

How to be Healthy and Beautiful.

by Mrs. Henry James

SITTING GRACEFULLY Is an Art to be Cultivated.



NOT one woman in a hundred, I might almost say a thousand, knows or thinks about sitting herself gracefully. Columns have been written about how to enter a room gracefully, how to acquire a graceful carriage in walking, dancing, etc., but the art of sitting down gracefully seems to have been omitted from the category of things that are necessary to make a girl as attractive as possible.

When you stop to think about it, the average girl spends much more of her time sitting than either walking or dancing; how much more necessary, then, that she should make the most of her opportunities! Maybe this sounds like nonsense—you think it doesn't count for much. Well, I had the same view until the matter was called to my attention; then I began to notice the sitting postures of the different women I saw.

One day, with this spirit of observation upon me, I started on a round of calls. I first stopped at the house of a young married woman, who was considered quite a beauty—she was of the tall, willowy type. She seated herself on a very low stool, with the result that she was thrown into an awkward and ridiculous position, which gave her an ungainly appearance. Naturally, she was uncomfortable, which made her very

restless, so that she kept nervously shifting her position—doubling herself up like a jack-knife, picking at the upholstery and playing with the tassels of the chair. All this caused me to almost forget the beautiful face and head, and I left with a much clearer remembrance of her awkwardness than of her beauty.

I next called on a woman who could not actually lay claim to good looks—in fact, her face was almost plain; but I was soon convinced that she had the art

of making the best of herself down to a fine point. It was just time for afternoon tea. She had realized that an effective background counts for a lot, and she had made her cosy corner with this well in view.

She had selected a moderately high chair for tea-pouring, as she was but a "moderately tall" woman. At one side of its high, carved back stood a graceful palm, and the arms were just the right height to make a comfortable resting place for her own arms, which were lovely to a degree. She had countless little wicker chairs of posing; not once did she assume an ungainly position. And I watched with awe to another with admiration as she changed from one position to another without giving any impression of restlessness or self-consciousness. She simply made the best of her good points.

No doubt she had made a study of it; but anything that improves a woman's appearance adds to her general attractiveness. It is well worth while to do it.

Women were meant to be graceful, and a little vanity in this direction will do no harm.

The following are a few pertinent "don'ts" for the girl who is going in for graceful attitudes:

Don't double up like a jack-knife.

Don't perch on the arm of a chair.

Don't sit on a chair that is too low for you.

Don't lean backward as though you were going to take a nap.

that comes out of them! I want some inexpensive thing to cure them. I drink no tea or coffee, but drink milk, cocoa and lots of water. I used to live on all the luxuries there was, but now I have cut myself down to a plain living. I eat breakfast, I take outdoor exercise and deep-breathing exercises. My cheeks are only rosy round my nose. Can you tell me why they are only rosy there? An answer will mend a broken heart. My system is not poor that I know of. My health is excellent and I never have a sick spell more than once a year.

I think it quite possible you are troubled with acne. Try the following remedy, which has proved very successful in such cases:

Case for Confident Acne (Moinin's)

Apply the following mixture to the affected parts morning and night: Glycerine, 50 grams; oxide of zinc, 5 grams; soap tincture, 10 grams; potassium permanganate, 10 grams; water, 100 grams.

For internal treatment in connection with the above, the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

Wants Darker Eyebrows

Will you kindly tell me if the walnut stain and Chinese stain are perfectly harmless to the brows and if so, how to make the walnut stain? How often would you apply it? I have a very light, slightly dark instead of black? My hair is naturally dark brown and I would like to make it more white. And will you give me your candid opinion do you think it foolish and vain to want to change them? L. H.

I do not think you are foolish to wish to darken your eyebrows if you think they are a disfigurement in their present state. The walnut and Chinese stains are both harmless. To make the walnut stain, let the shells of the black walnut stand in clear alcohol for a day or two; then strain and apply, taking care not to allow the thinnest portion to get into the eye. This will make a brown stain.

