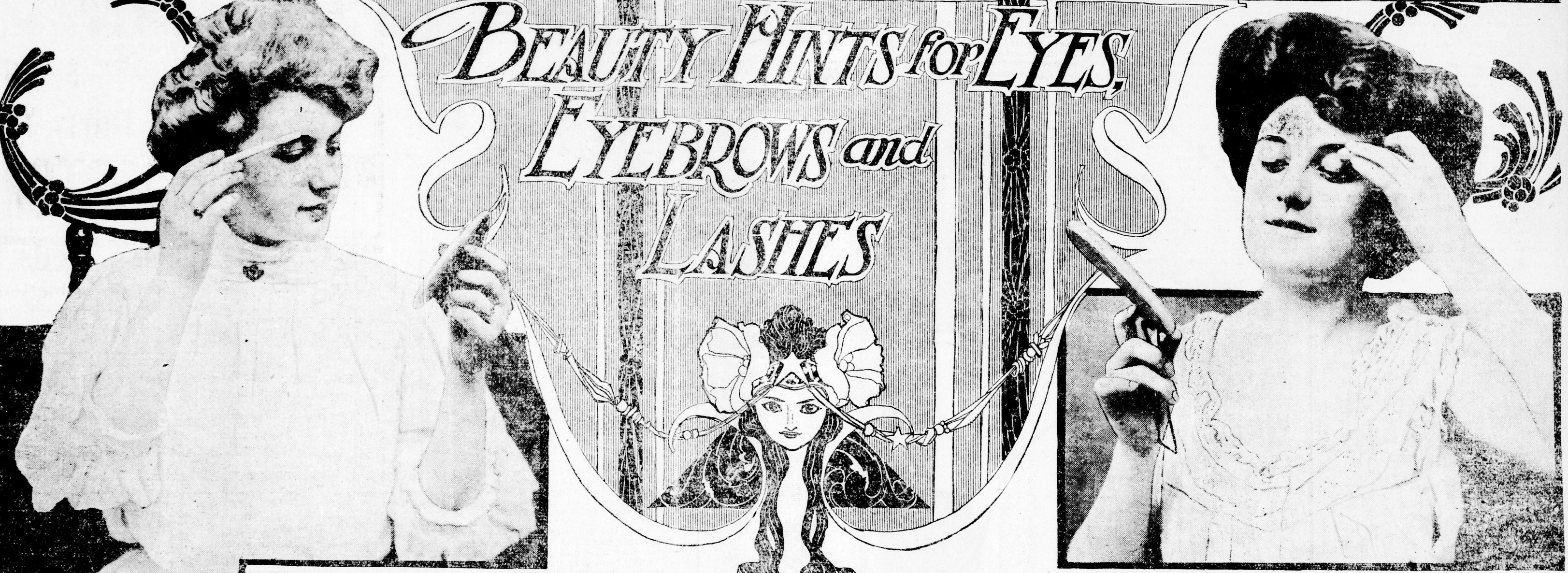


How to be Healthy and Beautiful.



Heated Almond Oil Gives a Gloss to the Lids

THE woman who wants pretty eyes will not have them circled with dark lines. Nor will she allow the lids to become heavy and wrinkled, or bags to form underneath the eyes. Neither will she neglect to care for eyebrows and lashes, for these play a most important part as a frame for the eyes.

I have read of some women who have attempted to change the color of their eyes, but in this matter I think Dame Nature has the better of us. If this were not the fact, I have no doubt there are women who would have the color of their eyes changed to match every gown, and we wouldn't tell our own sisters if we met them unaware.

A bright, sparkling eye is essential to beauty, and the most important factor in this respect is good health. Dull eyes may be made lustrous by proper attention to hygiene. Then, too, a great deal can be done by outward care.

After strain or exposure to glaring light it is most beneficial to lie down in a darkened room and place on your eyes a small linen pad soaked in a solution of water and boric acid powder in the proportion of a teaspoonful of the powder to a pint of boiling water. This is also very soothing to the nerves. All things that are liable to overtax the eyes should be avoided—dotted veils, reading in a poor light, fine needlework, all these are enemies that will drain their forces.

In case of inflammation the following treatment is harmless and helpful: Use an eye cup morning and evening to the eye, containing a solution of salt and water in the proportion of a pint of water to a tablespoonful of salt. This should be warmed to about the heat of the body. Place the cup containing the solution over the eye, and then turn the head back and open the eye. This acts as an excellent tonic to the eyelids.

Every one should sleep in a darkened room, so that the sight will not be put to too severe a strain upon waking. To keep the lids from becoming wrinkled or heavy nothing is better than daily massage. Massage each eye separately, from outer corner stroke the lid toward inner corner, and at the same moment roll the eye outward. The rolling of the eye produces a slight resistance to the touch, which is beneficial.

