

# CONCERNING HEALTH and BEAUTY

## By MRS. HENRY SYMES

### The Particular Woman's Culture



Tying up the head after the application of powder.

THE coiffure is the thing—for upon this important part of a woman's toilet depends the becomingness of her hats and the suitability of her costume. And, because the hair is so important, it is essential that woman shall pay attention to her crowning glory, else how can she expect to compete with her sisters?

But it is not enough simply to comb the hair and to keep it well coiffed. It needs constant attention, and the well-appointed woman will find it almost compulsory to arrange for systematic treatment every week. Indeed, when each day I receive letters from women, not yet old, asking me how to keep the hair from turning gray, to please send some prescription to make the hair grow, and to please tell how it may be curled, it is then that I think how much trouble they could have avoided had they acquired early the habit of caring for the hair and of preserving its youthful luster.

"But we have no time," I hear those of busy women crying. "How can we neglect our households to fuss over our hair?" True, it is hard, but I think if you will divide the treatment, reserving certain processes for certain days, it will take fewer of the crowded hours that are so precious. In this way you may do much without allowing the treatment to interfere with your daily routine. Others who are not so busy can spend more time upon each detail.

To look well the hair must shine. Heavy black hair may be dull and yet retain its richness, but the other shades should glisten with vitality. It is, there-



An old-fashioned method of curling.

fore, essential to do all that you can to give your tresses the luster of health.

On one day each week let the hair be treated to a dry shampoo. This weekly shampoo will cleanse the hair, while it will not suffer as it would were it washed quite so frequently in soap and water. I must caution you, however, against letting the dry shampoo take the place of the monthly bath. This is essential to perfect cleanliness and should never be neglected. Let this be substituted, then, for the dry shampoo every fourth week.

The materials of the dry shampoo are finely ground cornmeal and a little fine orris powder. Let the proportions be a tablespoonful of orris to a cup of meal. This mixture is scattered on the hair and allowed to remain about ten minutes, when it is brushed out. Then more

of the powder is applied, and the head is then tied up for two hours. When the wrappings are removed at the end of the allotted time and the hair is shaken out, the scalp will be clean and a faint orris fragrance will emanate from the head. This kind of shampoo will not cause the hair to fall out.

On the day of the wet shampoo a little olive oil may be rubbed into the scalp, and then the hair may be brushed until it is sleek and shiny. After this process the regular hot water shampoo may follow. This will remove the superfluous oil, but it will not impair the luster produced by the oil. When drying the sated hair do not rub it with the towel. Merely shake it out and rub it between the hands. In this way the hair is dried naturally, and the gloss will be perfect. This treatment is particularly good for blonde hair, which will glisten like gold after the treatment. Irons do not necessarily injure the

hair, unless used while they are too hot, or by one so inept that the hair becomes broken. Under ordinary circumstances the convenient curling tong is not at all harmful, and, in fact, the heat is said by some to be good for the scalp. A new fad is that heat is the best of hair tonics, and many luxurious ladies have their tresses pressed twice a week with a moderately warm iron. This method is said to stimulate the scalp and the growth of the hair. Fashion has so long decreed that the

marcel wave reigns supreme that many women, either on account of the size of their pocketbooks or owing to the insecurity of the coiffure so easily affected by the weather, started to curl their hair at home, and have reverted to the old-fashioned method of wrapping locks around hairpins, then holding the head over the spout of a kettle filled with boiling water. When the hair has become sufficiently dampened it is allowed to dry again, and not until this drying process is complete are the hairpins removed. Hair thus curled will remain glossy and sleek, and will compare well with a regular "wave" produced by the perruquier's iron.



A gentle brushing with olive oil makes the hair glossy.

Shaking out the hair after washing.

### Aids to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

#### The Walnut Stain

Will you kindly inform me what is meant by skins of walnuts, and how can I obtain them? I want to use the walnut hair stain. Have tried a number of druggists to get the skins, but no one seems to know what I mean. DISTRICTED.

The skin of the walnut is the hull of the unripe nut. These green hulls, however, must be dried before they can be used for staining purposes. You should be able to procure them at all druggists. If they do not have the skins, ask them for the leaves or bark. They may have either one of these, and the stain can be made from them instead of from the skins.

#### Remedy for Freckles

Please give me a harmless remedy for freckles. L. F. G.

The following is harmless:

Whitening Paste for Freckles.

Salicylic acid ..... 60 grains

Day cream ..... 1 fluid dram

Label: Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerine or starch.

This may also be tried in cases of obstinate freckles.

Lactic acid ..... 2 ounces

Glycerine ..... 4 ounces

Rosewater ..... 1 ounce

This is to be gently applied by means of a camel-hair brush. If the skin becomes irritated or sore, omit use of two days' treatment.

