POOR DOCUMENT

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How to be Healthy and Beautiful

by Mrs. Henry Symes

The best way to defy a double chin

Press firmly downward with the thumbs.

Wearing a bandage at night helps

Encouraging a double chin.

Voice culture keeps the throat slender

This position defies a double chin

EVERY woman knows that the outlines of her throat cannot only make or mar her claim to beauty, but they are the dreaded finger marks of middle age, and, though she may carefully guard the secret of her age, her efforts will be useless if she neglects to preserve the condition and outlines of her throat.

Of course, there are a fortunate few who have slender throats that seem to survive the ravages of time without any great amount of care, but these are exceptions, and the average woman may begin to expect that dread harbinger of age—a double chin—by the time she has reached the early thirties.

NOTE THE FIRST SIGNS

Almost as much to be dreaded is the angular neck with dark flabby skin. The most beautiful throat loses most of its charm unless the texture of the skin is fine and the color creamy-white.

The first signs of a double chin may be easily noted by looking at your profile in the mirror, and when they appear it is time to begin the combat. The first task is massage. Begin with the reduction movement. The strokes should be vigorous and downward, very different from the gentle massage which develops. After this, the throat should be freely bathed with clean alcohol, which should be applied by brisk patting movements. Every night before retiring exercise the neck for fifteen or twenty minutes. The following form of motions should be made with vigor: Bend the head way back, then throw it far forward; bend it first to the right and then to the left until the ear almost touches the shoulder.

The woman who feels a double chin coming must learn to carry her head up. Nothing is more encouraging to a double chin than letting your chin sink on your breast. Lift your chin, and keep it lifted. I know of a determined little woman who literally check-reined her head back for a short time each day, until she was able to keep it up without forgetting. She arranged simple bandages, which were taken back over her head and pinned firmly to the back of her collar.

There are bandages which help to coax the double chin back to shapeliness. To make such a compress, cut out a heavy piece of cloth to fit your chin. Pass the cloth under the chin and fasten on top of the head, cutting slits for the ears. This is an excellent way of applying an astringent lotion, or soaked with cold water or clear alcohol it can be worn during the night, and will keep the fat from accumulating.

There is an ugly state of double chin, called the brisket chin. The fat has been massaged away, but the loose skin remains and droops. This sagging bit of skin is anything but pretty, and it should be treated with a good astringent lotion. One of the simplest lotions is made by taking orange flower water and shaking it milky with benzoin. It requires only about six drops of benzoin, and the skin will feel as though it were contracting after the application.

VOICE CULTURE HELPS

Voice culture will do much toward preventing the appearance of a double chin, and it is a well known fact that great singers, and also actresses—who, of necessity, spend much time in cultivating the tone quality of their speaking voices—usually have beautiful throats whose outlines show no signs of the dread enemy.

Health and Hygiene --- Canoeing

THE VARIOUS EXERCISES AND POSTURES NECESSARY IN THIS SPORT DEVELOPS ALL PARTS OF THE BODY

By Dr. Emma E. Walker.

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NO ONE should canoe without first learning how to swim. The canoe, though very unstable in the hands of a beginner, really is a lifeboat, for when it capsizes it will float and keep its crew above water.

The position of the paddler and the kind of paddle used influence to a certain extent the muscles which take part.

You may use either the double-bladed paddle, or that with one blade. With the former you get a double-sided motion, while with the latter you confine your exertions to one side of the boat at a time.

Here, again, with the double-bladed paddle comes in the splendid side movement, or twisting of the trunk. This is most beneficial in its results, as it stimulates the internal organs very effectively, as well as exercising various muscles.

Paddling develops the upper back, the muscles of the arms and wrists, while even the legs share in the work in certain positions.

The postures that you may take are various. You may sit flat in the canoe, which makes it quite stable. Or you may kneel on one knee, or both; or, if you wish to imitate the Indian athlete, you may stand. This last attitude is ways risky for a girl. Sitting is the most comfortable position, and is the common method when using the double-bladed paddle. But, whatever attitude you assume, the back must remain erect.

Little teaching is necessary for the motion of paddling, as it comes very naturally. The muscles of the abdomen are thoroughly exercised. Indeed, they become very lame if the paddling is at all violent. The cramp in the wrist that you may feel at first will pass off after a few days' practice, and there is no better exercise for the wrists than paddling.

