Mrs. Henry Tymes Healthy



OT one woman in a hundred, I neight almost say a thousand, knows or thinks about seating herself gracefully. Columns have been written about how to enter a gracehave been written about how to enter a room gracefully, how to acquire a graceful carriage in walking, dancing, etc., but the art of sitting down gracefully seems to have been omitted from the category of things that are necessary to make a girl as attractive as possible. When you stop to think about it, the average girl spends much more of her time sitting than either walking or dancing; how much more necessary, then, that she should make the most of her opportunities! Maybe this sounds like nonsense—you think it doesn't count for much. like nonsense—you think it doesn't count for much. Well, I had the same view until the matter was called to my at-tention; then I began to notice the sit-ting postures of the different women I One day, with this spirit of observation upon me, I started on a round of calls. I first stopped at the house of a young married woman, who was considyoung married woman, who was considered quite a beauty—she was of the tall, willowy type. She seated herself on a very low stool, with the result that she was thrown into an awkward and ridiculous position, which gave her an ungainly appearance. Naturally, she was uncomfortable, which made her very

restless, so that she kept nervously shift- left with a much clearer remembrance of

restless, so that she kept nervously shirting her position—doubling herself up like a jack-knife, picking at the upholstery and playing with the tassels of the chair. All this caused me to almost form fact, her face was almost plain; but I ungainly appearance. Naturally, she was uncomfortable, which made her very was uncomfortable, which made her very set the beautiful face and head, and I was soon convinced that she had the art

of making the best of herself down to a fine point. It was just time for after-noon tea. She had realized that an effective background counts for a lot, and she had made her cozy corner with this She had selected a moderately high She had selected a moderately high chair for tea-pouring, as she was but a "moderately tall" woman. At one side of its high, carved back stood a graceful palm; and the arms were just the right height to make a comfortable resting place for her own arms, which were lovely to a degree. She had countless little witcheries of posing; not once did she assume an ungraceful position. And I watched with admiration as she changed from one pose to another withchanged from one pose to another withchanged from one pose to another with-out giving any impression of restless-ness or self-consciousness. She simply made the best of her good points. No doubt she had made a study of it; but anything that improves a woman's appearance and adds to her general at-tractiveness is well worth while. Women were meant to be graceful, and Women were meant to be graceful, and a little vanity in this direction will do no harm. The following are a few pertinent

"the following are a rew pertinent "don'ts" for the girl who is going in for graceful attitudes:

Don't double up like a jack-knife.

Don't perch on the arm of a chair.

Don't sit on a chair that is the low for Don't sit on a chair that is too low for Don't lean backward as though you were going to take a nap.

that comes out of them? I want some inthat comes out of them? I want some inexpensive thing to cure them. I drink no tea or coffee, but drink milk, cocoa and lots of water. I used to live on all the luxuries there was, but now I have cut myself down to a picil tring. I eat breakfast foods, vegetables of truit—very little meat. I take outdoor exercise and deepbreathing exercises. My cheeks are only rosy round my nose. Can you tell me why they are only rosy there? An answer will mend a broken heart. My system is not poor that I know of. My health is excellent, and I never have a sick spell more than once a year.

I think it quite possible you are troubled with acne. Try the following remedy, which has proved very successful in such cases: ful in such cases:

Cure for Confluent Acne (Monin's). Apply the following mixture to the afficted parts morning and night:
Glycerine, 40 grams; oxide of zine, 5 grams; soap tincture, 10 grams; potassa alum, 2 grams. Mix.
For internal treatment in connection with the above, the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

Wants Darker Eyebrows Will you kindly tell me if the walnut stain and Chinese stain are perfectly harmless to the brows and lashes; and if so, how to make the walnut stain? How often would they have to be used, and can they be made slightly dark instead of black? My hair is dark red brown, and brows and lashes almost white. And will you give me your candid opinion: do you think it foolish and vain to want to change them? L. H. I do not think you are foolish to wish to darken your eyebrows if you think they are a disfigurement in their present state. The walnut and Chinese stains are both harmless. To make the walnut stain, let the shells of the black walnut stain, let the shells of the black walnut stain. stain, let the snells of the black walnut stand in clear alcohol for a day or two; then strain and apply, taking care not to allow the tiniest portion to get into the eye. This will make a brown stain.

