

How to be Healthy and Beautiful by Mrs. Henry Symes

Some Old Fashioned Spring Beautifiers



Sulphur and Molasses is an Excellent Beautifier

Our Grandmothers took Cassia Tea



Buttermilk will Whiten the Arms

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 cleanliness and contentment gives to the mouth its greatest charm. No artificial tint ever added beauty to this feature. Like all other articles, it can always be detected, and makes the face appear broader, and injures the texture of the lips.

The bad habit that so many girls have of biting their lips to make them red, thickens them and dries them so that they become chapped and colorless and lose their delicate curves.

A DAINTY CREAM

The formula for a dainty cream to use on dry and cracked lips is: Almond oil, one-eighth pound; white wax, one-half ounce; spermaceti, one-half ounce; oil of almonds, bitter, one-fourth drachm; oil of geranium, one-eighth drachm. These ingredients are to be well mixed, and the cream may be applied whenever the lips require it.

Nothing adds more to the beauty of the face than the use of the gums. The use of gum arabic has much to do with the preservation of the teeth. The use of tooth powder is also indispensable. The use of tooth powder is also indispensable. The use of tooth powder is also indispensable.

TO PROTECT THE TEETH

Medicines that injure the teeth are the liquid preparations of iron and mineral acids. Such medicines should always be taken through a glass tube. Coarse breads might well replace the ordinary white bread of daily use. Lime water—a tablespoonful in a glass of water—may be added any favoring essence that may be desired.

FOR WHOOPING COUGH

Whooping cough is an excellent remedy for whooping cough. It is an excellent remedy for whooping cough. It is an excellent remedy for whooping cough.

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 grandmother's 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—the lady 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. 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 simple 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 raising 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. Steep it in boiling water just as you would make any other tea, and for about a week or ten days drink copiously of it.

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 up 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 without 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 generously on the neck and arms, which should be bathed first. Dry the skin by putting (not rubbing) with a soft towel, and a delicious feeling of softness will follow.

If your skin appears sallow in the spring, try another old-time remedy—mandarin oil. This seems to be the best on the liver, and will make sallowness and pimples soon disappear. Make a tea of the roots and leaves, and take it for about two weeks at a time.

A mouthful of milk containing lime, and in the pursuit of health and beauty I advise you to look up some old ladies of your acquaintance, who can no doubt impart some very useful knowledge on the subject.

WE HEAR

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 quiet rest from business and social duties, but often get "out of the frying pan into the fire" and find that there are annoyances contingent to traveling and strange hotels that are equal to the ones 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 debtary money is not always 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 denied herself in all caloric family.

When 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 skin briskly with a Turkish towel until it was warm and glowing. She then dressed in simple, light hand sewing that would not overtax either mind or body.

When possible she sat so the sunshine poured in on her, frequently taking a stroll in the park, so that its rays could penetrate to the scalp. At noon she ate a simple dinner, 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 stormy.

The evening meal was always simple. After a short time spent in reading, a little time was devoted to scap massage.

REMOVE THE CAUSE

In treating it, the cause must first be removed. If the cause is not removed, the skin will be continually irritated, and the cure will be only a temporary one.

Did you ever stop to think how you breathe? Do you know that as a rule we are actually too lazy to breathe properly? Well, we are, and so we do much to impair the beauty of both form and figure.

The best general movements 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 send me a remedy for red hands? My hands are so red and sore, and I can't get them any better. I have been using a good cold cream, but it doesn't seem to do them any good. I would appreciate it very much if you could send me a remedy. I have white hands, and I would like to have them white again.

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, 100 grains; castor oil, 25 grains; oil of vanilla, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

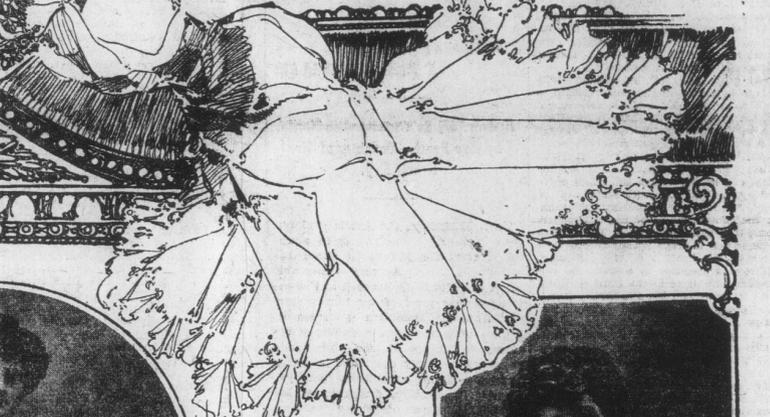
HAIR TOO OILY

I wish you would help me in regard to my hair. I haven't had any dandruff, but my hair is so oily and sticky I can't make any weight, and it falls out. I would like to know how to get rid of the oil. I can almost count the hairs. I would like to know how to get rid of the oil. I would like to know how to get rid of the oil.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; castor oil, 2 ounces; orange flower water, 3 ounces; oil of sweet almond, 4 ounces; tincture of benzoin, 20 drops.

Melt 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.

TAKING A REST CURS AT HOME



A Few Minutes with Dumb-bells

Daily Cold Sponge

Plenty of Fruit Juices



Some Necessary Articles

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 no more galled by 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."

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 stomachache write a square of house lining out of boiling water, fold into 4 soft pads, lightly sprinkle with salt, and use as follows: lay over it, and apply as hot as possible. This is also excellent treatment for chest colds.

Beauty Hints to Correspondents by Mrs. Henry Symes

To Remove Wrinkles

Will you not send me a remedy for wrinkles? I have wrinkles on my forehead, and I would like to have them removed. I have been using a good cold cream, but it doesn't seem to do them any good. I would appreciate it very much if you could send me a remedy. I have wrinkles on my forehead, and I would like to have them removed.

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.

Alcohol, 2 ounces; witch hazel, 2 ounces; rosewater, 1 ounce.

To Cure Pimples

I would like a remedy for pimples and blackheads. Will you give me a recipe for a good cold cream? I have been using a good cold cream, but it doesn't seem to do them any good. I would appreciate it very much if you could send me a remedy. I have pimples and blackheads, and I would like to have them removed.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; extract of potato, 3 ounces. Apply at night, after washing the face thoroughly with soap and water.

Fossai Cream for Pimples.

Lanolin, 5 grams; sweet almond oil, 5 grams; salicylic precipitate, 2 grams; white wax, 1/2 gram; extract of violet, 10 drops.

Apply a little of the cream to each pore of the face, until the pimples are cured, before using the face brush, which might irritate them.

How to Make Cream

Have a few several attempts to make your orange flower cream, but each time try a new one. Will you kindly explain why the cream is so greasy? I have been using a good cold cream, but it doesn't seem to do them any good. I would appreciate it very much if you could send me a remedy. I have a greasy cream, and I would like to have it removed.

Red Knuckles

I have very large and red knuckles, and as the rest of my hand is very white, they show so very plain. Can you give me any remedy for this? I have been using a good cold cream, but it doesn't seem to do them any good. I would appreciate it very much if you could send me a remedy. I have red knuckles, and I would like to have them removed.

Skin Food for the Hands.

Cocoa butter, 1 ounce; oil of sweet almond, 2 ounces; castor oil, 2 ounces; borax, 1 dram; oil of bergamot, 6 drops.

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