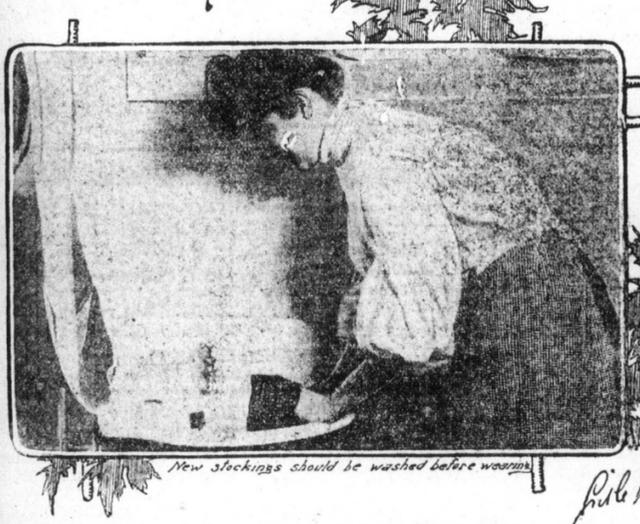


THE SECRET OF HOW TO BE HEALTHY AND BEAUTIFUL

How improper Footwear Affects Our Health



A YOUNG army officer was once asked: "If given command of the army, what would you do first?"

"See that every soldier was provided with two well-made, well-fitting pairs of shoes," he replied.

Napoleon realized the necessity of comfortable shoes; next to his generals, he relied upon his army shoemakers to win his battles. The most skilled shoemakers in the empire were in his service, and it is said that he once refused every item of a requisition for supplies except those from the shoemakers of his battalions.

Most people have noticed that when the feet are comfortable the rest of the body is invariably in a similar condition.

There seems to be a direct and intimate relation between the nerves of the feet, stomach and brain. The feet have more work imposed upon them than any other portion of the organism, and yet they are generally treated with less consideration. Women generally like to have pretty feet. To attain that end they buy a pretty shoe, and the result is usually anything but a pretty foot.

Why small waists and small feet should be considered beautiful is inconceivable. The only beauty, so far as size is concerned, lies in proper proportions. And, as to shape, man has never improved on nature.

They tell us that if we only wait long enough all fashions will come round again and, like history, repeat themselves. Possibly the recently adopted fashion of sandal-wearing in children is a step in the right direction. Sandals seem to have been the earliest form of footwear. This was adopted by the ancients thousands of years ago, and the world has known many varieties since that time.

Science tells us that the human foot has become so twisted and deformed by the abominable restraint placed upon it that it is very different from what nature intended it should be. No other part of the body is rendered so unsightly by its clothing as the foot, and if you find an illustration compare a baby's beautiful foot with that of his grandfather. You will find that dif-



A good plan is to have the stockings half an inch longer than the boot measurement, this length being sufficient to give the foot perfect freedom and yet run no risk of hurting it in any way.

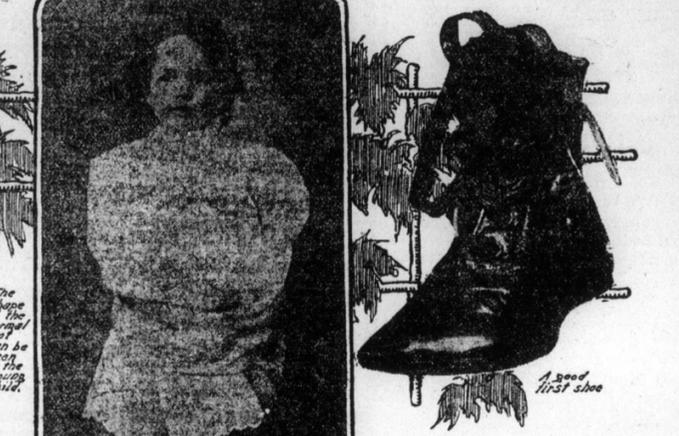
Always wash new stockings before wearing them. This may seem over-particular, but the dye used to color some stockings contains a certain element that is poisonous, and entering the skin through a slight abrasion will often cause serious trouble.

