Beautiful Symps

STRETCHING and DEEP BREATHING PLAY and IMPORTANT PART in BEAUTY'S PRO-GRAMME



Take a deep breath of fresh 21r the first thing upon rising.

D EEP breathing as a preventive of disease has reached somewhat the prominence of a fad; and, in consequence, is often advocated and explained by people who really know little or nothing of the hysters of the matter. really know little or nothing of the nygiene of the matter.

Deep breathing can be learned by
everybody. It is difficult at first, but
soon lecomes second nature, if it is
practiced constantly; and it is well
worth learning, as it is one of the most
important factors in the health and
beauty quest. It may be well to offer a
few suggestions to those who are delicate, lest they should be discouraged
from continuing this highly beneficial from continuing this highly beneficial

so does the mant whose lungs have never been cramped.

Robust health, prolonged youthfulness and clear complexions, for which we all instinctively yearn are dependent on good blood, and good blood can only be obtained when the lungs are kept fully supplied with plenty of oxygen.

It is almost impossible to enumerate the advantages to be acquired through this very simple habit of deep breathing. It will reduce weight if you are too fat and it will add flesh if you are too thin it is the greatest known equalizer. thin. It is the greatest known equalizer and puts one in prime condition. So don't neglect it. Let your first duty in the morning be to go to an open window and take in good deep breaths, and also make it your lost duty before retiring. Nervous people and those troubled with insomnia

Indian squaw, who has never known a band around her waist, breathes deeply.

So does the infant whose lungs have

ing of siddiness after a few deep breaths. This may be overcome by breathing lying flat on the back; and in about a week's time the breathing exercises may be taken standing up exercises may be taken standing up without any inconvenience.

It is claimed that people who breathe naturally always breathe deeply. The

MRS. SYMES' BEAUTY RECIPES

Itching Scalp

This is my first letter to you, though I have used many of your good formulas. I have had a good head of hair, but in the last few years it has grown very oily. I shampood it every two weeks with tar soap until I saw a shampoo of yours for oily hair. I am also using jaborandi tonic, but yet my hair falls dreadfully. My scalp itches until I positively rab the hair off of my head. My hair is thin and not very long; grows rapidly, but comes out before it gets its full length. Would you kindly give me advice as to what next best to do for my hair? I want the oil cured above all.

From the gouditions you describe I for my hair? I want the oil cared, above all.

From the conditions you describe, I judge that the circulation of blood in your scalp is imperfect. The best treatment for this is massige, and if you cannot secure the services of a professional, the next best thing will be to do it yourself. Support your hands on each side of the head by placing the thumbs against the temples; then, pressing the finger tips well into the scalp, go all over the head in a series of little wheel-like movements. The massage should be given for twenty minutes each evening. Remember, that good results cannot be expected immediately, and persistence and regularity are needed to effect a cure.

Green Soap Treatment Would you kindly tell me how to use green soap for enlarged pores and how often to use it?

Is peroxide a good bleach for the face and neck? Please tell me how often to use it. I have used the mercury bleach, but it reldens my face and makes it break out in pinpies. How often shouil I use the mercury bleach? I am 20 years old. My hair is auburn, but it is turning gray very fast and coming out. Please tell me something to do for it.

M. A. P. and coming out. Please ten in Something to do for it.

The green soap treatment is recommended for blackheads, and is not inneed for enlarged pores.

Peroxide of hydrogen is a good face leach, and may be used once a day if eccessary. I do not know the mercury bleach to which you refer, but advise you not to use it if it irritates your skin. Have the ends of your hair carefully trimmed or singed, and use the tonic for which I am giving you formula. This will stop the hair from falling, and may also arrest it from turning gray.

Palling of the Hair.

Tincture of green soap, 2 ounces; distilled witch hazel, 2 ounces. Let this mixture stay on only a few minutes, then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use it every other day.

Green soap may be purchased at any good drug store. It is not a regular "cake soap," but is of about the consistency of custard.

Hair Falling

I have enjoyed your health and beauty talks very much. Now I would like to ask your advice. My hair is coming out pertalks very much. Now I would like to ask your advice. My hair is coming out perfectly dreadful and is very dry, and my head itches so or has a crawly feeling most of the time, but am not troubled with dandruff. My husband bought me an electric battery to use, but I don't know how to use it. Will you kindly tell me what attachment to get for filling out the face. I have heard electricity would round the face out better than massage. I am only 35, have a daughter II, and we have passed off for sisters many a time. My cheeks are not as round as I want them.