Wants Plump Face

Though I am a constant reader of your valuable column, I never wrote to you before. I am a bit worried. My hips seem to be growing extra large and my chest seems thinner. Could you recommend anything that would help me? I have a very fine and sensitive pale skin. I have a very thin neck. Can you tell me what it is? Since receipt of your letter directions for the reduction of the hips have been

published. To make your face fatter, every night before retiring bathe it in warm water for about five minutes to open the pores; then rub in a good skin food. This will also keep the skin free from wrinkles.

To Enlarge the Hips

Will you kindly tell me as soon as possible how I can enlarge my hips? My chest exercise I mean. E. A. W.

Frequently practicing the following exercise will enlarge the hips: Stand alternately on either foot, swing the free limb pendulum-fashion from the hips, each time allowing it to go as far forward and backward as possible.

Bleach for the Neck

Will you kindly tell me of something to bleach my neck? It seems so awfully yellow. I don't wear high or tight collars, and can't account for it.

Also, tell me what to use for the skin under my eyes. It seems to be turning dark in spots, like much matches, or coffee. Do you approve of the peroxide treatment as a face bleach, and how is it used? D. G. S.

Am giving you formula for bleach for your neck. If the spots under your eyes are moth patches, try the paste, formula for which is so frequently given in this department, for their removal. Peroxide of hydrogen as a face bleach for the face. Pour a little in a saucer and apply with a soft cloth several times a week.

Bleach for the Neck

Take fresh strained cucumber juice, boil it for five minutes, and mix with the ounces of stront. Add pulverized borax, 10 grains; acetate of soda, 20 grains; tincture of quilla, 2 1/2 ounces; tincture of benzoin, 1 dram; rosewater, 1 ounce. Mix thoroughly and apply two or three times a day until the stain is removed.

To Develop the Bust

Will you please give me a recipe of something with which to massage, which is a sure bust developer? I have a very small bust, and I am very thin. I have a very small bust, and I am very thin. I have a very small bust, and I am very thin. I have a very small bust, and I am very thin.

Also, the recipe of a good cold cream for a skin which is too dry, and which positively will not make the hair grow on my face.

Am giving you formula for good massage cream for the bust. You may take the Vaucaire remedy without fear, as it will develop the bust only and not affect any other part of the body. You will find the witch hazel cream excellent for skin that is too dry.

Massage Cream for the Bust

Lanolin, 2 1/2 ounces; spermaceti, 1 1/2 ounces; mutton tallow (freshly strained), 1 ounce; coconut oil, 1 ounce; tincture of benzoin, 1/2 dram. Melt the first five ingredients together. Take of the wax, and beat until cold, adding the benzoin, little by little, during the process.

Stubborn Wrinkles

Will you kindly advise me what to do regarding my wrinkles? I am only 24, but have deep wrinkles on my eyes. My general health is good. I am using a good cream and massage cream, but they do not seem to do much good. I have been using the Vaucaire remedy, and every little wrinkle seems to disappear, and every little wrinkle seems to disappear, and every little wrinkle seems to disappear. I have been using the Vaucaire remedy, and every little wrinkle seems to disappear, and every little wrinkle seems to disappear.

A common defect is curvature of the spine in a greater or less degree. However, in case of any defect of this kind, no girl should ever try to apply an exercise to her own back without the personal examination and advice of a specialist.

The branch of medicine known as orthopedics has for its object, primarily, the prevention and correction of children's deformities. In a broader sense it includes patients of all ages who have paid special attention to it, are truly fitted to give advice to those who have such defects as curvature of the spine, deformities of the feet, or any other trouble of like nature.

Lemon and Glycerine Lotion.
(For Light Freckles and Sunburn.)
Citric acid (lemon), 3 drams; hot water, 1 ounce; glycerine, 1 ounce.
Dissolve the acid and borax in the water; rub the lotion for an hour around through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as agreeable.

Lotion for Oily, Damp Hair.
For greasy, moist hair the following is an excellent dry lotion. If used daily, it tends to produce a curly condition and an auburn shade.
Obtinate bicarbonate of soda, borate of soda (also powdered), 1/4 ounce each; a few drops of perfume; alcohol, 2 fluid ounces; tincture of cochineal, 1/4 fluid ounce; Mix and agitate until solution is complete for general use.

