

How to be Healthy and Beautiful

LATEST PARIS COIFFURES SHOW ONE-SIDED EFFECT



Spangled Ornaments for Evening

PARIS, April, '06.
 Hair dressing must continue high, especially with the fantastic tilted hat—but French fickle-ness, demanding a change from autumn modes, has decreed on nothing more or less than an arrangement of one side. Madame du Monde has taken to the vogue with enthusiasm, for it is not only becoming, but very unexpected; and the last characteristic is beyond question a Parisienne's greatest secret of charm, outclassing even the proverbial neatness. It may be just a color note, bleeding in some inexplicable way, or the placing of a bow on her hat—but only a French woman could have done it in that way.

This new fashion is not bizarre, as you might imagine, which is in itself a surprise. The little puffs, into which every curled "ch-ch" has been transformed, are so airy that their happening to poise just on the edge of a wavy pompadour or beneath the side of a coquettish hat-brim seems the most natural thing in the world.

Pompadours have changed but little in their lines; indeed, the general structure is carried out as before: the front and sides divided off and ruffed in three portions for the pompadour, their ends then twisted closely around a tight knot, into which the back hair has already been combed and securely pinned, a little to one side of the crown of your head this time. It gives a prettily balanced coiffure, the pompadour very high on the opposite side. The soft puffs are then lightly pinned on, covering the knot and



Three Puffs and a Bow

as much to one side as becomingness dictates.
 In arranging your back hair, comb it up a little more loosely than of yore, with comb and barrette put in across—the vertical way is decidedly out.
 Feminine looking little bows are worn at all hours by women of the best taste, made of dark brown or black inch-wide velvet for dark hair, and of golden brown for blondes. They are just tied softly on a big hairpin and stuck in among the puffs.
 Bows have also taken first place for evening coiffures, tiny white or black spangled ones preferred at the moment.

The Care of the Tongue

THE TONGUE quickly betrays all disturbances in the economy of the body. In health it is clean, moderately red in color and moist. When it is furred or coated, it indicates fever, some impurity in the mouth, as foul or decayed teeth, or trouble with the digestive organs. If, over the course, the temperature of the body will be above the normal, 98.6 degrees Fahrenheit. It is easy to determine if had teeth are at fault; if these be all right, seek for the source of the trouble in the stomach, liver or bowels. Constipation will produce a bad breath and a furred tongue. With nervous diseases a dry tongue is a sign of nervous depression, and a pale, flabby tongue indicates an anæmic condition.

Importance of Keeping a Child's Back Straight



Keep a Record of Growth

Frequent Cause of Crookedness

Ward Exercises Are Beneficial

First of all, interest the child in sitting and standing correctly, with the shoulders and back straight. Most children are anxious to grow tall, and it will encourage them if a record of their growth is kept. This is especially so when there are several children in a family, as each one is anxious to outdo the other in the matter of adding a few inches to its stature, or which to their minds implies becoming "grown up."

Clear a wall space somewhere about the house, against which a large sheet of paper may be tacked. Place the child against this, and with a thin book or rule placed upon his head, the exact height may be obtained. Write the name and height of each child, and date of measurement. You will soon find this a great source of interest to them, and quite an incentive toward holding themselves straight.

Carrying weights out of proportion to their strength is a frequent source of much misery in after life. A common practice, most pernicious in its effects, and overlooked by even the most watchful parents, is that of carrying school books of great weight. This habit alone, repeated day after day, will distort the soft bones of the child into injurious positions. The shoulders are made crooked and often the hips are displaced to such an extent that the spine is affected. If it is necessary for the child to carry books to and from school, the best method is to sling them knapsack-fashion over his back, which distributes the weight evenly on the shoulders.

Too much stress cannot be laid upon the importance of keeping the little bodies straight, while the bones are soft and growing rapidly, and at the first sign of crookedness, try to interest the child in some game or exercise that will tend to correct the difficulty.

Care of the Health and Hair

before retiring. Wash the face in cold water in the morning.

Lotion for Enlarged Pores.
 Boric acid, 1 drachm; distilled water, 4 ounces. Apply with a piece of old linen or absorbent cotton.

To Purify the Blood.
 I am troubled with pimples, which I think are caused by impure blood. I want to make the old-fashioned blood purifier, consisting of sulphur and iodine. Can you please tell me if it is mixed in equal parts and bottled? Also, how long it should be used?
 E. S. W.

The old-fashioned way of taking sulphur and molasses is to simply mix it in the proportion of one tablespoonful of sulphur to two of molasses, and take a teaspoonful three times a day.

Cure for Nail-Biting.
 I would like to ask your advice as to how I can break the habit of biting my fingernails and reduce the bottom of my nose, which is monstrous.
 A READER.
 If you cannot overcome the habit of biting your nails by will-power, paint the nails with a solution of quinine, which is terribly bitter, but quite harmless. The taste of the quinine will prevent you from giving up to this habit. Continually pinching the nostrils between the thumb and forefinger will sometimes make them smaller.

Distressed About Loss of Hair.
 I am very much distressed to find I am losing all the hair on my head. I have had much ill health. My hair is very oily, but I have been using a hair oil and a hair tonic to no avail.
 ONE IN DISTRESS.

Falling of the Hair.
 Tincture of nuxvomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces. Apply several times a week to the roots of the hair.

To Stain the Hair.
 As you have been such a blessing to the public at large, and have helped so many in distress, I am going to beg you to kindly assist me. I have long been a client admirer of your good work. Will you kindly repeat the walnut stain recipe and tell me when I can obtain skins of walnuts?