Wants Plump Face. Though I am a constant reader of your valuable column, I never wrote to you before. I am a bit worried. My hips seem to be growing extra large and my face seems thinner. Could you recommend anything that would make or keep my face fat? Also, will you please give me a remedy or a preventive for wrinkles—something that will not injure the skin, as I have a very fine and sensitive pale skin. PANSY. Since receipt of your letter directions for the reduction of the hips have been

To Put Flesh on the Arms

Am giving you formulas requested. Almond oil is good for putting on fiesh, but I think the orange flower cream is a better skin food. Obstinate Blackheads of the Skin. Ether, 2 ounces; soap ointment, 2 ounces. Rub into the spots affected, and as soon as the mixture burns wash the surface with hot water. Lotion for Enlarged Pores. Beric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Hair Gray in Spots Will you kindly grant another favor to one of your constant readers by answering this inquiry? I am a young matron of 30. For the last year or more my hair has been turning gray in places. Now what I would like to know is, if there is anything which would whiten my hair altogether, because I do not wish to dye it to its original shade, which is dark brown, and do not like it as it is—gray only in spots. S. J. B. I do not know of any harmless method that will turn hair gray.

Yellow Skin I am a constant reader of your health and beauty corner, and I will kindly ask you to help me. I always had a lovely complexion until lately. My face has become so yellow looking; my skin is not rought only that it has become so yellow. I would like some kind of a formula that would make my face nice and white and clear, and still be harmless. I have tried the best kind of face powders, but they do not seem to stick on my face.

Sallow skin usually indicates liver trouble, and for this you need internal treatment. Applying the cucumber lotion, for which I am giving you formula, will whiten the skin, if the discoloration is not caused by some inward disturbis not caused by some inward disturb-

Cucumber Lotion, or Cream. Cucumber Lotion, or Cream.

Expressed juice of cucumbers, ½ pint; deodorized alcohol, 1½ ounces; sweet almond
oil, 3½ ounces; shaving cream, 1 dram;
blanched almonds, 1¾ drams.

This is a suave lotion, very whitening,
softening and cleansing. Take the shaving
cream and dissolve in rose water by heating in a custard kettle. Beat the almonds
in a mortar, and, by degrees, work in the
soap and water. Strain through muslin
and return to the mortar. Stir constantly,
working in gradually the alcohol, in which
the oils have already been dissolved.

A Good Face Cream Will you kindly tell me of a massage cream that will not grow hair and will fatten and prevent wrinkles? My face and neck are thin, and wrinkles are beginning to come. My complexion is good and clear. I have been using oilve off, but it grows hair. Is cocoa butter alone good? You published not long ago an orange-flower cream; is that good for my purpose? I shall feel very grateful to you, if you'll tell me what to use.

N. L. H.

The compact flower oream is excellent. The orange flower cream is excellent for your purpose, and will not promote growth of superfluous hair.

Brown Patches Spoil Looks

I have been reading your department, and find it very beneficial. There is one thing I have never noticed a cure for, and that is brown spots on the face. My face is brown, caused by confinement. Can you give me something for this? I am only 23, my first beby, and my complexion is almost ruined. Also, can you tell me of anything that will remove the hair from the back of my neck—my "scolding locks," as some people say? They grow low and irregular, and, with them removed, there will be a nice hair line.

Whitening Paste for Freekles and Whitening Paste for Freckles and

Brown Spots.
Salicylic acid. 60 grains; bay rum, 4 Safeylic acid, 60 grains; bay rum, 4 ounces.

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

I think you will find the paste for which I am giving you formula very satisfactory in removing the moth patches. Be sure to keep your liver in good condition, as a disordered liver will cause moth patches. I do not know or anything that would remove the superfluous locks without injury to the rest of the hair. Why not wear your hair low and cover them up?

MRS. SYMES' ADVICE TO THOSE SEEKING HEALTH AND BEAUTY

Don't perch on the arm of a chair.

Several Queries Answered 1 am coming to you for some advice for my particular needs, as I have great faith in you and your remedies, which I have on more than one occasion heard praised, but the reason that I believe what helps one does not another. does not another.

1. Can you give me a reliable recipe for the cure of freckles; that is, one that will not cause hair to grow on the face in consequence, etc.? These freckles are light, but seem to be imbedded in the skin. Also state in recipe how often lotton is to be used.

2. My skin is very oily. Would you recommend your Orange Flower Cream for such? Will you kindly repeat it?

3. A good hair tonic. My hair is rather thin. I would like something to make it grow thicker, as well as a wash for the hair.

Now, Mrs. Symes, I have endeavored to make my needs clear to you, and shall appreciate a prompt reply, as this is my first, and I trust my last, request to you.

