

Health, Beauty And The Home

Getting Ahead of Wrinkles

By Lina Cavalieri,
the Most Famous Living Beauty

THE wrinkle regions of a woman's face are four. The first is about the outer corners of the eyes. The wrinkles there formed have been known for many ages as crow's feet, because they radiate outward in somewhat the fashion that a bird's toes are disposed. They might as fittingly be called chicken's toes, or pigeon's toes, or eagle's toes. They are supposed to be the ineradicable, unmistakable signs of age.

The truth is, they are the paths of laughter and indicate a merry disposition. I have seen them strongly marked on the face of a boy of twelve. I have seen them strongly marked on the countenance of a young woman of twenty-one. They are the measures of the laughing capacity of the person who bears them. In the light they are the least ugly of the wrinkles; yet wrinkles they are, and at best wrinkles are undesirable.

To remove these disfiguring crow's feet, dip the tips of the fingers in one of the good massage creams, and with the second and third fingers rub the affected area with a rotary motion working from the corners of the eyes outward.

Far more disfiguring than crow's feet, because of their more ignoble origin and much more difficult to erase, are the diagonal lines from the nostrils to the corner of the lips. They are known variously as "bad temper lines," "the lines of discontent," and "emotional lines." Using the middle finger, the massage should begin at the corners of the mouth, and should end where its lines end, at the nostrils. This movement should also be a rotary one. It should be deeper and firmer than that about the eyes.

The third of the wrinkle areas, and the one in which the wrinkles first appear in most faces, is the

forehead. A doctor that I know said that the signs upon the forehead are unmistakable and infallible ones.

"When a woman has three transverse lines across the forehead, I know that she is twenty-seven," he told me gravely. "When she has two vertical lines between the eyes I know that she is forty-five." This is interesting enough, but it is untrue. I know a half a dozen women of fifty who have neither of these groups of telltale lines.

In massaging the lines of the brow, remember the general rule for massage. The movement must be in the contrary direction from the line. For instance the vertical lines between the eyes must be treated by the second finger of each hand and must be rotary and upward, branching above the eyes with a gently diminishing motion to the right and left toward the temples. The transverse lines, forming as they do, by a creasing of the skin from bottom to top, should be massaged by a rotary motion from the bottom to the top of the forehead.

The fourth of the danger zones is in front of the ears. The vertical lines in front of the ears are believed to betoken advancing age. Yet, like those about the eyes, they are misleading. They sometimes appear on the faces of infants. The manner in which the ear sets accounts largely for the presence of those wrinkles. If it is set out from the head prominently the skin is loose in front of the ear and falls readily into wrinkles. If the ear sets close to the head the skin in front of the ear is drawn taut, and the so-called age-betraying wrinkles never appear. To check this fold of skin is almost impossible if the ear stands out from the head. To retard its deepening, use the middle finger for massage, and with deep, firm



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motion, push slowly upward toward the top of the ear.

The lines on the neck behind the ear distress some women. To correct them, massage with the second and third fingers deeply upward toward the hair.

Thus, it will be seen that it is most important to keep the lines of

the face as good as they were when the skin was fresh and young. The beauty of a woman's complexion, more than anything else, depends upon the amount of care she bestows upon it. Consider carefully where the new wrinkle lines form on your face and then set about removing them at once.

Beauty Questions Answered

UNFORTUNATELY my face nearly always has a dirty look. Won't you please tell me how to make it look cleaner?—MOLLY B.

You are unusually frank, but I think I can understand just what the trouble is. In washing your face you are not able to cleanse all the pores thoroughly. If you can get Turkish baths, then by all means take a course of them. In this way the clogged pores of the skin will be opened and you can get rid of the incus of dust and the sediment of perspiration. After this you must be as careful in cleansing your face as you are in saying your prayers. First rub a cold cream over the face every night, letting it remain for about five minutes. Then wipe this off with a soft linen cloth or an old silk handkerchief. Next bathe the face in warm water, to which has been added a few drops of benzoin. Use almond meal instead of soap and give the face a thorough scrubbing. Rinse in cold water and apply the following cold cream allowing it to remain on the face all night. In the morning bathe in tepid water. Your face should then be thoroughly clean, moist and cool looking:

Lanoline 4 ounces
Cocoa butter 4 ounces
Glycerine 4 ounces
Elder flower water 3 ounces
Rose water 5 ounces

WILL you give me the formula for an agreeable mouth wash?—N. B. P.

