



PERHAPS some of my readers will scoff at the idea of farming as a beautifier. But stop a minute and think what it means—a simple life spent in the fresh air, regular meals and plenty of exercise for every member of the body; these are golden rules for health and beauty seekers. Possibly no class of women are keener about going in for anything to preserve their bodily health and beauty than actresses, and it speaks well for farming in this respect that many prominent actresses have taken it up and more are joining the ranks each year.

We cannot own an acre, all of us, nor can we always live where the acres grow. But most of us can manage to spend a week or two at a time on a farm in summer. And when you can do this, try to conform your life to the surroundings and leave all city ideas behind with dusty streets and high buildings.

LEND A HAND

First of all, rise just as early as the farmer himself, and then as nearly as possible follow his regular daily routine. If there is hoeing or raking to be done, lend a hand, and if it happens to be haying time, you are in luck, for nothing could be better exercise than helping to stack the delicious new-mown hay. Of course, to reap the fullest benefits from farm life you should be properly dressed for it.

A blue and white checked gingham dress, reaching barely to the ankles; a fetching sunbonnet or a wide-brimmed farmer's hat, and sturdy, comfortable boots form a practical costume, and dressed in this garb you may join the farmer in almost any task he undertakes. You are sure to become interested, and even after a long day's work will find pleasure in seeing that the live-stock is fed and watered before you go to your own evening meal; that is, you will if you have really gone into the country with the proper spirit and with the idea of getting the best out of your outing. If you are fortunate enough to be able to own an acre, let me tell you that outside of a place to restore health and dispel the blues you also possess a means of financial income.

Perhaps you will be surprised to know that, unless you are farming for the markets and need pasture and stables and grass land, you can almost live on the crop that an acre will yield for you. Of course, it will require work and care and knowledge.

TWO ENDS GAINED

That out-of-door work is healthy for women has long been acknowledged by physicians, and any one who has watched the peasants of Europe at work in the fields could not fail to have been impressed by the strength and vigor shown even by women of a few years, who were engaged in the performance of the heaviest tasks.

In a little town in Germany not far from Berlin travelers are frequently attracted by the sight of young women swinging with buoyant step through the streets, dressed in quaint blue gingham dresses, with wide-brimmed straw hats, carrying rake or hoe over the shoulder. Clearly, they are not of the working class, but women of refinement and culture, and upon inquiry you discover that they belong to one of the most unique establishments in Germany, a school of agriculture for cultivated women. Here



FARMING AS A BEAUTIFIER



women of culture are shown a new field in which they may become self-supporting.

While the primary object of the school is to train women to a profession where by they may be able to contribute to

the promotion of domestic industry, it has still another, to my mind equally important, the strengthening of the nerves and bodies of its pupils and sending them out into the world with the joy of abundant health and life beat-

ing in every vein. Remember that there is untold good in getting close to Mother Earth once in a while, and the hours spent in farming and gardening are hours of health and its natural sequence—beauty.



MAKING A PASTIME OF THE WORK

Health and Hygiene for Women Getting the Benefit of Lawn Tennis

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BY DR. EMMA E. WALKER.

PROBABLY most girls go through with the same stages in tennis, and in the end make only fairly good players. This is due in some degree to deficient strength and to lack of physical training. But tennis is such an enjoyable game that most of us persevere in playing it, whether we become expert or not. Nor does it make any difference how many new games appear, for they cannot usurp its place.

Tennis is a splendid exercise for both mind and body. To become a good tennis player one must begin right at the outset. The foundation must be correctly laid, or even practice will not make perfect.

The successful stroke does not always consist in the force that is applied to a ball, as much as it does in the manner in which that force is applied. The ball must be hit at the right time, and in the right way. The stroke must be timed correctly, and this depends entirely upon the eye.

Unfortunately, this fine observation cannot be taught. Persistence will bring progressive improvement, if you begin by driving a ball against a wall.

All correct strokes are made by free and easy movements, which are bound to be graceful and natural; so do not aim at grace or effect. Never hold your wrist or elbow stiff.

The long, upward stretches that come into the playing of tennis are beneficial, even if they were all the good it brought. However, every muscle of the body has its part to play in vigorous game of tennis. The free swing of legs and arms brings grace and agility. The shoulder joints and the waist are made supple, and the sinews of the wrist are strengthened.

Tennis offers splendid opportunity for deep breathing. It develops the muscles of the arms and legs, as well as those of the chest.

The tennis costume should be convenient. The dress should be of light weight, and loose, while the weight of the clothing should hang from the shoulders. The sleeves should be loose, and the collar low.

TETHER TENNIS

Tether tennis is an agreeable change from the old-fashioned court tennis. It can be set up in the smallest yard, or at the seashore. Some one was ingenious enough to tether the ball, so that you never have to run after it.

