

How to be Healthy by Mrs. Henry and Beautiful Sensible Summer Dress



Tapering fingers are the French woman's pride

A Physician's Views on Clothing

By Dr. Emma E. Walker
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HAVE you ever thought how much more sensible your brothers are in respect to their clothing than you are? Oliver Wendell Holmes says, in his inimitable way, "Woman is under the guidance of a higher law than any relating to her in-laws' safety." His comment is in virtue of this extreme indifference to consequences, this sublime contempt of disease and death, as compared with the loss of the smallest personal advantage—that woman has acquired the power of resistance to exposure which so astonishes the male sex. Think of her thin shoes and thin legs, her bare or scarcely protected neck and arms, her little rose-leaf bonnets, by the side of the woolen socks, the aprons of flannel and broadcloth, and the warm hats and caps of her effeminate companion! Our cautions are of use, except to the fragile sex—our brothers in acceptability and danger. I know a girl who for several months has had a very hard cough, and still might after night I see her sitting in a draught wearing a dress with a "transparent neck" and any girls have a hard lesson to learn in the subject of clothing.

Probably the best all-round material for wear next to the skin is wool. It prevents sudden formaldehyde action and it absorbs considerable moisture without feeling wet. Evaporation from it takes place slowly; thus chill is avoided.

Wool is certainly the safest material to wear in the winter. It should be light and loose. It is a great protection to the vital organs of the trunk—yet you know that in the tropics our soldiers are obliged to wear woolen abdominal bandages. A great advantage of wool comes in the air which it holds in its meshes. This is the principle on which the mesh undershirts are made. Any material, no matter what it is, woven so as to be loose-meshed will retain its interstices a layer of air which is a great protector.

In the summer, although a very thin weight of wool can generally be worn with comfort, and certainly with advantage in our changeable climate, cotton, linen, and silk all have their place. It is generally the girls in temperate climates. Cotton a warmer than silk. Silk stands next to cotton for warmth.

When material is porous, it allows emanations from the skin to pass out through it. Wool readily absorbs perspiration. This should be remembered, and the resultants should be taken, therefore, to keep it sweet and clean.

AIR CLOTHING WELL

Nothing worn next to the skin should be frequently washed. In order to remove the fatty and saline matters which are thrown off by the skin, as well as any microbes which may be there, clothing should be well aired. Damp clothes offer an excellent soil for microbes, and are favorable to certain skin diseases. Never wear at night what you wear in the daytime. Take each article, shake it well and hang it over a chair by itself so that it can air for hours.

The union suit is the hygienic shap for the first garment. Two of its advantages are the even distribution of weight and the lack of awkward fulcrum at the waist.

Begin now advocating any system of clothing, but it is well for you to study the question intelligently for yourselves, and to arrange your manner of dress so that you will wear as few heavy clothes as possible. In the winter the equestrian tights will give you warmth, and you can dispense with all else. In the summer, a light, airy, and well-fitting shirt should be so hung that you do not feel its weight, it may be fastened over only at the hips. You may also wear a corset waist for this purpose.

Every bad habit that many girls now have is that of pressing the waist line down. This may look "stylish" to you, but it is certainly not good for your physical or mental health.

You may lose supporters, they should not be fastened to a waist band; they must be so adjusted as neither to press down the shoulders nor press on the abdominal wall.

Wearing corsets, you have probably heard much discussion as to how they can be worn. Personally, I do not approve of them, though they are held to have certain advantages. Great benefits in these garments have been made in recent years.

One of the various health waists well substituted for the corset. However, take care if you wear these waists that they are not too tight. You may cultivate "Nature's corsets." If you are of the muscular variety, strengthen all the muscles of the trunk—especially those of the waist. If you had seen, as I have, deep grooves in the liver of a woman who has worn tight corsets for years, you would learn not to "break down" when you don't wear them. The ordinary corset acts to your body as a "strait jacket" and weakens the activity of your lungs is impaired. Examinations made by a master of

