1 pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire.

Let the water simmer for two hours, and strain through a fine hair sieve. When cold add pure alcohol, 12 ounces; best Russian isinglass (dissolved), 30 grains; pure carmine (first dissolved in the alcohol), 15 grains; attar of rose, 4 drops; oil of neroli, 2 drops; oil of cedrat, 4 drops.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Troubled With Blackheads and Pimples.

As you have helped other people before, I thought I would write and see if you could help me. I have had blackheads and pimples for over two years, and they disfigure my face dreadfully. DISFIGURED.

I am giving you formula for a lotion which is excellent for the removal of blackheads; also one for a cream which has been very successful in the removal of pimples. However, if they are from internal causes, this will not effect a permanent cure. The woman who is troubled with blackheads and pimples should abstain from all rich food—pork in every form, hot breads and sweets. She should drink neither coffee nor tea and live as much as possible on fresh or stewed fruit and green vegetables. She should take a daily bath and a great deal of outdoor exercise if possible.

Blackheads of the Skin.

Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 6 ounces.

Use with friction twice a day on the skin affected.

Pimple Cream.

Petrolatum, 1 ounce av.; lanolin (anhydrous), 1 ounce av.; hydrogen peroxide, 1 fluid ounce; acetic acid, 1 fluid dram.

This preparation, usually employed for the removal of pimples, may be also used for blackheads.

Complexion a Worry

My complexion is the source of a great deal of worry to me, and I feel most confident that you could help me. In the first place, I have freckles—not large, heavy ones—but I believe I prefer those to the kind I am afflicted with, for I call it an affliction, but, instead, they are light yellow and very close together on the sides of my face. I also have them on other parts of my face, and my hands, too, have the same kind, just heavy enough to be noticeable. At times I feel so discouraged, especially after I am dressed to go out. Is there any kind of face wash or bleach or something of the kind which I might use just before going out which would sort of cover up the freckles, and if you will also suggest a lotion for the permanent removal of same I am sure I will certainly appreciate your kindness? Will you also tell me what I might use to whiten my neck? It seems rather dark. I will watch your column with the utmost patience awaiting the answer of a troubled Alton girl. K. O. A.

First try the simple remedy of glycerine lotion for the freckles. If this is not effective, use Dr. Shoemaker's bleach, which I am giving you below. To whiten your neck use peroxide of hydrogen. Pour a little in a saucer and apply to the skin with a soft cloth.

Dr. Shoemaker's Bleach.

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

Bichloride of mercury in coarse powder, 8 grains; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

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

To Stop Hair From Falling

I have had your prescription for macrobiotic—boracic acid, alcohol, rosewater—times, also am using it, my skin is very small-pored. Is there any danger of inhaling the poison? If so, please tell me some way to avoid or prevent it. I have had considerable trouble with falling hair, especially the last few weeks. My hair is a yellow brown and curly around my face. When I use whisky and quinine it makes my hair straight and darker.

I have no trouble with dandruff. I never have rattled my hair. For a few months I have worn it parted and low on my neck. Before, I wore a loose pompadour with a low knot. I brush my hair every night and shampoo once every two or three weeks. I know no cause for its falling.

If you can offer any suggestion, please tell me how soon I should notice the effects. H. A.

The lotion referred to will not shrink the pores of the skin. I am giving you formula for lotion, which has been most successful in stubborn cases of falling hair.

Falling of the Hair.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

To Remove Fullness Under the Eyes

Will you kindly tell me if olive oil, when used on the face, will cause hair to grow? I find it is very popular, but afraid to use it till I hear your advice. Also, my eyes are very full underneath, and it makes the eye look smaller. What shall I do to remove the fullness? I always enjoy your page and have found some very good hints should you answer. INTERESTED.

When there is a tendency to superfluous hair on the face, olive oil will frequently promote the growth. However, I have known of cases where it has not had this effect. To remove the fullness under your eyes massage as follows: Use both hands, placing the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye. This movement should be given about fifty times each day.

Brown Spots on His Face

There are a few things I wish you might look out of little shop, and have their [illegible]. I have a little brown spot on one side of my face. Shave it by hand or razor, or shave with razor, or razor, or seven, exactly small. I will you would tell me something that might make them disappear or help to do so, anyhow. Feel, I am extremely nervous. I read once that orange juice helped one and I have consumed a great many bottles, but to no avail. What exercise or something should I go through to help this. Third and last call, what will make the out of brown spot, caused by the bulges of very collar rubbing against you, or, say? I am 19 years old, of your opposite sex, and hope you'll try and give me a few remedies for what I've asked, especially the first. BEAUTY CRAZY.