The canoe possesses several advantages over the rowboat. It is delightfully convenient for exploring country where the waters are not deep, for it may be used in the shallowest stream.

An expert can paddle almost noiselessly, so that, for hunting, it is most valuable, and did you ever watch the birds from a canoe? For you can slip in upon them unawares, and you are always facing the point toward which you are moving.

A few girls who spend the summer in Canada have become so expert with the canoe that they can "shoot" some of the rapids in the St. Lawrence.

Paddling has most of the advantages of rowing. The deliciously pure air that you enjoy in both rowing and paddling is one of the priceless features of aquatic pastimes.

Beauty Don'ts

Don't wear your hair always in the same style; a change of method is beneficial to the hair, and to let it fall loosely about the shoulders is an excellent plan at times.

Don't follow fashion blindly in regard to coiffure, if you would have artistic proportions and bring out the best expressions of the face.

Don't part the hair in the middle if you are round-faced and chubby. This only emphasizes the disk-like appearance.

Don't hesitate to shape an ugly forehead to beauty with a fluff of soft waves or curls, crowned by a half wreath, for dress-up occasions.

Don't use the eyes before breakfast.

Don't wear flowers of any and every color. If the hair is like the raven's wing, wear soft, pink flowers, roses or geraniums.

Don't wear pink if the hair is burnished gold, sheeny yellow or Titian brown. Wear white roses—Bride roses, or some "moonlight flower."

Don't work longer than two hours without closing the eyes and resting them for five minutes.

Don't use the eyes when they are tired or weak from illness.

Don't face the light when reading or sewing.

Don't neglect to bathe the eyes before retiring, so as to remove any dust that may have gathered on the lids during the day.

Don't allow a cold, raw wind to strike the eyes.

Don't try to get a cinder out of the eye by rubbing the injured orb; rub the other eye.

Don't sleep too much or too little; too much sleep weakens the eyes; too little fatigues them.

Mrs. Symes' Talks on Health and Beauty Subjects

Harmless Liquid Powder

Recently I noticed in the paper a reference to the "Lily White Skin," a liquid powder. Can you give me the formula for preparing the same, or tell me where it can be bought? and oblige Mrs. H. R.

Lily White Lotion.

Pure oxide of zinc, 1 ounce; glycerin, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerin; next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked.

Disfigured by Freckles

Please publish as soon as possible a remedy for removing freckles. They disfigure my features a great deal. B. H.

Lemon and Glycerin Lotion.

(For Light Freckles and Sunburn.)

Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 2 drams; red-rose petals, 1 ounce; glycerin, 1 ounce.

Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerin. Apply as often as agreeable.

Grateful Correspondent

You have helped so many others, I wonder if you could spare a few minutes on me. I have liver spots—big brown places—on my face, which came there when my first child was born, and they have never gone away. I have tried such a lot of things, but nothing seems to do any good. My busts are also very small, and I have seen where so many have been benefited by Dr. Vaucaire's bust remedy. What is this remedy, and where can I obtain it? I have only been taking the paper since January 1, and while I have carefully read everything in hope that I could find a recipe for this remedy. I have never seen it. I would be so very grateful if you could give me any help. Your columns are, indeed, valuable, and I have saved many of the formulas. It is very kind, indeed, of you to take so much interest in our troubles. Mrs. M. H. T.

The brown patches you describe are probably due to a disordered liver, and although the lotion for which I am giving you formula is excellent for removing these patches, it will not effect a permanent cure if the trouble is from within. You had better take internal treatment to correct the seat of the trouble. I am giving you the Vaucaire remedy, which you can have filled by any reliable druggist.

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.

Dr. Vaucaire's Remedy.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams. The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

Whitening Cream

I have received so much benefit from your page that I take the liberty of asking you how to make cucumber cream. If you will let me know I will be greatly obliged. Mrs. M. C.

Cucumber Lotion or Cream.

Expressed juice of cucumbers, ½ pint; deodorized alcohol, 1½ ounces; sweet almond oil, 3½ ounces; shaving cream, 1 dram; blanched almonds, 1¾ drams.

This is a suave lotion, very whitening, softening and cleansing. Take the shaving cream and dissolve in rosewater by heating in a custard kettle. Beat the almonds in a mortar, and by degrees work in the soap and water. Strain through muslin and return to the mortar. Stir constantly, working in gradually the alcohol, in which the oils have been already dissolved.

Bust Too Large

Would you please tell me what to do to reduce the bust, and greatly oblige. BELLE.