Any one doubting the importance of the eye, containing a solution of salt and water in the proportion of a pint of water to a tablespoonful of salt. This should be warmed to about the heat of the body. Place the cup containing the solution over the eye, and then turn the head back and open the eye. This acts as an excellent tonic to the eyelids.

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fine brows and lashes to the beauty of the eye should remove them from a beautiful face in a picture and notice the change in the expression—from one of beauty to one that is almost repulsive.

The eyebrows and eyelashes will respond quickly to good treatment. It is to be regretted that women who paint their eyebrows do not set to work systematically to improve the health and beauty of the growth. Even the most unruly and scraggy brows can be permanently improved by careful treatment.

If they are thin, they should be brushed night and morning with a toothbrush which has been dipped in heated almond oil. Or this lotion may be applied:

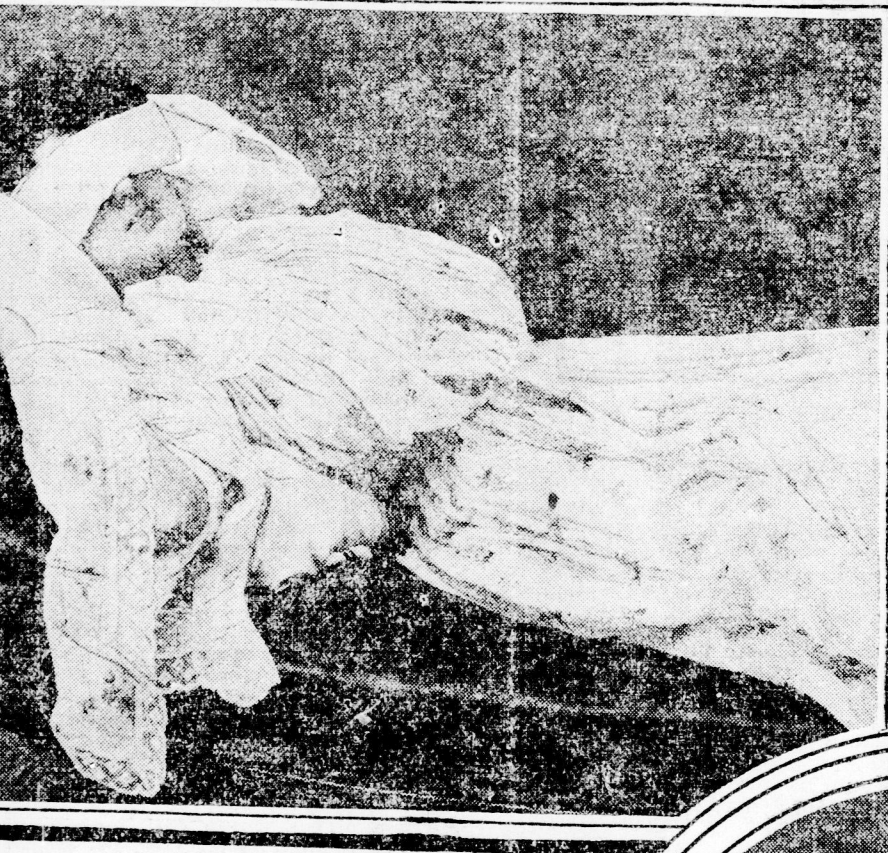
WALNUT STAIN FOR THE HAIR.
Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, 15 parts, and the quantity of milk to be used in giving the required strength. Apply to hair with your fingers.

HAIR PREMATURELY GRAY.
Will you please tell me of some harmless dye that will darken my hair, as my hair is getting prematurely gray in front. My hair is very dark brown, almost black. By answering this, you will oblige one of your subscribers.
Mrs. M. M.

TO RESTORE THE NATURAL COLOR OF THE HAIR.
(A Physician's Prescription.)
Sugar of lead, 1 ounce; fac sulphur, 1/2 ounce; essence of bergamot, 1 ounce; alcohol, 1/2 pint; glycerine, 1 ounce; tincture of capsaicin, 1/2 ounce; ammonia, 1/2 ounce. Mix all in one pint of soft water. Apply 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.

ONE HIP TOO SMALL.
Will you kindly tell me if there are any exercises by which a woman can enlarge one hip and not the other, when one hip is much larger than the other. Thanking you very much for your advice.
A. J. W.

TO REMOVE DIRT AND DUST FROM FACE.
Will you please give me the formula for removing dirt and dust from the face.
A. J. W.



