

How to be Healthy

and Beautiful

CALISTHENICS FOR CHILDREN
MADE AS INTERESTING AS A GAMERaise the Rigid
Joints to
Her Feet!One of
the worst
errors
that spoils
the
wrists

Playing Ball Flat on Her Back

ONE of the most successful directors of exercises for children who have the form of spinal trouble that demands a carefully prescribed, strictly enforced course of gymnastics, says she owes all her success to the fact that she turned her exercises into games as much as possible.

Even the most ardent seeker after beauty—the most untiring of us in carrying out beauty directions—finds it hard to keep up an active interest in doing the same exercises week in and week out in spite of gratifying results. And children—the languid, frail little mortals who have to be compelled to go through them as the active children who consider the time spent upon them as so much robbed from their legitimate play-hours—can't often recognize the results which may be staring them in the face all the while.

The very exercises, which are so burdensome under the name of calisthenics or exercises, may be made fascinating if they are turned into a game. The stupid (or so the children term it) one lying flat upon the floor and rising to a sitting position, without touching your hands to the floor, may be turned into a beautiful new game of ball, as one small girl enthusiastically described it to her cousin.

Let the ball be thrown from some one standing up—easily, of course, too much momentum would defeat its object—and the child taught to catch it while she is rising to a sitting position. Rules as binding as ever were those attendant upon a game of "dicks," provide for the forfeiting of a point if the knees are bent to more than a given degree—at all.

Breathing exercises are taken with never a murmur of dissent if the medium be a bowl of soapy water and a

fortunate consequence upon certain occasions. But if a child lies across a chair, stretching stiffly out, and another child raises her to her feet by putting her hand under the other child's head, there should be no danger—the chair is there to break the fall should either child slip. But, of course, all such exercises are better superintended by some older, responsible person.

Japanese wrestling, as that form of wrestling which consists in gripping your antagonist's hand and trying to make him lose his balance, is called, in English for children—there's all the zest of a game in it, and they go at it again, and again with undiminished interest.

All of these exercises, and many another one, should be practiced in rooms with large windows open, unless, even with the exercise, there is a sense of chill. In that case, simply open the windows a little at both top and bottom, to insure that the air, sure to be pumped freely into the lungs of your little athletes, is fresh.

BOTH the French and English girls have their American sisters beaten hands down upon the question of taking the good, vigorous cross-country walks which result in bonny, rosy coloring, in bright eyes and the development of an appetite that doesn't even pretend to cavil at the plainest fare, yet, in consequence of the exercise, doesn't reveal itself in added weight, unless, by a diet of milk and raw eggs, you deliberately encourage it.

But there's a difference between English and French girls in the way they do it. In France la petite demoiselle is religiously sent for her walk, rain or shine, heat or cold. When she is older she takes her daily walk as regularly as clockwork, but neither so long walks nor so vigorously taken as when, as a very young girl, she is laying the foundations of her later good looks and excellent carriage.

On the other hand, the English girl "just naturally walks"—tramps it as a child, as a girl, as a woman—and does it as she takes her cold bath, partly from love of it, partly because it is part of her religion of hygiene.

In both cases they accomplish the same purpose—that of working wonders, both from a health and a beauty standpoint.

Here in America we are only just waking up to the fact that there's no exercise, no system of gymnastics, that is superior to walking for all-round development; for doing away with superfluous flesh—and they are many, indeed, who sigh for that consummation! But the American girl who can do her ten or twelve miles a day is a rare creature, indeed.

September is a good month in which to form walking clubs—by the way, they should be limited to very few in number or your trips will be spoiled by an indefinite number of petty delays.

Choose your walking costumes as carefully as the bicycle dress of a few



Cross Country Walking



A Sure Foot and Careful Balance are Needed

years ago was planned by the nicer sort of girls. Have it made so that every motion is untrammelled; if you are away, off in the wilds of creation where you can take your tramps in gymnasium bloomers, so full that they will feel like a skirt, so much the better.

Don't go without your corsets if you are in training for a figure, but see that they fit easily but perfectly; above all, don't let yourself slouch down into them, with chest sunk in and abdomen carried, even if ever so slightly, forward. Whatever pose you take on your tramps—for that is what the way you pose yourself amounts to—if you take those tramps with any degree of regularity it is bound to become a habit.

Walk with a free, sweeping gait, with the leg swung from the hip, rather than from the knee, and walk rather briskly.

Half the fun of cross-country tramping is the getting over obstacles—crossing a brook upon stepping stones that require a sure foot and perfect balance by way of protection against an involuntary drenching climbing fences and vaulting over low ones. And those very obstacles are part of the paraphernalia of nature's gymnasium.

Don't start with too long walks at first—that's the mistake that many girls make, and so discourage themselves for future walking matches. Walk every day if you can, or every day you get a chance—if your chances come often enough you'll soon grow hardened to accepting a few extra miles with the sang froid of an old campaigner.