Oily skin is due to weakness of the

Oily skin is due to weakness of the baceous glands, and massaging it gently with the orange flower cream every night before retiring will tend to make the skin healthily active. I am also giving you formula for a lotion which may be applied during the day with beneficial results. Think you will find the other formulas given satisfactory for their respective purposes. Lotion for Oily Skin.

Boric acid, 1 dram; distilled witch hazel, ounces. Apply with a piece of old linen or a bit of absorbent cotton. Shartoo.

Potassium carbonate, 1 ounce; ammonia water, 1½ ounces; tincture of cantharides, 6 drams; bay rum, 4 ounces; alcohol, 4 ounces; water, 6 ounces;
Dissolve the potassium carbonate in the water and add the remaining ingredients.
Rub well into the roots. Rinse thoroughly in several waters. The dry carefully. Jaborandi Tonic.

Quinine sulphur. 20 grains: tincture of cantharides. 2 fluid drams: fluid extract of jaborandi. 2 fluid drams: alcohol. 2 fluid ounces; glycerine, 2 ounces; bay rum. 3 fluid ounces: rosewater. 16 fluid ounces. The quinine should be dissolved in the sicchol liquids by warming slightly, then the other ingredients added and the whole

filtered. Rub into the roots of the hair every night. Lemon and Glycerine Lotion. (For Light Freckles and Sunburn.) Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce; glycerine, 1 ounce, ed to be acid and borax in the water; infuse the petals for ap hour; strain through a jelly bag; after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as agreeable.

To Soften the Skin. Kindly inform me when and how often to use the orange flower cream? Is it advisable to use it before exposure to extreme heat or cold? What is your remedy for reducing large busts without injury to health?

HENRIETTA health? HENRIETTA.

The orange flower cream may be applied whenever agreeable. When it is intended to soften the skin, just before retiring is the best time to apply it. When used as a protection before exposure to extreme heat or cold, rub a little of the cream well into the skin, wipe off with a soft linen cloth, and then dust the face lightly with a good toilet powder.

toilet powder. Offensive Perspiration Will you kindly tell me as soon as possible what to do for offensive persuiration? It is extremely annoying, and soap and water will not help it. F. D. M.

If the perspiration is under your arms, wash night and morning with hot water and common brown kitchen soap. Dry, and apply a solution made by dissolving a teaspoonful of alum in a pint of water. Dust over afterward with boric acid nowder.

Complexion a Worry Having never written to you before, and as I have read how you have benefited many girls, I now take the pleasure of asking you to grant me a very great favor. I am worried almost sick about my complexion. I have a great many blackheads and pimpies, and it seems to me all kinds of skin disease in one. I have a great habit of pinching these, which makes my

74.44 J. J.

face very sore, and I seem to have twice as many as before.

Is there anything you can tell me that will make me have a nice, good, clear complexion? plexion?
Is there any remedy for an oily nose?
F. G. Be careful of your diet and try Monin's cure for acne for the pimples and black-heads. I am giving you lotion which will improve the oily condition of your

Lotion for Oily Skin. Boracic acid. 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounees.

Worried About Complexion. Can you help me? I am a young man 16 years old. I am greatly troubled with pinuples, and as you have helped others, I thought you might help me. They only appear on my forehead, my cheeks, between the nose and cheek, on both sides, and on my chin. After they have been out a few days there is a brownish thing comes from them, real hard, and about the size of a pin head. Can you tell me what it is

EXERCISES FOR THE ABDOMINAL MUSCLES

By Dr. Emma E. Walker. (Copyright, 1905, by A. S. Barnes & Co.) (Copyright, 1905, by A. S. Barnes & Co.)

A FINE exercise for the abdominal muscles, and consequently for constitution, is as follows:

Bend the body forward at the waist; then move it to the left, back, and right, successively, before straightening it. Reverse the direction by moving first to the right, then back, and sideways to the left. Do not raise the trunk to the erect position till the end of each set. set.

Take all of these movements in a gen-Take all of these movements in a gentle manner. In this exerc se a straight line drawn through the body describes the figure of a cone with its apex at the angle of the spinal column.

Trunk rotation brings into play many of the muscles of the back and hips, the sloping muscles of the abdomen, and all of the muscles of the bowels.

Their circulation is stirred up, and consequently all of the abdominal organs are excited to do their work in a vigorous manner. In sluggishness of these parts, this exercise is effective in restoring the normal functions.

A good time to practice it is just before going to bed at night and on get-

ting up in the morning. In addition to this, the kneading exercise is excellent ting up in the morning. In addition to this, the kneading exercise is excellent for constipation.

