

HEALTH AND BEAUTY

ACCIDENTS WILL HAPPEN!

A Bad Bump
on Her
Forehead.



Radical
Treatment
for
Choking

CERTAIN 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 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 liberally turn the child inside down, holding it firmly by the heels; 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 tinest of all china dolls, are often put in their mouths by little children, with grave consequences, unless the treatment is instant and efficacious.

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 minimum.

Hot water is a good cure for a bumped forehead, and with hazel or arnica patting 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 circulation more quickly than can be done in any other way.

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

Nosobled is best used for 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 upon it. Encourage the child to sit up instead of leaning over, letting her stoop for a moment when ever the choking sensation comes on.

After all, though, the ounce of prevention is the greatest thing about household accidents. If the child is given only fairly large toys to play with, and buttons 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.



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Sick Headaches and their Cure



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



Wrung Flannel Rags
out of Hot Water

the formula in the answer to "Mrs. R. H."

Affects No Other Part

"I am fleshy every way but my bust. Does Dr. Vaucare's treatment make one fatter, or simply enlarge the bust?" I never had a large one as a girl, and am now 36 years old. Would you advise me to use it, or is it better for slender people only?"

Dr. Vaucare'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 red nose? I am a girl 14 years of age and regret very much having a red nose. I also have pimples on my face which start at the tip of the nose. Never touch it with water.

Massage is an excellent thing to relieve this condition. Massage vigorously along the leading nerve of the nose at each side. Use the tip of the finger at the bottom, and rub up the nose on each side, and then under the eyebrows, following the nerve in this way is sure to relieve the congested circulation, which is often the secret of that unsightly 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 nose.

Hollow Cheeks

Will you please publish in your Beauty Column the physician's prescription for hollow cheeks? I am a girl 14 years of age and regret very much having hollow cheeks and thin lips.

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To Restore the Natural Color of the Hair

(A physician's prescription.) Sugar of lead, 1/2 ounce; lac sulphur, 1/2 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 pint; glycerine, 1/2 pint; tincture of cantharides, 1/2 ounce; ammonia, 1/2 ounce.

Mix all in one pint of soft water. Apply to the roots of the hair. It must be clean.

The hair should never be applied if there is any irritation or abrasion of the scalp.

The brown-spot formula will not hurt the eyebrows or eyelashes. It is safe to use on the face. It should not wet them continually with it.

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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.

Use the lotion for premature wrinkles once a day.

Waist Too Large

I read your columns all the time. Have had many recipes filled which I find excellent. 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 figure is so awkward. I have tried many of the recipes, but none have helped me. I am now 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 figure is so awkward. I have tried many of the recipes, but none have helped me.

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, and especially the waist exercises. Raise the arms high above the head, then, holding knees and feet, 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

His circling can be done with good results in the way of decreasing size if the principle of resistance is employed. Taking standing position, knees on hips, bending the knees and keeping the chest and shoulders immovable, contract all the muscles used in this exercise and resist.



Rubbing Sometimes Helps.

Some Helps on the Care of the Face and Hair

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.

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 recommend the use of a plaster stick. It is a mechanical agent for removing the hairs, 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.

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

NEW YORK.

Nothing in all the category of little illnesses, which are so many and varied, has the faculty of making you feel so absolutely wretched as does a sick headache of the real, old-fashioned type, from which so many women suffer.

Often, it seems to have no connection with the stomach, and the sufferer will complementally 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 rest—perfect 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.

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 women who find the hot water something of a shock, the best way is to partly fill bucket or footbath with warm water, and gradually add very hot water until the receptacle is full.

If the headache has any connection with the eyes, a splendid treatment is that of wringing out flannel from boiling 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 possible, with the window open so that plenty of fresh air circulates through, and in 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 suffering of any sort, leave you; and don't be in too great a hurry to eat—restrain your appetite for a few days.

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.

Massage Cream for the Bust.

Lanolin, 5 ounces; spermaceti, 1/2 ounce; mutton tallow (freshly trolled), 5 ounces; coconut oil, 1 ounce; oil of sweet almonds, 4 ounces; tincture of benzoin, 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. Vaucare's Remedy is safe to use on the face and hair. I am 36 years old and my bust is not as large as I want it. V. C. Dr. Vaucare'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.

Orange-Flower Cream.

Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 4 drams; castor oil, 1 ounce; oil of sweet almonds, 4 ounces; tincture of benzoin, 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.

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 gone to sleep. Am 38 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.

NEW YORK.

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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, and the price of the quantity I have been referred to so often by your readers I want to try this one.

The formula to which you refer is as follows:

For Puffiness Under the Eyes.

Tannic acid 20 grains
Glycerine 1 ounce
Apply by means of a brush or a bit of cotton to the baggy skin night and morning.

Prices Vary Greatly

Kindly advise me whether I can secure "Dr. Vaucare's" prescription for "Best development" (dilatation) from you, and the price?

The only way in which I can assist my readers to obtain Dr. Vaucare'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, since various dealers set their own prices.

Gather Them Yourself

Could you tell me where to get the walnut shells to use for making walnut stain for the hair?

I have tried in Baltimore and Philadelphia and was unable to get them in either city.

I have seen the walnut stain lotion given at different times in your department to use as a harmless hair stain. I am not quite 30, and my hair is turning gray very fast.

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