To stop your hair from falling try the round as I want them. H. W. H.

To stop your hair from falling, try the
treatment recommended to M. A. P.
Electrical massage is excellent for the
rounding out of the face, but it should
be given by an experienced person. If
you do not know how to apply it, I advise you to consult a specialist who can instruct you as to the proper use.

About Pumice Treatment Having read your page on superfluous hair and about using rumicestone, I thought you would be able to tell me if it caused a thicker growth of hair after using it once. I also would like your advice on how to use henna as a hair dye and how much, as I see you recommend it.

The hoir will return after thought a see your second of the second The hair will return after the use of pumice, but not necessarily thicker. The simplest and easiest way to apply henna is to use a tea made of the leaves. In preparing the tea use an ounce of leaves to a quart of water and boil the whole down to one pint. The stain should be applied to the roots of the hair with a small brush. Next with an ordinary hairbrush distribute the henna through the hair. A thorough drying, either in the sun or by heat, concludes the process. A thorough shampooing of the hair should precede each application of the stain.

Grateful Reader Asks Advice I have never asked any question before. out have always been an interested reader



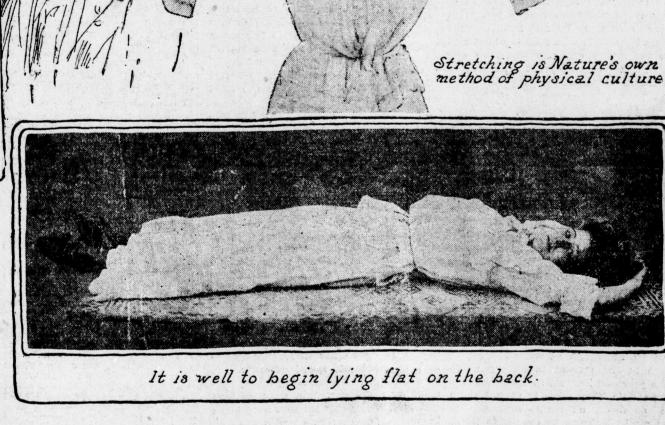
mere muscular movement tends to relieve pressure on nerve centres, by
stimulating the circulation. In walking
be sure to practice deep breathing.

Draw in a good deep breath and see
how many steps you can take before
exhaling; this is excellent practice. The
best position for practicing deep breathing is to stand erect with both heels together, the arms hanging loosely by the ing is to stand erect with both heels together, the arms hanging loosely by the
side, the chest raised, and the shoulders
thrown back. Take at least ten long
deep breaths in this position.

It seems odd to be told that a good,
old-fashioned yawn is good for ones
health, but, as a matter of fact, it has a most excellent effect on the bodily functions. Stretching is nature's own method of physical culture.

It is a favorite exercise with animals, children and primitive people. The yawning which always accompanies the stretch is simply a full does breath stretch is simply a full deep breath,

which is held or slowly exhaled during the stretch. This means a full supply of fresh air for the lungs, a cleansing of the blood passing through them and an increased supply of oxygen for the This increase in the movement of the This increase in the movement of the lungs at once extends to every one of the vital organs, and this immediate increase in activity is the cause of that feeling of comfort and well-being that always follows a good yawn and stretch. So you see a yawn isn't a bad form of physical exercise, after all. It should, like other exercises, be taken in private, as it isn't an attractive sight in public, although we frequently have an exhibialthough we frequently have an exhibition of it. Deep breathing and stretching play an important part in the beauty programme, and women cannot offerd to neglect these simple exercises procuring good health and good



ANSWERS TO MANY CORRESPONDENTS SEEKING HEALTH AND BEAUTY

cerely hope I may read your kind answer in next week's issue.

The remedy I refer to was your answer to "A Beauty With Freckles." to "A Beauty With Freckles."

After removing the paste with sweet oil and borax, should the face be washed thoroughly with soft water (warm)?

How long is the remedy to be used before removing freckies? What is good for removing dirt from under fingernalis? The skin under my nails is so dark that my nails always look dirty.

I say "dirty" because that is the only way to express how the skin does look.

I will not bother you further this week, but your advice is so good—what I have tried—that I can hardly refrain from asking many, many questions. tried—that I can hardly reliand many many questions.

I will be thankful if you can possibly answer me in next week's paper, as I'm very anxious to know, so I can use the remedy.

