



# How To Be HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes

## COMPLEXION CARE FOR THE BUSY GIRL

A LARGE percentage of women who are anxious to improve their appearance is found among the workers.

The girl who is obliged to hurry off to her office early in the morning and returns homeward at night wearied in brain and body has this plea to justify her unprepossessing looks—I have no time. This is justifiable, and yet it does seem to me that the girl who is really desirous of improving her looks might contrive to devote fifteen minutes to the care of her complexion.

The following treatment will not consume more than that length of time, and will be found almost a fountain of youth—such a glow will it give the skin if continued regularly.

First, make some little meal bags as follows: Mix equal quantities of powdered oatmeal and bran together, and to this add one ounce of orris root, powdered. Place one of these bags in the basin and pour boiling water on it. Put a teaspoonful of oil of almonds in a small jar or saucer and stand in boiling water. When the oil is warm dip your fingers in it and massage it gently all over your face. Rub very gently, and let the fingers always travel in an upward and outward direction. When the face has been thoroughly saturated with oil the skin must be wiped free from grease with a soft cloth.

If by this time the water in the basin is not the right temperature add some cold water. Squeeze out and remove the meal bag and bathe the face in this water. Dry with a soft towel and then wipe off carefully with a piece of Japanese silk. The silk seems to impart a softness and smoothness to the skin that is not produced by any other means.

If time can be spared a weekly steaming is most beneficial. After the boiling water has been poured on the meal bag make a sort of tent of a large bath towel, envelop your head in this and hold your face near enough to the boiling water to get full effect of the steam arising. The girl who follows this treatment will find it simple, efficient, and soothing.

### Points on the Care of the Hair

#### Cure for Dandruff.

R. E.—Try the following preparation, which has cured many cases of stubborn dandruff similar to yours. Before commencing treatment give the hair a thorough shampooing:

#### TO REMOVE DANDRUFF.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, 1 ounce; oil thyme, 1/2 dram; rosemary oil, 1/2 dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

#### Hair on Arms.

I have been a constant reader of your beauty column for some time, and now thought I would ask a few questions. I have a thick growth of black hair on my arms, and would like very much to get rid of it in some way that is harmless. I do not want to try anything that will take it away for a while and have it grow on again. I would like very much if you could let me know some way I could get rid of it at once, and at the same time that would be harmless to the skin.

I do not know of any method for the permanent removal of hair that can be followed by an inexperienced person. Electrolysis and X-ray treatments will secure permanent results, but should only be administered by a specialist. The pumice stone treatment has proved satisfactory in cases similar to yours, but, of course, it must be repeated when the growth resumes.

#### PUMICE TREATMENT.

Get an ordinary 5-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.

#### Good Shampoo.

On my return to town am delighted to find your valuable column still appearing in the paper. About a year or more ago one of your correspondents sent profuse thanks for one of your recipes used for her hair, which she said had quite restored the pretty brown in her hair. Unfortunately I missed the recipe and wonder could you repeat it. It is just what I need for my hair, which is growing gray, and am only thirty-three years.

Could you also give shampoo recipe for my little girl's hair which would keep it light without injury? I may say her hair is of a dry nature. I should be grateful to see these recipes published in your next column.

The lotion for which I am giving you formula is, I think, the one to which you refer. You will find the shampoo for light hair harmless and effective.

#### TO RESTORE NATURAL COLOR OF HAIR.

(A physician's prescription.) Sugar of lead, 1/2 ounce; iac sulphur, 1/2 ounce; essence of bergamot, 1 ounce; alcohol, 1/2 gill; glycerine, 1 ounce; tincture of cantharides, 1/2 ounce; ammonia, 1/2 ounce. Mix all 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.

SHAMPOO FOR LIGHT HAIR. White castile soap, in shavings, 1 ounce; water, 24 ounces; potassium carbonate, 30 grains; borax, 120 grains; cologne water, 2 ounces; bay rum, 2 ounces.

Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters; then dry carefully.

