## HOW TO BE. HEALTHY BEAUTIPUL BY MRS. HENRY SYMES

WHAT TO DO WHILE WAITING FOR THE DOCTOR Spraying with alum and water It is important to keep the Will stop severe bleeding smelling salts bottle several inches from the nose. Hot Hannel bandages

HE lack of knowing just what to do in cases of sudden illness is often the cause of great anxiety and needless suffering.

This is probably more noticeable in the summer, when many people go off into the country, where the nearest physician is apt to be some distance away. The small children of the family having been cooped up in town are so delighted to get where they can romp out of doors that they nearly always overdo the matter by staying too long on the damp ground, or getting their feet wet in some fascinating stream or puddle, and unless great care is taken the first week in the country is apt to bring illness in its train.

illness in its train.

A baby attacked by croup is a cause of the utmost alarm to an inexperienced mother. A doctor should be sent for, but meanwhile the mother may wring out flannels in very hot water and place them on the child's throat, changing them often, so as to keep them hot. A very small baby may be entirely wrapped up in a blanket wrung out of water as hot as it can be borne. If possible, get a kitchen kettle of boiling water, and place it so that the child may inhale the steam from it. The child's breathing will be greatly alleviated by this treatment.

Nothing is more painful that severe earache, and quick relief from this may be obtained by dropping a little warm salad oil in the ear from a spoon. Be absolutely certain that the oil is only of a milk heat, for, if it is too hot it will cause intense pain and be very bad for the ear. The way to drop it into the ear is to have the child rest its head on a pillow so that the afflicted ear is uppermost, and there it should stay until the oil has had time to penetrate the suffering part. llness in its train.

the suffering part. The very best treatment for a child with convulsions is to place it in a tub of warm water. A great deal of valuable time is frequently wasted in experimenting to find out whether the water is the right temperature. Testing with the hand is not accurate, as under the stress of excitement the hands are liable to be cold. The surest test is to roll upy your determined that the stress of the st your sleeves and dip your bare elbow into the water. If the water is too hot for your elbow, it is too hot

Although an attack of nose-bleeding is not ordinarily a serious affair, it may become so if allowed to continue. In most instances it may be stopped by bathing the face and neck in cold water and syringing the nostrils with water in which a little alum has been dissolved. Lemon juice may also be used in a similar manner. This simple treatment is one of the best known remedies, and is often efone of the best known remedies, and is often effectual when all other resources have failed.

Very often in cases of fainting the attendant people become so excited that they nearly strangle the patient by holding a bottle of strong smelling salts under her nose. The smelling salts have their uses, but they should not be so violently applied. The proper method is to slowly pass the open bottle several inches below the nose. The action of strong smelling salts is violent and even dangerous to a weak heart or even to a normally strong beart. weak heart, or even to a normally strong heart, weakened by the causes that have occasioned the swoon. The bands around the throat and waist and chest should be loosened, and at the same time every precaution taken to prevent the patient from becoming chilled.

Perhaps the lack of knowing how to stop the flow of blood in cases of severe cuts or wounds has occasioned more serious results than any other

Proper way to bandage.

ignorance. Everyone should acquaint themselves with the method of treatment in the case of accidents of this sort. It is very simple and easily carried out. Make a bandage of any piece of cloth that is convenient; a large handkerchief will sometimes answer the purpose.

The bandage should be wrapped as tightly as possible and the ends tied in a hard knot. A stick should then be run through the knot, as in the illustration, and by twisting the stick the necessary tightness can be gained. This sort of bandage is called a tourniquet. Knowing how to apply it may enable one to save not only his own life, but frequently that of a friend.

Warm salad oil Will relieve carache.

O SPEND a day in bed when one is not ill seems at first mention rather a waste of time, yet there is profit in it for a tired woman. The large majority of women, who must study economy very closely, cannot make a change of climate at will. For them the rest must be secured at home. Everyone knows that the sequence of a brief illness is often a great gain in strength. This is because the patient has had the rest afforded by staying for a short period in bed. Just one day every week or every fortnight thus passed by a tired woman, who is only tired, not really ill, will prove very profitable to her. Try it. Let yourself be waited on, and a little missed downstairs.