And walk with some definite object in view, if you want to get the most out of it. Choose some particular spot to visit—an object adds a world of pleasure to the walk compared to wandering aimlessly about city blocks—or country roads, either, for that matter.



A Sure Foot and Careful Balance are Needed

Mrs. Symes' Answers to Correspondents

Probably Indigestion

WILL YOU kindly tell me what causes a red nose? I am very young, but regret very much having a red nose. Will you be very grateful to you if you give me any information.

FINCHING READER.
A red nose is usually caused by indigestion. The pimples on your face may be from the same cause. You should be exceedingly careful as to what you eat, and how you eat it. Fresh tender meats are good; fresh fish, also, and an abundance of vegetables and fruits. Eat whole wheat bread, not too fresh. Fried foods, highly seasoned dishes and sweets are all mischief workers. Avoid them. Drink plenty of pure, cool water. Eight glasses per day is the least amount required. Drink the water between meals, not with them.

Take a full bath from head to heels once each twenty-four hours. Get plenty of fresh air and exercise and sleep in a well-ventilated room. You might also apply local treatment to your nose. Try massaging vigorously along the leading nerve of the nose at each side. Use the tip of the finger, start at the bottom and rub up the nose on each side, and then under the eyebrows. Following the nerve in this way is sure to relieve congested circulation, which is often the secret of that unpleasant redness which comes to the nose. If it is extremely red, massage the temples and cheeks also, using a brisk, vigorous movement.

In treating the nose be careful not to touch it with water. Instead, bathe it night and morning with cream.

Massage May Help

I will remain ever grateful to you if you will prescribe some treatment for my nose, which is very much turned up. Can you tell me of a harmless method of getting the redness of my nose and face? Will cold cream prevent sunburn if applied before going out in the sun?

ONE IN DISTRESS.
There is little I can suggest to redeem the shape of your nose other than consulting a specialist. However, the nose is very pliable, and often imper-

fections in its shape are corrected by personal effort. Try constantly pressing and smoothing your nose into better form with your fingers. Long practice of this kind will often effect a change.

As to its redness, I think you can glean some information in the answer to "Sincere Reader." Cold cream, applied after going into a hot sun, will alleviate its burning. If applied before, the effect is sometimes to increase the tanning. The sun dries the natural oils of the skin, and the cream in a measure is a substitute for these.

Dark Spots on Face

Can you please tell me something which will remove moth patches? My face has a number of small dark spots on it which I suppose are moth patches, and I would like to get rid of them.

F. B.
To Remove Moth Patch.

Cocoa butter, 10 grams; castor oil, 10 grams; oxide of zinc, 20 centigrams; white precipitate, 10 centigrams; essence of rose, 10 drops.

Apply to the moth patch night and morning.

Against My Rules

Will you kindly tell me the name and address of a reliable person who will restore hair to its natural color? I have a friend visiting me for whom I regret that I cannot grant your request, for it is against my rules to give the name or address of any specialist or dealer in toilet articles. But have you ever seen the Physician's Remedy for this, which frequently appears in these columns? Any druggist will prepare the formula for you.

See Some Specialist

Will you kindly tell me through your beauty columns of a dye for black hair, one that will not injure the hair? My hair is black in the back, but one gray hair, but quite gray in front.

I would like to seem it in front to correspond with the back. Will the walnut stain you published in it do so? Where would I get walnut skins? I am quite ignorant in such things. Mrs. A. M. T. would I advise you to seek the services of an expert to apply a dye so strong as

that required to dye hair black. An amateur should not attempt it. The walnut stain you speak of dyes the hair a dark brown—not black.

Recipe for Cream

Will you please send me a recipe for making a massage cream that would develop the hair.

Massage Cream for the Bust.
Lanolin, 5 ounces; spermaceti, 1/2 ounce; 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 neroli, 20 drops. Mix as you would any cream of the sort. Rub on gently at night.

To Give Lustre to the Eyebrows

I have a few blackheads on my chin and forehead, but have them gone on my nose, and large pores, too. Am also blessed with a few wrinkles on forehead.

I should like you to suggest what will remove them and how to proceed with same. Please be explicit, as I do not wish anything that would injure the skin. I have never used anything on my face; of late I wash it with castile soap and hot water before retiring.

What will give the eyebrows more lustre, and what about the lips? B. E. G.

Try this method of removing the blackheads, which should be attended to before considering the enlarged pores:

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potash, 1/2 ounce. Apply at night, after washing the face thoroughly with soap and water.

Soften the skin that is wrinkled with cold cream; then smooth out the wrinkles with the fingers by regular movements several times a day. This formula is also good:

Milk of White Roses.

(A Cure for Wrinkles.)

