

How to be Healthy and Beautiful

by Mrs. Henry Symes



Sunshine as A Hair Tonic



Daily sun bath



The best way to apply soap

MANY women, as soon as their hair begins to fall, or lose its life and lustre, spend much time and money trying various tonics, scarcely waiting to give one a trial before discarding it and trying another, thus losing all chance of obtaining good results from any.

In many instances they overlook the best tonic of all, which is always close at hand and costs nothing at all. This is just pure, undiluted sunshine, then, which is no better tonic, it is more potent than any compound or drug to be found in the apothecary's shop.

I receive letters from many mothers asking advice as to what tonic they shall use on their children's hair. I venture to say that not one of them has ever tried the sunshine cure. It is still very young, there would be more fine heads of hair to be seen and fewer cases of baldness and scraggly locks.

A healthy, active scalp is necessary for beautiful, healthy hair, and there is scarcely a disease of the scalp that sunshine and, of course, cleanliness will not cure.

If your hair is harsh, scraggly, or falling abnormally—no matter what the trouble is—just try the sunshine treatment for a few months and see if you don't see a wonderful change for the better.

Wash the hair about every three or four weeks in hot water and a good pure soap. Make a soapy lather and apply it with a small brush—a medium sized nailbrush is suitable. Rub thoroughly, first in warm water and then in cool.

In warm weather find a sunny corner and let the hair hang until it is perfectly dry. In winter, find a sunny window in which to dry it, but don't dry it by artificial heat if you want to preserve its lustre and justness.

When possible, sit outdoors in the sunshine an hour every day. Loosen the hair so that the sunshine and air can reach the scalp.

In the summer go without a hat as much as possible. There is no danger of getting too much sunshine on the hair—the danger is in not getting enough.

Cleanliness, sunshine and air will keep the hair in fine condition and make the use of tonics unnecessary.

Care of the Nose and Ear

By Dr. Emma E. Walker
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PERHAPS we have less to do with the appearance of the nose than with that of any other feature. However, during the years of growth the shape of the nose can be molded at will to a very considerable extent.

In adult life much can be done to give the nose a fine outline at the tip. Wiping the nose on one side with a handkerchief over the finger is very detrimental to the fine lines of the nostril. The nostril is easily stretched out of shape. It will recover its natural lines to some extent with appropriate treatment. If there is serious deformity, the treatment then becomes a surgical operation.

The same advice may be given in the case of the nose as is given in relation to the ear. Let it alone. Unless you have special directions from a nose specialist, you should never do anything to the nose in any way. The mucous membrane of the nose was not made for water.

USE OF KERCHIEFS

When in a normal condition, it would scarcely ever need the use of a handkerchief, but in our ordinary climate there is such a constant tendency to catch that handkerchiefs are most necessary.

There is a pretty little tradition that the handkerchief was given in relation to the ear. Let it alone. Unless you have special directions from a nose specialist, you should never do anything to the nose in any way. The mucous membrane of the nose was not made for water.

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Nervous Mannerisms that We Should Avoid



Don't form the habit of nervousness in public

Do nothing at all for five minutes

No woman, whether she be plain or beautiful, can afford to be without tranquillity of demeanour—it is an almost priceless possession.

If you will watch women in public places you will come to the conclusion that not one in a hundred has repose of manner. Roving eyes, restless fingers, twitching mouth, show that they are all far from being at ease.

Many women lack repose because they are absent minded and while apparently listening to the conversation being addressed to them are thinking of something else at the same time. This is often shown by a restless expression of the eyes, and not only does it detract from attractiveness of manner—it is positively rude to the person speaking.

This lack of repose is probably more in evidence in public dining rooms than anywhere else. Beautiful women with every appearance of good breeding will not only nervously toy with the various forks and spoons on the table, but will fidget with their hair, arrange refractory locks, rearrange a collar, etc., all of which would shock our grandmothers, who grew up with the excellent idea that no real lady would raise her arms above her head in public.

Alas! We have degenerated in this respect. Indeed, there are few of us who haven't mannerisms of some sort, and a nervous mannerism is a stubborn difficulty to overcome.

However, much may be done by patient perseverance. Cultivate facial tranquillity as well as tranquillity of the body. Do not fall into the habit of making grimaces or scowling.