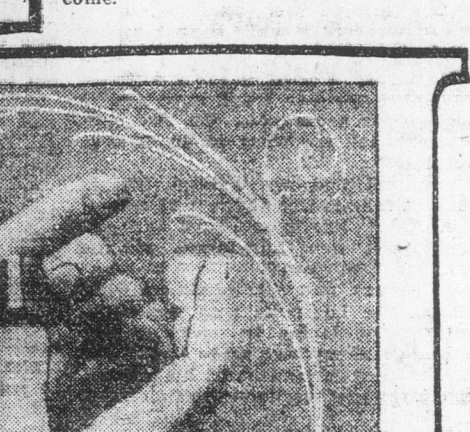
ALMOST every woman has an instinctive yearning for tapering finger tips. Undoubtedly they add much to the beauty of the hand, and if the finger ends are thick and chubby the general appearance of the hand is marred. Much may be done by shaping the nails properly. In my opinion, the best effect is obtained by making the nail follow the line of the finger end as nearly as possible.

The French women have always taken great pride in tapering finger tips, and to this is probably due the invention of little devices for training them in the way they should go. They are little things, like steel thimbles, and are lined with soft felt. There are different sizes for the various fingers, and these are adjusted by pressing them to the desired size.

The pressure should not be hard enough to cause any discomfort. Of course, results are not at once visible, but by continually wearing these little devices at night, and as often during the day as convenient, even very thick finger ends may be trained into a much more tapering effect.

Feeding Children

UP TO THE year of 18 children are much better without tea or coffee. Milk or milk and water is far better. Neither should pickles nor condiments of any kind except salt be allowed, and meat should only be allowed once a day. If children were more carefully fed, instead of being allowed to eat anything that is provided for their elders, there would be fewer dyspeptics in the years to come.



Feeding Children

Manner of Adjusting

Mrs. Symes' Advice to Correspondents

SWEET SIXTEEN—Try bleaching your neck with peroxide of hydrogen. Put a little in a saucer and apply with a soft cloth, taking care not to get any on the hair, as it will change the color.

READER—Following is the lotion for oily hair to which you refer:

Lotion for Oily, Damp Hair.
For greasy, moist hair the following is an excellent drying lotion. It used daily it tends to produce a crispy condition and an abundant growth of hair.

MELANINE—The Vaucaire Remedy is for best development only, and will not produce fat on any other part of the body.

K. G.—Try the following paste for removing your stubborn freckles:

For Obstinate Freckles.
Oxide of zinc, 1/2 dram; suboxide of bismuth, 1/2 dram; ceresine, 1/2 dram; stearine, 1/2 dram. Mix and apply to the freckles at night before going to bed. In the morning remove with a little powdered borax and sweet oil.

E. Q. Z.—If your own drugist does not keep the almond milk, get him to procure it for you from a firm in one of the large cities.

A. C. T.—I repeat the formula with pleasure.

Orange-Flower Cream.
Oil of sweet almonds, 4 ounces; white wax, 2 grams; spermaceti, 6 grams; borax water, 2 ounces; orange-flower water, 2 ounces; oil of sandal, 1/2 ounce; oil of bergamot, 1/2 ounce; oil of petit grain, 1/2 ounce.