Fashion has frequently come to the rescue of these overworked members of the body by decreasing styles that were sensible, comfortable-looking and necessary. You would far better do without some slipper belonging to the Empress Josephine evidences her good sense in the present day will show their good sense in this direction.

Select your own footwear with the greatest care. The woman with tired feet is trying to succeed in life with crippled machinery. There is little joy for her either in industry or amusement when she is thus handicapped.

In nine cases out of ten it is tight shoes. It is often the wrong sort of shoes, or badly made shoes. The shoes should fit the feet perfectly, and if you cannot buy a satisfactory ready-made shoe, you would far better do without something else and have your shoes made to order.

The heel for the walking shoe at least should be broad and moderately low. Shoes when first worn should fit; there should be no "breaking in" necessary. It is a good plan to change walking shoes as often as one comes into the house and wear lighter shoes indoors.



Formula for Hair Dye Repate

Will you give me your honest opinion on hair dyeing? How does it affect the hair when the time comes that you want it white; also can the hair be washed once a week after the dyeing process? If thoroughly dislike the idea, but am obliged to use my own hair, and I am in my present position. Could the physician be used without the glycerin, as my hair is naturally very oily. I have published in your issue a reply in Sunday's issue. Will you kindly repeat the physician's prescription?

ANXIOUS

Personally, I do not advise artificial means of restoring the color of the hair; however, to improve one's personal appearance is always creditable, and as some people consider gray hair unbecoming, I suppose they can scarcely be criticized for using a stain to improve its appearance. Frequent shampooing is apt to remove the stain, and the application has to be repeated. The physician's remedy should not be used without the glycerin. I am giving it to you as requested.

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar, 1/2 ounce; Liebig's salt, 1/4 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 ounce; glycerin, 1/2 ounce; camphor, 1/2 ounce; ammonia, 1/2 ounce. Mix all in one bottle and apply daily to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any dye is to apply it to the roots of the hair with a small brush—a course of six treatments for the purpose—then spread it evenly down through the tresses with an ordinary hairbrush.



Hands Too Red

Having seen your recipe and advice to girls from week to week, I think as you have helped others so much that you would mind sending me a few lines of advice. I am 18 and am very much troubled with red hands. I have used many remedies, but when I raise them they are perfectly white. But when I wash them they turn unusually red. If you could give me any advice with regard to my hands, I would be very grateful. I should be glad if you wish, that perhaps other girls might profit from the advice you give. I hope, be kind enough to give me.

Red hands usually denote indigestion or some disturbance of the circulation. Are you quite sure that your clothing does not bind at some portion of the body? Even too tight garters might cause this annoyance. Use a cream if you use a good soap and dry the hands thoroughly after washing. Many of my correspondents get very satisfactory results from wearing cosmetic gloves at night. I am giving you formula for making these, and also formula for a preparation that can be applied at any time. I sympathize with your ambition to have pretty white hands, and hope my advice will help you.

To Whiten the Hands.

Lanolin, 100 grams; psalms (liquid), 15 grams; extract of vanilla, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

To Make Cosmetic Gloves.

Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations. The simplest and the most successful is this:

Cosmetic Glove Paste.

Ground barley, the white of an egg, a teaspoonful of glycerin, and 1 ounce of honey.

Cosmetic Glove Paste—No. 2.

Home-made soft soap, 1 pound; olive oil, 1 pint.

After boiling these together, remove them from the fire, and add the following: 1 gill; ammonia of some other perfume oil, an amount equal to the weight of the soap on your hands not to scold them too lightly.

Cosmetic Glove Paste—No. 3.

Refined pine tar, 1 teaspoonful; olive oil, 1 pint.

