

How to be Healthy and Beautiful by Mrs. Henry Symes

Some Old Fashioned Spring Beautifiers



IN THE DAYS when our grandmothers were young, beauty specialists with formulas of youth in the way of skin creams and lotions were so common, and yet none of us have heard that grandmother's skin was soft and rosy when she was a girl, and we have also seen with our own eyes many a grandmother today whose skin was as fresh and smooth as that of her daughter, in fact more so.

It was my good fortune to meet one of these dear old ladies very recently—she was 62 years old, although when looking at the clear complexion and fresh, well-preserved skin it was hard to believe it.

TOOK A SIMPLE REMEDY

Twice a year at least, usually in the spring and fall, she got her blood and general system in order by taking a course of Cassia's Tea.

TAKING A REST CURE AT HOME



A Few Minutes with Dumb-bells

WE HEAR a great deal about acquiring health and good looks by leading a simple life. Most of us feel that this is an absolute impossibility in our homes.

Daily Cold Sponges

She chose a room at the top of the house, and she had a good bed, a good chair, a good table, and a good picture of which she was very fond.

Plenty of Fruit Juices

Upon waking she drank a glass of pure water—the drunk ten glasses during the day—then practiced deep breathing for five minutes.

Some Necessary Articles

Then the hair was carefully brushed and combed and arranged for the night. So that the skin should be kept fresh and soft-looking, a good facial cream was applied; and by this time she was ready for a good night's rest.

How to Take Care of the Nose and Ears

By Dr. Emma E. Walker. HIS mouth forms an important part of the expression of the face. The muscles of the rest of the body, molded by habit, give to the mouth its greatest beauty to the extent that one's appearance is affected. Like all other organs, it can be kept in good condition by proper care.

Beauty Hints to Correspondents by Mrs. Henry Symes

To Remove Wrinkles. Will you kindly publish in your magazine the following recipe for removing wrinkles from the face. I have tried many things, but none seem to do them any good. I will appreciate it very much if you will give me a receipt. I am 37 years old and have white hands.

TO PROTECT THE TEETH

Medicines that inflame the teeth are the liquid preparations of iron and the mineral acids. Such medicines should always be taken through a glass tube.

FOR WHOOPING COUGH

FOR WHOOPING COUGH an excellent cure is a mixture of the following: Slices of onion, thin, sprinkle well with brown sugar, and dry in a hot plate with a weight on the top.