The following is agreeable to the taste, and yet has valuable antiseptic qualities:

Thymol 3 grains
Alcohol 3 ounces
Benzoic acid 40 grains
Tincture of eucalyptus 3 drams
Essence wintergreen 5 drops

HOW do you make the camomile lotion for the hair and how is it used?—JOSIE B.

The camomile lotion, so justly famed for cleansing the hair and toning the scalp, is also good for increasing the circulation to the dead hair centres. It is made thus:

Two large handfuls of camomile.
Two quarts of water.
This should be boiled for about fifteen

minutes, or until it is as dark as black coffee. Then shake carefully and add two quarts of cold water. Put in a stone jar and keep in a cold place. It should be shaken well before using. After the weekly shampoo of the hair, this camomile lotion should be rubbed in the scalp with the tips of the fingers, but on no account must it be permitted to touch the face because, it will turn the skin yellow.

MY teeth are badly discolored and I cannot spare the time to go to a dentist to have them cleaned. What should I do?—CURTIS, J. K.

You might try brushing them thoroughly once a day with this powder:

Sugar of milk 200 grams
Powdered catechu 3 grams
Oil of peppermint 4 drops
Oil of anise 4 drops
Oil of orange flower 4 drops

WILL you tell me something that will whiten and soften my skin?—CORALIE C.

You might try making up this mixture at home and using it in the bath water. It is excellent for bleaching the skin and leaves it beautifully soft and tender. If another scent is preferred to bergamot, use oil of geranium in half the quantity indicated:

Bicarbonate of soda 6 ounces
Cream of tartar 5 ounces
Starch 8 ounces
Oil of lemon 1 dram
Oil of bergamot 10 drops

MY shoulders are much too large in proportion to my size. How can I get this unsightly layer of fat off?—S. G.

You should have some one give them a vigorous massage. The masseuse should rub and knead as near to the bone as possible. No oils or creams should ever be used. Apply this astringent lotion:

Rosewater 12 ounces
Tincture of benzoin 1 ounce
Tannic acid 20 grains
Elderflower water 4 ounces

Is Rheumatism Due to Insufficient Diet?

A GREAT many people are completely obsessed with the erroneous belief that rheumatism comes from eating too much meat. From a medical point of view nothing is further from the truth. In fact, we are now advised that there is no real scientific basis for this widespread impression.

However, even the medical profession, until quite recently, held that rheumatism was mainly a disease of the joints. This idea, also, must now be uprooted entirely. Rheumatism at the present time is considered chiefly an affection of the heart.

Furthermore, we learn from no less an authority than William H. Galand, an eminent American specialist on children's diseases, that rheumatism is largely a disease affected by the poor. Obviously, the cause of its prevalence in this class is due principally to insufficient nourishment, i. e., to the lack of foods containing the right proportion of the essential elements of nutriment. There may be a sufficient quantity of certain foods, but there is usually an absence of some important nutrient element like mineral ash or carbohydrates, while the protein and fat elements generally exist in greatly excessive proportions.

According to the latest discoveries of science, rheumatism originates in an infection. Naturally, therefore, it follows that a lowering of the entire tone of the system from a diet that is lacking in any of the essential elements of nutrition, leaves the individual an easy prey to the disease.

Another prolific source of the infection lies in diseased tonsils and the resultant sore throat which causes so much misery and suffering. Through these tonsils the germs of rheumatic infection gain a ready access to the system. The best way to remedy this is, of course, an entire removal of the tonsils. This does not mean a clipping of the ends, but a thorough elimination of every particle of the tonsil growth.

A similar important precaution is to guard carefully against the possibility of additional infection of the throat and mouth by means of diseased teeth. Decayed teeth are a menace of frightful proportions. They keep the mouth and throat in a constantly poisoned state and offer a veritable culture ground for the bacilli of the most deadly infections.