To Put Flesh on the Arms
Will you kindly give me a lotion for enlarged pores, obtinate blackheads and freckles on the arms, and will it make the flesh on the arms, and will it make the hair grow on the arms?
Am giving you formula requested. Obsolete Blackheads of the Skin.
Ether, 2 ounces; soap tincture, 2 ounces. Rub into the spots affected, and as soon as the pores burst wash the surface with hot water.

Lotion for Enlarged Pores.
Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton.

Hair Gray in Spots
Will you kindly grant another favor to one of your constant readers by answering the inquiry? I am a young man of 30. For some time I have noticed that my hair is turning gray in places. Now what would you advise me to do? I have used many things which I have thought would make my hair grow again, but it has not. I do not know of any harmless method that will turn hair gray.

Yellow Skin
I am a constant reader of your health and beauty column, and will kindly help me. I have always had a lovely complexion, but lately my skin has become so yellow looking; my skin is not rough; only the face and neck are affected. I would like some kind of a formula that would make my skin clear and bright. I would like to be harmless. I have tried the best kind of skin food, but it does not seem to do much good on my face.
HELEN.

Sally, your skin usually indicates liver trouble, and for this you need internal treatment. Applying the cucumber lotion for which I am giving you formula will lighten the skin, if the discoloration is not caused by some inward disturbance.

Cucumber Lotion, or Cream.
Expressed juice of cucumbers, 1/2 pint; 80-degree alcohol, 1/2 ounce; sweet almond oil, 1/2 ounce; shaving cream, 1 dram; glycerine, 1 ounce.
This is a suave lotion, very whitening, soft and cleansing. Take one ounce of cream and dissolve in rose water by heating in a mortar, and by degrees work in the alcohol and oil. Rub into the face and return to the mortar. Stir constantly, until you gradually the alcohol, in which the oils have already been dissolved.

A Good Face Cream
Will you kindly tell me of a massage cream that will not grow hair, so that I can use it on my face? My face and neck are thin, and wrinkles are beginning to come. My complexion is good and clear. I have been using olive oil, but it gives my hair a cocoa butter alone look? I am publishing not long ago an orange-foam cream; is that good for my purpose? I shall feel very grateful to you, if you tell me what to use.
N. L. E.

The orange flower cream is excellent for your purpose, and will not promote growth of superfluous hair.

Brown Patches Spoil Look.
I have been reading your department and find it very beneficial. There is one thing that troubles me very much. I have brown spots on my face. My face is very fair, and I have always been so. Can you give me something for this? I am only 24, and I have never had any of these spots before. Also, can you tell me of anything that will remove them from my face? I have been using a good cream and massage cream, but they do not seem to do much good. I have been using the Vaucaire remedy, and every little wrinkle seems to disappear, and every little wrinkle seems to disappear.

Whitening Paste for Freckles and Sunburn.
Sulphuric acid, 60 grains; bay rum, 4 ounces.
Apply night and morning with a soft cloth or sponge. This lotion helps to dissolve the stain. Apply with the use of glycerine cream, which should be rubbed in.

I think you will find the paste for which I am giving you formula very satisfactory in removing the moth patches. Be sure to keep your liver in good condition, as a disordered liver will cause moth patches. I do not know of anything that would remove the stubborn locks without injury to the rest of the hair. Why not wear your hair low and cover them up?

MRS. SYMES' ADVICE TO THOSE SEEKING HEALTH AND BEAUTY

Several Queries Answered

I am coming to you for some advice for my particular needs, as I have great faith in you and your remedies, which have never failed me of any kind. I have been using your formula for freckles, and it has done me a great deal of good. I have been using your formula for freckles, and it has done me a great deal of good.

Lemon and Glycerine Lotion.
(For Light Freckles and Sunburn.)
Citric acid (lemon), 3 drams; hot water, 1 ounce; glycerine, 1 ounce.
Dissolve the acid and borax in the water; rub the lotion for an hour around through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as agreeable.

To Soften the Skin.
Kindly inform me when and how often to use the orange flower cream? Is it advisable to use it before exposure to extreme heat or cold? What is your remedy for reducing large busts without surgery?
HENRIETTA.

The orange flower cream may be applied whenever agreeable. When it is intended to soften the skin, just before retiring is the best time to apply it. When used as a protection before exposure to extreme heat or cold, rub a little of the cream well into the skin, wipe off with a soft linen cloth, and then dust the face lightly with a good toilet powder.