A round of tether tennis is almost as good as a Russian bath. There are few games that are its equal in this respect. The strokes have to be given in such rapid succession that the player soon becomes very much overheated. This game is more appropriate for the cooler days than court tennis, especially when doubles are played. It requires great quickness of eye and agility; otherwise there is a good chance of being hit with the ball.

You must be certain to wear your sweater when you play this game, because of the danger of getting chilled after perspiring.

There are various advantages in this sport over old-fashioned tennis. Very little space is necessary; an area of twenty feet square is quite sufficient. The balls do not have to be chased, and you do not have to waste precious minutes in looking for a lost ball. Neither does the umpire have the nice decision to make that often come up in the older game.

The expense of the game is far less than that of court tennis. There are no nets nor back stops to be provided. It is a game which is easily learned, and can be played by girls as well as boys. It is on account of these various advantages deservedly popular.

Women's Questions Answered by Mrs. Symes--Health and Beauty Advice

To Make the Bust Firm

Will you kindly, either personally or through your department, give me a recipe or directions to follow to make the bust firm? I am quite large; that is, weigh about 15 pounds, and about 5 feet 5 inches tall. I have a nice bust, only it is flabby, or inclined to be more so than I desire.

MASSAGE the bust upward and outward morning and evening, particularly the muscles underneath, which give support. Bathing frequently with cold water also helps greatly in making the bust firm.

Letter From Grateful Correspondent

I am an interested reader of your column, and I must thank you for the yellowish growth on my face. I have used it with good success, and recommend it to others. I have one complaint, which I feel positive you can remedy. On my left eye there is a piece of skin overlapping, starting from the corner of the eye and extending across the eyelid, forming a wrinkle. It certainly isn't too large, for I am only 20 years old. I have used adhesive plaster, with no success. I presume that a massage treatment is necessary, but I don't know. Can you help me?

I am always glad to hear when correspondents are benefited by my remedies. It is difficult for me to advise you about the growth of skin on your eyelid. I would suggest massaging it gently with the tips of the fingers in an upward rotary motion; and if it would be best for you to consult a skin specialist on the subject, if you possibly can.

Troubles of a Blonde

I noticed recently you were answering an inquiry regarding a shampoo for light hair, and you said, "Use the light shampoo given some time ago."

Will you kindly tell me what that was, as I had very light hair, but lately it is

look more presentable? I know I had no business using the peroxide, but it is too late now. The shampoo which will be perfectly harmless, as my hair is very wavy.

THE SHAMPOO for which I am giving you a formula is excellent for keeping blonde hair light. I do not know that it will improve the appearance of your peroxide tresses, but it will be good for the new hair, and you will have to wait patiently for this to grow out.

SHAMPOO. White castle soap, in shavings, 1 ounce; water, 24 ounces; potassium carbonate, 30 grains; lemon, 15 grains; cologne water, 2 ounces; bay rum, 2 ounces. Water and add the other ingredients. Rub well into the hair, rinse thoroughly in several waters. Then dry carefully.

ABOUT HENNA STAIN. Will you kindly let me know how long to leave the tea made from henna leaves on the hair, or whether you do not wash it off for turning the hair asburn color? My hair is a little light in color on the ash shade.

The stain should be applied to the hair with a brush and allowed to remain. Of course, retouching becomes necessary as soon as new hair appears. The average woman must use some of the stain at least once in every six weeks.

For a Dry Skin

Some time ago I read in your column a recipe for blackheads. I am about to try it. Will the orange-flower cream be a good one for softening the skin before pressing out the blackheads? Is it a good cleansing cream, and will it cause hair to grow on the face? I am troubled with superfluous hair on my face that would cause it to grow more.

Sometimes my face gets very dry; so much so that at times the skin cracks and makes my face rough. Will the use of

on the skin before removing the blackheads. It is one of the best skin creams known, and positively will not promote the growth of superfluous hair. When your skin becomes dry I advise you to rub the cream well into it at night before retiring. Also to use it before exposing your face to the sun or wind. Wipe off with a soft linen cloth and it will not be perceptible.

About Hair Stain

I had the preparation for hair stain put up by a druggist, according to the formula given in your column. I find it leaves a black stain on the scalp, and as my hair is very dark, I am not sure that it will do much good. I am not sure that it will do much good. I am not sure that it will do much good.

When the dye is applied with a small brush, according to directions, it is not necessary to get much on the scalp. This small quantity can be carefully removed by soap and water without injuring the color of the hair.

Hair Falls After Fever

I write to you for a favor, sending your advice to others. I am a man 20 years old, and have fever on the scalp, and as my hair is very dark, I am not sure that it will do much good. I am not sure that it will do much good.

I am giving you formula for an excellent hair tonic; but I am afraid this will be of very little use in your case without massage. Your scalp needs friction to restore a healthy circulation of the blood. It is not possible for you to have the services of an expert, try doing it yourself. The proper movements have frequently appeared in this department.

essence musk, 5 or 6 minims. Agitate until solution is complete.

