Sick Meadaches and their Cure

A Hot Foot-Bath Draws the Blood from the Head.

HEALTH AND BEAUTY



ERTAIN rules for emergencies should be learned by heart by every woman living, for never in the world can she gauge when she will be called upon to act as doctor and hospital nurse, and respond to the wildest kind of a "hurry-up call."

And especially should nurses and mothers train themselves in such knowledge, for accidents will happen even more frequently among children than more frequently among children among their elders.

A set of simple, compact rules, mounted upon a card and hung up in the nursery, will be found a boon to the woman whose memory is so treacherous that she tries the treatment for burns upon some one in a fainting fit.

A small cupboard, or, at least, a shelf, should be set aside, where everything in the surgical line should be kept—well out of the reach of children and ignorant persons. Drastic treatment for choking is to

deliberately turn the child upside down, holding it firmly by the heels; and choknoting it irmit by the neels; and choking is what many a mother has grown to fear most of all the many nursery accidents. For buttons and marbles, and even those tiniest of all china dolls, are often put in their mouths by little children, with arrays corrections. are often put in their mouths by hitchidren, with grave consequences, un-

when pins are swallowed, give the child all the mashed white potatoes he will eat and no water, for a day, and the danger will be reduced to a mini-Hot water is a good cure for a bump-

ed forehead, and witch hazel or arnica patted on takes the sting out of bruises by the time the child has stopped crying.
For a pinched finger (and who of us doesn't remember the time when we caught fingers in a door?) the best thing to do is one that seems cruel; and that is to pound the child's finger lightly with the closed fist. Much as that hurts for a moment, it starts up the circula-

tion more quickly than can be done in For burns, the great point to remember is that air must be excluded; so, cover the burned surface with oil or cover the burned surface with oil or flour, with baking soda or vaseline, and don't put a rag & unless it is so saturated with oil //it it can't get dry and stick to the skin. Quite simple burns have been turned into ugly sores by bandages that stuck and that tore skin and even bits of the burned flesh away when they were being removed.

Nosebleed is best stopped in the time-honored way of applying cold compresses or a bit of ice done up in a cloth at the back of the neck. At the same time insert a small wad of paper between upper lip and teeth, and press the lip firmly down over it. Encourage the child to sit up instead of leaning over, letting her stoop for a moment whenletting her stoop for a moment when-After all, though, the ounce of preven-



tion is the greatest thing about house-hold surgery. If the child is given only fairly large toys to play with, and but-tons and such "small fry" put out of his reach until he is old enough to know

that such things aren't to be touched, there is little to fear from choking; and most of the ugly cuts come from knives and scissors which have been left out of their proper places.

the formula in the answer to "Mrs. ${\rm R.\ H.}$ "

Affects No Other Part I am fleshy every way but my bust. Does Dr. Vaugaire's treatment make one stouter, or simply enlarge the bust? I never had a large one as a girl, and am now 30 years old. Would you advise me to use it, or is it better for slender people only?

Mrs. W. B. P. Dr. Vaucaire's remedy affects no part of the body other than that for which it is intended. It is not a flesh builder, but a tonic.

Massage for a Red Nose Will you kindly tell me what causes a rel nose? I am a girl 14 years of age and regret very much having a red nose; I also have pimples on my face.
Will be exceedingly grateful to you if you can give me any information.

SINCERE READER This unbecoming state of affairs is probably due to a disordered stomach. Try to straighten out matters there, or, else you can do little to correct the red nose and pimples.

Confine yourself strictly to a diet of plain, nourishing food and cool drinks.

That what you eat be plain is absolutely processory.

rhat what you eat be plain is absolutely necessary; no pastry, rich desserts, candy, or hot drinks. Always bathe your nose with cream. Never touch it with water.

Massage is an excellent thing to re-Massage is an excellent thing to re-lieve this condition. Massage vigorously along the leading nerve of the nose at each side. Use the tip of the finger, start at the bottom, and rub up the nose on each side, and then under the cyebrows. Following the nerve in this way is sure to relieve the congested circulation, which is often the secret of that unpleasant redness. If the nose is extremely red, massage the temples and cheeks, using a brisk, vigorous movement. This helps to take away the blood from the need to be seen that the need to be seen to be seen the need to be seen from the nose.