Here are ten rules put out by a famous London hospital that are intended as a guide to anxious mothers whose children have been more or

less affected by the dreaded rheumatic tinge:

- 1st. The great danger of rheumatism in childhood is the damage it does to the heart and not to the joints.
- 2nd. Acute rheumatism or rheumatic fever is a disease which often starts without severe illness, but with pains in the limbs, frequently termed growing pains, or with a stiff neck.
- 3rd. Children whose hearts are attacked by rheumatism need not have severe pains in the heart. Slight breathlessness or palpitation may be the only symptoms they have.
- 4th. A child with rheumatism should always have the heart examined by a doctor.
- 5th. Rheumatism runs strongly in families.
- 6th. A sore throat may prove the commencement of an attack of rheumatism.
- 7th. St. Vitus's dance is generally nothing but a form of rheumatism. Nervousness, dropping things, headaches and jerky movements are often the real signs of the illness.
- 8th. Rheumatic children need plenty of nourishing food, warm clothing and good boots. The extremities should always be protected.
- 9th. Damp houses and rooms, wet clothes and damp neighborhoods are particularly injurious to the rheumatic.
- 10th. Children with rheumatic heart disease need a long time to get well in, because the heart is softened by the disease, and it must get strong again before the child can run about in the usual manner.

What the Doctor Advises

I HAVE been troubled for over a year with leucorrhea, with much local swelling and pain. Self-treatment with simple remedies does not do any good. What would you advise?—H. D.

There is no panacea for leucorrhoea. The treatment depends upon the cause. Many pelvic conditions have to be considered. A microscopic examination of the discharge must be made in order to determine whether a specific infection is the cause. You are very unwise not to seek a definite diagnosis.

I HAVE a very large ovarian cyst. Could it be tapped? I drink a good deal of buttermilk; do you think this is wrong?—J. C. J.

Such cysts can sometimes be tapped merely as a palliative measure when for some reason radical operative cure is inadvisable. They are pretty sure to fill up again. Be guided by your physician's advice as to whether radical or conservative measures are in order. The buttermilk will do no harm, so far as the cyst is concerned.

WHAT is the best treatment for asthma associated with stoutness?—A. S.

Assuming that there are no nasal polyps or sinus disease, and that you are of the gouty constitution, the treatment should consist of a reducing diet and the use of the following:

Fluid extract of Euphorbia Pflulifera 3 ounces
30 drops three times daily, well diluted in water after meals

Live sparingly upon the following foods: Spinach, prunes, cabbage, cantaloup, beets, fruit (except banana), cucumbers, lettuce, tomatoes, onions, fish, olives, radishes, buttermilk and skimmed milk.

FOR two years I have been suffering from a sore on the under lip which has resisted all treatment. What do you think this can be?—W. C. H.

Your description strongly suggests epithelioma or skin cancer. While epithelioma is not malignant in the same sense as that variety of cancer known as carcinoma it nevertheless requires rather radical treatment. Deep freezings with carbonic acid effect rapid improvement in the superficial types, but the ideal treatment is by means of the X-ray. Surgical removal by means of the knife is only justifiable when the lymphatic glands

are involved. Do not waste time with caustics and other local applications. Do not smoke.

WHY is it that I have to be constantly on the alert to maintain my balance, especially when walking out of doors, and that sudden jars or noises make me dizzy?—S. P.

Such a condition might be caused by some obscure affection of the ear; growths at the base of the brain are also apt to cause dizziness and a reeling gait. The otologist can now infer much as to the condition of the internal ear by equilibrium tests which have been recently developed. In a brain tumor, examination of the interior of the eye is important in arriving at a conclusion, and so is examination of the blood. Hardening of the arteries of the legs "giving way" when walking, though your trouble seems to be referable to the ears or brain rather than the limbs themselves.

SINCE having typhoid fever six years ago I have never recovered my strength and am also underweight. In spite of rest and change of air, and good hours, I do not gain in strength or weight. What should I do?—J. H. V.

You need intensive feeding. Raw eggs, cream and milk will improve your nutrition and restore your strength. Dissolve in each quart of milk, a 20-grain powder of sodium citrate, which will prevent fatigue.

PLEASE give an effective remedy for itching piles. —J. D.

There is no curative remedy. Many piles can be radically cured by operation under local anesthesia, some requiring a general anesthetic. As a palliative application for itching piles you will find the following effective:

Menthol 20 grains
Calomel 30 grains
Vaseline 1 ounce

Establish the habit of evening instead of morning evacuations, as the rest in bed relieves congestion; which the maintenance of the erect posture might aggravate. Use cold water as injection at this time, which will further reduce congestion. Drink no alcohol in any form.

