

THE EVENING TIMES, ST. JOHN, N.B.

How to be Healthy and Beautiful by Mrs. Henry Symes

SOME EASILY MADE BEAUTY LOTIONS

Advertisement for beauty lotions featuring a woman's face and various recipes for skin care products like 'Snow of Cucumbers' and 'Lotion of Lavender Flowers'.

Advertisement for 'Label Lotions and Creams Neatly' featuring a woman's face and recipes for 'Cream of Sweet Orange' and 'Powder of White Geranium'.

Cultivate the "Hundred" Habit

Advertisement for 'The Hundred Habit' featuring a woman's face and instructions for skin care routines like 'Sponge the Face 100 Times' and '100 Breaths Will Enlarge a Narrow Chest'.

How Women Can Get Rid of the Blues

By Dr. Emma E. Walker. This is a very common thing to hear a girl say, "Oh, dear! I am so blue today. I don't know what is the matter with me. Nothing special seems to have gone wrong." Now, in such a case something very special has always gone wrong—and very wrong at that.

Mrs. Symes' Beauty Advice to Correspondents

ONE IN DISTRESS.—Bleaching the hair with hydrogen will make it brittle and brittle hair will break. X-ray are the best-known methods for bleaching the hair, but if you cannot have these, the next best thing is to apply a depilatory, which can be purchased in either stick or liquid form.

Wrinkle Lotion Beneficial. Will you kindly send me the formula for the wrinkle lotion you recommended? I had it made up over a year ago and found it very effective, but have lost the formula.

Restoring the Hair. Mrs. A. B.—If you get your scalp in perfect condition by massage and application of a good tonic, I think it will regain its former color and lustre. I know the application of any greasy substance to the hair is unpleasant, but I have known of cases where the daily application of a little vaseline to the roots of the hair for about a month has accomplished wonders in the way of restoring the hair. Of course, you may shampoo frequently during this treatment, and thus keep the hair from appearing too oily.

To Darken the Lashes. Will you kindly send me the best remedy you have for blackening eyelashes? I shall be very thankful if you will.

Chinese Eyelash Stain. Gsm arabic, 1 dram; india ink, 1 dram; rosin, 1 dram; castor oil, 1 ounce. Rub the ink and gum and triturate with a little alcohol. Apply with a brush to the eyelashes. The stain will be permanent.

To Bleach Superfluous Hair. In reading your valuable column I found the remedy for bleaching hair, which is the peroxide of hydrogen and acetic acid solution of ammonia and water. Do you first use the peroxide of hydrogen and acetic acid solution, or the ammonia and water? I first apply the ammonia solution, later I apply the peroxide of hydrogen and let it remain on as long as convenient.

Improving the Arms. MARTON S.—Daily massage with a good skin food will develop and improve the condition of your arms. The orange-flower cream is good for this, so is cocoa butter, but the latter should not be used too frequently if there is any tendency to growth of superfluous hair.

Hips Too Large. Will you kindly tell what I can do to reduce my hips and abdomen, as I wear ill-fitting dresses as a result of my hips being so large. My hips are very fat.

Cream for the Skin. ADMIRER.—The orange-flower cream will feed the skin and make it soft and white. When used at night it may be left on until morning with good results. When applied during the day, it may be removed by soap and water.