The woman who lacks bodily repose should take the silent cure daily. When sewing or reading, stop frequently and

Mrs. Symes' Formulas for the Care of the Hair, Face and Figure

Skin Very Oily

Would you kindly publish in your valuable columns a good skin cream, I do not want the recipe for orange-flower cream, although this has been published in your issue. I want a skin cream, and my skin is naturally very oily, and, therefore, much to my regret, I must use soap, which is not good for my skin. I have used it for some time, but it does not seem to do much good. I have used it for some time, but it does not seem to do much good.

Intention for Seant Eyebrows

Vaseline, 2 ounces; tincture of cantharides, 1 ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops.

Mix thoroughly. Apply to the eyebrows with a fine toothbrush once a day until the growth is sufficiently stimulated. Then less often.

This ointment may be used for the eyebrows also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

To Remove Freckles

In one of your health and beauty articles you give the formula for Dr. Shoemaker's bleach for freckles, but you do not tell how often it should be applied to the face. Will it remove "permanent" freckles? VIOLA.

The freckle bleach may be applied once a day without harmful results. It is not an infallible cure, but has proved successful in many cases.

Bothered by Dandruff

I have many times read your articles, but have never found what seemed to exactly suit my case.

I am bothered greatly with dandruff. It seems to cover the scalp almost like a skin, and being very noticeable until I scrape the scalp with the comb. Shampooing does not help, as the dandruff appears again in two or three days.

I do not think it can be cured, but I would like something to rub on the scalp so as to keep it free and the pores open. I have used a lot of different things, but have not found one that does the work. I have used a lot of different things, but have not found one that does the work.

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Mix all together with six ounces of rose water. Rub the scalp thoroughly with the preparation until no further evidence of dandruff is noticed.

To Darken the Eyebrows

Will you kindly inform me how I can dye my eyebrows and lashes, as they are almost white? My hair is auburn, so I would not care to have them black. Would like a brown or auburn dye.

Also, please tell me how to cure enlarged pores, and oblige. Yours truly, R. B. S.

When the eyebrows are almost white, and a particular shade is desired, by far the most satisfactory way is to have a

Timely Advice to Correspondents

PYLLIS—Orange-flower cream will feed the tissues of the skin and round out the face. Massage every night is beneficial. When the desire is to increase the flesh, movements should be given gently. Cocoa butter and lanolin should not be used when there is a tendency to growth of superfluous hair.

MRS. J.—The physician's remedy usually has a yellowish appearance. Several applications are sometimes necessary to obtain the desired effect.

ANXIOUS—From your description I think you need scalp treatment to improve the condition of your hair. Have the ends of your hair carefully trimmed, shampoo it thoroughly and treat the scalp with vaseline for at least two weeks—four would be better. Rub a little into the scalp every night. After you have finished with the vaseline treatment, remove all oil by thoroughly shampooing, and then apply the quinine tonic until your hair is in good condition again.

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add glycerine, 4 ounces; essence of rose, 2 ounces; musk, 2 grains. Apply the solution is complete. Apply to the roots every day.

M. A. K.—I think the egg shampoo will be more suitable for your hair than the one you are using. You will find the quinine tonic most beneficial. While using it shampoo the hair about once in two weeks.

Egg Shampoo.

Yolk of egg, one pint hot rainwater, spirit of rosemary, one ounce. Beat the mixture thoroughly and use it warm. Rub

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FORGET-ME-NOT—If your drug-gist does not keep India ink, he can procure it for you. When the color needs renewing, another application of the stain should be made.

ROSINA—Put a pinch of borax in the water in which you wash your hands. Rub and rub in the following cream, which will soften them.

To Soften the Hands.

Lanolin, 10 grams; paraffin (liquid), 25 grams; extract of vanilla, 10 drops; oil of rose, 1 drop.

Mix, and apply when necessary.

Amoying Trouble

I am a reader of your recipes and come to you for advice. I am a very clean girl, but there is one thing I wish to know. This is how to get rid of my scalp. My scalp is very white and dry and I wash my hair often. By giving me advice you will make a poor and worrying girl happy.

Extract of larkspur is which you can procure from your druggist, will remove vermin and nits from the hair. This is poison and should be plainly labeled and kept out of the way of ignorant persons and children.

