

How to be Healthy and Beautiful

by Mrs. Henry Symes

Some Old Fashioned Spring Beautifiers



IN THE DAYS when our grandmothers were young, beauty specialists with fountains of youth in the way of skin creams and lotions were not so common, and yet most of us have heard that grandmothers' skin was soft and rosy when she was a girl, and we have also seen with our own eyes many a grandmother of today whose skin was as fresh and smooth as that of her daughter, in fact more so.

It was my good fortune to meet one of these dear old ladies very recently—she was 62 years old, although when looking at the clear eyes and fresh, well-preserved skin it was hard to believe it.

"How did you do it?" I gained courage to ask, thinking I might find out about some wonderful cream or lotion that would be an eternal boon to myself and others. I imagine my surprise when she told me that she had never applied any manufactured cosmetic or cream of any kind to her skin, but had always used the simplest of beautifiers, which nature provides, and which are within the reach of every woman, rich or poor.

TOOK A SIMPLE REMEDY

Twice a year at least, usually in the spring and fall, she got her blood and general system in order by taking some simple remedy.

At the first rising of the sap in the trees, and before the first attack of spring fever overtook her, she took a course of sassafras tea. If you live in the country, you can go out and get it yourself, and if not, you can usually find a street peddler with bunches of sassafras bark for sale. Keep it in boiling water just as you would make any other tea, and for about a week or ten days drink copiously of this.

Another spring beautifier to be taken internally is the old-fashioned sulphur and molasses. Not very pleasant to take, Oh, no! But think how it will brighten your eyes and clear your complexion. Mix it in the proportion of half a cup of sulphur to one of molasses, and take a tablespoonful three times a day for three days; then stop for three days. And so on until you have taken it nine days.

At the same time, you can clear the complexion even more by rubbing the face over just before washing it with a mixture of sulphur and buttermilk.

Buttermilk was another old-fashioned beautifier upon which our grandmothers relied. They used it generously at the first appearance of spring weather, when the sun's rays were not enough to bring freckles and sunburn in their train.

BUTTERMILK FOR THE SKIN

There is probably no better emollient for the skin than buttermilk, and it leaves the skin soft and white, with a fresh sweet odor superior to any manufactured perfume. If you sunburn and tan and are inclined to freckle, the buttermilk acts as a bleach. It also stimulates the pores and acts as a corrective for most of the minor imperfections to which the skin is prone. It should, however, never be applied to the face with a massage movement, but with smart little pats, until every portion of the face has been covered; and let it dry on the skin, as it will leave no trace of oiliness. It may be used on the neck, the arms and hands, which should be washed first. Dry the skin by patting (not rubbing) with a soft towel, and a delicious feeling of softness will follow.

If your skin appears sallow in the spring, try sassafras tea. It acts directly on the liver, and will make sallowness and pimples disappear. Make a tea of the roots and leaves, and take it for about two weeks at a time.

There are many more of these simple beautifiers, and in the pursuit of health and beauty you will find many more. I advise you to look up some of the old ladies of your acquaintance, who can no doubt impart some very useful knowledge on the subject.

How to Take Care of the Nose and Ears

By Dr. Emma E. Walker.

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THE mouth forms an important part of the expression of the face. The muscles of the mouth are, like those of the rest of the body, molded by habit. The habit of amiability and contentment gives to the mouth its sweetest charm. No artificial tint ever added beauty to this feature. Take all other articles, it can appear broader, and makes the face coarse. It also makes the mouth appear broader, and makes the face coarse. It also makes the mouth appear broader, and makes the face coarse.

A DAINTY CREAM

The formula for a dainty cream to use on dry and cracked lips: Almond oil, one-eighth ounce; white wax, one-half ounce; spermaceti, one-half ounce; oil of almonds, bitter, one-twelfth drachm; oil of rosemary, one-eighth drachm; oil of lavender, one-eighth drachm. The cream may be applied whenever the lips require it.

Nothing adds more to the beauty of the mouth than a dainty cream. It is a good idea to keep a small jar of it in your dressing case, and use it whenever the lips require it.

The teeth should be examined not less than twice a year by a competent dentist. They should be washed with lukewarm water before breakfast, after each meal, and before retiring. There are so many excellent dentifrices that it is hard to decide which is best. It is a good plan to ask your dentist's advice, as he is well acquainted with the particular character of your teeth.

Precipitated chalk is always good, and may be rubbed about the gums after eating anything acid, and also before retiring. It will relieve the sensitiveness of the teeth which is so common at the margin of the gums. An antiseptic is also indispensable. It helps to preserve the teeth and also keeps the breath sweet. Peroxide of hydrogen is a good antiseptic mouth wash. It also bleaches yellow and whitens them. Dilute alcohol is a refreshing antiseptic for the mouth. Powdered pumice stone used once in a while is excellent for removing stains. An extremely important item in the care of the teeth is the use of dental floss after eating. This, together with a soft orange wood

quid toothpick, will remove every particle of food from the teeth.