Health Hints

TO BE REMEMBERED

Don't curl or plait a child's hair tightly if you want it to grow long and thick. Many a scanty crop of tresses in later life is due to straining the hair while the child is growing. Small children should be allowed to drink as much water as they like. It helps to clear the system of effete matter quickly, and so keep the stomach and bowels in good condition.

Castor oil can be used instead of butter when cooking buttered eggs, and if flavored with pepper and salt will be undetected. This is an excellent way in which to give it to children who make a fuss over it.

to the brain, and many an attack of convulsions is caused by it. Gentle movement up and down is a different thing, delights a baby, and is good for his direction.

Nervous children should never be scolded unless it is absolutely necessary, and should never under any circumstances be ridiculed. Such treatment is only likely to make them more nervous, and in these days such a tendency should be specially guarded

Time Between Meals-Four hours is the longest Time Between Meals—Four hours is the longest interval during which children should go without food in the daytime, and something, if it is only a drink of milk and a biscuit, should always be given them the last thing before going to bed.

An infectious disease is more liable to be taken when one has been long fasting than soon after a meal. Therefore, if you are going to see a friend suffering from anything of the kind, eat a substantial meal first. Neither should one go into an infected area when, in consequence of overheating, the pores of the body are all open.

If you need to drink hot water pour it from one jug to another a few times. This will aerate it, and remove the flat, insipid taste so objectionable to most persons.

most persons.

Don't neglect the ten minutes' rest during the day, with the feet raised. It gives the whole body a great sense of repose, and works wonders in smoothing out the lines on the face.

Creosote should never be put into a hollow tooth for toothache. It relieves pain, but inevitably destroys the substance of the tooth itself, which breaks away soon after, leaving only the stump.

Don't eat when tired, and don't work when tired. It is a mistake to work when not in a fit condition— Don't eat when tired, and don't work when tired. It is a mistake to work when not in a fit condition—bad for the work and worse for you. Don't sit down to table as soon as you come in from work or a round of social duties. Lie down, or sit down, for ten minutes, waiting until you can partake of your dinner with the physical machinery rested and refreshed

Many argue that flowers should be kept away from sick rooms, lest they exhaust the air, etc.; that is true with certain flowers, such as lilies and lilac, but a few roses, mingonette or violets will prove to be most refreshing and reviving to weary eyes and depressed spirits—which is the real ministry of governs.

## TALKS WITH CORRESPONDENTS ON HEALTH AND BEAUTY TOPICS

Water too hot for your cloom is

too hot for the child.

n Troubled With Brown Spots . I have a few dark-brown spots on my face, and one has recently come on my nose. I do not think they are freckles, so come to you for advice. Will you kindly inform me what you think they are, and what will remove them, and greatly oblige?

A READER.

Brown spots on the face very frequently indicate some disturbance of the liver, and I advise you to consult a physician, who can, no doubt, give you some internal remedy. The paste for which I am giving you formula has proved very successful in the removal of moth patches, but its effect will not be permanent if the trouble is from

Whitening Paste for Freckles and Brown Spots

Salleylic acid, 60 grains; bay rum, 4 cunees. Apply night and morning with a soft cloth or sponge. This lotton soon produces a slight roughness of the skin, which should be subdued by the use of glycerin starch.

Skin Red and Rough

Having read your advice to so many, I have also come to be helped. My skin is red and rough, more so after washing. I do not rub hard, as my skin is very tender, and it will stay red and itching, sometimes for hours, and as I do not use much soap and it is also good. I am also troubled with enlarged pores, mostly across my nose, which look as if there was a speck of dirt in each, and very oily. Also, can you give me a remedy which will change the color of my hair to a reddish tinge, something that is harmless, as it is now an ashen color, and very oily. Thanking you in advance.

I think it quite possible that you are I think it quite possible that you are using hard water on your face, and I advise you to put a little borax in the water to soften it. After washing it carefully, apply the lotion for enlarged pores, for which I am giving you I think you will find the hair lotion

Lotion for Enlarged Pores. Boric acid, I dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

Lotion for Oily, Damp Hair. For greasy, moist hair the following is an excellent dry lotion. If used daily it tends to produce a crispy condition and an auburn to produce a crispy condition and an auburn shade.

Powdered bicarbonate of soda, borate of soda (also powdered), % ounce of each; eau de cologne, 1 fluid ounce; alcohol, 2 fluid ounces; tincture of cochineal, % fluid ounce; distilled water, 16 ounces.