The following pomade has been used with satisfactory results by many of my correspondents. Frequent applications of clear alcohol will also help to reduce the bust.

Pomade to Reduce the Bust.

Iodide of potassium, 3 grams; vaselin, 50 grams; tincture of benzoin, 20 drops. Make into a pomade and apply twice a day.

To Remove Scars

Will you kindly answer the following? Do you know of any remedy for scars caused by smallpox? Also something that will take away discoloration of the skin from the same disease? I would be very grateful for an answer to these questions. A SUBSCRIBER.

I fear treatment by a skin specialist would be the only method of removing the scars. Daily massage with a good cream would no doubt improve the appearance of your skin and render the scars less noticeable. The witch hazel cream, formula for which is frequently published in this department, is excellent.

Hair Too Oily

I hope you will find time to answer my letter. My hair is a light red, and I would like to have it darker; and it also has an oily effect to it. Will you kindly tell me what to use or get for it—something that won't injure the hair? Yours truly, C. M. O.

Lotion for Oily, Damp Hair.

For greasy, moist hair the following is an excellent drying lotion. If used daily, it tends to produce a crispy condition and an auburn shade:

Powdered bicarbonate of soda, borate of soda (also powdered), ¼ ounce of each; eau de cologne, 1 fluid ounce; alcohol, 2 fluid ounces; tincture of cochineal, ¼ fluid ounce; distilled water, 16 ounces.

Mix and agitate until solution is complete.

Lost Formulas

I have inadvertently mislaid clipping containing formula of massage cream. If you will kindly reprint same, also recipe for scalp tonic, will exercise more care in preserving them, i. e., the clippings. My hair is naturally fine and thin, is falling or coming out; scalp also itches. G. R. T.

I repeat the formulas with pleasure:

Massage Cream.

Lanolin, 2½ ounces; spermaceti, ¾ ounce; white vaseline, 2½ ounces; cocoanut oil, ½ ounces; sweet almond oil, 2 ounces; tincture of benzoin, ½ dram.

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added, if agreeable.

Tonic for Falling Hair.

Phenic acid, 2 grams; tincture of nux vomica, 7½ grams; tincture of red cinchona, 30 grams; tincture of cantharides, 2 grams; cologne, 120 grams; sweet almond oil, 60 grams.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

A Good Cold Cream

I am a new reader of the Health and Beauty page. I see that you have helped others, and would like you to help me. Please give recipe for witch hazel cream, as I did not get it. Will borax injure the hair? What will make the hair soft and fluffy? I wash it every two weeks, but it always looks oily. I have light hair, but would like black. If possible, can you give me a harmless dye that will darken it? If you answer my questions I shall be very much pleased. A YOUNG READER.

A pinch of borax in the shampoo water will not injure the hair and will tend to make it light and fluffy. However, care should be taken to rinse the hair thoroughly. There are some excellent powders in the market which help greatly to keep the hair fluffy in summer. I advise you to be content with the color of hair that Nature has bestowed upon you, and think you would be foolish to experiment with it. Am giving you formula for witch hazel cream as requested.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti, ¼ pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

Refreshing Toilet Water

Will you kindly publish in your columns a good formula for toilet water to use on the face after massage with orange-flower cream? My skin is not at all oily, but inclined to be soft and flabby, particularly on the neck under the chin. I shall be much indebted for something not difficult to obtain, as everything cannot be had out in Arizona. Please answer soon to WESTERNER.

The toilet water for which I am giving you formula is excellent for the purpose for which you require it.

Lavender Water.

Oil of lavender, 6 fluid drams; alcohol, 48 fluid ounces; rosewater, 18 fluid ounces; magnesium carbonate, 1 av. ounce.

Triturate the oil with the magnesium carbonate, add the alcohol, then the rosewater, and filter.

Annoying Trouble

I come to you with my first complaint, a very annoying one, that I hope you will know a remedy for. I have a very ugly-looking nose, because it is red most of the time, from no apparent reason, as I am perfectly well—good digestion, bowels in good condition, wear no tight clothing, eat very little fat or spicy food and drink one cup of coffee a day. I am a very busy woman in my home, but do take time to use the complexion brush. This is where my trouble lies; my nose is a sight after I get through, although I go very gently when washing it. Sometimes it is red only right on the point, and perhaps a pimple or two will appear, making it twice as red. It certainly needs the brush, as the pores are large and inclined to be oily; but the least friction causes an apparently local inflammation. I inclose a self-addressed envelope, and if you can send me something I will be very thankful.