There are certain bad habits of the teeth that are not so easily removed. The teeth on the upper jaw, the incisors, do not neglect the back teeth, for they are the foundation of the jaw. The teeth on the lower jaw, the molars, do not neglect the front teeth, for they are the foundation of the jaw.

A good dental writer advises an occasional cleaning of the teeth with common salt. The gums should also be rubbed. Do not allow salt to accumulate upon the teeth, as its effects are disastrous.

Let us have an important bearing on the condition of the teeth. If gluten flour were substituted for the fine white flour in common use, dentists would fare badly. Coarse bread might well replace the ordinary white bread of daily use.

Time water—a tablespoonful in a glass of milk or water—contributes to the strength of the teeth.

Avoid exposing the teeth to extremes of temperature. Very hot and very cold substances have a tendency to crack the enamel.

A very good and simple formula for tooth powder is made up of equal parts of fine white flour and powdered orange peel. To this may be added any flavoring essence that may be desired.

TO PROTECT THE TEETH

Medicines that injure the teeth are the liquid preparations of iron and the mineral acids. Such medicines should always be taken through a glass tube. It is well, especially in the morning, to gently wipe off the tongue with a damp cloth or soft tooth brush, as the cavity of the mouth harbors many microbes and impurities.

At a great cost, a girl realized that her teeth were in a bad way. She had been using a liquid preparation of iron, and she had been using a liquid preparation of iron. She had been using a liquid preparation of iron, and she had been using a liquid preparation of iron.

FOR WHOOPING COUGH

For whooping cough, an excellent remedy is the following: Slice some onions thinly, sprinkle well with brown sugar, and place them in hot plates with a weight on the top. In a couple of hours' time remove the weight, and tilt the plates in a basin so as to allow the juice to flow out. Give a spoonful occasionally.

TAKING A REST CURE AT HOME



A Few Minutes with Dumb-bells

WE HEAR a great deal about acquiring health and good looks by leading a simple life. Most of us feel that this is an absolute impossibility in our homes. Some of us try going away in search of the much-needed rest, from business and social duties, but often get "out of the frying pan into the fire," and find that there are annoyances, contingents, to traveling and strange hotels that are equal to those we left home to avoid.

Not only that, there is generally a lot of expense attached to this traveling around in pursuit of health and rest, and this debars many from this method. I know of one woman who resolved to lead a simple, normal, health-giving life right in her own home. She persevered and accomplished her object—a rest cure that was successful and worth knowing about.

She chose a room at the top of the house, which had a southern exposure. She installed a simple metal bed, a good-sized rug of quiet design, one or two pictures of which she was very fond, a couple of chairs, a few books containing helpful thoughts, and a pair of dumb-bells. She devoted herself to all of these, and did not even see the members of her family.

Upon arising she drank a glass of pure water—she drank ten glasses during the day—then practiced deep breathing for five minutes. For ten minutes she worked with the dumb-bells. She next took a cold sponge bath, rubbing the flesh briskly with a Turkish towel until it was warm and glowing. If reaction did not come quickly, she used rough mittens.

She then dressed quickly and went for an early morning walk, while the day was fresh. Upon her return she spent in reading, or some other very light hand sewing that would not overtax either mind or body.

Whenever possible she set to the embroidery, and in her frequent letting, she fell loosely so that its rays could penetrate to the scalp. Her meals, too, were simple, limited to three articles of food, none of which was rich or greasy.

The afternoon was quietly spent, with another brisk walk even though the weather was not ideal. The evening meal was always simple. After a short time spent in reading, a little time was devoted to scalp massage.

A Few Minutes with Dumb-bells

Daily Cold Sponge

Plenty of Fruit Juices

Some Necessary Articles

age. Then the hair was carefully brushed and comfortably arranged for the night. So that the skin should be kept fresh and soft-looking, a good facial cream was applied; and by that time she was ready for a good night's rest.

Of course, there were moments of discouragement, but she was a resolute little body, and tried to let no troubles of body or mind intrude. At the end of a few weeks she was like a new being; friends and family were more devoted to her society, and she took a happy, normal interest in life.

She still keeps her room, and will tell you with a laughing face that at the first sign of the old nervous, restless, worn-out feeling she expects to flee to this well-tried "rest cure."

Possibly if more women would adopt this simple method of regaining lost health and beauty, the number of haggard, nervous-looking countenances which are now seen would diminish.