Mix and agitate until solution is complete for general usage.

Tonic for Falling Hair

Will you please answer the following question and do one of the readers a great favor?

My hair is falling out and it is causing me a deal of worry. Would the jaborandi tonic be all right?

My hair is blonde and very dry. I would not want to use anything that would have any tendency to darken it.

By answering the questions asked you will greatly oblige.

ALICE G.

very satisfactory, as many of my cor-respondents report most beneficial re-

Hair Falling

I wish you would tell me what would be good for my hair to keep it from falling out. It not only falls out in the morning, but any time during the day I can run my fingers through it and have four or five hairs between them. My hair is fairly oily. My head is always very itchy, although there is no dandruff in it. I am only 18 years old and do not like to lose my hair yet.

A READER. The tonic for which I am giving you

Falling of the Hair.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.
Apply several times a week to the roots of the hair.

To Whiten the Hands

Will you kindly publish a recipe to bleach hands? My hands are soft and nails perfectly grand; but oh, my hands are so red. Please give me a recipe that is very strong, or it will not obtain the desired effect—whiteness.

I advise you to try wearing cosmetic gloves at night, and am giving you directions for making them. To Make Cosmetic Gloves.

Cosmetic Glove Paste. Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of

Home-made soft soap, 1/2 bound; olive oil, 1 gill; mutton tallow, I ounce.

After boiling these together remove them from the fire before adding spirits of wine I gill; ambergris or some other perfume to an amount to suit the taste, always being on your guard not to scent things too highly.

Yours truly.

The formula for Dr. Vaucaire's remedy is published to-day in this department, and you can have it filled by a reliable druggist. To Cure a Bunion

formula has proved very effective is cases of itching scalp and falling hair.

Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

Cosmetic Glove Paste, No. 2.

Wants to Get Remedy I have been reading your health and beauty talks for months, and have read so much about Dr. Vaucaire's remedy to develop the bust. As I am greatly in need of something of that kind will you kindly inform me through the columns of your paper where I can obtain it, and how to use it, or will I have to send a stamped and addressed envelope for the doctor's address and get the formula direct from him? Yours truly,

The formula for Dr. Vaucaire's remember the send of the formula for Dr. Vaucaire's remember the send of th

Would you please be so kind as to give some formula for curing bunions? I have tried many kinds of salves, but none of them seem to do any good, and so when I saw how you were helping so many people. I thought I would write to you, as I was sure you could help me.

Yours very truly.

The bunion cure for which I am giv.

In you can say anything in next week's paper that will help me it will be appresisted.

Massage your face frequently with the count frozen for which I am giving you formula, and rub in the salve for scars.

## Questions Answered and Advice Given by Mrs. Henry Symes

been very successful. Treatment for Bunions.

Get a bunion plaster of the druggist, and nick with the scissors around the inside circle or opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure on the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

Bunion Cure.

Bunion Cure. Carbolic acid, 2 fluid drams; tincture of iodine, 2 fluid drams; glycerin, 2 fluid

Annoying Pimples Haying taken a great interest in your articles for women, desire to ask your advice in regard to my trouble. Up to a few months ago I have always had a clear complexion, but now it seems that I cannot rld my skin of pimples, which appear like tiny boils under the skin at first and then they come out to a head. I am not troubled with blackheads at ail.

CHRISTINE. The first step toward improving your complexion will be to improve your health. Pimples are the outward indication of some inward disturbance, and unless this is righted, they will continue to appear. The cream for which I am giving you formula is an excellent healing agent, but it cannot prevent the reappearance of the irruptions. Very often pimples are due to digestive troubles. In this case, careful diet is necessary, with plenty of fresh air and ex-

Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple; wait until the pimples are cured before using the face brush, which might irritate them.

Blackheads Leave Scars Dear Madam: I have taken quite an interest in your very helpful department, and have been wondering if you could help me. My face is badly pitted and marked from blackheads and pimples—in some places almost as bad as scars from smallpox. I am not troubled with pimples and blackheads any more, but they have left their mark upon me.

If you can say anything in next week's paper that will help me it will be appreciated.

