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You to be Healthy and Beautiful by Mrs. Henry Symes



Don't neglect the ends
Spraying with toilet-water after the shampoo

VERY few persons understand the proper care and treatment of the hair, even in this day when so many details in regard to it are frequently published. This lack of knowledge and consequent carelessness is the cause of many of the cases of premature grayness, falling hair and diseases of the scalp. A healthy scalp means healthy hair and therefore great care should be taken to keep it in a perfectly healthy condition if a vigorous growth of hair is to be obtained. Neglect of the scalp and hair is fatal to health and beauty. Women are gradually awakening to the fact that the hair must be exercised; that it must be brushed and fed, and when sickly and starved it must be doctored, in the same manner as other members of the body.

No other part of the human body is more susceptible to unhealthy conditions, more in need of external nourishment or more responsive to proper care. Give your hair proper care, and it will never die.

USEFULNESS OF MASSAGE

One of the surest ways of stimulating the scalp and keeping up the amount of circulation it needs is scalp massage. Even ten minutes daily devoted to this simple exercise would save many a case of falling hair and premature grayness. Loosen the hair and part it in the middle. Place the hands on either side of the part with fingers a little separated, press gently and firmly with the fingers, care being taken to avoid scratching with the nails. Enough hot water is added to make a good lather. A few drops of ammonia may be added to the water, especially if the hair be oily. More than this is apt to crack the hair. Or a teaspoonful of borax may be added to the first basin of water. After thoroughly washing the hair and scalp, rinse thoroughly. Several waters should be used until the last one is perfectly clear. Drying should be accomplished by rubbing with warm towels, followed by

The best method of drying
good dry massage with the finger-tips until the whole head is in a glow. Whenever possible, dry your hair in the sun. A sun bath brings out its color and beauty as nothing else can. When sunshine is not available, fanning is a good substitute. After the hair is thoroughly dry the tangles should be carefully removed with a narrow comb with smooth, round teeth, and then it should be well brushed. Don't neglect the ends; see that the brush touches the hair from the roots to the very tip ends.

CLIPPING AND COMbing

Another important point which is often neglected is keeping the ends of the hair properly trimmed. They should be carefully examined, and at the least sign of splitting should be singed or trimmed. Neglect of the ends is frequently a cause of premature grayness. There are many devices in the shops for adding to the care and beautifying of the hair. One of the newest is a scalp spray for applying tonic or perfume. This looks very much like a chrome-plated nickel tooth, attached to a rubber bulb such as is seen on an atomizer. The teeth are hollow and are filled with tonic by compressing the bulb and then suddenly allowing it to expand. By running the comb through the hair close to the head and pressing the bulb the fluid is forced directly on the scalp. It is a much simpler process than rubbing tonic in with the fingers or a brush. I believe that it is within every woman's power to possess beautiful, healthy hair. It is because you are negligent. If you have beautiful hair, give it every care. If you have lessened hair, lose no time

ADVICE TO BEAUTY SEEKERS

Cocoa Butter on the Face
Kindly let me hear through the paper whether cocoa butter or lanolin provides hair if used on the face. D. T. Cocoa butter or lanolin, if used continuously on the face, will probably promote growth of superfluous hair. Either of them may be used as one of the ingredients in a face cream without harmful results; that is, if used in sufficient amount proportion.

Nose Red and Coarse
I noticed in your column the article on blackheads. I have been in the habit of squeezing mine out, as a result of which the pores of my nose are very large, and it seems to have become kind of lumpy or round on the end, and it looks very coarse and red. Is there any remedy? Try using the lotion for enlarged pores on your nose.

Lotion for Enlarged Pores
Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with piece of lint, or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

Dr. Vaucaine's Remedy for the Bust
Liquid extract of galega (goatweed), 1 ounce; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Neck
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Face
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Hair
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Skin
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Eyes
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Throat
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Stomach
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Lungs
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Liver
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Gallbladder
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Pancreas
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Spleen
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Kidneys
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Bladder
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Prostate
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Uterus
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Vagina
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Cervix
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Ovary
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Fallopian Tube
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

Dr. Vaucaine's Remedy for the Uterine Appendage
Take strained cucumber juice, 10 ounces; tincture of iodine, 10 grains; simple syrup, 4 ounces. Dose: 2 or 3 teaspoonfuls with water, 3 or 4 times a day.

MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS

Roughness of Skin on Arms
I am an interested reader of your column, and notice how you give me the answer to my question. I decided to ask you to help me. I have been troubled with roughness of the skin on my arms and upper part of my chest. It is most annoying, especially in winter. In summer the skin is smooth and clear, but in winter it is rough and scaly. I have tried many remedies, but nothing seems to help. I have heard of your "Simple Remedy" and I am hoping it will do for me. I feel sure it will correct the trouble.

Hips Too Large
I am a regular reader of your helpful hints to subscribers of your column, and thought you might give me some advice to reduce my hips, which are too large, considering the other members of my body. I have tried many physical exercises, but nothing seems to help. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Permanent Cure for Superfluous Hair
Kindly inform me through your column if superfluous hair can be permanently removed. If so, how? Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced person.

Harmless Dye
I have created by a good many of your recipes, but this is the first one that has worked. My hair was coal black, but as to its natural color, I don't know. Can it be restored to its natural color without the use of any dye? I have tried many dyes, but nothing seems to help. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Annoying Pimples and Blisters
Will you please give me a little advice. My face is entirely too fat and puffy-looking. I keep pressing them out, but it is very red and sore. I have tried many remedies, but nothing seems to help. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Correct Sitting Position
I have been reading the paper for some time and enjoy your paper very much. I would like to know the correct position for sitting at a table when eating. Should the feet be on the floor or on a stool? The orthopedic doctor says that the feet should be on the floor, but I have heard that they should be on a stool. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Lost Formula
I saw in your beauty column some time ago a remedy for reducing the face. I have tried it, but I don't know what it is. I would like to know the formula with pleasure. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Pomade to Reduce Fat
I would like to know the formula for a pomade to reduce fat all over the face. I have tried many pomades, but nothing seems to help. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Skin on Face Drawn
Some time ago I used a very strong medicine on my face by mistake. Since then my skin is very dry; the skin on my cheeks is cracked and itchy. I would like to know what to do about it. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Remove Scars
I am giving you formula for a lotion which has proved very successful in the removal of scars. In addition to its use, massage them frequently with the witch hazel cream, formula for which I have given to-day in answer to "Dessie's."

Eruption on Face
Will you kindly tell me what you can do for my face? There are little red and white blotches, sometimes they go away, but they do not stay long. I have tried everything for a clear complexion. Thinking you would help me, it would be a great benefit to me, and I thank you in advance.

How to Apply Hair Stain
Some hair dyes, I notice, are told to apply with toothbrush comb, combing through and through, or with small brush. Should I use either of these? I dye my hair every time the hair is washed, but it does not color the hair, yet do not affect the dye? Can you suggest a method for the hair? I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

Impatient for Results
I got the prescription filled you had in the paper, to develop the bust, but it did not make any difference. Would you advise me to get it filled out again, as I would like to get stouter, or can you give me another prescription? Ours is a faithful reader of your paper.

Commercial Addresses Not Given
In reading your advice in the beauty column, I see you recommend the physical exercise for restoring the hair to its natural color. I would like to know the formula with pleasure. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

To Whiten the Hands
This is the first time that I have written you, but I am quite interested in the care of the hands and in a "To Whiten the Hands" article in the "To Whiten the Hands" column. I would like to know the formula with pleasure. I am a great walker, and I feel sure that if you give me some advice, I will be much improved.

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