The skin on your nose is evidently too tender to stand the use of a complexion brush, and I advise you to use the lotion which I recommended to "P. W." elsewhere on this page. This is excellent for the enlarged pores, and will help the redness and oily appearance of the skin.

To Improve the Complexion

I am an anxious reader of your column each week, and want to ask a few questions. My skin is in fairly good condition, but I notice that the pores, especially in the cheeks, forehead and chin are large, which gives a coarse appearance to the face. Will you please tell me something to make the pores smaller? Also, if I should only apply the remedy where they are large or over the entire face? I would also like to ask you to give me something for the face to keep it in good condition and how to use it. In bathing the face at night, do you use only warm water, or do you use after warm water cold water? P. W.

Use the lotion for enlarged pores which I am giving you. It is only necessary to apply it to the parts affected. The orange-flower cream formula, which so frequently appears in this department, is excellent for whitening the skin and keeping it in good condition. It should be rubbed in thoroughly, and the face wiped with a soft cloth afterward, until all trace of the cream has been removed.

If the face is washed during the day, especially just before going out, it is better to use cold water the last thing. At night, before retiring, rinse with warm water only, and rub in a little of the cream afterward.

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.

To Improve Eyebrows and Eyelashes

I am considered a good-looking girl, but have very poor eyebrows and eyelashes. Will you please tell me something to make my eyelashes grow and darken my eyelashes? Yours truly, G. F. C.

The eyebrow and eyelash stimulant, for which I am giving you formula, has proved successful in many instances. To darken the brows, use Chinese eyelash stain.

Ointment for Scant Eyebrows.

Vaselin, 2 ounces; tincture of cantharides, ½ ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops.

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

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

Chinese Eyelash Stain.

Gum arabic, 1 dram; india ink, ½ dram; rosewater, 4 ounces.

Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

Troubled With Warts and Bunions

In last week's issue you gave a recipe for the cure of warts. The paper was destroyed before I got a copy of the recipe. Will you kindly send it to me?

Can you mention anything to cure a bunion? Have tried everything, but have met with poor success. R. W. H.

I repeat the formula for wart eradicator, as requested, and am also giving you one for bunions and a few general directions in regard to bunion plasters, which, I think, you will find helpful.

Wart Eradicator.

Sublimed sulphur, 120 grams; glycerin, 5 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly for several days. The wart will dry up and drop off.

Bunion Cure.

Carbolic acid, 2 fluid drams; tincture of iodine, 2 fluid drams; glycerin, 2 fluid drams. Apply with a camel's-hair brush daily.

Treatment for Bunions.

Get a bunion plaster of the druggist and nick with the scissors around the inside circle or opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure on the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

Blonde Hair Too Oily

My hair is inclined to be very oily on top. The brain is very light, on the golden shade, and on the top the excessive oil darkens it so it looks like two kinds of hair. I read your answer, and mine being blonde hair, instead of auburn, I was afraid to use the same recipe, so will you kindly give me a remedy for oily or damp hair, and how to keep it light on top? MABEL R.

The lotion for which I am giving you formula is excellent for oily hair and will not change the color. I also advise you to shampoo your hair about twice a week with the following mixture:

Lotion for Oily Hair.

Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 14 grains.

Rub well into the scalp daily.

Shampoo for Oily Hair.

Yolk of one egg, one pint of hot rain water, spirit of rosemary, 1 ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

Lily-White Skin

Will you kindly publish again the formula for lily-white skin, as I have lost the paper containing it?

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc, 1 ounce; glycerin, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerin, next the remainder of the rosewater.

Shake well and apply with a soft sponge.

Pomade to Reduce Fat

In regard to the pomade you advise to reduce the bust, will say I purchased some, and started to use it, but the difficulty I found with it is it never seems to dry. I would put it on at night, and when I got up in the morning it was still wet, so that I did not feel like putting on more, as it would not dry all day, and soil the underwear.

Now, have you ever heard of this trouble before, or have I made a mistake in mixing mine, or what? I should very much like to reduce my bust, and shall start using it again as soon as I hear from you. Also kindly tell me how long one would have to use it to see any results. I would also like your advice on another matter. I have a dark brown spot on my nose that has just come lately, and would like to know what you think it is, and what would remove it and not injure the skin. STENOGRAPHER.