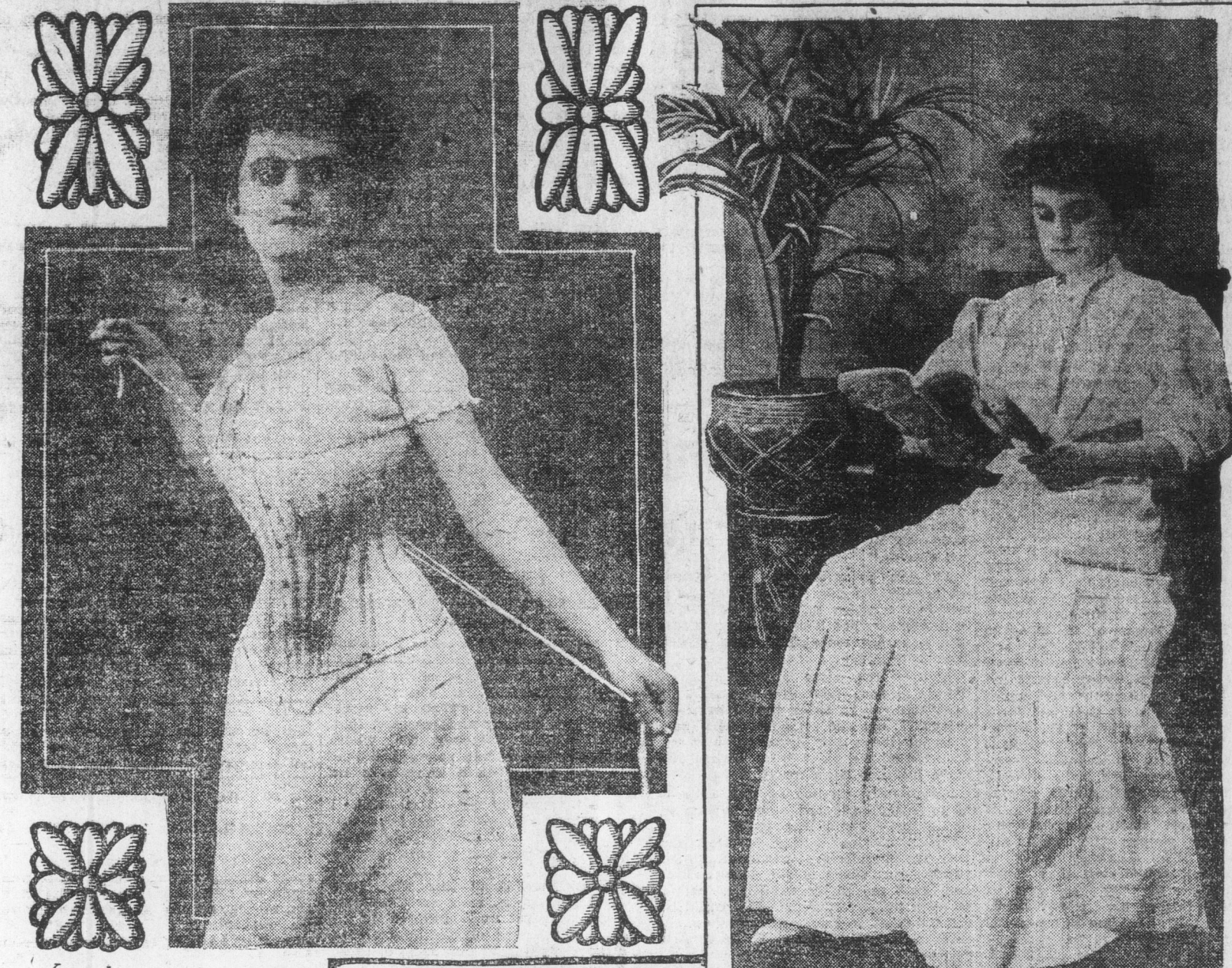
Melt the first three ingredients, add the glycerine to the orange-flower water and mix with the borax in the mixture, then pour it slowly into the blended fats, stirring continuously.

Dirty Soles on Hands
My husband is a machanic and in working gets his hands covered by dirty grease, which it is impossible to remove, regardless of how hard he scrubs or soaps them. It settles deep into the cracks and will not come out. Can you inform me through your paper of any preparation which will remove this grease? He used several kinds of machines, but none of them got all of the dirt out.

Mrs. A. S. H.
Your husband should use borax in the water in which he washes his hands. This with a good soap should remove the grease and dirt. Afterward apply the lotion recommended to interested for removal of stains.

To Remove Stains From Hands
I am a gentleman reader of your column, and feeling as I do, the good advice you give to others, I take the liberty of asking you to prescribe something to whiten my hands. It serves me more for sugar beet, for 1 ounce water at a sugar factory.

To soften, whiten and remove stains from the hands use glycerine and lemon. Put into a bottle two ounces of glycerine, two ounces of water, four table-spoonfuls of lemon juice and a few



Ideal summer corset

THE woman who can not only keep cool, but look cool during the hot summer weather, accomplishes two important things. She secures her comfort and she is a benefactor to her sex, for those that look at her cool countenance upon seeing her cool and calm under these trying conditions of the weather.

Dress, of course, is an extremely important thing in accomplishing a state of looking and feeling cool. On the subject of underclothing there is a difference of opinion. Linen is undoubtedly the coolest material to put next to the skin, and when in the form of linen meshed garments, which allow the perspiration to pass through freely, is very desirable. However, in our variable climate lightweight woollens are often advisable. They come very thin, women and lessen the danger from sudden cold or chilling.

Much comfort may be gained by substituting a lightweight corset for the one usually worn. There is an ideal corset made of lightweight porous material, free from stiffness and having only the number of bones absolutely necessary.

