

Health, Beauty



And The Home

Sell Your Easy Chair and Buy a Mirror

By *Sina Carolin*
The Most Famous Living Beauty.

THE real beauty of a face is in its profile. If the profile is strong and beautiful, the face is equally strong and beautiful. In other words, the beauty of a face cannot exceed that of its profile. The woman who would improve her face and the arrangement of her hair must study both critically from the side. For this reason the woman who invests in a good mirror is an economist of her own beauty. Should she be too stout, she should sell her easy chair and buy a duplex or triple mirror. Thus she can observe the lines of her figure with studied care.

She should determine in what respect her figure varies from the canons of beauty and try to conform to them. Is she a little too short for the breadth of her figure? Stretching exercises will add somewhat to her height. Such a woman should stand before the open window, and with hands back to back, the finger tips touching, rise upon her toes and stretch to her greatest height, not once, but many times.

Also, any woman who would be taller should recline a great deal and take as much sleep as possible. The body is known to be taller in the morning than in the evening because the muscles of the joints have relaxed, while during the day they have contracted.

The critical view in the mirror may reveal that the figure is too broad or too thick for its height. If too broad, this is extremely difficult to remedy. If too thick, diet, exercise or massage, or all of these must be summoned. Reducing your hips will make you look taller. But perhaps you are too thin. No figure can be attractive if the bones are too prominent. Give special attention to your diet; eat rich, nourishing foods and exercise, especially in the open air. In this way your mirror can, in truth, be called the first aid to beauty.

WILL massage help my sagging cheek muscles and prevent deep lines appearing around my nose and mouth?—**BELLE S.**

By all means massage those sagging cheek muscles, using the upward rotary motion of the first two fingers of each hand. You can aid in the upbuilding of this region by applying cocoa butter or a good tissue-building cream, such as this:

Lanolin 1 ounce
Plain lard (pure) 1 ounce
Boric acid 3 drams

MY scalp is very dry and my hair, which is full of dandruff, is rapidly turning gray, although I am only twenty-seven. What should I do?—**READER.**

The dandruff must be removed. And the only thing that will remove it is a condition of scrupulous cleanliness, both of your brush and comb and of the scalp. Wash your hair once a week in warm water and castile soap. Devote ten minutes every day to a gentle massage of the scalp; this will stimulate the sebaceous glands to do their work more effectively. Then apply the following tonic, which is excellent for graying hair, at least once a week:

Terebene 3/4 dram
Sulphur 3/4 dram
Borax 3/4 dram
Lavender water 4 ounces

I AM a blonde and my hair is gradually turning brown. The top part is much darker than the bottom, which is almost a golden color. What can I do to restore the original color and make all my hair one shade?—**M. B.**

Wash your hair once a week in this:
Warm water 1 quart
Borax 1 ounce
Borax is extremely drying to the hair and makes it brittle, so I would not advise its use any more than you can help to secure results. If your scalp is growing too dry, massage it twelve hours before the shampoo with this:

Oil of sweet almonds 45 grams
Essence of rosemary 45 grams
Oil of mace 1/2 gram

WILL you please print a formula for an old-fashioned toilet water?—**B. G. L.**

The following toilet water is deliciously soothing and restful:
Jasmine water 3 ounces
Vanilla water 1 1/2 ounces
Acacia water 1/2 ounce
Tuberose water 1/2 ounce
Essence of ambergris 5 drops
Tincture of benzoin 1/2 dram

MY hands are always red and I have callous spots in the palms. Is there any remedy for this?—**BLANCHE M.**

Be sure your hands are always thoroughly dried after washing them and bathe them at night in:
Glycerine 1 ounce
Rosewater 3 ounces
Carbolic acid 10 drops
Wear a pair of large, loose gloves at night, cutting off the finger tips to insure ventilation. Rub the callous spots in your hands with a little olive oil, after first plaining them off as smoothly as possible with a pumice stone.



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The Doctor Says

By *Brice Belden M.D.*
The Well-Known Physician and Writer.

I SUFFER from stomach acidity and pain after taking food. My gall-bladder was removed in 1916 on account of inflammation. Do you think lack of bile is the cause of my trouble?—**M. B.**

It is possible that the lack of bile has something to do with your present trouble. If the bile is deficient the fact may be known by clay-colored movements. The deficiency may sometimes be remedied by the administration of Purified Ox-Gall, or Ox-Bile, which may be taken several hours after meals in doses of five or ten grains, in capsule. The diet should include no fats or meat or eggs, since the bile digests fats and prevents the putrefaction of protein-containing foods like meat and eggs. On the other hand, your pain may be due to adhesions consequent upon your operation. In other words, there may still be a surgical aspect to your trouble. You should consult the surgeon who operated upon you.

WHAT causes enlargement of the veins of the hands and arms? I have had them as long as I can remember.—**M. C.**

Since you have had them so long it is altogether probable that the enlarged veins are merely a peculiarity and not related to any heart affection. There is a form of valvular disease of the heart known as tricuspid insufficiency, in which distention of the superficial veins is apt to occur, and it would be well for you to consult your physician regarding this possibility. In the absence of other symptoms, however, it is not likely that your tricuspid valve is affected.

