

How to be Healthy and Beautiful by Mrs. Henry Symes

HOW FRENCH WOMEN SCENT THEIR TRESSES



FRENCH women have many canons of beauty which may possibly be summed up in the one general command: Make yourself always as beautiful and attractive as possible. American women are rapidly learning the wisdom of this, but at the present time French women lead in the time and care they lavish upon their toilet—always making the very best of any good points they may have, and working patiently to overcome defects.

This does not mean excessive vanity by any means; it simply means caring enough about your personal appearance to make a perfect toilet-keeping skin, hair, teeth, eyes, etc., in perfect condition.

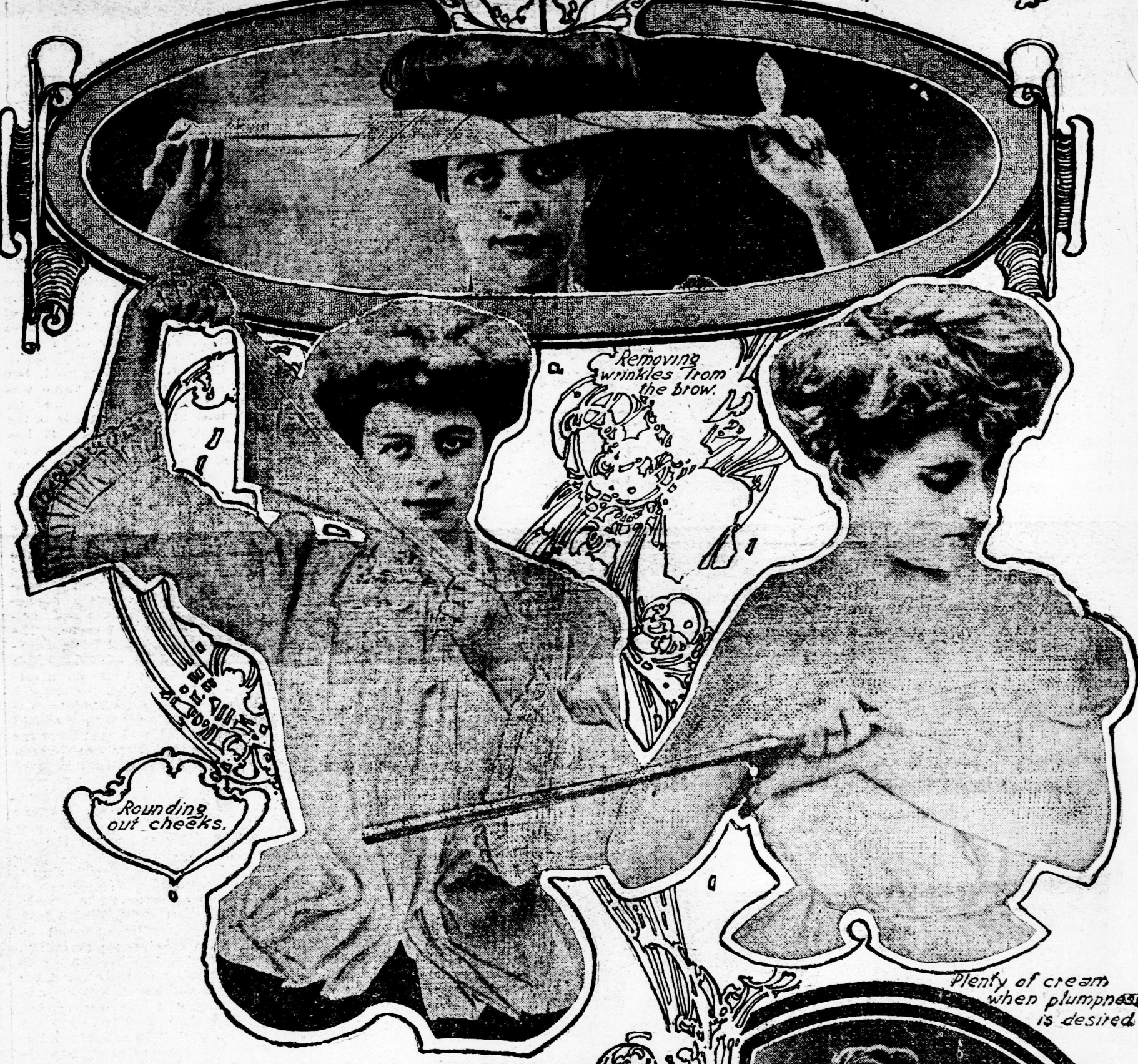
The Frenchwoman has one secret that should be known to every woman. It concerns perfume. Never does she obtrude any perfume; yet she has the knack of living in an atmosphere of delicate scent. Possibly the fashion they have of scenting their hair is to a great extent accountable for this.