Hollow Cheeks Will you please publish in your Beauty Column the physician's prescription for dyeing the hair?
Will salicylic acid and bay rum used for brown spots affect the eyebrows and lashes? Please tell me how to develop hollow cheeks and thin neck?

Mrs. J. L. T. To Restore the Natural Color of the

Hair. (A physician's prescription.) Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; ounce; alcohol, ½ gill; glycerine, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ¼ ounce water. Ap-Mix all in one pint of soft water. Ap-by to the roots of the hair, which must The brown-spot formula will not harm the eyebrows or eyelashes by slight contact. But you should not wet them continually with it. Daily rubbings with cocoa butter will help to build up flesh on your cheeks and neck. Also, use this:

To Fatten the Cheeks. To make thin cheeks plump rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth, and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient. umcient.
Use the lotion for premature wrin-

Waist Too Large I read your columns all the time. Have had many recipes filled which I find excellent. Will you please publish as soon as possible some means by which I can reduce the size of my waist, abdomen and hips? I am 36 years old, and when I was a young lady my waist measure was 22 inches; now it is 30 inches. My waist is as large as my bust almost, and my whole form is very flabby. I never regained my former size and form since the birth of my two children nine years ago.

Please tell me if you think the use of coffee makes the complexion dark and muddy looking.

Exercise is the best means by which Exercise is the best means by which you can correct the faults of your figure. I will give you three exercises, which, if practiced faithfully for two or three months, should tone your body up to strength and grace.

To Reduce the Waist Measure. Deep breathing will help to reduce the waist measure and enlarge the bust. The stretching exercises, too, are splendid as waist depleters. Raise the arms high above the head, then, holding knees straight, try to touch the floor with the fingertips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

To Reduce the Hips.

OTHING in all the category of to partly fill bucket or foottub with ty of making you feel so absolutely If the headache has any connection wretched as does a sick headache of with the eves, a splendid treatment is the real, old-fashioned type, from which that of wringing out flannel from so many women suffer.

Asomatic Spirits of Ammonia Tones Up the Stomach

Wring Flannel Rags out of Hot Water

Often, it seems to have no connection with the stomach, and the sufferer will complacently inform you that "it's just her wretched nerves!" But if the stomach is in perfect order, it is a mighty exceptional case where nerves alone cause it. At any rate, from whatever cause

they come, getting the stomach right is the first step; getting the blood away from the head the second, and restperfect relaxation-is an absolute necesperfect relaxation—is an absolute necessity to effect a cure.

Often bicarbonate of soda—half a teaspoonful in a little water—will correct the acidity of the stomach. Aromatic spirits of ammonia is another good thing to take at such a time; and an occasional woman finds her greatest relief comes from mixing them.

Putting the feet in hot mustard water and keeping them there for full ten minutes is the quickest way to bring relief, and does it by drawing the blood, which seems to be all in the head, away from it. from it.
The best test as to whether or not the water is at just the right temperature is to try it with the back of your hand. If the skin, which is very sensitive there, can stand it, it is not too hot. For the woman who finds the hot water something of a shock, the best way is

little illnesses, which are so warm water, and gradually add very, many and varied, has the faculboiling water and laying the rags upon the eyes as soon as they cool just enough to be borne. Two rags and a couple of short, clean sticks (forks will do if you haven't sticks handy) are necessary, the second rag put in the hot water as soon as the first one is taken out. The sticks are for wringing the cloths with-you can use so much hotter water than if you limit it to that only warm enough to let you put your hands in.

Repeated applications are bound to help, and in nine cases out of ten to cure, the headache. For that obstinate tenth case try alternating the treatments of hot water with a rag wrung out from ice water—a sort of Turkish bath in a very small way.

Then rest in a darkened room, if Then rest in a darkened room, in possible, with the window open so that plenty of fresh air circulates through, and in a very little while your headache should be a thing of

the past.