I SUFFER from chronic constipation and about twice a year have an attack of abdominal pain lasting from eighteen to thirty-six hours, which leaves me in such a weakened condition that I am unable to attend to my business for two or three weeks afterward.—**R. P.**

What you tell about yourself suggests appendicitis very strongly, though it is quite possible that your painful attacks may be due to stones or gravel in the kidney or stones in the gall bladder, or to some other abdominal trouble less well known to the public than those mentioned. Probably a diagnosis could be made during an attack. In many cases it is possible to make a diagnosis between attacks. An attempt should be made to make a definite diagnosis in such serious circumstances. This being established, your cure will probably be quite easily effected. It is almost surely a surgical condition. Workers in lead have symptoms like yours which are cured by medical treatment.

DESPITE frequent bathing I am troubled by a disagreeable odor from my person, and, being noticeable to others, it handicaps me in business. Is there any remedy?—**J. M.**

Such an odor may emanate from under the arms, or it may be due to atrophic rhinitis (dry catarrh). In the former case a one per cent solution of formalin in alcohol, which you can have put up by a pharmacist, is effective. Apply this lotion locally twice a day. If due to rhinitis spray the nostrils twice a day with Dobell's solution. Have your nose examined by a physician.

WILL you kindly discuss the treatment of constipation in a general way?—**M. W.**

Look for removable causes, such as food deficient in residue, insufficient drinking water, local conditions, etc. Avoid cathartics, if possible. Systematic exercise and cold bathing are of the greatest benefit. Abdominal massage is often quite effective. Drink a glass of cold water before breakfast. Eat green vegetables, oatmeal, cornmeal, whole-wheat bread, oils and cooked fruits. Agar (a substance extracted from certain seaweeds) usually works well, in doses of from two to six teaspoonsful mixed with gruel or cooked fruit; use once daily, at breakfast. Where there is lack of general or intestinal tone the sulphate of strychnine is usually prescribed by physicians in doses governed by the conditions in each case. Irrigation of the large intestine with cold water is sometimes efficacious. Do not use drugs if hygienic and dietetic measures effect relief. In extreme cases surgical measures are sometimes required.

Science in the Home

By *Prof. Lawrence Hodges*
Head of the City Laboratory of Physics.

WHAT, besides rubber, is an insulator for electricity?—**L. V.**
Cloth, paper, dry air, dry glass, shellac, dry wood, porcelain, etc.

ARE there any eyeglasses sold which will keep the ultra-violet rays from entering the eye?—**Y. B. C.**

Ordinary glass will stop most of these rays, especially if it be thick. There are glasses sold, however, which probably stop a somewhat larger percentage than ordinary glass. People who do not wear glasses get these rays and do not seem to be injured. Why should an eyeglass wearer be protected from them? Of course, a worker with such things as the xy-acetylene has to have protective glasses.

WHAT is the difference between an American billion and an English billion?—**N. P. F.**

The French and American billion is a thousand million and is put down thus: 1,000,000,000. The English billion is a million, and is put down thus: 1,000,000,000,000. This latter would be called a trillion in America.

I POURED some oil on a wooden bearing for my motor shaft, and it seems to run with more difficulty than before.—**L. L. G.**

The wood probably absorbed the oil. It has been found that a bearing which will absorb a lubricant actually increases its friction. What you want is some lubricant which will not soak in. Powdered graphite or even soap might be better than oil in this case.

WHAT is it that a fly, flying about a fast moving train, does not pass out through the rear door—supposing it to be open? Also, if a fly were to jump straight up in the fast moving car, would he descend to practically the same spot from which he started or would the floor of the car pass under him?—**A. J. M.**

The air in the car is carried along at the same speed as the car. The fly being in the air, is carried likewise at this speed. The same applies to a passenger. If he jumps up, although the car moves forward ten feet before he comes down, he will light in the same spot from which he jumped. This is because he has the same speed as the car before he jumps. If he were on the extreme rear of the rear platform and did this he would come back down on the platform—unless a strong wind blew him back. On the other hand, if the car was suddenly stopped while he was in the air, he would come down in front of where he went up. This can be seen from the fact that when a car is suddenly stopped the passengers keep on going forward and slide out of their seats.

How to Get a Vacation by Staying at Home

"See, Daddy, see!" It was Harold who spoke, resting on his hoe. "That grackle—the one with his tail turned square to one side—has been coming here the last three years. I've seen him. That shows that birds have homes to go to just like folks. I guess the rest of them are his brothers. None of them are his sisters because they are not shiny and pretty like the males. They are dusty looking."

So much for the ten-year-old. Just then high in the branches of the mulberry tree a robin began to chirrup distractedly just as if something dreadful were happening. Charlie—who is eight—discovered quickly what it was all about. Two little robins were being taught how to use their wings. Meantime a neighbor's cat had come prowling that way and was at that particular moment crouching under a rose bush. The mother robin had her eye upon him and was telling her babies of the danger threatening them.