Scenting the hair is usually considered difficult—but not to the Frenchwoman. She has made it a simple art. She never tries to scent dirty, musty hair. The hair must be clean and sweet; satisfactory results are to be obtained. Then don't try to scent it with perfumes containing alcohol. Use either sachet or the pure oil of perfume. Jasmine, geranium and violet are delightful scents and are most frequently used. Care should be taken not to get too

much on—they should be used lightly. To scent delicately take a little of the oil of perfume and pour it on the palm of the hand. Then pass a brush—an infant's soft hair brush is best—over the hair. If the hair is inclined to be dull or lifeless, as the application of this slight quantity seems to add it gloss without producing any objectionable oiliness.

However, some prefer using sachet. Only the best will prove satisfactory. It should be placed in a bottle with a stopper, and the hair and scalp brushed well with the powder. Then sprinkle out thoroughly. After all traces

Easy Methods of Self-Massage



NEW methods for the preservation and development of beauty are continually being invented—perhaps discovered is the better word, as they really seem to be "nothing new under the sun," and, judging from what we read about the radiant complexions of the beauties of ancient times, they must have discovered most of the beauty secrets long ago, and used them, too, with great success.

Among the recent discoveries in the beauty line are two new methods of light massage suitable for facial treatment; also for arms, neck and bust. A great point in favor of each is that it can be self-administered as well as with the aid of an assistant.

A French beauty expert has devised a simple and useful little affair, consisting of a small stick, ending in a ball of cotton or cork covered with the finest chamomile. By using this, the back and shoulders may be massaged with the greatest ease. The chamomile is soft and agreeable to the skin, and when soiled by the use of creams or lotions it may be easily replaced by a fresh piece, as it is simply tied on tightly with a bit of ribbon.

All the paraphernalia required for the entire treatment is a soft linen handkerchief folded diagonally into a width of

about two inches. Knot the stick lightly in order to keep the folds in. A good massage cream should be first applied and then rubbed in with the finger tips. Take the handkerchief, holding ends lightly between the thumb and first finger, and draw it quickly and firmly across the forehead, first one way and then the other.

This is excellent for eradicating the wrinkles and lines from the brow. The same treatment is beneficial for filling out hollow cheeks and for removing lines from all parts of the face. It must always be remembered that the general movements in facial massage of any sort should be upward; consequently, with the handkerchief held as before—between the thumb and fingers, diagonally across the cheek—the upward movement should be firm; the downward one very gentle.

The firm upward movement improves the contour of the face, while the gentle downward one bestows a gentle friction which is beneficial in the eradication of wrinkles.

Conclude the treatment by gently wiping every trace of grease off the face, giving it a slight dust over with powder, and then wiping with soft chamomile, which will prevent a shiny appearance.



Beauty Hints by Mrs. Henry Symes

To Soften the Skin

I would like to know what to use to close enlarged pores and make the skin soft and white?

The following lotion will improve the enlarged pores. Putting a few drops of the lotion in the bathing water will soften and whiten the skin. The orange flower cream is also excellent for this purpose.

Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled water, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

To Whiten the Arms

I am always interested in reading your replies, and perhaps you may be able to help me.

