

How to be Healthy and Beautiful by Mrs. Henry Symes



THE woman who would be beautiful must carry herself well. A perfectly proportioned figure is a thing to be desired, but it is really of little avail without perfect carriage. And the girl with the perfect figure must take care lest she grow careless and fall into the habit of holding her body badly.

BEAUTY IN CARE OF THE EYES

By Dr. Emma E. Walker Copyright, 1905, by A. S. Barnes & Co. THE eye is, perhaps, the most expressive feature of the face. No care that you can expend upon any part of the body will suit you greater returns in beauty and health than that devoted to this organ.



DAME FASHION predicts that the elbow sleeve will be almost universally worn during the coming season, so a pretty pair of elbows should be cultivated by every woman. Nothing detracts more from an otherwise charming toilet than to see an ugly pointed elbow peeping out from beneath a dainty lace sleeve.

Mrs. Henry Symes' Advice to Correspondents

NEW READER—The two creams referred to are equally good. After using a cream on the face, wipe off with a soft linen cloth. If the skin has a shiny appearance, dust lightly with good toilet powder. The whitest cream will stain the lashes black.

DANGER SIGNALS

The state of the general circulation may be judged by the appearance of the eyelids. The dark rings around the eyes, as referred to before, indicate sluggish circulation, or even blood changes. Swelling or puffiness under the eyes, the so-called "bags," are often the sign of some internal disorder.

Some Good Beauty Hints for the Face and Hair

Nostrils Too Wide I have seen your valuable information in the beauty column and have come to you for advice. Can you tell me of a treatment that will reduce wide nostrils? Also, a treatment that will produce heavy eyelashes and eyebrows. L. G. N.

W. C.—The Vaucaire Remedy has proved most beneficial in cases similar to yours. However, when there is a tendency to flabbiness, it is best to combine the use of the Vaucaire Remedy with a skin food, in addition to taking the internal treatment. Frequent bathing with cold water, followed by brisk rubbing with a coarse towel, is also beneficial.

Things Hurtful to the Sight. Much bathing, blustering winds, and wine and onions, or any such hurtful means, are to be avoided. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.

Three Queries Answered. Last summer I had a number of boils on my neck, and they left scars. Please tell me how to remove them. Also how to make the eyelashes grow. M. G. N.