EXPECTANT.

I think you will find that wiping the think you will find that wiping the face with a soft cloth is all that will be necessary after applying the oil and borax. However, gently washing warm water will do no harm. For the stains under your nails use oxalic acid. Put an ounce of the crystals in a pint bottle and fill up with water. Mark the bottle plainly with the name, and also with the word "poison." Wet a bit of

wrap it around a pointed stick and rub the stained places.

Regrets Use of Peroxide Two years ago I was foolish enough to allow a hair dresser to persuade me to have

allow a hair dresser to persuade me to have my hair bleached with peroxide of hydrogen, and have kept it up ever since, touching it up once a month. I find to my regret that it has completely spoiled, yes, ruined, my hair, which was, before the bleaching process, of a beautiful, fine, silky texture, down to my waist line, and of a light, very light brown; it could not be called brown, but the shade between brown and blonde; not reddish, but that pretty light color which is so seldom seen, and of which you would call the possessor a demiblonde. In the past six months the hair, when washed, began to stretch like rubber, split and break off, and the ends haif way up were gett ng much lighter each time it was washed, so that it made it very noticeable that it was bleached. I am in business, and it would be very embarressing for me to allow the hair to grow out in its natural color, while the rest was so light. Can you give me, through your How to be Healthy and Beautiful column, in next week? a paper, a recipe for some dye that would turn the bleached part back to its original color, so that in allowing the hair to grow out it would not be such a

strong contrast and not noticeable? To use a dve given for gray hair to turn it black would be entirely too dark; so there would again be a contrast which would be more embarrassing. It must be comething that would turn it to a shade between light brown and blonde. Thanking you in advance for the favor, and trusting to find a reply in the near future, I am R. C. W. Peroxide tresses require very careful handling. If you have not the patience to wait for your hair to grow out its natural color, you had better consult a good hairdresser, who could restore it by drains.

Sweet Oil for the Eyebrows Will you please tell me of a simple remedy to make my eyebrows thicker?
WESTERN READER. Paint your eyebrows every night with a brush dipped in sweet oil, slightly warmed.

Bran Bags for the Bath You so often recommend bran bags for the bath. Will you please tell me how they are made and how to use them? B. K. P. Bran bags can be purchased from al-

she bends forward as far as possible, place your hands across her shoulder blades, with the fingers of each hand

touching. As she tries to resume the erect position, resist with a strong pressure on the shoulder blades.

Again, in relatively the same positions, but with her hands resting upon her thighs, firmly grasp her shoulders, and,

as she tries to come to erect position, twist the torso by turning the shoulders strongly in one direction, while she at-

tempts to turn in the opposite direction. Practice first to the right, and then to

With your hands on your thighs, push the shoulders up, then back and down in a circling motion. The other girl will place her hands on the tops of your shoulders; and press down as you push up, and forward as you press back, both of you relaxing as the shoulders come to normal position.

Resist each other standing. Turn right shoulders toward each other, and with feet well braced grasp right hands, one pulling and the other pushing. Repeat with the left hands.

Another taken in standing position is to cross the arms in front, and, grasping with both hands, resist in opposite directions.

directions.

Of course, the more evenly matched you are in strength, the better will be the exercise. Learn the form of the exercise first, and make the pressure even and light, increasing it as you

most any druggist, but if you prefer, you can make them yourself. Mix equal parts of powdered oatmeal and bran together, and to a pint add half a cup of powdered soap. To this add about one ounce of powdered orris root. Fill small bags, just large enough to handle conveniently, and use in the hath

Delightful Cream for Face Will you please give me recipe for a skin food which is about the consistency of cream? The following formula is for a de-

The following formula is for a delightful skin food:

To an eggshell full of melted mutton tallow and an eggshell of pure oil of sweet almonds and a bit of white wax the size of a hazel nut.

Heat the whole together on the stove until it is a cream, then take off and whip with a small egg-beater. Add one drop of attar of rose. When cold it should be like thick cream, but if it is too thick, it can be thinned with almond oil.

Spot on Her Nose I am much interested in your page on health and beauty, and should like some of your valuable advice. Am a young girl in my teens, and am very much troubled about a red spot on my nose. It is about the size of a pea, and has been there ever since I can remember. Could you not let me know of something that would remove it?