1. How can I whiten my arms? They are plump, but burn so badly through my thin waist that they do not bleach even in winter.

2. I am troubled with freckles. You give so many remedies, but none that I can use. My hair is dry, thin and prematurely gray; the ends almost perfectly white, but I have not time to keep the freckles away. But if they do appear you can use any of the lotions you recommend without fear. The physician's remedy is harmless when used as directed.

Obstinate Freckles.

Oxide of zinc, 1/2 dram; salicylic acid, 1/2 dram; deodorized, 1/2 dram; glycerine, 1/2 dram.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Too Fat.

Some weeks since I saw a formula for external application for the reduction of flesh. I am giving you my formula for fat-reducing pomade. Applications of clear alcohol to the fatty parts is also recommended.

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, such as bread, sugar, corn, potatoes, etc. Have your breakfast of milk, fruit and a little butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or limes to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

Good Blood Purifier

Being a careful reader of your suggestions as to the beauty and health of the body, I am very grateful to have you answer my first request. Some time ago I saw as a good blood purifier, sulphur and masses should be used. I want to ask how to prepare same and the amount of each to be used. I will be greatly obliged to you.

Freckles on Face and Arms

Would you kindly advise me, through your beauty column, which would be the best medicine for freckles on face and arms?

To Darken Hair

I am a constant reader of your health and beauty hints. Will you kindly tell me how to use sage tea to darken the hair? My hair is ashy and I wish it to become a dark brown.

The following mixture is harmless, and tends to darken the hair; it will not, however, be as efficient as a regular hair dye.

Sage tea, strained alcohol, 2 ounces; green tea, 2 ounces; garden sage, 2 ounces; dilute with water if desirable.

Wants Thicker Eyebrows

Will you kindly publish a simple recipe to make the eyebrows and eyelashes thicker? Yours very truly, J. G.

Eyebrow and Eyelash Grower.

Vaseline, 2 ounces; tincture of cantharides, 1/2 ounce; oil of lavender, 1/2 ounce; oil of rosemary, 1/2 ounce.

Make into a pomade and rub over the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.

This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

To Remove Bunions

Am a constant reader of your page, and have seen your formula for a remedy for a bunion which has proved successful in many cases.

I am repeating the treatment for bunions, also giving you formula for a remedy which has proved successful in many cases.

Treatment for Bunions.

Get a bunion plaster the drugist and stick with the splendor around the inside of the shoe. Rub the plaster and

Formula Repeated

I would like to have the formula for a skin-reducing pomade, which "Belle," your correspondent, asks if she can have filled at the drugist's. If you would please print it you would greatly oblige. Yours in love, Mrs. J. G.

Pomade to Reduce Fat.

Iodine of potassium, 2 grams; vaseline, 20 grams; benzoin, 20 grams; tincture of benzoin, 1/2 ounce.

Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fattening—cereals, potatoes, corn, beans, etc. You should also avoid sweets of all kinds.

To Remove Warts

Will you kindly publish in next week's paper the recipe for removing warts? I. W. G.

Wart Eradicator.

Sublimed sulphur, 120 grains; glycerine, 4 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly for several days. The wart will dry up and drop off.

How to Prepare Cream

Having seen your formula for cucumber cream and wishing to try it, I write to you. If you will kindly tell me how I can obtain it. Can I take it to a drugist? I have it prepared, or will it be necessary to mix it myself? CONSTANT READER.

The cucumber cream is not difficult to prepare and you may make it yourself.

Formula for Cream

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A Physicians Views on the Care of the Hands

By Dr. Mary E. Walker

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EVEN if your hands are not naturally beautiful you can do a great deal towards making them pretty by proper care. This does not mean that you should never use them, for our hands were made to serve us, and they are one of the distinguishing marks between the higher and the lower animals.

Girls sometimes abuse the joints of their fingers by pulling them out and cracking them.

Bad practices are lasting. If you persist in them you will soon observe that your fingers are no longer slender and pretty, but misshapen and ugly.