"Liver squeezer": Take standing position, first stretch the right arm up as far as you can, reaching downward as far as you can, reaching downward as far as possible with the left hand. You will unconsciously sway toward the left; alternate the movements, using your arms like a windmill. This is excellent for the muscles of the side, and for a torpid liver it is most effective.

If you suffer from nervous dizziness, turn the trunk only on the hips, and describe a wide circle from left to right, then from right to left. This is somewhat similar to the exercise aircady given for circling the body about the hips. All of the muscles about the hips as well as those of the abdomen are exercised, and the whole digestive apparatus is stimulated.

Its practice is very beneficial when there is inactivity in these parts. If you are troubled by nervous dizziness this exercise will help you, for by it you will get use, to turning your head in a circle. If this is hard to do at first, begin by performing it in a sitting position; you will then grow used to it by degrees.

Exercise for indigestion: Combine the exercise of jumping and hewing; spring from standing position into position with feet wide apart; at the same time bring arms quickly overhead; now bend to the floor, bringing the arms between the knees; then with another spring bend the arms to the side and the feet together in first position. Repeat till A common defect is curvature of the A common detect is curvature of the spine in a greater or less degree. However, in case of any defect of this kind no girl should ever try to apply an exercise to her own needs without the personal examination and advice of a specialist. specialist.

The branch of medicine known as orthopedies has for its object, prima-rily, the prevention and correction of children's deformities. In a broader sense it includes patients of all ages. The recent advance in this department of medicine has been so rapid and so extensive that only those physicians who have paid special attention to it are truly fitted to give advice to those who have such defects as curvature of the spine, deformities of the feet, or any other trouble of like nature.

Lanolin, 2½ ounces; spermedii, 1½ ounces; molten tallow (freshly 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. Stubborn Wrinkles

for skin that is too dry.

every night before retiring bathe warm water for about five minut

To Enlarge the Hips

Will you kindly tell me as soon as possible how I can enlarge my hips? By what exercise I mean. E. A. W.

Bleach for the Neck

Will you kindly tell me of something to bleach my neck? It seems so awfully yellow. I don't wear high or tight collars, and can't account for it.

Also, tell me what to use for the skin under my eyes. It seems to be turning dark in spots, like moth patches, so called.

Do you approve of the peroxide treatment as a face bleach, and how is it used?

Am giving you formula for bleach for your neck. If the spots under your eyes are moth patches, try the paste, formula for which is so frequently given in this department, for their removal. Peroxide of hydrogen is an excellent bleach for the face. Pour a little in a saucer and apply with a soft cloth several times a week.

Bleach for the Neck.

Take fresh strained cucumber juice, boll it for five minutes, and for every five ounces of juice add: Pulverized borax, 175 grains; acetate of soda, 90 grains; tincture of quillaja, 2½ ounces; tincture of benzoin, 4 drams; resewater, 1 pint.

Mix thoroughly and apply two or three times a day until the stain is removed.

To Develop the Bust

Will you please give me a recipe of something with which to masage, which is a sure bust developer? I am afraid to use an internal remedy, as it might make we stout eisewhere.

Internal remedy, as it might make we stout eisewhere.

Also, the recipe of a good cold cream for a skin which is too dry, and which positively will not make the hair grow on my face.

M. M.

Am giving you formula for good massage cream for the bust. You may take the Vaucaire remedy without fear, as it will develop the bust only and not affect any other part of the body. You will find the witch hazel cream excellent for skin that is too dry.

Massage Cream for the Bust.

Frequently practicing the following exercise will enlarge the hips: Standing alternately on either foot, swing the free limb pendulum-fashion from the

Will you kindly advise me what to do regarding my complexion? I am only 24, but have deep wrinkles on my forehead and under my eyes. My general health is very good. Am using a good cream and massage cream, but they do not seem to help my case. I have been using the massage cream for some time, but the wrinkles do not seem to disappear, and every little wind roughens and chaps my skin. Will you kindly recommend semething for a protection against the weather, as I am a working girl and have to be out in all kinds of it.

Thanking you in advance for anything you can do for me, I am

Lotion for Premature Wrinkles Lotion for Premature Wrinkles. Alum, 7) grains; almond milk (thick) 11/2 Alum, 70 grains; aimond milk (thick) 1½ ounces; rosewater, 6 ounces.
Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Wants Fluffy Hair Being very much interested in your "Beauty Page," I would like to ask you for some advice. Would you kindly give me a remedy for my hair? It is very ofly and falls out in great quantities. I would like to have something that will make it grow long and be dry and fluffy, and not come