DAISY. I fear I cannot advise you how to remove the red spot to which you refer. Experimental treatment might prove dangerous, and you had better consult a skin specialist in regard to having it

Impatient for Results

I thought I would write to you in regard to Dr. Vaucaire's bust developer. Now I have been taking it six weeks and can see but very little improvement. I thought I saw more improvement on the first two bottles than I have since taking the other three, but I do not feel satisfied with the results. It is quite expensive, and it seems as if I had given it a fair trial. I have a fair size bust, but not as large as I would like, as I am quite stout otherwise. Now could you recommend anything else I could do in connection with this medicine, or do you think it useless to spend any more money on it? I would like to know just what you think about it. My right bust is much larger than the left, so I shall anxiously look for your answer in next week's paper.

I think you are too impatient for results from the Vaucaire remedy. It usually takes six weeks before development is noticeable, so you should not be discouraged. Possibly you can get quicker results by massaging with a good skin food in addition to taking the remedy. Impatient for Results

Distressed About Falling Hair

of rosemary. 2 ounces; alcohol, 2 ounces. Apply several times a week to the roots of the hair.

A good yawn is an excellent thing.

Gets Sick on Cars I am a young girl of 17 and I do not go around very much, and the reason why I do not is because whenever I ride on the cars I always get sick and feel sick for a couple of days after I ride on the car. Could you please tell me what's good for it?

G. M. Car sickness, like seasickness, is sometimes very difficult to overcome, and what proves a relief to some will not do for others. A simple remedy to try is to take a few drops of aromatic spirits of ammonia in water before starting on a journey.

Face Too Fat I hope you will pardon the liberty I take in thus addressing you, but I read your items with much interest. Could you tell me how to reduce the flesh in my face? I am not very stout in the bolly, but my face is very stout, which I don't think is a bit becoming. I am 5 feet 3½ inches in height and weigh 120 pounds. I will be very thankful for any advice you give me. CONSTANT READER. Persistent massage will do more than anything else to reduce the superfluous flesh on your face. When the treatment is to increase the flesh, the movements are gentle; but, for reducing flesh, firm, hard treatment is required. Use a rotary motion, upward and outward.

About Cocoa Butter

Will you kindly inform me if cocoa butter will yellow the face and neck? I am using it with the hope it may plump out my face and neck, but fear it may yellow the skin. Would you advise some other remedy? I fancy I can see an improvement in filling out my face, and have only used it ten days. Will peroxide of hydrogen whiten the neck and hands, and must it be used every day for such results?

M. L. G.
I have never heard that cocoa butter

I have never heard that cocoa butter would cause the skin to turn yellow. It is excellent to fatten the face and neck, but where there is a tendency to superfluous hair it sometimes increases the growth. I think you will find the orange-flower cream so often published in this department a very satisfactory substitute. Peroxide of hydrogen is an excellent bleach for the skin, and need not necessarily be used every day. not necessarily be used every day; several times a week should answer the

Wants to Bleach Face Can you give me through your helpful columns the most powerful bleach for the face that you know of that will remove tan freckles and make the skin snowy white and not injure the skin in any form? I would like to have my face bleached white in one week.

BELL. The formula given below has proved very successful in whitening the skin and removing freckles.

Whitening Paste for Freckles and Brown Spots. Salicylic acid, 60 grains; bay rum, 4

Beauty Through Hygiene --- By Dr. E. E. Walker

HEALTHFUL EXERCISE WHICH TWO GIRLS CAN TAKE TOGETHER

By Dr. Emma E. Walker Copyright, 1905, by A. S. Barnes & Co., New York. If you can induce your intimate friend to take up the daily practice of physical exercise with you, map out a little series of resisting exercises, one girl working against the other. Try a few of the following and see what fun it is:

With your friend sitting on the floor, legs curled under her, grasp her hands, which are stretched up above the head, elbows straight. Try to keep her arms in this position, while she resists, trying to pull yours down to her shoulder level. When you have gradually allowed your hands to be drawn down to this point, reverse the resistance; try to pull her arms up, while she resists, keeping the hands only shoulder-high.

Or lie flat upon a long table, arms extended over head, elbows straight, the hands grasping a short stick. Your friend, standing behind your head, will grasp the same stick, near the ends, and while you resist her action she will bring the stick high overhead and down till it rests across your thighs. Now, you in turn will bring the stick again to the first position back of the head, while she resists the movement. Sit upon a stool, and with your hands on your shoulders, and elbows shoulder-high, move as far forward as possible, keeping the back straight, moving only If you can induce your intimate friend



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