I am giving you formula for paste that has been most successful in the removal of brown spots and freckles. Any open-air game, such as tennis, golf, etc., would be a good thing for your nervousness. If this is impossible, take a simple course of gymnastics in your room each night before retiring. Be sure to have the windows open so that the air will be pure and fresh. Peroxide of hydrogen will remove the stain on your neck. Pour a little in a saucer and apply to the skin with a soft cloth.

Whitening Paste for Freckles and Brown Spots.

Salicylic acid, 40 grains; bay rum, 4 ounces.

Apply night and morning with a soft cloth or sponge. This lotion may produce a slight roughness of the skin, which should be subdued by the use of glycerine of starch.

Pimples Leave Scars.

I am a young man, and have been a sufferer of pimples for quite a few years. My face has been covered with pimples which have disappeared, leaving deep so thick you can hardly see the skin. Will you please answer this in your column and oblige HAD.

Massage with the following cream and use the lotion for the removal of scars which I am giving you.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti, ½ pint of oil of almonds, ½ pint of witch hazel, ½ ounce of borax, which has been heated by being immersed in some time in boiling water. Very gradually add 2 ounces of rosewater and 2 ounces of which hazel, and continually stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heat once or stretched skin. AN OLD SCHOOL SCARS.

Massage with the following cream and use the lotion for the removal of scars which I am giving you.

Lanolin, 2 drams; ointment of benzoate of mercury, 1 dram. Rub in well once a day.

To Remove Superfluous Hair

I saw your recipe for removing superfluous hair (please) several times in this department and tried it.

The one I refer to is peroxide of hydrogen. I am sorry to say it has had no effect. I think the trouble was that I did not use it often enough. I was a little afraid. Will you please let me know whether your department has it may be used? The growth is a very slight one on my chin. OLIVE.

I have never claimed that preparation of hydrogen would remove superfluous hair. I frequently recommend it as a bleach when the growth is dark, as it makes it less noticeable, and in many cases when the growth has not been very heavy, the constant using of peroxide of hydrogen in connection with a good system of massage has caused the hair to entirely disappear. This can be applied at least one or three times a week. K. SYMES.

Recipes Proved Helpful

I have got many recipes from your beauty column, and would like to know if you can give me a formula for a burning cream that removes tan, freckles, patches, etc., known by name as "marthelina cream." Your beauty column has saved me many dollars, and the published recipes have always brought excellent results. L. E. B.

Am sorry, but I do not know anything about the cream to which you refer.

HEALTH THROUGH HYGIENE---THE VALUE OF GOLF

By Emma E. Walker, M. D.

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OUR English sisters can teach us a most valuable lesson—the secret that comes from outdoor exercise. When an English girl feels a little below par in body or mind, she recognizes Nature's signal, drops her work and indulges in some vigorous out-door game. In this way she refreshes herself and comes back again in fine condition. But we American girls are not apt to show the same good judgment under such circumstances. We goad on the poor, tired brain and body until overexertion is carried far; then we upbraid ourselves for being dull, while we follow just the course to make ourselves duller.

You will rarely see an English girl who takes less than two hours of outdoor recreation daily. That is the great reason why she enjoys such glorious health and such a beautiful clear complexion.

Now, when you play golf, how will you begin? Will you ride or drive to the links, or will you walk? How many holes are you going to play, and what do you mean to do after the game? Naturally, all of these details will depend upon the girl, upon her condition.

If you are playing the first game of the season you cannot do what you will be able to accomplish at your last game. If the links are not too far, walk. An average number of holes for one game is eighteen. However, as this may prove too exhausting for many, it is far better to begin moderately than to overdo. Indeed, nine holes will make a very fair beginning. If you feel tired after the game, you would better ride home than walk.

The game of golf is a marvelous test of nerve and temper. There is no other that is so likely to bring out characteristics that you never knew your best friend to possess before. You may find yourself exhibiting traits that you were not well acquainted with before you went on to the golf links. You must hold your muscles, nerves and brain all under control; but patience, courage and self-mastery will bring their reward.

Golf is better than medicine, and will make over the poor, tired body and fagged-out mind.

There is an old saying that he who does not learn to play golf at middle age is young enough to learn it in middle age. This is very applicable to golf. The physical exercise is invaluable—especially the swing of the body about the hips. The movements of the arms and neck are all splendid developers.

Every sluggish part of the body will be stirred up by a game of golf. One comes back from the links with a good appetite, with the whole body in a glow from perfect circulation, and with every faculty at its best. If we played more golf, there would be far less suffering from nervous exhaustion, depression—otherwise "the blues"—biliousness, indigestion, flat chests, shallow breathing and rheumatism. I know a girl who is free from all her winter of "city" ailments during the long summer in the country. She believes that this is due to her devotion to golf, for she plays faithfully every day.