Face Too Fat

I have been massaging my face to reduce superfluous flesh, but do not seem to obtain very good results. It also makes my face very red and coarse looking.

Do you know of anything you can use on the face to keep it from getting red, or do you know of anything you can use on the skin? Or do you think massaging is the best thing to do? Thanking you in advance for any information you will give me.

There is nothing better than massage to reduce the superfluous flesh on your face. It will not make the skin coarse, and any redness it may cause is only temporary and will soon disappear.

Hair on Face

We have taken your paper just a few weeks, and I am very much interested in your beauty column. I take the liberty of asking you if you know of any remedy for killing superfluous hair. I think it was caused by putting on glycerin for chapped lips and face.

If the growth of hair is not very heavy, try bleaching it with peroxide of hydrogen and ammonia, which will make it almost imperceptible. Electrolysis is the best method of permanently removing superfluous hair. If you can not afford this, try using the plaster stick, which has been very beneficial in many cases.

Worried by Falling Hair

I am a constant reader of your department, and thought it possible that you might be able to help me. I have tried so many remedies for my hair, and none helps me. It falls out in great abundance—that is, every time I comb it—I fear I will soon be bald. I am young and in perfect health, and it bothers me awfully. Do you have you can give me a remedy for it through your valuable column.

about once in every three weeks while using the tonic. The egg shampoo is excellent, but hot water and a good soap are sufficient.

Rub the tonic in well with the tips of the fingers, giving a rotary movement. This will promote a healthy circulation, which is most necessary. Don't be impatient; it may take a little time to accomplish results.

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 Skin

Will you kindly tell me what to do with my hair? It seems dry and coming out. I would like to have a good tonic, something that would not make it darker. Also give me a good formula for a skin food. I am having wrinkles on my forehead. I would also like to have something to whiten the skin. I do not mean a wash. I never use powder or anything of that kind. I think the formula for dry, falling hair will be found elsewhere on this page. The skin food I am recommending is excellent for removing wrinkles, and will cleanse and whiten the skin.

Skin Food.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; coconut oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 30 drops.

Melt the first five ingredients together, add the oil and beat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

About Orange-Flower Cream

I am a very interested reader of your answers to correspondents on beauty and health, and have profited very much by them. In last week's paper I saw a recipe for an orange-flower cream. Would you please let me know if the use of that cream

own personal opinion, after having used this cream for years.

To Curl Baby's Hair

As I am a constant reader of your paper and see that you assist so many, I appeal to you for a little advice. Could you name in your paper a fluid for keeping a three-months-old baby's hair curly?

ANXIOUS MOTHER.

I think the best way is to train the baby's hair by brushing it the "wrong way" and constantly curling it over the finger. However, I am giving you a formula for a liquid which is harmless, although I do not advise putting a lotion on the head of so young a child.

Solution to Keep Hair Curled.

Tea of sun arabic, 1 ounce; good moist sugar, 1/2 an ounce; pure hot water, 3/4 pint. Dissolve. When this solution is cold add alcohol, 2 fluid ounces. Moisten the hair with this solution. Moisten the hair with this solution. Moisten the hair with this solution.

Wants Prescription Analyzed

I am inclosing you a sample of cold cream of some of your recipes printed in made from some time ago, but which had been mislaid, and will ask you to analyze and print same, and print, if convenient, in next week's paper.

I have no department for analysis, so cannot comply with your request. If you can remember a few of the ingredients given in the formula, and will write me what they are, I will be able to identify the recipe.

Regrets Use of Peroxide

I am going to ask you to bestow some of your valuable advice on me. I put some peroxide (which was very strong) on my hair—just enough to make it a golden

shade? It is diluted to produce a lighter shade? Sincerely, R. Q. G.

I cannot recommend the use of a hair dye after peroxide has been used. Peroxide tresses need careful handling, and you had better not attempt to apply a stain yourself, but consult a hair dresser on the subject.

For Parasites

Please let me know if bichloride of mercury soap will injure the color of the hair. I want to try the parasite cure, and my hair is a golden shade, which is easily damaged, and I would not like to darken it. Please answer the letter as soon as possible, as I need the cure badly. R. Q. P.

This Soap will not injure the hair if used as directed.

I had the recipe of the physician's prescription taken from last week's issue, but have lost it, through my druggist. Am sorry to trouble you, but if you will kindly give it next week, I will be very grateful. As I cannot remember the quantities, about how much would you reduce the pyrogallol stain? Is it as good as the darkest brown, yet not of the darkest brown. Thank you in advance. My hair is a golden shade. I am asking you a favor. Yours gratefully, MAY.

To Restore the Natural Color of the Hair.

(A physician's prescription.) Sugar of lead, 1 ounce; lic sulphur, 1/2 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 pint; glycerin, 1/2 ounce; tincture of cantharides, 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.