HAS enlargement of the heart anything to do with disease of the heart valves or leakage? How is this condition treated? Should a heart tonic like digitalis be given?—A. B.

The causes of enlargement of the heart

By

Brice Belden, M. D.

are valvular disease with leakage; chronic Bright's and arteriosclerosis, which obstruct heart action in the general circulation; asthmatic and other conditions in the lungs which obstruct the pulmonary circulation and consequently the heart action; prolonged exertion, as in athletes; long-continued palpitation, as in exophthalmic goitre or tobacco heart, and interference with the contractions of the heart by adhesions (pericarditis). The enlargement is compensatory, enabling the heart to carry its load, consequently in the treatment we endeavor to lighten the load without addressing treatment directly to the heart itself. Digitalis is never used unless compensation fails, and must NEVER be taken except under the closest medical supervision.

IF I tread on a match I feel a shock, especially in the hands, and sometimes I can "feel" my nerves, especially when run down or unusually nervous. This has been noticeable for some years, but I am a live wire mentally just the same. What do you think about my condition?—F. A.

You have a highly organized nervous system and are neurasthenic. Avoid alcohol, tobacco, tea and coffee. If you have been inactive you should take up some exercise in the open air. If you are thin improve your nutrition by the addition of raw eggs, milk and cream to your diet. For the nervousness and anemia take the following:

Compound Elixir of Glycerophosphates (National Formula) 6 ounces
Two teaspoonfuls after meals, in water.

WHEN I stoop over to lace my shoes the veins in my arms become enlarged and sometimes I feel as though the veins in my head were also engorged, which causes pain extending into the shoulders. Am obstinately constipated. Do you think I have hardening of the arteries?—J. T. S.

The enlargement of the veins of the arms when lacing the shoe is not abnormal. Your head symptoms are probably due to systematic poisoning because of the constipation; intestinal toxemia is the name of the condition brought about by absorption of putrefactive poisons. It is possible that you have some degree of arteriosclerosis (hardening of the arteries), but not probable. The constipation must be corrected. Take 60 drops of cascara evacuant upon retiring, increasing or decreasing the dose according to the effect noted.

Practicing War Economies

NOW that the stress of war is actually upon us, what shall we do to economize still further? Because economize we must if our soldier boys are not to go hungry into battle.

It is true most of us think we are already doing our best. Haven't we cut down on our favorite luxuries and haven't we hung in conspicuous places the red, white and blue card of our Administration board? This much may be taken for granted. But how many of us are sufficiently economical to use a burnt match end to light another fire from the already burning gas, instead of striking a new match?

Oh, but that is so petty, you protest, shrugging your shoulders in disdain at the niggardliness of the suggestion. Not at all. It is just what Commissioner Hoover is trying to get us to do with our food supplies. The majority of housewives think they are careful not to waste

anything, but what about those loose crumbs that have accumulated on the bread board, after the bread has been sliced for a meal? Is it possible that you throw them in the garbage pail? Why, how extravagant you are!

Don't you realize that right now there is an undeniable scarcity of wheat and breadstuffs? You can very nearly "save a loaf" every two weeks at least by putting all these crumbs into a drying pan on the back of the stove. They can later be used with excellent results in making scalloped oysters or in concocting extremely tasty but economical puddings by using part bread crumbs and part flour.

Or, perhaps, you are wasteful with the gas? There is seldom any real need of turning on the full flow of the gas. It matters not how great your haste to get a meal. The food will cook just as quickly and the water boil as rapidly when the gas

is only turned on part way.

Here is another little economy which many of us neglect and that is the saving of celery tops and bits of parsley for flavoring soups and certain dishes instead of throwing them away because they seem to have lost their freshness.

Also any odds and ends of spinach leaves, mushroom stalks and even unused slices of onion can all be saved for later use by placing them in some convenient receptacle and drying them in the oven. They are simply invaluable for condimental purposes when fresh green things are scarce or no longer obtainable.

But a word of caution. Do not recklessly light up the oven simply for this purpose alone. Wait until you have something cooking; then you may utilize the heat that remains after the gas is shut off. These are small things. But it is the little things that, after awhile, mount up into big ones.