Put in a water bath, scented with rose-water or some other perfume. This is a preparation which does not scold.

The following preparation for use with cosmetic gloves is slightly more elaborate:

Myrrh, 1 ounce; honey, 4 ounces; yellow wax, 1 ounce; olive oil, 1 quart.

Melt the wax in a water bath and add the myrrh, then the honey, and the olive oil. Beat all together and add glycerin by the teaspoonful until you secure a paste which will spread nicely.

ANSWERS ON HEALTH AND BEAUTY TOPICS

WILL you kindly let me know how I can reduce my weight? Worst of all, I have a young girl, I do not want it. How much weight I would like to lose, and I would like to get my weight to 115 or 120 pounds.

Rules for the Reduction of Flesh.

Avoid all starch and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted, eat it with salt instead of butter. Milk, I regret to say, if it is pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other fluids. Add a little of the juice of lemons or lemonade to it. If you choose, limit your sleeping hours to seven at the outside. No naps.

You must take exercise.

If you cannot walk at least five miles a day, and do not wish, go to one of the institutions where mechanized massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The exercise is thoroughly wholesome, not expensive, in returning them the one fact to realize is that fat is carbon-oxygen deposits or burnt out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise, the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

To Dampen the Hair

Please print in your paper next Sunday a formula for use on the hair instead of day cream or water—something that will wet the hair so it can be combed; that has not much scent, and costs little.

A CENTRAL READER.

I know of no preparation that can be used with benefit every time the hair is combed. What is the best thing for such frequent use, but I do not consider it necessary to dampen the hair every time it is combed.

Worried About Complexion

I am an elderly reader of your column each week and I should like to ask a few questions. I have good teeth, and my hair is brown, but my

skin is such as to spoil any chance of being termed pretty. It is coarse and thick, and open pores, and it always looks dirty. My hair is thin, and I have a little blackhead, almost as fine as a hair, and some of them when pressed out are an inch in length. When I use cold cream on my face it makes it worse. Please tell me what to do to improve it.

I am also troubled with deep dark circles under my eyes. My general health seems good and I eat well, and I feel a little light, but an very thin, weighing only 100 pounds. Am I weak, when plenty of exercise. What is good for wrinkles? My skin is too oily to use cream, as the dirt seems to lodge right on it after using the cream. Shall look for an answer next Sunday.

MOLLIE.

Since receipt of your letter I have published an article in this department on the care of the complexion, removal of blackheads, etc., in which you will find the information you request.

Dark Circles Under the Eyes.

There is always, in my opinion, some internal cause for the dark circles under the eyes. The tendency is sometimes venereal, dark lines are usually due to some congestion of the veins of the part and are rarely, if ever, found excepting under one or more of the following circumstances:

When the subject is anemic, and there is an impairment of the chemical constitution of the blood, when the system is being drained, as it would be in prolonged illness, or after a severe attack of cholera or other disease. The external treatment is not permanent while the cause exists.

Local Treatment.

Baths frequently with cold water and use friction. A weak preparation of weak ammonia, one part of diluted ammonia to four of water may be rubbed into the skin daily (once), but great care must be taken that it does not reach the eyes.

Annoying Dandruff

Being a constant reader of your beauty column, I would like very much to ask a few questions. I am very much annoyed by my hair falling out. I am also worried with dandruff. My hair is carefully washed every two or three weeks. Hoping to see the reply in the paper as soon as possible. I remain, very thankfully yours,

The falling of your hair is probably due to the excessive dandruff on your scalp. Try the dandruff cure for which I am giving you formula, and I think it will soon disappear and your hair will then stop falling.

To Remove Dandruff.

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, 1/2 ounce; oil of thyme, 1/2 dram; rosemary oil, 1/2 dram. Mix all together with six ounces of rose-water. Rub the scalp thoroughly with the preparation until no further evidence of dandruff is noticed.

About six months ago my hair began to fall out, and my head itches and I have a lot of dandruff. Kindly give me some good and inexpensive recipe, and oblige.