It is a good rule in summer to have no clothing tight enough to leave a mark on the body. One accessory of dress which is the undiscovered cause of many a hot, flushed face and feeling of great discomfort is a belt that is too tight. When this is of leather, it is particularly objectionable, as it excludes all possible air from the part of the body, and makes a small torrid zone that affects the whole system. The body too warm nearly every woman may obtain a supply. There is an endless number of dress-stuffs that are cooler than black or dark colors should be borne in mind when making a selection.

If a woman's means are limited and washing is an extravagance to which she dare not pander, a thin silk of dark color should be worn.

Don't, if you can possibly avoid it, weigh your body down with a heavy corset. A corset of leather, it is particularly objectionable, as it excludes all possible air from the part of the body, and makes a small torrid zone that affects the whole system. The body too warm nearly every woman may obtain a supply. There is an endless number of dress-stuffs that are cooler than black or dark colors should be borne in mind when making a selection.

One of the foremost things necessary to the woman who would appear cool is the power to control her feelings. It is the simplest matter in the world to look cool swinging in a hammock under a shady bough, dressed in a cool white dress; but it requires self-control to look cool in summer to the glare of the heat and sun.

Every woman should make up her mind not to be worried by trifles during the summer months at least. Unless you do this you will find that you are cooler than black or dark colors should be borne in mind when making a selection.

Good looks which is so much to be envied.



White is coolest

Light weight woollens are advisable

Beware of tight clothing

The dose is two spoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

Too Fat
Having been a constant reader of your column for some time, I thought I would come to you for advice about my stoutness. I am a girl 24 years old and weigh almost 200 pounds. Could you please tell me what to do in order to get thin? For you know, that is too much for so young a woman to weigh. I cannot understand what is making me so stout, as I eat but very few sweet things, and I also have lots of exercise, as I do the housework for three brothers and myself. If you will please tell me what to do to reduce my fat, you will be greatly obliged.

IRVING.

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. Skimmed milk may be drunk. Hot water is an excellent substitute for other drinks. Add a little of the juice of 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 wish, go to one of the institutions where mechanical massage is excellent. Several of my correspondents report good results from this method. It requires the vigorous exercise they require. The system is thoroughly wholesome and does not recollect in that fat is carbon. Oxygen decomposes it, and carbon is exhaled. 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.



Remedies for the Hair and Face

a dose and how often, I am troubled with impurities of the blood working out in the face, and will appreciate your advice. How many bottles do you think I should use?

Do you think this blood purifier will stop my face from breaking out? Nothing that I have tried will prevent these formations, and I wish you would advise me what to do for them. I want something that will prevent my face from breaking out this way, and not to cause it to break out as some things I have tried have affected it that way.

Take three teaspoonfuls of the blood purifier at one dose, preferably in the morning before eating. This will probably drive the impurities from the blood and make the eruptions on your face a little more frequent at first, but if you persevere with the treatment and use the cream for which I am giving you formula, externally, I feel sure your complexion will soon improve.

Fossil Cream for Pimples.
Lanolin, 3 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide zinc, 1/2 gram; extract of violet, 10 drops.

To Cure Danaruff
I would like to get a remedy that will stop danaruff and falling hair. I have tried almost all the patented remedies that I know of, but they seem to do no good. So I thought I would seek assistance from you, as I know a great many have been benefited through your paper.

N. T.

To Remove Danaruff.
Tincture of carboxylics, 1 ounce; liquor ammonia, 1 dram; glycerine, 1/2 ounce; oil thyme, 1/2 dram; rosemary oil, 1/2 dram. Mix all together with six ounces of rose-water. Apply to the face with this preparation until no further evidence of danaruff is noticed.

Pores Very Large
Will you kindly give me advice how to treat my face for enlarged pores? I think it has been caused by an injudicious use of facial paint and powder, without first having applied cream.

Use a little borax in the water in which you bathe your face, and apply the following lotion:

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

To Remove Wrinkle
Will you kindly give me recipe for a wrinkle cream for the forehead? I have a wrinkle in my forehead, and would like to know what to do for it.

To remove the wrinkle at side of your mouth massage it persistently, using a good cream. The more exercise the better. Apply with a piece of old linen or absorbent cotton.

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