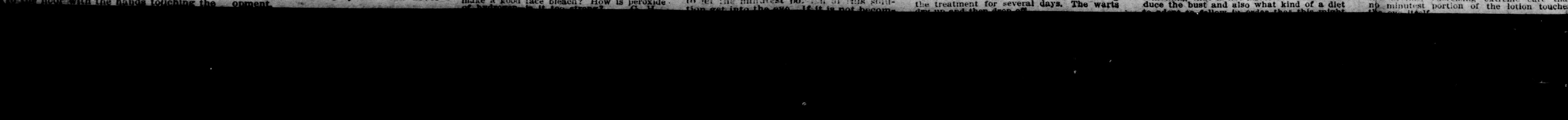
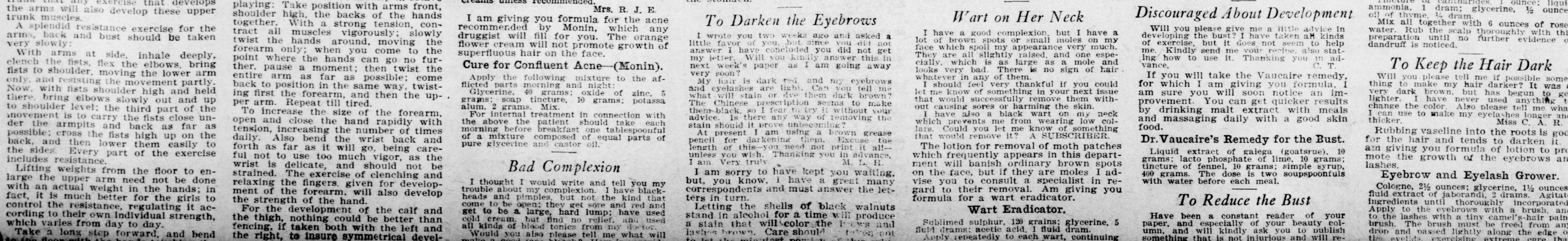


How to be Healthy and Beautiful

by Mrs. Henry Symes



WITHIN the past few weeks I have received so many letters containing requests for exercises that would reduce superfluous flesh, particularly over the hips and abdomen, that I shall treat the subject generally, and trust that each interested reader will find the information that suits her particular case.

How to reduce flesh without injury to the constitution is a question which is continually recurrent. As a rule, there are few cases of obesity which cannot be cured by careful regulation of diet and physical exercise. So many women say, "I have exercised" or "I have dieted," but it hasn't had any effect. Yes, but how long have you persevered in such a course?

The average woman goes in for violent exercise for a month or six weeks at the longest, and abstains from fat-making foods for the same length of time. This is not enough—the treatment must not be spasmodic; it must be regular and prolonged. The most inclined to be too stout has not an easy road to travel in trying to keep slender. But she can succeed, if she will persevere.

In regard to reducing or increasing weight, exercise is like a good rule—it works both ways. The general rule is to work hard and fast and long to reduce weight.

The exercises given are good for general reduction, but are especially adapted for reducing the hips and abdomen.

Stand erect, with the hands above the head, arms straight (Figure 2). Bend as far backward as you can, and then forward, until the finger tips touch the toes, without bending the knees (Figure 3).

Stand erect, with the feet well apart

and fists clenched at the breast. Step to the right with the right foot, at the same time twisting the body to the right and striking out in the same direction with the left fist (Figure 3).

Next, do the same with the left foot, striking out with the right fist. Done fast and long, this will prove a splendid exercise for reducing the stomach.

Stand erect, raise the right knee, with the foot relaxed (Figure 4) until the knee bumps against the chest; bend forward a little to meet it. Repeat with the left.

Lie on the back, raise one leg and then the other, as high as possible, making an extra effort to draw the knee nearer the breast (Figure 5). Lie on the chest; push up from the floor until the arms are straight (Figure 6). Keeping the body and knees straight. These exercises should be done throughout regularly each day when the object is to reduce the hips and abdomen.

Next to exercise comes the importance of systematic dieting. This is particularly necessary in the case of middle-aged people. Few people realize that, as they grow older, a less quantity of food is necessary to keep one in health; the body cannot consume and get rid of such large quantities of food, and the consequence is that, unless the amount of food is reduced as age advances, there will always be a tendency to fatty deposits.