#### The Walnut Stain

Kindly state how and where one may obtain the walnut stain. Do druggists keep it? UNINTERESTED READER.

I have answered this question in my letter to "DISTRICTED," which you will find upon this page.

#### Wart Eradicator

Will you kindly publish in your columns a remedy for warts? AN INTERESTED READER.

You will find the following very effective:

#### Wart Eradicator.

Sublimed sulphur ..... 120 grains

Glycerine ..... 5 fluid drams

Acetic acid ..... 1 fluid dram

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

I know there are many persons who never eat breakfast, but I think it is best for every one to eat something before starting out for the day's work.

#### Red Hands

What can I do with my hands, they are so ugly and red? I never do hard work, so cannot understand why my hands are not white.

It may sound absurd, but it is true that very often red hands are caused by tight collars, tight sleeves and tight hats.

Never use very hot water on the hands, and avoid cheap, highly scented soaps. After bathing, use a mixture of rosewater and lemon juice.

#### Foot Powder

Kindly send me the recipe for a foot powder. My feet perspire so dreadfully that I am very anxious to obtain some good powder to check the trouble. T. Y. K.

You will find the following recipe for foot powder very satisfactory:

#### Foot Powder.

Burnt alum ..... 5 grains

Salicylic acid ..... 15 grains

Starch ..... 15 grains

Violet talcum powder ..... 50 grains

Shut over perspiring feet, which should be bathed at least once daily.

#### Lines in the Forehead

I have quite a number of lines in my forehead. Will you kindly give me a good skin food and directions for massaging? BETTY.

Apply the following skin food to your forehead, rubbing with the finger tips in small circles. The general movement should always be upward and outward.

#### Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds ..... 4 ounces

White wax ..... 6 ounces

Glycerine ..... 14 ounces

Essence of orange ..... 2 ounces

Orange-flower water ..... 2 ounces

Oil of geraniol ..... 15 drops

Oil of bigarade (orange skin) ..... 15 drops

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture, then pour it slowly into the blended fat, stirring continuously.

#### Calloused Elbows

What causes the elbows to become calloused and what can be done to remedy the cause? I am ashamed to wear short sleeves in the evening because mine are so ugly. LOUISE.

The habit of leaning on the elbows is one of the causes of calloused places. Bathe the elbows in very warm water, then apply the cream, recipe of which I am here giving you.

#### Kentucky Cold Cream.

Rosewater ..... 4 ounces

Almond oil ..... 4 ounces

Spermaceti ..... 1 ounce

White wax ..... 1 ounce

#### Birthmarks

Is it ever possible to remove birthmarks? RACHEL.

Very often birthmarks are successfully removed by electrolysis. Consult a reputable physician.

Old-Fashioned Skin Lotion. Will you kindly publish the recipe for the old-fashioned skin lotion? ELLA J.

Following is the recipe you desire:

#### Old-Fashioned Skin Lotion.

Spermaceti ..... 13 grains

White soap in powder ..... 40 grains

White wax (pulverized) ..... 40 grains

Almond oil (sweet) ..... 40 grains

Pure alcohol ..... 2 ounces

Distilled water ..... 8 ounces

Essence of rose ..... 5 drops

Essence of white rose ..... 5 drops

Essence of jasmine ..... 5 drops

Essence of orange ..... 5 drops

Essence of bigarade ..... 5 drops

Essence of ylang-ylang ..... 5 drops

Essence of neroli ..... 5 drops

Essence of sandalwood ..... 5 drops

Essence of vanilla ..... 5 drops

Essence of cinnamon ..... 5 drops

Essence of clove ..... 5 drops

Essence of nutmeg ..... 5 drops

Essence of allspice ..... 5 drops

Essence of mace ..... 5 drops

Essence of cardamom ..... 5 drops

Essence of anise ..... 5 drops

Essence of fennel ..... 5 drops

Essence of dill ..... 5 drops

Essence of coriander ..... 5 drops

Essence of caraway ..... 5 drops

Essence of celery ..... 5 drops

Essence of cucumber ..... 5 drops

Essence of melon ..... 5 drops

Essence of watermelon ..... 5 drops

Essence of cantaloupe ..... 5 drops

Essence of honeydew ..... 5 drops

Essence of muskmelon ..... 5 drops

Essence of pineapple ..... 5 drops

Essence of orange ..... 5 drops

Essence of lemon ..... 5 drops

Essence of lime ..... 5 drops

Essence of grapefruit ..... 5 drops

Essence of tangerine ..... 5 drops

Essence of mandarin ..... 5 drops

Essence of citron ..... 5 drops

Essence of bergamot ..... 5 drops

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