"Why how did you know all that, Charlie boy?" queried the father. "Oh, jus' watchin' 'em ever' day," was the lad's reply. "I never saw such peculiar roses as those are," said Mr. Harper, as he came close to the bush with a hoe that had been doing its work most effectively between the rows of beets and carrots. "Some are red, some are pink and some are nearly white, all in one cluster. Must be a new variety you've been getting."

"Why, no, Father, they've always been here and they've always looked just like that as long as I can remember. I used to call them Sister Roses." It was Hortense, aged sixteen, the high school miss, who spoke. "Here comes the squirrel!" shouted Harold, seemingly glad of an opportunity to take another rest.

And every one stood at attention, staring in the direction in which Harold's finger pointed. Across the front lawn came the little visitor, nosing his way along and stopping now and again to sit up with his

bushy tail parallel to his back and his little forepaws lifted. "He wants some nuts. Get him some nuts, Vivian!" called Harold, and away to the house sped Vivian, returning in a trice to toss one to the pleased little fellow. He snatched it, then turned it over and over again and Mr. Harper wondered why he did it. All the children seemed to know and all attempted to talk at once. He finally made out that it was the squirrel's way of telling if the nut were good or bad. If good it would be heavy. It proved to be satisfactory, for off he scampered to dig as fast as ever he could with his little front paws to make a place for it that he might store it for future use.

"Em's him tubard!" said little Madeline. About that time Mary, the maid, called them to luncheon and Mr. Harper was amazed to know that the morning had already passed. The afternoon by common consent was spent at the Country Club and by nine all were in bed and in slumberland. For the Sandman comes early to those houses whose inmates stay outdoors a great deal and get plenty of exercise.

he next morning they started on a patch of potatoes that Sam—the gardener—had been so patriotic as to plant. Harold was the first to break the silence. "Isn't it queer how things grow, anyway?" he asked. "Now, here are potatoes on one side of me that grow in the ground, and strawberries on the other side. They grow on the ground."

Again Hortense was heard from. "Why, no, there is nothing queer about it at all. Potatoes are tubers and strawberries are runners. See how they send out long runners. On these every little way a little new plant starts. Tubers multiply in the ground."

Harold was not to be altogether outdone in this outpouring of knowledge in the presence of his father, so he made bold to come back with what he considered a poser. "Well, Sister, teacher told us something the other day. It was about how garden things drink. Beets and carrots and vegetables like that drink through their little hairy roots. And they eat, too. They eat the air through their leaves. You didn't know that, did you?"

Just then a big bumblebee came dodging about here and there among the roses and poppies and lilies. "He's workin' jus' like we are," piped up Charlie. "Working! How do you know he is working?" asked the father. "Oh, 'cause he's buzzing 'round gettin' honey to take to his children," declared the laddie.

It was here that Mrs. Harper rose equal to the occasion. "Did you ever know, Daddy, that there are three distinct kinds of bees? Yes, there are. We had in the club a review of Maeterlinck's wonderful essay on bees. The workers are all sexless. The males are all drones. The queen is the only female in the hive. That old saying about the 'King Bee' is a misnomer."

Hm-m! Hm-m-m! Whir-r-r! "Oh, it's our hummingbird, Daddy," cried Harold. "Look-ee!" A tiny shimmering green body with a bright red patch beneath the bill was darting in and out of the fragrant white lilies, emitting a whirring sound and an occasional squeak as it went through its gyrations.

"I'm so glad that little hummingbird likes to visit us," said Vivian. "The lady who talked to our Audubon club said that it is known only in America. It's a truly American bird."

"Pitty fower, pittty fower!" Hoped Baby Madeline, holding up to her father's gaze a big clover blossom. "Oh, throw it away," said Mr. Harper. "That's only clover."

ON my body there are some light brown patches which I understand are due to a sort of fungus. What is the cause and cure of this condition?—**E. J. M.**

Your trouble suggests a disease known as tinea versicolor. It is due to a vegetable parasite of the fungus class, known as the *microsporum ferfur*. It is a common affection and only slightly contagious. It progresses slowly and is very persistent. Without treatment it may last for years. It is a disease of adult life. Wash frequently with hot water and green soap and apply tincture of iodine occasionally. The underclothing should be boiled. A few weeks should suffice to cure the disease, but relapses are common.

I AM eighteen years of age, six feet in height, weigh about 150 pounds, eat enough food for three people, but am thin and pimply. Do you think I have any disease?—**M. C. K.**

The thinness is due to rapid growth, chiefly of the bony system, most of your physiological energies being concentrated upon this special development, which will probably furnish the foundation for exceptionally good physique in adult manhood. With the completion of growth will come a more rounded development. Pimples are apt to be especially troublesome in a case like yours since certain nutritive processes are so active that elimination lags, which state of affairs accounts for the acne of adolescence. In other words, the pimples of the rapidly growing youth. It is not a disease you have; you are simply going through the natural evolution of healthy youth. Keep the bowels regular, to eliminate as much as possible by way of this channel; get plenty of fresh air, in order to oxidize (burn up) waste poisons, and bathe daily, so that elimination by way of the skin will be furthered. By improving the circulation of the skin of the body and hence keeping the "breathing" function of the skin in active operation, you will probably be gratified by seeing a lessening of the facial acne.