Food that is to be avoided are white bread, sugar, rice, tapioca, macaroni and sago; all vegetables containing sugar or starch. Fat meat should be taken sparingly, and pastry is best avoided. Butter and cream should be taken only in moderation. Alcohol, liquors should be eschewed by persons inclined to corpulence; malt liquors, in

particular, have a very fattening tendency. The very best beverage is undoubtedly distilled water, and this should not be taken with meals, but at least a half hour before or after eating.

Bread, cut in thin slices and toasted, is much better for fat people than untoasted bread. A word about your sleeping—limit your sleeping hours to seven at the outside, and do not take any naps during the day.

I hope this advice will prove helpful to those who wish to reduce their

weight. I shall be very glad to hear from my correspondents who get beneficial results.

Of course, exercise of any kind, walking, bicycling, tennis, etc., is very valuable for the general reduction of flesh, but the exercises given above are particularly for reduction of abdomen and hips, and for those who have no opportunity to indulge in outdoor sports.

Walnut Stain for Hair.
Four ounces of walnut shells, beaten to a pulp, to which is added raw alcohol, 16 ounces. Let stand eight days and strain. Then apply as any other dye.

Brown Hair Stain.
Green walnut shells, 2 ounces; alum, ¼ ounce; pure oil, 4 ounces.

Legs Too Thin
I am a constant reader of your recipes, and I am 42 years old and well developed in all my body except my lower limbs, which are so thin and bony I really feel ashamed of them. Now, dear Mrs. Symes, I hope you will tell me what to do to make my legs thicker. I have been using cod liver oil and will add any flesh to them; also I have been using your lotions for my legs, but they don't get any stouter. Please tell me what to do to make my legs thicker. I have been using cod liver oil and will add any flesh to them; also I have been using your lotions for my legs, but they don't get any stouter.

A Good Skin Food
Will you kindly tell me if your orange flower cream will fill out the face and neck? I am 42 years old and have had my face and neck for over ten years; my skin is fairly good, but does not seem to have any elasticity. You kindly tell me if it can do my hair, as I am so anxious to have it grow. I have been using your hair oil, but it does not seem to have any effect. Please tell me what to do to make my hair grow. I have been using your hair oil, but it does not seem to have any effect.

HEALTH THROUGH HYGIENE

DEVELOPING THE BUST

By Dr. Emma E. Walker.

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WHATEVER exercise will benefit a flat chest will also benefit a delicate bust. The most important exercise in this respect is deep breathing.

The exercises given for the development of the upper arm will develop the bust. In the muscular development of the arms girls are much inferior to boys.

Nearly any boy can pull himself up by a bar till his chin touches his fists, but very few girls are able to accomplish this feat. There is such a close connection between the arms and the bust that any exercise that develops the arms will also develop these upper trunk muscles.

A splendid resistance exercise for the arms, back and bust should be taken very slowly.

With arms at side, inhale deeply, clench the fists, flex the elbows, bring fists to shoulder, moving the lower arm, only, and resisting the movement partly there, bring elbows slowly out and up to shoulder level; the third part of the movement is to carry the fists close upward, cross the fists high up on the sides. Every part of the exercise includes resistance.

Lifting weights from the floor to enlarge the upper arm need not be done with an actual weight in the hands; in fact, it is much better for the girls to control the resistance, regulating it according to their own individual strength, which varies from day to day.

Take a long step forward, and bend the floor with the hands touching the

HEALTH AND BEAUTY RECIPES

ANSWERS TO CORRESPONDENTS BY MRS. SYMES

How to Get Popular Remedy
Will you kindly send me the formula of Dr. Vaucuire's bust remedy, or tell me where the remedy can be obtained? M. Q. A.

I am giving you formula for Dr. Vaucuire's remedy. Any reliable druggist will fill it for you.

Dr. Vaucuire's Remedy for the Bust.
Liquid extract of galega (goatsrue), 30 grams; lacto phosphate of lime, 10 grams; tincture of fenel, 10 grams; simple syrup, 40 grams.

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

Troubled With Acne
I saw in Mrs. Symes' recipes yesterday that some one had found Monin's remedy successful in curing acne. I am troubled with acne and have tried several remedies, but none did any good. Will you please tell me if this Monin's remedy is a patent medicine, and where it can be obtained? I should like to try it; also, would the orange flower cream be good for my face? I have face and have to be very careful about using creams unless recommended.