Massage your face frequently with the

in many cases, and I trust it will help once a day. This will greatly improve you. The following treatment has also the appearance of your tace. Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti; '4 pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazet, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heat This cream is particularly useful to heal sore or stretched skin. Scars.

Lanolin, 2 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a

Good Hair Tonic

Will you please print your physician's prescription for coloring the hair, also your "Tea Hair Tonic," as I missed them when given at first. Yours truly, M. S. You will find the physician's remedy in answer given to a "Constant Reader." I am giving you formula for tea hair tonie below:

Tea Hair Tonic. Black tea as a basis for hair tonic is successful in many cases. Formula:
Bay rum, 2 ounces; glycerin, 2 ounces; alcohol, 2 ounces, infusion of black tea, 10 alcohol, 2 ounces; infusion of black tea, 19 ounces.

Mix and perfume to suit. The tea infusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients; apply with a soft sponge to the roots of the hair. It will darken blond hair.

I am 20 years old, and my hair is getting gray very fast. Could you send me the physician's remedy through next Sunday's paper?

Soo neewer to a "Constant Reader." paper?
See answer to a "Constant Reader."

For a Dry Shampoo

Kindly tell me if you can recommend a preparation for cleansing my hair of dust and oil. I take cold when I wash my hair with water.

ORCHID. In a dry shampoo the scalp is cleansed without wetting the hair. The tonic given below its coellent for the nurrose without wetting the hair. The tonic given below is excellent for the purpose. Use according to directions.

Dry Shampoo. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin, ½ ounce; oil of thyme, ½ ounce; rosemary oil, ½ dram, Mix all together with 6 ounces of rosewater.

Liquid Face Powder I am a constant reader of your beauty and health page and write to you for advice. Is there such a thing as a powder frace powder) that will whiten and soften the face? All powders that I have used dry the skin. Cold cream softens the skin, but it does not agree with mine. I have tried almost every cream. I should much rather use powder if I could get the right kind.

Kindly answer in next Sunday's paper and oblige,

I am giving you formula for liquid powder which, I think, will agree with your skin. It is very softening and whitening. For Whitening the Skin-a Liquid

Powder. Pure oxide of zinc, 1 ounce; glycerin, 1 dram; rosewater, 4 ounces; essence of rose, la drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerin, next the remainder of the rosewater.
Shake well and apply with a soft sponge
The face must be or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Hair Too Oily

I have some difficulty with my hair, and, seeing so many useful talks in yesterday's paper, I thought I would write and see if my trouble could be helped. My hair is quite dark and very fine and becomes oily in a few days after I shampoo it. In order to keep it dry it needs shampooing at least once a week, and that makes it so dry and lifeless that it is difficult to do up for a couple of days after. I have quite a little dandruff, white thin flakes (not yellow), scalp is very white when clean. Dandruff comes off scalp very easy. The oil bothers me most. My hair is quite long, but thin on my head. Wish it was thicker. Begin to think it needs attention. Would feel very grateful if you could advise some remedy. Excuse flaws, as this is first attempt. Hoping I will see this soon and get answer, I am, yours respectfully, E. D. L. I am giving you formula for a lotion which, I think, will improve the oily condition of your hair, so that you will not find it necessary to shampoo it so frequently. This tonic will also help the dandruff to disappear.

Formula for Oily Hair. Use the following mixture daily, rubbing well into the scalp: Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 15 grains.

To Remove Tan Do you recommend peroxide of hydrogen for removing tan and freckles-particularly the former? Yours truly, H. H. M. Peroxide of hydrogen is excellent for removing tan. However, it will not remove freckles, unless they are very light indeed.

To Develop the Bust Won't you please give Dr. Vaucaire's remedy for enlarging the bust? I never had hardly a suggestion of one, and do you think anything will do good in a case of that kind? I am condined in an office allow, but am quite healthy.

Won't you kindly give the eyelash grower again next week? Mine are very black and thick, but not long enough. I have very weak eyes, and could not use anything that might hurt them. OTTIS.

I am giving you formula for Dr. Vaucaire's remedy, and have no doubt you will get very successful results from its

You will find the eyelash grower given Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 19 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

About the Use of Physician's Remedy

Please answer through your valuable paper the following question: Is the physician's prescription for the hair stain dangerous to use? I am very anxious to know. Physician's remedy should never be applied if there is any irritation or abrasien of the scalp; otherwise it is perfectly harmless.