1 pint rosewater.

1 drop of tincture of benzoin.

1 drop of oil of rose.

Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add after of rose, and bottle.

Applications of vaseline will give a lustre to the eyebrows; slip increase their growth. What information do you wish in regard to the lips?

Use This Recipe Instead

Some one left an old paper here, and I found the enclosed clipping. Will you be so kind as to write out full instructions for using the henna stain? My hair is a chestnut brown. The ends are not turned, but the hair is quite gray for three or four inches from head.

ANONYMOUS.

I would suggest that you use instead of the henna stain, the Physician's Remedy for restoring the natural color of the hair. See formula, as follows:

To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, 1/2 ounce; sac sulphur, 1/2 ounce; essence of bergamot, 1/2 ounce; alcohol, 1/2 ounce; glycerine, 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.

The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose—then spread it evenly downward through the tresses with an ordinary hairbrush.

Not Properly Compounded

C. M. J.—The difference in the preparations you have made is probably due to the fact that the formula has not been carefully followed. Were the druggists absolutely reliable? You surely have seen results before this. I am afraid that the remedy has not been prepared properly, or that your case is an exception to the general benefit this recipe has given. I cannot recommend the formula when sold as a

proprietary article, either tablet or liquid form, since I know nothing of such preparations.

Following is a harmless rouge:

Bloom of Roses.

Roseanilin, 5 grams; white wax, 50 grams; spermaceti, 50 grams; white petrolatum, 50 grams; alcohol, 1/2 fluid dram.

Perfume to dye in alcohol, add this solution to the fat previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Try Almond Meal

A READER.—Commercial rates are never given in this department. I cannot give you the name of any specialist or dealer, as that, too, is against my rules.

Almond meal does not make the skin sallow, but has a tendency to whiten it.

Bran Bags.

Mix equal quantities of powdered oatmeal and bran together, and to a pint add 1/2 cup of powdered soap. To this add about 1 ounce of powdered orris root. Fill small bags and use in the bath.

The Vaucaire remedy has no effect upon the bowels; it affects no part whatever but the bust.

Don't Use Powder

VORAP.—Continue to use the witch hazel cold cream, but in connection with it use this:

Honey and Almond Cream.

Honey, 1 ounce; white soap in powder, 1 ounce; oil of sweet almonds, 1 ounce; oil of bitter almonds, 1/2 dram; oil of bergamot, 1/2 dram; oil of cloves, 1 drop; balsam of

Peru, 1/2 dram; liquid potash, 1/2 dram.

Mix the oils with the balsam, then mix the honey with the soap, in a mortar, and enough of the potash to make a nice cream. Add this to the first mixture and continue to beat until you have a thoroughly incorporated emulsion.

I cannot say that lavender is particularly good for the nerves. If this part of the system is very much run down, you should consult a physician. However, raw or sieved onions and celery are both good, simple nerve tonics. You should not use powder on your skin.

Continue the Treatment

S. F. H.—Are you sure the prescription has been properly filled? If so, the trouble you speak of is due to some other cause. You are not too old, by any means, to be helped by this remedy. Use it until you see results; this will require an indefinite time. Different people respond differently to the treatment.

Face Too Thin

My face is very thin and blotchy. Will cocoa butter increase flesh, and at same time could I use a face cream, E. A. S. results?

Massage with cocoa butter is excellent to build up flesh. This skin food could be used in connection with it:

Pomade Grecque—Skin Food.

Lanolin, 2 ounces; white vaseline, 2 ounces; sweet cold cream, 1 ounce. Mix.

To Add to Her Stature

I am not 30 years of age yet, and I am

only 5 feet tall. Can you tell me how I could get a little bit taller? I have a beautiful face, and that seems to spoil all my beauty. If there is anything, do you think it will make me thin?

Also, state what will change the bust.

I have heard of specialists who have been successful in increasing height. I regret that I cannot give you any information other than this. Dr. Vaucaire's remedy has proved to be one of the best for developing the bust. The formula is given frequently in these columns.

Hasn't He Chills?!

My father is 60 years of age and has for the last ten years been suffering with swelling and itching feet, commencing early in the spring and continuing until frost. None of the applications, such as oils, fats, etc., does any good. Water adds to the trouble, and he is now in search of a remedy, or if it is not asking too much of you, we would be pleased to have you advise us.

Do you think your father's sufferings are from chills? If so, try this cure:

Cure for Chills.

Zinc oxide, 60 grains; camphor powder, 30 grains; myrrh powder, 30 grains; opium powder, 30 grains; hard, 40 grains.

Dissolve the camphor in the hard, which has been melted at a gentle heat; allow this to cool, add other ingredients and mix well.

MRS. O. A. L.—You need not be afraid to use this solution. None of the ingredients is harmful in any way to the hair, if used in the exact proportions advised.

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