But if you are wise, and want to avoid sowing the seeds of the next one, rest awhile after it, and the exhaustion consequent upon severe suf-fering of any sort, leave you; and don't be in too great a hurry to eat -restrain your appetite for a few days.

Mrs. Henry Symes Advice to Correspondents

Recipe Repeated

WILL you kindly publish in your health and beauty column a recipe I saw some time ago which I have lost? It was tannic acid and glycerine for external use under the eyes. I cannot remember the quantity. I have been benefited so often by your recipes I want to try this one. C. S. M. The formula to which you refer is as follows: For Puffiness Under the Eyes.

Apply by means of a brush or a bit of cotton to the baggy skin night and morning. Prices Vary Greatly Rindly advise me whether I can secure "Dr. Vaucaire's" prescription for "bust development" (filled) from you, and the price?
G. S.

The only way in which I can assist my readers to obtain Dr. Vaucaire's bust developer is to give them the correct formula, which frequently appears in this column. Any first-class druggist will fill the prescription, even if he has not all the ingredients himself, for he knows, or should know, where to get them. The prices probably vary in different localities, probably vary in different localities, since various dealers set their own

Gather Them Yourself Can you tell me where to get the wal-not skins to use for making walnut stain or the hair?

I have tried in Baltimore and Philadelthe hair? have tried in Baltimore and Philadel-and was unable to get them in either have seen the walnut stain lotion given different times in your department to use a harmless hair stain. I am not quite and my hair is turning gray very fast.

Do you use just the skins or the green shells? "Shells" and "skins" are different terms, in this case, for the same thing. The article referred to is the thick, tough skin that surrounds the hard, woody shell of the black walnard, woody shell of the black wal-nut. It is this that contains the stain. You will have to use your own judg-ment as to where you can obtain the skins, though a druggist or chemist should be able to find them for you. However, the best way of all, and certainly the cheapest, is to go and gather them yourself; this will be possible in the course of a few weeks, when the nuts are ripe.

Falling Hair

Please publish a hair tonic for me. My hair has been falling out for about ten years, and is very thin in front. I have used lots of patent medicines, but to no good. My hair is so very oily I wash it twice a week, and in these few days it gets very oily; it is almost necessary to wash my head every day.

I should be very thankful indeed if you would publish a good tonic to prevent the hair from falling out and make it grow again; also to help this very greasy hair of mine.

Discontinue, this frequent washing. Discontinue this frequent washing of your hair, and shampoo about once a month. Apply this lotion to correct

the oiliness. Formula for Oily Hair. Use the following mixture daily, rubbing well into the scalp:
Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 14 grains. Then use the jaborandi tonic, which has less oil than many others:

Jaborandi Tonic. Quinine sulphur, 20 grains; tincture of can-tharides, 2 fluid drams; fluid extract of

jaborandi, 2 fluid drams; alcohol, 2 fluid ounces; glycerine, 2 fluid ounces; bay rum, 6 fluid ounces; rosewater, 16 fluid ounces. The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole Rub into the roots of the hair every night.

Wavy Hair

Will you kindly tell me through your valued page of a harmless recipe to make the hair wavy? My hair is a pretty brown, very fine, but straight. C. M. F. To Make the Hair Curl. Potassium carbonate, 120 grams; ammonia water, 1 fluid dram; alcohol, 12 fluid drams; rosewater enough to make 16 fluid ounces. In using, moisten the hair, adjust it loosely, and it will curl upon drying.

Formula Mislaid Please publish your prescription for bust development which you gave some time ago. I mislaid the paper, and have not seen the recipe printed since. Please let me have the one that contains the goatsrue and simple syrup.

Mrs. R. H.

You are referring to Dr. Vaucaire's Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grains; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grains; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

See Answer to "Mrs. R. H." After having cut out a recipe I saw in your column for enlarging the bust I lost it, and would thank you very much if you will please reprint the same. Mrs. S.

Do you refer to Dr. Vaucaire's remedy for the bust? If so, you will find

Some Helps on the Care of the Face and Hair

sults in the way of decreasing size if the principle of resistance is employed. Taking standing position, hands on hips, bending the knees and keeping the chest and shoul-ders immovable, contract all the muscles used in this exercise and resist.