A very simple but excellent exercise for the fingers is to move them just as if you were trying to spin a ball.

Piano playing is fine exercise for the muscles of the whole hand. The skillfulness of the hand is well developed by playing.

When you wash your hands, do so thoroughly; do not dab them into water and out again, merely grinding the dirt into them. When you wipe them, do so carefully and thoroughly. It is from careless wiping that one often gets chapped hands.

Never expose your hands to extremes of temperature. Neither very cold nor very hot water is good for them. Use warm water, and be sure that it is soft. If you cannot get rain water, and the tap water is hard, put a few drops of ammonia or a pinch of borax into it.

Do not use a cheap soap on your hands any sooner than you would on your face. Softer your hands well with the soap and warm water, and if a brush is necessary to clean the nails it may be used. Rub thoroughly in clear water, and

ly absorbs the moisture. Then rub a few drops of glycerine and rosewater thoroughly into your hands, and complete the drying.

In the winter it is a wise precaution to powder the hands after washing them. Use any good face powder. Simple talcum powder is good, or a powder made of prepared chalk, seventy-five parts; zinc oxide, twenty-five parts. A little bran or oatmeal, if put into the water, has a softening effect, and makes the skin velvety and pliable. Almond meal is also excellent for this purpose.

FOR REMOVING STAINS

For removing ink stains from the fingers dip a sulphur match into the water and rub it on the stain. This is very efficient. Or lemon juice and salt may be used. Peroxide of hydrogen with a few drops of ammonia is very good for removing stains from the hands. Pumice stone, too, is valuable. It is useful in smoothing off a finger roughened with sewing. After using this, rub on a little cold cream.

When the hands are shrunk from long soaking in water, dipping them into vinegar or pouring it over the hands will restore them to their natural color.

If the finger tips are stained from handling berries hold them in the fumes of a sulphur match, and the stains will disappear.

The unpleasant odor that clings to the hands after handling onions, or codfish, or the like, may be dissipated by rubbing dry mustard over them; or put the hands into water containing mustard. Rubber gloves afford great protection if you do housework, especially in winter, but it is well not to wear them too long at a time, as they are apt to draw

if your hands become very much chapped and red you can rub them with good cold cream at night after washing them thoroughly, and then draw on loose white gloves with the finger tips clipped off.

Be careful not to wear gloves that are too tight, for they ruin the beauty of the hands by hindering the circulation.

Perhaps nothing adds to the appearance of the hands more than the condition of the nails. These should be most carefully attended to. They, too, like the hand in general, are very indicative of abnormal states of the body.

Many girls are much disturbed about the tiny white spots which sometimes appear on the surface of the nails. These are often due to injury, and I have often noticed that girls who carefully press away the skin from the root of a nail with a steel nail file are very much annoyed with these blemishes.

After ceasing this treatment the spots have gradually disappeared.

It cannot be said, however, that injury is always the cause of these little marks. But if you are troubled with them I would advise you to be careful not to bruise the nails in any way. I would never advise the use of the nail file for any purpose but that of filing the nail. Never use it for cleaning, but substitute an orange stick or a soft wooden toothpick for this also for pushing the skin away from the root.

If you are troubled with the skin adhering to the nail, or if your nails are brittle, make a practice of rubbing vaseline or a good cold cream or cocoa butter into the nails all about the roots. Do this every night and in a few weeks you will surely see an improvement. In this way scabies, improperly called

the powder have been removed, a most delicate and delicious odor will linger around your tresses.

Women don't pay half enough attention to the care and arrangement of their hair. Judging from the coiffures one sees in looking about upon any assemblage of the fair sex, most of them seem to feel that getting it knotted up in some fashion is all that is necessary. But I venture to say that a woman with a well-arranged coiffure, showing carefully groomed tresses, brushed to a glossiness and becomingly arranged—delicately perfumed, too—will, even though her gown be not quite up to date, make a much better impression than a woman wearing the latest French creation in gowns whose locks are untidily arranged.