HEAVY AND EYELASH GROWER.
Colony, 2 1/2 ounces; glycerine, 1/2 ounce; fluid extract of aloe, 2 drams. Thoroughly mix ingredients till thoroughly incorporated. Apply to the eyebrows with the brush, and to the eyelashes with a fine hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minute portion of the lotion touches the eye itself.

No argument is needed to prove the desirability of beautiful eyes. They will glorify the plainest face, and without beauty of these soul windows the face cannot be perfect.

SKIN TOO OILY.
Want you please repeat your preparation for oily skin and blackheads? I would like something without any oil in it. I have a growth of superfluous hair on my face, which is very annoying to me. I have a first-class liquid depilatory will relieve any one permanently of these "beard hairs." Has any one ever been cured under these conditions? Do you think the electric needle or depilatory? Do you think the electric needle or depilatory? Do you think the electric needle or depilatory?

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Health Through Hygiene --- Foods for the Thin Girl

By Dr. Emma E. Walker

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TO give you some general directions as to foods that are suitable for the thin girl, cereals eaten free of sugar, such as sweet and Irish potatoes, sweet corn, beans, corn and peas; cooked bananas, peaches, apples, figs and soups, especially cream and biscuit, honey and simple desserts. Nuts are very nutritious if you are able to digest them. Milk, cream, cocoa and chocolate are fattening.

Take plenty of time for your meals, and do not eat too great a variety at one time; see that your food is well cooked. Carefully avoid a large amount of green vegetables, acids, pickles and condiments.

I have found an excellent diet in general for a thin girl to be as follows: For breakfast a little fruit, cereal and cream; toast and a glass of milk. For lunch, bread and butter and milk, plenty of it—a baked potato with salt and butter and stewed fruit. For dinner, an ordinary mixed diet, not too great a variety, with food well cooked.

I know of a girl who was never able to lay on more than a few pounds of extra flesh. After about nine months of this diet she weighs fifteen pounds more than her average weight has been for years.

Massage with liberal application of olive oil or cold cream is very beneficial in most cases of extreme leanness. Nothing is better for the thin girl than plenty of fresh air and sunshine. Breathe deeply and often, especially in the open air.

Warm baths are good for the thin girl, though she should wear plenty of clothing so that she will never become chilled; she may take a cool rub afterward. Cold is an enemy to the thin girl. The time spent in a sun bath will repay her.

Learn how to relax, both in action and in rest, because nervous tension is one of the bones of this condition. When you take your daily periods of rest, lay down the tension of your muscles and nerves by some exercise. You will find it most restful to simply open and close the eyes slowly and draw, stimulating sleep, stop thinking and yield to the soothing influence of the movement of the eyelids.

You cannot find anything which will help develop the neck than the following relaxing exercise: Lay the head in the palm of the hand at the temple; then move the head slowly toward the shoulder, resisting the movement with the force of the hand. Come back in the same way, resisting the pressure of the hand by the head. Repeat this exercise in the opposite direction.

Clasp hands back of head, and carry the head back, resisting with the hands. Take chin in hand and repeat the exercise in the opposite direction.

When the object is to reduce flesh, fine, rapid, rhythmic movements are required. To remove superfluous flesh from your face, use the knuckles in a circular motion. It will only develop the bust. The distress caused by food must come from another source. The deep breathing and massage, with cocoa butter, are excellent for bust development.

WANTS DIMPLES ON CHEEKS.
I have been reading your beauty hints for a long time, and have tried several of them, and they are very helpful. Now, is there any way to make dimples in the cheeks or chin? I have a very small nose in my chin, but it is hardly noticeable. Now, is there any way to make dimples in the cheeks or chin? I shall watch anxiously for your reply.
RUTH

LIPS BADLY SHAPED.
I have often read your advice to women, and have been able to follow it. As you have helped so many others, I desire to write and see if you could help me. I have very large lips, and they are not well shaped. Is there anything I can do to make them a little smaller and better shaped?
P. D.

FACE TOO FAT.
I have long been a reader of your department, but have never before called upon you for personal information until now. I feel I am compelled to. My face is entirely too fat. It is out of proportion to the rest of my body. I have a slender, yet good figure, and if my face were not so fat, I would be quite pretty. As I have a beautiful head of golden hair and large brown eyes, and, as my face keeps getting so much rounder, I am appealing to you for aid. I notice where you advise "A. S. Barnes & Co."

ANSWERS TO CORRESPONDENTS

breathing at an open window, but there is not much improvement yet. Mrs. P. L. The Vaseline remedy is perfectly harmless, and, though it acts as a stimulant to the whole system, it will only develop the bust. The distress caused by food must come from another source. The deep breathing and massage, with cocoa butter, are excellent for bust development.

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