#### Hair Losing Color.

I am thirty-eight years of age, and my hair is turning gray. The color is chestnut brown. Now, I have been told I had not enough sulphur in my system, and been advised to try a tablespoonful



Saturate Face With Oil

Rub Off With Japanese Silk

Pour Boiling Water on the Meal Bags

## Graceful Sports for Women



Archery

An Old-Fashioned Game—Pitching Quoits

### Mrs. Symes' Advice to Correspondents

#### To Clear the Complexion.

Will you kindly repeat the formula for whitening the face, consisting of flower of sulphur and milk, just how long the mixture should stand before using, and should it be washed off immediately.

To clear the complexion, rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand at least fifteen minutes before using.

#### Bothered With Sleeplessness.

I have recently read that soda used to shampoo the hair is not good for it. Now, Mrs. Symes, I have always used soda to shampoo my hair, and thought it beneficial to the hair, but since I have read this I do not like to use it, as my hair is not any too good anyway. Would you kindly tell me what is the best thing to put in the water when shampooing the hair?

Also, if a person takes narcotics to produce sleep, is it bad for them? I am very nervous and bothered with sleeplessness. I know of several different narcotics that will produce sleep, but I have heard that sleep caused by narcotics will make the patient look ill when she awakes. Is this true, or is it all right to do so?

#### Too Fat.

Can you tell me in your valuable columns of an external application that will remove superfluous flesh from any undesirable part of the body?

#### HAIR FALLS AFTER ILLNESS.

I have just come from the hospital, where I was ill with an attack of appendicitis. Since coming home my hair has fallen out so rapidly that I am afraid to comb it. I have not half the amount I formerly had, and I had a very good head of hair. It is turning gray, but that I do not mind, as I am forty-six years old. But is there not something to make my hair grow and prevent what I have left from falling out? I would be most grateful to you if you could help me.

#### SHADOWS UNDER EYES.

I have long read the interesting column written by you and profited by it, but one thing I have long looked for but never found, so it seems I must stand alone in this annoyance. I have shadows under my eyes from the corner near the nose to the outward part of the eye, and have done everything I could think of, but without success. I have successfully driven almost every wrinkle away by your kind advice, and so have absolute faith in anything you may tell me to do for this case. I have almost perfect

#### DISCUS-THROWING IN A LONG SKIRT

health, for which I am very grateful, and so am all the more puzzled why I should have those disgusting shadows. I faithfully massage my face, and particularly under the eyes, every night with splendid results.

#### ABSOLUTE FAITH.

I am pleased to know how much confidence you place in my advice, and hope the treatment recommended in this case will prove beneficial.

#### FOR THE SKIN.

Miss Ignorance.—If the peroxide of hydrogen irritates your skin, discontinue using it. Try using cucumber juice or buttermilk instead. They are both good



Discus-Throwing in a Long Skirt

#### TO SOFTEN THE SKIN.

Would you kindly publish in your valuable columns something that will make the skin soft and white, but that is harmless? And would you also kindly tell me something that I could take to fatten me?

#### ABSOLUTE FAITH.

A few drops of benzoin in the bath-water wear tends to soften and whiten the skin. Olive oil taken in generous quantity is beneficial to the whole system and very fattening. You will find helpful hints in the following rules for increasing the weight:

#### RULES WHICH SHOULD BE FOLLOWED BY THOSE WHO WISH TO INCREASE THEIR WEIGHT.

Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this sleep must always be natural.

Nothing is so bad for the appearance and general health as sleep induced by opium or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar, potatoes, fresh sweet butter, milk, cream, all vegetables and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaroni and spaghetti kinds, fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe anyone can gain flesh if there is an internal disease, certainly not if there is any tendency to dyspepsia or liver trouble.

#### FOR THE SKIN.

Miss Ignorance.—If the peroxide of hydrogen irritates your skin, discontinue using it. Try using cucumber juice or buttermilk instead. They are both good

### How to Beautify the Face

#### WHITENING THE SKIN.

For whitening the skin. Apply the lotion for enlarged pores with a bit of soft linen or absorbent cotton.