Offensive Perspiration
Will you kindly tell me as soon as possible what to do for offensive perspiration? It is extremely annoying, and soap and water will not help it.
F. D. M.

If the perspiration is under your arms, wash night and morning with hot water, and common brown kitchen soap. Dry, and apply a solution made by dissolving a teaspoonful of alum in a pint of water. Dust over afterward with boric acid powder.

Complexion a Worry
Having never written to you before, and as I have read how you have benefited others, I now write to you with a great favor. I have a great many blackheads and pimples, and it seems to me all kinds of skin disease in one. I have a great habit of pinching these, which makes my

face very sore, and I seem to have twice as many as before.

Is there anything you can tell me that will make me have a nice, good complexion?
L. F. G.

Be careful of your diet and try Moinin's cure for acne for the pimples and blackheads. I am giving you lotion which will improve the oily condition of your nose.

Lotion for Oily Skin.
Boric acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Use as a wash two or three times a day. Use the face with warm water would be beneficial, and the muscles not excite. Apply stimulating, greasy foods or sweets.

Worried About Complexion.
Can you help me? I am a young man 15 years old. I am greatly troubled with pimples, and as you have helped others, I thought you might help me. They only appear on my forehead, my cheeks, between the nose and cheek, on both sides, and on my chin. After they have been out a few days there is a brownish thing comes from them, real hard, and about the size of a pin head. Can you tell me what it is?
F. G.

Use as a wash two or three times a day. Use the face with warm water would be beneficial, and the muscles not excite. Apply stimulating, greasy foods or sweets.

By Dr. Emma E. Walker.
(Copyright, 1895, by A. S. Barnes & Co.)

APINE exercise for the abdominal muscles, and consequently for constipation, is as follows:

Bend the body forward at the waist; then move it to the left, back, and right, successively, before straightening it. Reverse the direction by moving first to the right, then back, and side-ways to the left. Do not raise the trunk to the erect position till the end of each set.

Take all of these movements in a gentle manner. In this exercise a straight line drawn from the navel to the tip of the figure of a cone with its apex at the angle of the spinal column.

Trunk rotation brings into play many of the muscles of the back and hips, the sloping muscles of the abdomen, and all of the muscles of the bowels.

Their circulation is stirred up, and consequently all of their work in a vigorous manner. In sluggishness of these parts, this exercise is effective in restoring the normal functions.

A good time to practice it is just before going to bed at night and an set-

ting up in the morning. In addition to this, the kneading exercise is excellent for constipation.

"Liver squeezer": Right standing position, first stretch the right arm up as far as you can, reaching downward as far as possible with the left hand. You will announce the movements, using the arms like a windmill. This is excellent for circling the body about the spine for a torpid liver it is most effective.

Reverse the direction by moving first to the right, then back, and side-ways to the left. Do not raise the trunk to the erect position till the end of each set.

Take all of these movements in a gentle manner. In this exercise a straight line drawn from the navel to the tip of the figure of a cone with its apex at the angle of the spinal column.

Trunk rotation brings into play many of the muscles of the back and hips, the sloping muscles of the abdomen, and all of the muscles of the bowels.

Their circulation is stirred up, and consequently all of their work in a vigorous manner. In sluggishness of these parts, this exercise is effective in restoring the normal functions.

A good time to practice it is just before going to bed at night and an set-

EXERCISES FOR THE ABDOMINAL MUSCLES

Exercise for indigestion: Combine the exercise of jumping and heaving; spring from standing position into position with feet wide apart; at the same time bring arms quickly overhead; now bend to the floor, bringing the arms between the knees; then with another spring bend the arms to the side and the feet together in first position. Repeat till tired.

A common defect is curvature of the spine in a greater or less degree. However, in case of any defect of this kind, no girl should ever try to apply an exercise to her own back without the personal examination and advice of a specialist.

The branch of medicine known as orthopedics has for its object, primarily, the prevention and correction of children's deformities. In a broader sense it includes patients of all ages who have paid special attention to it, are truly fitted to give advice to those who have such defects as curvature of the spine, deformities of the feet, or any other trouble of like nature.