THOULE.

Follow advice given by F. R. W.

Where to Get Plaster Stick

Will you please inform me through the Sunday paper where I can obtain a plaster stick? I am unable to get one at the drug stores. Oblige.

Mrs. N. W.

Commercial addresses are not given in this department. If your own druggist does not keep the plaster stick, ask him to send to a leading druggist in one of the large cities.

Hair too Dark

As I am a constant reader of your column, I saw where you gave a recipe for shampooing the hair. One of the articles used was potassium carbonate. Will you kindly tell me if that lightens the hair? And how many times has one to use it before noticing the change?

I have used it three times, and do not see any change. Would it hurt the hair if more than the quantity is used than what is in the recipe? And does matter if bay rum is not used? My hair is nearly black, and it used to be brown. I would like to get it back to a light brown. Will this change it as much as I want? A. W.

The shampoo containing potassium carbonate is especially good for blonde

hair, as it tends to keep the hair light and fluffy. It will not, however, turn hair that is really dark light. The prescription should be used as published without omitting any of the ingredients.

Regrets Use of Peroxide

I have read many things in your column that have been beneficial to me, so I wish to ask your advice about my hair. I lost my hair through fever, and was advised to use hydrogen peroxide to hasten the growth. It was originally a bright golden yellow, but the peroxide has given it a dead appearance, like a doll's wig. Can you tell me anything to do that will restore its former lustre?

I have had a switch made of my own hair, which fell out, and as it shines, I can wear it with the dead-looking hair on my head.

Hoping I will receive an answer to this as soon as possible. I remain,

AN ANXIOUS READER.

Hair on which peroxide of hydrogen has been used needs careful handling. It is a bleach, not a tonic, and unless intelligently applied, frequently kills the hair. I advise you to take excellent care of your scalp and endeavor to promote a new growth of hair, which will have life and consequently lustre.

When the Hair is Dry

I read your page with much interest, and I am glad to hear that you are so kind as to give me a recipe for clipping or singeing does not help it. It is also turning gray. If you will kindly tell me of something in use to improve it you will greatly oblige me.

When the hair is obstinately dry one of the best means of treating it is by a glycerin lotion, distilled with some perfumed water, such as orange-flower or rosewater. An ounce of glycerin to four or five of the perfumed water makes a very agreeable and satisfactory dressing. The use of this preparation will correct the unnatural dryness of your hair, and this will most likely arrest the progress of gray hairs.

Several Queries Answered

Will you kindly answer the following questions in the next issue of your beauty column:

Stubborn Wrinkles

I dislike very much to trouble you, but I always derive so much help from your column. I have been hoping each week you would repeat the recipe for the stringent lotion which I always save those I get, so as not to trouble. I have tried for nearly a year to remove the wrinkles from under my eyes with cold cream, but they are as pronounced as ever, and I am only 24 years old. The skin seems to be flabby, and I would be very glad if you would give me, through the medium of the paper, the stringent lotion, which, I think, would help.

MRS. A. W.

I repeat the formula referred to with pleasure and trust it will prove beneficial.

Lotion for Premature Wrinkles.

Alum, 10 grains; almond milk (thick), 1/2 ounce; rosewater, 4 ounces.

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Worried by Superfluous Hair

You have helped so many that I have decided to come to you in my trouble, too. I am troubled with a slight growth of hair on my upper lip, which annoys me very much. I want to know if having it removed by electrolysis is permanent, and if there is any reliable place in the city I could have it done. Is there any scar left from the procedure, and about how much would it cost? Kindly let me know at your earliest convenience.

SARAH H.

Electrolysis, properly administered, will positively destroy superfluous hair. It sometimes leaves slight scars, which disappear within a short time. Commercial addresses and rates are not given in this department, but your physician can no doubt recommend to you a reliable specialist who will remove the superfluous hair at a moderate cost.