#### TROUBLED WITH BLACKHEADS.

I have been a constant reader of your beauty columns, and I have known people who have been helped by your good advice, so I thought that probably you could help me. I have never seen an excellent exercise. Walking is always wholesome. The patient who wishes to gain flesh should never neglect the whole form of exercise. Yet that swaying, that effort to throw, reacts in perfect poise—which is a perfectly balanced body.

#### TO SOFTEN THE SKIN.

The following lotion is good for removal of blackheads. Use as directed. Also put a pinch of borax in the water in which you bathe your face.

#### BLACKHEADS OF THE SKIN.

Boric acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces. Use with friction twice a day on the skin affected.

#### DULL, OILY COMPLEXION.

Will you kindly publish in your column a correct rule for the use of the complexion brush; also a good cream to use with it? I have a slight growth of hair on my face, and wish you would recommend a cream which will not cause any more growth. I have a dull, oily complexion, and wish to better it if I can.

#### TO SOFTEN THE SKIN.

Would you kindly publish in your valuable columns something that will make the skin soft and white, but that is harmless? And would you also kindly tell me something that I could take to fatten me?

#### HARMLESS ROUGE.

Would you be so kind as to give me a recipe for a harmless liquid rouge? I have been using one of your recipes for three years and find it splendid, but I mislaid it. I remember that it contained ammonia water, the word "triple" was printed in parenthesis beside one of the ingredients. If you don't know what recipe I refer to, could you give me another one?

#### STRAWBERRY NATURAL BLUSH.

Fresh, ripe strawberries, 3 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 (insalga) (dissolved), 30 grains; pure carmine (dissolved in the alcohol), 15 grains; attar of roses, 5 drops; oil of neroli, 2 drops; oil of cedar, 5 drops.

#### KEEP CLOSELY STOPPED IN A DARK PLACE.

Apply to the cheeks with a bit of absorbent cotton.

and to look your prettiest at the same time, is a combination of affairs well-nigh irresistible.

Even a fair-sized city yard provides space enough for archery or quoit throwing, although hardly enough for that ancient pastime of the Greeks, which has been recently revived both in England and America—throwing the discs.

The usual athletic costume may be used for archery, although any gown in which the arms have perfect freedom of movement is as comfortable for the performance.

The muscles of the arms, shoulders, back, and neck are all developed and strengthened by this sport and the hollows of the neck filled by it.

Life most sports, the true mysteries of handling the bow come only after long practice, but the principle may be grasped in a few moments, and the fascination of finding out the best way to stand and of getting the shaft to strike nearer and nearer the center of the target tempts you to constant practice, even if there is no one to practice regularly with you.

Be careful in choosing your bow to see that it is neither too heavy for you to pull without severe strain, nor so light as to be no pull at all upon the muscles. And get a bow no longer than you are tall both for comfort and for ease in handling.

Pitching quoits is even better than bowling as an exercise. In that, while the motions are nearly enough the same to call out practically the same muscles, it is an outdoor game. Besides the direct benefit it is upon the general health and upon the development of neck and shoulders and arms, and especially for a hollow chest, there is indirect benefit gained in added grace and buoyancy of the whole body, which becomes pliant and supple if the sport is followed with any degree of regularity.

With a little practice, the left arm may be used alternately with the right for the pitching, so that both sides of the body may be developed evenly.

As to discus throwing, the very fact that it is a practically the same muscles, it is an outdoor game. Besides the direct benefit it is upon the general health and upon the development of neck and shoulders and arms, and especially for a hollow chest, there is indirect benefit gained in added grace and buoyancy of the whole body, which becomes pliant and supple if the sport is followed with any degree of regularity.

Like quoit pitching, wrist, arm, back, and shoulders are all strengthened by the graceful swaying into which you unconsciously fall in your endeavor to get the quoit nearest the peg.

One great advantage all three of these sports have over the more strenuous games is that length of skirt makes no difference at all—there is no running to do, and practically no walking, the swaying of the body, which takes one graceful pose after another, is the whole form of exercise. Yet that swaying, that effort to throw, reacts in perfect poise—which is a perfectly balanced body.