To Make the Arms Plump

Can you give me a recipe for a fattening skin food or tell me of a food, ready prepared, containing the properties? I want something that will plump out the arms without causing hair to grow. H. C.

The orange-flower cream is excellent for filling out the tissue of the skin. Think, sweet cream is also fattening. It should be applied night and morning with patting movement.

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hairdresser dye them the desired color. This is very expensive, and only takes a short time. The Chinese eyelash stain, which I frequently recommend, will produce a very dark shade. The following lotion will be beneficial for enlarged pores.

Lotion for Enlarged Pores

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

Where to Procure Remedy

Having never written you before, would ask your advice as to obtaining the best. Where could I get the Vaseline remedy and how soon it's ready? I have freckles; have auburn hair and light freckles.

A reliable druggist in any large city will prepare the Vaseline remedy for you. Try the following lotion for removal of freckles:

Lemon and Glycerine Lotion.

(For light freckles and sunburn.)

Citric acid (finest), 2 drams; hot water, 11 ounces; glycerine, 1 ounce; rose water, 1 ounce; witch hazel, 2 ounces; rosewater, 2 ounces.

Shake the bottle for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply at once as agreeable.

Wants Hair Darker

What I want to know is, if you could not give me something to use on my hair that will make it a dark shade of brown. It is now kind of dark red, but I want to try to get that red off entirely, so ask your kind advice, which, I know, will be good. I would also like to ask if you think that vaseline is a good thing for making the hair dark.

Continued use of vaseline on the hair will make it darker. You can, of course, dye your hair brown, but I advise you to be contented with the color nature has bestowed upon you.

J. M. H.—Following is the bleach referred to:

Dr. Shoemaker's Bleach.

(For freckles and brown spots.)

Bleaching of mercury, in coarse powder, 8 grains; witch hazel, 2 ounces; rosewater, 2 ounces.

Mix with a solution is obtained. Mop over the affected parts. Keep out of the way of ignorant persons and children.

Spots on Skin

I have been a reader of your column for some time. What I would like to know is whether peroxide of hydrogen is injurious to the skin. My skin is quite fair, but inclined to be spotted. Would you recommend peroxide of hydrogen for me to use? I don't want to use anything harmful on my face. Is

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borax good to use in the water when washing the face? Would like to receive as early an answer as possible. Thanking you for your favor in advance, I am, MILDRED.

Peroxide of hydrogen makes a harmless face bleach when used in moderation. It will not, however, remove spots, and I think possibly you will find the following helpful. Putting a pinch of borax in the water softens the skin and cleanses the skin more effectively.

Bleach for Brown Spots.

Cheese butter, 10 grams; castor oil, 10 grams; oxide of zinc, 20 centigrams; white precipitate, 10 centigrams. Apply to the spots at night and morning.

To Develop the Bust

Will you kindly publish a good formula for developing the bust? I am not well proportioned; have quite prominent hips and scarcely any bust. Can you recommend a liquid to take inwardly, or is a good massage better; something that is simple and not harmful, and at the same time give desired results? Thanking you for your kindness, I am, ROSE B.

Take the Vaseline remedy internally, and in addition to that massage with a good skin food.

Dr. Vaucaine's Remedy for the Bust.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fenel, 10 grams; simple syrup, 80 grams.

The dose is two spoonfuls with water before each meal. Dr. Vaucaine also advises the drinking of malt extract during meals.

Massage Cream for the Bust.

Lanolin, 5 ounces; spermaceti, 15 ounces; mutton tallow (freshly tried), 5 ounces; coconut oil, 4 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 1 dram; extract of Portugal, 4 ounces; oil of cedar, 20 drops.

Mix as you would any cream of the sort. Rub on gently at night.

Pimples and Blackheads

Do you know of a harmless formula for removing pimples and blackheads from the face?

I am giving you lotion for the removal of blackheads. Pimples usually indicate some inward disturbance, but the following cream is excellent, used externally.

Blackheads of the Skin.

Boric acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces; lye, with friction, twice a day, 2 times a day.

Fossati Cream for Pimples.

Lanolin, 3 grams; sweet almond oil, 8 grams; sulphur precipitate, 5 grams; oxide of zinc, 2 1/2 grams; extract of violet, 10 drops.