

By Mrs. Henry Symes

How to be Healthy and Beautiful.

Health and Grace for the Housewife



First of all dress sensibly

When lifting a bucket, catch it on the swing

You can get pose while making your morning toilet

Learn to sweep left handed as well as right handed

THE woman who does her own housework has many opportunities to improve both her health and figure...

will depend your comfort for the day. Do not have any of your clothing tight enough to bind at any point...

Don't think about the drudgery of it all, but rather think of how you are improving your personal appearance...

Swimming is another exercise from which you can extract health value. To get the best benefit from it you should learn to sweep left-handed as well as right-handed...

Most important of all, dress sensibly, for on that more than anything else

AIDS TO CORRESPONDENTS

Finger Nail Cosmetics

I take the paper on purpose to read your article on finger nail cosmetics...

Rose Cosmetic for the Nails

White petrolatum, 1 ounce; avoirdupois; white soap, 1 ounce...

White Cream for Nails

White petrolatum, 1 ounce; avoirdupois; white soap, 1 ounce...

Stagnant Results From Remedy

Some time ago I very foolishly adopted the use of a so-called "house developer" which, to justify myself as much as possible...

Wants Tapering Fingers

Please send me a recipe to furnish an admirer with tapering fingers. My fingers are thick and I would like to have them tapered...

Face Too Thin

I am an old resident and reader of your paper. I see in your health and beauty column that you give the value of information so sought I would see if you could give me some advice...

Troubled With Liver Spots

Kindly give me a recipe for the removal of the commonly called liver spots. I will be ever grateful to you for same.

Orange Flower Cream

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 1 ounce; coconut oil, 2 ounces; orange flower water, 1 ounce...

Blonde Hair Falling

I am a subscriber and have read with interest your article on blonde hair falling...

Creole Cured Pimples

I have used the Creole cream for pimples, and am very much pleased with the results. It can be used as a face cream or for massage...

To Reduce the Bust

Of late I have become very interested in your health and beauty columns. I have written to you several times...

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THE DISTINCTIVE PLACE OF MASSAGE IN HYGIENE

By Dr. Emma E. Walker

IN order to prevent shivering, take a large Turkish towel and throw it quickly over your shoulders. Then begin a thorough rubbing with the towel...

PREVENTS TAKING COOLD Rub from under the arms down to the hips ten times. Put your hands behind you, and with the back of your hands rub your back all that you can and down over the kidneys...

Change sides again. If at this time you are feeling in good condition, and are not too tired, you can give your legs a rub. Do so with the arms; rub first down the front of the leg, then up the back.

Some ENGLISH SUGGESTIONS She was finally persuaded to take massage. She had treatment three times a week for three months. At the end of this time she was entirely relieved, and has never been troubled since with the old ailment...

Massage will often relieve or cure a headache. It is sometimes applied to the base of the neck. Massage is most beneficial in cases of constipation. Some people never perspire until they undergo a course of massage...

MRS. SYMES' HEALTH AND BEAUTY RECIPES

- Has Superfluous Hair About Cucumber Cream All About the Eyes Salve for Granulated Eyelids Chinese Eyelash Stain Gum Arabic, 1 dram; India ink, 1 dram; rosewater, 4 ounces. Eyebrow and Eyelash Grower Cologne, 24 ounces; glycerine, 14 ounces. Cucumber Cream Will the formula you give for cucumber cream promote the growth of hair on the face? I think the cream is excellent, but I have heard face creams will cause hair to grow on the face. Will you please tell me if this is true? The cucumber cream referred to will not promote growth of superfluous hair. Skin Wrinkled Like Crepe Will you kindly publish, through your interesting column, some skin food which will effectively soften and whiten the skin, without making it more susceptible to wind and sun, and without causing a growth of hair? My skin is so parched and dry, wrinkles like crepe paper, and I am continually peeling off. Can you give me a recipe which causes this? I use the following: Lotions for Premature Wrinkles. The orange flower cream is the best I know of for the condition of skin you describe. Moderate use of good talcum will not harm the skin in any way. Orange Flower Cream. White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 1 ounce; coconut oil, 2 ounces; orange flower water, 1 ounce; almond oil, 2 ounces. Blond Hair Falling I am a subscriber and have read with interest your article on blonde hair falling. I have written to you several times asking for a recipe to reduce the bust. Of late I have become very interested in your health and beauty columns. I have written to you several times asking for a recipe to reduce the bust. Creole Cured Pimples I have used the Creole cream for pimples, and am very much pleased with the results. It can be used as a face cream or for massage. To Reduce the Bust Of late I have become very interested in your health and beauty columns. I have written to you several times asking for a recipe to reduce the bust. Orange Flower Cream White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 1 ounce; coconut oil, 2 ounces; orange flower water, 1 ounce; almond oil, 2 ounces. Blond Hair Falling I am a subscriber and have read with interest your article on blonde hair falling. I have written to you several times asking for a recipe to reduce the bust. Creole Cured Pimples I have used the Creole cream for pimples, and am very much pleased with the results. It can be used as a face cream or for massage. To Reduce the Bust Of late I have become very interested in your health and beauty columns. I have written to you several times asking for a recipe to reduce the bust.

THE BOA THO INTO CIRCU

Trustees Req mission to Special

For the purpose of bringing about a change in connection with the special meeting of the board of trustees...

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