TO RELIEVE PAIN

FOR severe headache, bring a square of house linen out of boiling water, fold into a soft pad, lightly sprinkle with ammonia, a few drops of turpentine, and apply as hot as possible. This is also excellent treatment for chest colds.

Carelessness in Use of Peroxide

I used the peroxide of hydrogen you recommended for bleaching the skin, but since it got on some of my hair and has turned it red. Please tell me something that will turn hair back to natural color. I shall look anxiously for it in next week's paper. You did not recommend the peroxide to me, but some one else did, and I was anxious to try it. I used it. Please do this for me.

Very sorry I cannot help you. I do not know of anything that will bring the color back to hair that has turned red. Please tell me something that will turn hair back to natural color. I shall look anxiously for it in next week's paper. You did not recommend the peroxide to me, but some one else did, and I was anxious to try it. I used it. Please do this for me.

Beauty Hints to Correspondents by Mrs. Henry Symes

To Remove Wrinkles

Wrinkles you can't always push in your help. You can't always push in your help. You can't always push in your help. You can't always push in your help.

The best general movement for massaging the face are with the tips of the fingers, outward and upward. If the treatment is for increasing the flesh, let the movements be gentle and soothing; for reducing flesh, firm, hard treatment is required.

Wants White Hands

Will you kindly tell me a remedy for red hands? My hands are red most of the time. I wash them every day with soap and water. When I wash them they get very red. I have been using a good cream on them at night, but have not seen any good. I will appreciate it very much if you will tell me a remedy for red hands.

The redness of the hands you describe indicates some disturbance of the circulation. For instance, if the clothing is tight in any one place the hands usually become red. Even tight garters might cause this annoyance. The following cream has proved most effective in cases where the redness is not from internal causes.

To Whiten the Hands.

Lanolin, 10 grams; paraffin (liquid), 25 grams; extract of vanilla, 10 drops; oil of rose, 10 drops.

Mix and apply when necessary.

Hair Too Oily

I wish you would help me in regard to my hair. I haven't had any dandruff for some time, but my hair is very oily. It gets so oily and stringy I can't make any combings. In the forenoon it is so oily that it almost counts the hairs. I would like something to make it dry and fluffy. My hair is always very thick till the last of the year, when it gets thin.

My hair was always very thick till the last of the year, when it gets thin.

Try the following lotion, which will, I think, improve the condition of your hair.

Formula for Oily Hair.

Use the following mixture daily, rubbing well into the scalp: Almond oil, 2 ounces; witch hazel, 2 ounces; rosewater, 10 grains.

To Cure Pimples

I would use a remedy for pimples and blackheads. Will you give me a recipe for "Pimple cream"? I clipped it but have my own clipping. One of your readers in the paper speaks of another remedy for blackheads. Please give me that also. M. E. W.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potash, 10 grains. Apply at night, after washing the face thoroughly with soap and water.

Cream for Pimples.

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 5 grams; extract of violet, 10 drops.

Apply a little of the cream to each place, until the pimples are cured. Use this before the face is washed, which must irritate them.

How to Make Cream

Have in view several attempts to make your cream. I have made each time my cream was a failure, for the ingredients were not mixed properly. I have been using the following directions just now to prepare the cream: I put the cream in a glass jar, and I put the cream in a glass jar, and I put the cream in a glass jar.

Almond, 4 ounces; tincture of benzoin, 2 ounces.

Use the first five ingredients together. Take off the fire and heat until nearly cold, adding, little by little, the benzoin, and lastly the orange flower water.

Remedy Removes Dandruff

I found your lotion to remove dandruff very good. Will you please send me the formula for reducing the bust; also can you tell me how to care a prominent abdomen? What can I do to keep from getting fat? Some years ago my weight was 125 pounds; now I weigh 140. I am 5 feet 3 inches tall.

Formula to Reduce Fat.

Use the following mixture daily, rubbing well into the scalp: Almond oil, 2 ounces; witch hazel, 2 ounces; rosewater, 10 grains.

Red Knuckles

I have very large and red knuckles, and they are very painful. Can you give me any remedy for this? I have been using a good cream on them at night, but have not seen any good. I will appreciate it very much if you will tell me a remedy for red hands.

Skin Food for the Hands.

Cocoa butter, 1 ounce; sweet almond oil, 1 ounce; sulphur precipitate, 5 grams; oxide of zinc, 5 grams; extract of violet, 10 drops.

Mix and apply when necessary.

Orange Flower Cream.

White wax, 1 ounce; spermaceti, 1 ounce; almond oil, 2 ounces; orange oil, 10 drops; orange flower water, 2 ounces; oil of sweet almond, 1 ounce.