Beauty Hints by Mrs. Symes

Dislikes Red Hair.

I have been a constant reader of your paper and read your good advice to others, and now appeal to you myself.
 I would like to ask you if you could not give me something harmless that would gradually turn my hair a dark shade of brown, as it is now red, but not a very bright shade.
 A. A. A. A. A.

I do not know of a harmless preparation that will turn red hair to brown. Better not experiment, but be satisfied with the color nature has bestowed upon you.

Grateful Correspondent.

Your advice has helped me so much that I would ask for more. A few months ago I asked you for some remedy for my eye-brows, as they were very scant, and I followed your advice closely, and I am glad to say that it helped me wonderfully, only they seemed to keep the same color, a light brown. I would like something that would thicken them and darken them at the same time. Could you give me some remedy that would darken them, as I would like to have them black? I thought that as they grow back they would be darker, but they do not. Could you give me a safe dye for them?
 H. L.

I do not know of a preparation that will darken the brows as thickened them, too. Now that they have grown thicker, use the following stain:
 Chinese Eyelash Stain.

Gum arabic, 1 dram; India ink, 1/2 dram; rosewater, 4 ounces.

Shake 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 thin camel-hair brush.

To Remove Down From Lip.

Can you tell me of a simple remedy that will remove down right over the upper lip? I am dark, and it shows badly, especially at the corners. I cannot afford to go to a doctor, so I shall be very thankful if you know of something I could do myself. Also, I have some hair on my chin, and I would like to know of a safe way to remove it.
 Please answer soon.
 ADMIRER.

I advise you to try bleaching the down on your lip, which will make it much less noticeable. Use peroxide of hydrogen and a weak solution of ammonia and water. Sometimes this kills the roots and thus permanently removes the growth of the down. Vaseline is very good, indeed, for stopping the hair of the head from falling and promoting a new growth.

About Popular Remedy.

Would very much like to know if galega (wintergreen) will develop the bust more quickly and effectively than any other remedy, and if so, in what size doses and how often.
 As this is my first inquiry, I am hoping it may find a place in your next issue.
 R. A. L. L. L. L.

The best results are obtained by taking the Vaseline remedy as directed.

Cure for Acne.

I am a reader of your beauty column, and find it very useful. Am using your cure "Acne and Pimples." The label reads, "Apply night and morning." Now, Mrs. Symes, does that mean to apply in the morning and let it stay on all day and then at night, and let it stay on all night? That is what I am doing, and I want to know if it is correct, and is the castor oil and glycerine supposed to act as a laxative? I have had acne for a number of years, and have tried almost everything. If your treatment cures, I shall be grateful to you.
 E. S. W.

Strengthening the Spine

If it is correct, and is the castor oil and glycerine supposed to act as a laxative? I have had acne for a number of years, and have tried almost everything. If your treatment cures, I shall be grateful to you.
 E. S. W.

To Cleanse the Pores of the Skin.

I am very much interested in your beauty page, and have tried a great many of your recipes. I have the liberty of asking you if you will please publish a good remedy for acne, and if you will please tell me how to use it.
 You will find the following cream most satisfactory:
 Cleansing Cream.

White wax, 1 ounce; glycerine, 2 ounces; sweet almond oil, 12 ounces; distilled water, 4 ounces; glycerine, 2 ounces; salicylic acid, 10 grains.

Inflamed Eyelids.

Do, please, tell me of some harmless

Attaining a Beautiful Voice

By Dr. Emma E. Walker

Copyright, 1906, by A. S. Barnes & Co.

THE voice of the American girl is noted for being unpleasant in quality. The nervous temperament that is so characteristically American has a great deal to do with the tense, strident tones that are so usual in our girls.

The rasping nasal tone that is so common in many voices is often due to cartilaginous trouble. This is caused by our climate, with its sudden changes of temperature. It is especially noticeable in the inhabitants of the Middle and Northern States.

It has been well said that in the treatment of the defective voice the first consideration is the general health. The girl who wishes to cultivate her voice and make it soft, sweet and low, must pay proper attention to diet, bathing, clothing, exercise and rest.

Perhaps the most essential factors in the attainment of a beautiful voice are proper breathing and carriage. The clothing must not be tight, or the breathing cannot be normal.

tone produced upon a full breath and that which is given out on an insufficient amount.

Aside from the imperfect tones of the American voice there are various faults of speech which are commonly heard. It is a good plan to listen to a number of girls talking at the same time. Notice them at an afternoon tea. Most of the voices at such a gathering are shrill, high-pitched and strained. The utterance is rapid, the words are clipped, the pronunciation is often otherwise faulty.

There is a reaction between the voice and the spirit. If the voice is kept well modulated, it will have a beneficial effect upon the disposition.

Even in early times the Athenians formed classes for the cultivation of the voice.

It is necessary that the lips be mobile and flexible in order to form a tone correctly. A very simple set of exercises for the lips is the pronunciation of the vowel sounds, "ah-oh," "ah-oh-ee," "ah-oh-oo." These exercises should be practiced at least ten times a day.

They not only make the lips flexible, but they also exercise the muscles of the lower part of the face. Beauty of voice and mouth are gained through these lip exercises.

An excellent practice sentence given at one of our famous schools for vocal culture is, "Most men want polite and more royal margin."

The French have a far keener appreciation of the importance of such practice than we have. Those on the French stage use numerous exercises to increase the nimbleness of the tongue and the mobility of the lips.