Rubbing Sometimes Helps.

To Reduce the Abdomen. In standing position, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

Try a Plaster Stick Will you please tell me of some way to get rid of short white hairs on the nose? Also, how to keep wrinkles from coming on the forehead? For the hairs on your nose I should ecommend the use of a plaster stick. is a mechanical agent for removing the hairs, which I think safer than the nairs, which I think safer than chemicals for such a delicate organ as the nose. You can obtain the stick from a druggist or dealer in toilet articles, and if properly applied it will not be painful. not be painful.

You do not mention your age, so I cannot suggest in detail what to do to prevent wrinkles. There are various methods of keeping down this tend-ency, massage being one of those most frequently used.

Write to me more definitely and I shall be glad to take up the matter with you thoroughly.

In the Autumn I would like to make the brown hair dye of green walnut shells, but have been unable to secure the shells. Could you please tell me when and where I can get them; also where the preparation is made? Will it keep indefinitely?

Will the acid in the dye make the hair stiff, or injure it in any other way, and will the dye stain the scalp?

NEW YORK.

You can obtain the walnut shells from You can obtain the walnut shells from any wholesale or retail chemist. You can get them yourself if you gather the nuts in the fall. The preparation will keep indefinitely, if properly bottled and corked.

There is no acid in the formula, which will work no injury to the heir. It is will work no injury to the hair. It is best to avoid touching the scalp with

A Cream That Doesn't Grow

Hair I read your recommendation of orange-flower cream as one which will not promote the growth of hair on the face. We have not read the paper regularly, and I have not seen the ingredients of the cream given. Would like to try it, Will you kindly repeat the recipe?

O. M. W.

Orange-Flower Cream. Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 6 drams; borax, 2 drams; glycerine, 1½ ounces; orange-flower water, 2 ounces; oil of neroli, 15 drops; oil of bigarade (orange skin), 15 drops; oil of petit grain, 15 drops. Melt the first three ingredients, add the glycerine to the orange-flower water and dissole the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

Massage for the Bust Will you kindly give me information in regard to enlarging the bust? I used to have a good bust, but since nursing two children have none to speak of. Am 33 years old and would like to bring back some of my former plumpness if possible. In giving formula, kindly state, if you can, any particular place where I can obtain it.

Mrs. H. D. Mrs. H. D.

Massage is an excellent method for bust development. The movements, though firm and regular, should be gentle. There is no part of the body that should be handled with greater

Massage the bust from underneath Massage the bust from underneath upward and out in a series of rotary motions. Make the movements slowly, and gently, as haste or heavy pressure will do harm in this region. Deep breathing and chest-expanding exercises are just as necessary for you as massage.

Use this cream: Use this cream: Massage Cream for the Bust.

Lanolin, 5 ounces; spermaceti, ½ ounce; mutton tallow (freshly tried), 5 ounces; cocoanut oil, 4 ounces; oil of sweet almonds, 4 ounces; tincture of benzoln, 1 dram; extract of Portugal, 4 ounces; oil of neroli, 20 drops. Mix as you would any cream of the sort. Rub on gently at night.

The Remedy is Harmless I want to know if Dr. Vaucaire's Remedy for the bust will make any one sick while taking it, and if the prescription once filled will be enough. I am 25 years old and my bust is not as large as I want it. V. C. Dr. Vaucaire's Remedy is perfectly harmless. I cannot help you as to the quantity required, for that varies widely in different cases. I would suggest that you take the treatment until satisfactory results are obtained.

Tapering Finger Tips Could you please tell me where I could send for those little steel devices used for tapering finger tips, and how I am to send the measurements for the different sizes? I read of them in your column and would like much to have them.

A. N. L. like much to have them. A. N. L.

I regret that I can give you very little information with regard to these steel clips. They were invented by some specialist abroad, though they are sold, and possibly manufactured, by dealers in the large cities. Since it is against my rules to give such names or addresses, I can tell you litatle more of these devices.