To M ke the Hair Glossy I have been a reader of your valuable column for a long time. Will you kindly give me a good hair tonic for making the hair thick and glossy?

And I am bothered with thin eyebrows, Will you be so kind as to prescribe something to thicken them? I thank you very much for your kindness. W. G. M.

The quinine hair tonic is excellent for making the hair thick and glossy. You making the hair thick and glossy. You will find the eyebrow grower elsewhere in this department.

Quinine Hair Tonic. Sulphate of quinine, 1 dram; rosewater, 8 ounces; diluted sulphuric acid, 15 minims; rectified spirits, 2 ounces, Mix, then further add glycerin, 4 ounce; essence of royale, or essence of musk, 5 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

Popular Formula Repeated Will you please repeat the physician's remedy for gray hair in next week's paper? Also how to apply it. I missed the paper it was published in. And greatly oblige.

A CONSTANT READER. I repeat the formula with pleasure. To Restore the Natural Color of the Hair.

(A physician's prescription.)
Sugar of lead, ½ ounce; lac sulphur, ½
ounce; essence of bergamot, ½ ounce; alcehol, ½ gill; glycerin, 1 ounce, tincture of
cantharides, ½ ounce; ammonia, ½ ounce.
Mix all in one pint of soft water. Apply
to the roots of the hair, which must be
clean clean.

The dye should never be applied if there invitation or abrasion of the scalp. is any irritation or abrasion of the scalp.

The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose—then spread it evenly downward through the tresses with an ordinary hair-trush.

Scanty Eyebrows Am a new subscriber and have become very much interested in your page, "How to be Healthy and Beautiful."
Will you be kind enough to give me a formula to thicken the eyebrows? Mine are very thin, but perhaps you will be good enough to tell me of something to make them grow and become heavier. It so, you will greatly oblige. THELMA.

Eyebrow and Eyelash Grower. Cologne, 2½ ounces; glycerin, 1½ ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with the brush, and to the lashes with a tiny came! s-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 minutest portion of the lotion touches the eye itself.

Which Hair Stain?

I am a very interested reader of your department, and have made some valuable clippings therefrom. Among them I have the two hair stains—"the physician's prescription" and "pyrogallic acid"—but am in doubt which to use. My hair is dark brown, but a decided brown, and is slightly sprinkled with gray in front. As my skin is a pale olive, clear, with a little color, I hesitate to experiment with the pyrogallic acid dye, as I fear my hair might take on too dark a shade, which would kill my natural color and probably make me look ghastly. I am sure it would be very much appreciated by the readers if some one who had tried the pyrogallic receipt would let you know how much they had diluted it for brown hair. pyrogallic receipt would let you know how much they had diluted it for brown hair. In regard to henna. Do gray hairs take the stain, and does it give one the artificial appearance that bleached tresses effect? Would it harmonize with dark eyes and pale olive skin? I think the pyrogallic dye would be the best for your hair. Weaken the solution about one half, and I think you will find that it will produce a decided brown stain.

brown stain.

Henna is a vegetable stain, and pro duces an attractive auburn tint. If there are only a few gray hairs, this can be used successfully, but if a large proportion tion of the hair has turned gray it is better to use one of the other stains referred to.

Best Time for Massage

Will you please advise if Dr. Vaucaire's remedy for bust is injurious to your stomach? I suffer from indigestion. Can you suggest something beneficial? When is the best time of the day to massage the entire body? Please give a formula for vaseline cold cream. I am a constant reader and consider your suggestions on health and beauty valuable. Hoping to see an answer soon,

Dr. Vaucaire's remedy for the bust is perfectly harmless; in fact, it frequently acts as a tonic to the system. It does not matter what time of the day massage is given, but it is always best to rest for about an hour afterward, if possible, so that just before retiring is generally a convenient time. I have not a formula for vaseline cold cream, but you will find that witch hazel cream is excellent. Formula for this is given on this page to-day.

To Bleach the Skin. Can you give me a recipe that will bleach the skin without injuring it whatever; if so, kindly inform me through your column. W. M. C. Peroxide of hydrogen is a simple, harmless bleach for the skin. Pour a little in a saucer and apply with a soft linen cloth.