The pomade to reduce the bust should be rubbed well into the pores twice a day. You can then wipe it off so that it will not soil the underclothing. It is impossible to say how long it will require to get results, as the time varies in different cases. If the brown spot on your nose is of the nature of a mole you will need the services of a skin specialist for its removal; if it seems to be a freckle or moth patch, follow the directions for treatment so often published in this department.

How to Apply Hair Stain.

I notice in last week's paper a recipe for restoring the hair to its natural color after having bleached it. The one to which I refer is "A Physician's Prescription," and the directions for using are that the dye should be applied to the roots only. What I do not understand is this: How will the whole hair become stained by simply applying to the roots? Should not the whole head of hair be stained first? A reply in the beauty column as soon as convenient will greatly oblige E. R.

The full directions for using the "Physician's Prescription" are as follows: "Apply to the roots of the hair with a small brush, then spread it evenly downward through the tresses with an ordinary hairbrush.

Wants Hair Lighter

Will you kindly tell me what I can do to make my hair one shade lighter? Inclosed you will find a lock of it. Also, what will make my eyebrows and eyelashes black? I am a girl of 17, and weigh 129 pounds. Isn't that too much? I would like something to reduce my weight. I am too stout for my height. DAISY.

Shampoo your hair about once in two weeks with the shampoo given below. For your eyebrows and eyelashes try the Chinese stain. I am giving you a little set of rules in which you will find many valuable hints for the reduction of flesh.

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skim milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon—oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the more carbon to burn away.

Shampoo.

White castile soap, in shavings, 1 ounce; water, 24 ounces; potassium carbonate, 30 grains; borax, 120 grains; cologne water, 2 ounces; bay rum, 2 ounces.

Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Oily Skin and Blackheads

My face and neck are covered with a growth of superfluous hair. I use tweezers, but the more I take out, it seems as if twice the number comes in. I have long fine hairs on my neck. My skin is oily, and I am troubled some with blackheads. Can you give me a remedy? Is a face brush any help, and what kind is best? Is there any special kind of soap?

To remove the superfluous hair on your face and neck, try one of the first-class liquid depilatories to be purchased from any reliable druggist.

I am giving you formula which is excellent for blackheads, and will also improve the oily condition of your skin. The face brush is a great help in the care of the complexion, and any perfectly pure soap is good.

Anxious About Color of Hair

Would you please tell me what color you would say the inclosed sample of hair is? And, also, if the pyrogallic acid dye is permanent? How often do you have to use it? Is it dangerous to the scalp or hair?

The sample of hair you inclose me is chestnut brown. The pyrogallic hair dye is not dangerous when used according to directions. It should be applied as often as required to retain the desired color of hair.

Annoyed by Moles and Scars

Will you kindly give me a remedy for removing moles and chickenpox scars? I have tried the peroxide hydrogen for moles, but it does not seem to help them. Waiting for a reply in next week's issue, I am YOUR READER.

I know of nothing that will remove moles except treatment by electricity. The remedies so often published by me are for moth patches, which yield to treatment much more readily than moles.

Massage the scars frequently with the cream for which I am giving you formula, and use the ointment for scars once a day.

Massage Cream.

Lanolin, 2½ ounces; spermaceti, ¾ ounce; white vaselin, 2½ ounces; cocoanut oil, ½ ounces; sweet almond oil, 2 ounces; tincture of benzoin, ½ dram.

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added if agreeable.

Scars.

Lanolin, 2 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a day.

Ugly Duckling

Your last letter has interested me greatly, but I think you are quite wrong to dwell so much upon your own estimate of your personal appearance. Ideas of beauty and ugliness are often as wide as the poles apart, and you may gain some consolation from the thought that you would, perhaps, be very pleasantly surprised if, for once in a way, you could see yourself as others see you. In any case, you should try to cultivate a bright and cheerful disposition, for you certainly won't improve your looks if you are always bemoaning to yourself your lack of regular features and a good complexion. Irregular features are often attractive, and you might improve your complexion by leading an outdoor life, avoiding late hours and heated rooms, and eating simple food, with plenty of fruit and vegetables. If you really are as ugly as you say, try to forget all about your appearance. Devote yourself to making happy the lives of other people, and you will arrive at that beauty of kindness, which is better, after all, than mere pink and white loveliness.

Answers to Her Many Correspondents