Mrs. R. J. E.

I am giving you formula for the acne recommended by Monin, which any druggist will fill for you. The orange flower cream will not promote growth of superfluous hair on the face.

Cure for Confluent Acne (Monin).
Apply the following mixture to the affected parts morning and night.
Glycerine, 40 grams; oxide of zinc, 5 grams; salicylic acid, 10 grams; potassium alum, 2 grams. Mix.

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 cod liver oil.

Bad Complexion
I thought I would write and tell you my trouble about my complexion. I have blackheads and pimples on my face and neck, and I am so ashamed of my face that I don't go out. I have tried many remedies, but none did any good. Will you please tell me what to do to make my face clear? I have been using your face cream, but it does not seem to have any effect. Please tell me what to do to make my face clear.

M. Q. A.

I am sorry to hear that you are troubled with bad complexion. I have been using your face cream, but it does not seem to have any effect. Please tell me what to do to make my face clear.

To Darken the Eyebrows
I wrote you two weeks ago and asked a little favor of you. Since you did not answer I feel that I am going away very soon.

My hair is dark red, and my eyebrows are so light that I feel ashamed of them. I should like to have them darkened. I have been using your eyebrow cream, but it does not seem to have any effect. Please tell me what to do to make my eyebrows dark.

M. Q. A.

I am sorry to hear that you are troubled with light eyebrows. I have been using your eyebrow cream, but it does not seem to have any effect. Please tell me what to do to make my eyebrows dark.

Wart on Her Neck
I have a wart on my neck, and I am so ashamed of it that I don't go out. I have tried many remedies, but none did any good. Will you please tell me what to do to make my wart disappear? I have been using your wart cream, but it does not seem to have any effect. Please tell me what to do to make my wart disappear.

M. Q. A.

I am sorry to hear that you are troubled with a wart on your neck. I have been using your wart cream, but it does not seem to have any effect. Please tell me what to do to make my wart disappear.

Discouraged About Development
Will you please give me a little advice in developing the bust? I have taken all kinds of exercise, but it does not seem to have any effect. I have been using your bust cream, but it does not seem to have any effect. Please tell me what to do to make my bust develop.

M. Q. A.

I am sorry to hear that you are discouraged about developing your bust. I have been using your bust cream, but it does not seem to have any effect. Please tell me what to do to make my bust develop.

Found Remedies Very Satisfactory
Would you please tell me the recipe for your hair cream? I have been using it for some time, and it has been very successful in making my hair grow. I have been using your hair cream, but it does not seem to have any effect. Please tell me what to do to make my hair grow.

M. Q. A.

I am glad to hear that you are satisfied with the results of my hair cream. I have been using your hair cream, but it does not seem to have any effect. Please tell me what to do to make my hair grow.

To Remove Dandruff
Tincture of camphor, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce. Mix all together with 6 ounces of rose-water. Rub the scalp thoroughly with preparation until no further evidence of dandruff is noticed.

To Keep the Hair Dark
Will you please tell me if it is possible something to make my hair darker? It was a very dark brown, but has begun to get lighter. I have been using your hair cream, but it does not seem to have any effect. Please tell me what to do to make my hair darker.

M. Q. A.

I am sorry to hear that you are troubled with light hair. I have been using your hair cream, but it does not seem to have any effect. Please tell me what to do to make my hair darker.

Eyebrow and Eyelash Grower
Colony, 25 ounces; glycerine, 1½ ounces; fluid extract of laboratory, 2 drams; Afta-ingredients until thoroughly incorporated. Apply to the eyebrows with a brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be very dry, and used on the lashes lightly along the edge of the eye. Re-apply as often as necessary. No miniature portion of the lotion touches the eye.

To Reduce the Bust
Have been a constant reader of your paper, and especially of your beauty column, and will kindly ask you to publish something that is not tedious and will reduce the bust and also what kind of a diet

Wart Eradicator
Sublimed sulphur, 120 grains; glycerine, 5 fluid drams; acetic acid, 1 fluid dram. Apply repeatedly to each wart, continuing the treatment for several days. The wart will fall off.

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