Thom to be Healthy

and Beautiful ??

In Nature's Gymnasium.



A USEFUL INVENTION, OF THE FRENCH COIFFEURS



RUST the French for meeting promptly every emergency of fashion, and usually without much expenditure. The latest tax upon this ingenuity was the discovery of a way to accomplish the present high coiffure, which must round ent high coiffure, which must round upward without other break than its great regular waves. Hence, no more of the faithful side comb, rendered useless by its weight.

The French "coiffeur," thus tried, was not for a minute found wanting. To appreciate his efforts it is best to describe minutely the cause that led up to such satisfactory results.

The primary part of this latest coiffure follows out a method that has been for some time in use: A part is described around the head, about three inches from the edge of the hair, dividing off the centre portion. This latter is, as usual, arranged in a tight knot, not unlike a pincushion on top, while the outside portions the world in back is taken up

ed in a tight knot, not unlike a pin-cushion on top, while the outside por-tion much ruffed in back, is taken up very loosely, though its ends are tightly twisted about the top knot.

'French women prefer to use a "crepe" of false hair instead of exhausting their patience on a careful combing out, for in careless combing, not ruffing, which is unjustly blamed for it, does the breaking usually oc-

Americans, however, seem to retain a certain disdain for false hair, looking at it in an entirely different light from the hones that you their French sister, who hopes that you will adjudge her coiffure pretty, and gives no further thought to you or to its Whether the foundation be false or

Whether the foundation be false or real, it is now ready for the "chi-chi" of loose curls, or puffs, that is at this stage lightly pinned on top. It will be seen the hair so loosely gathered up is inclined to fall away in a flat, ugly manner, while in profile it often has a curious way of standing off from the forehead. forehead. How to get the right shape was the

how to get the right snape was the burning question. Sidecombs only added to the trouble, and the very longest hairpin was not nearly long enough. The obvious thing seemed to be to make one longer. And this the French coiffeur

very simply showed us how to do-by taking an ordinary hairpin, straightening out the middle bend and arranging a hook at one end—going back to the stiletto principle.

A hairpin so fashioned is five or six inches long, so that when it is pushed through the pempadour there is an end which is stuck into the tight knot, with long enough purchase to hold the angle at which it is adjusted. This angle holds the hair out and upward at the sides and against the forehead in front.

If the hair were taken away, there would be found a semicircle of pins resembling the half of a halo—the whole of which is merited without question by the inventor who has obtained for us that most grateful of all things, a comfortable, secure hair dressing.

For the bending process has made even those tiresome little objects known as invisible hairpins eminently useful. By arranging a tiny hook in one end they will hold quite permanently the invisible net or rebellious lock, instead of slipping into your eyes or down your neck at a fatal moment, according to their former habit.

E. D. hook at one end-going back to the sti-

Mrs. Symes' Answers to Correspondents

Run Down and Nervous I WAS reading advice to correspondents in your columns of how to gain flesh. I am losing flesh all the time, and have no appetite. I now weigh only 109, and my usual weight was 123 or 125. I am run down generally, nervous, and everything annoys me greatly. Do you recommend Dr. Vaucaire's treatment for me?

Mrs. D. H.

PARIS. '06.

Here are some facts and rules that To Gain Flesh Generally.

To Gain Flesh Generally.

Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this, naps during the day if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health as sleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar; potatoes, fresh, sweet butter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar; such as corn, sweet potatoes, beans, peas, foods of the macaroni and speghetti kinds, fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe any one can gain flesh if there is an internal discase; certainly not if there is any tendency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and fails in another, a gymnastic course is advised. There is nothing better than bicycling, unless it may be a regular gymnastic course. In order to pursue the latter properly, the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercises prescribed by the attendant physician. These gymnasium, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper part of the body, swimming is also an excellent exercise. Walking is aiways wholesome. The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her reves to get the better of her.

Wants Jet Black Hair

Can you tell me of a harmless prepara-tion that will turn dark brown hair to jet black in color?

Will peroxide of hydrogen whiten the skin of face and neck?

The formulas that dye hair a jet black The formulas that dye hair a jet black are so strong that I do not recommend their use by an amateur. If you wish to bring your hair to this shade, I advise you to secure the services of an expert hair specialist.

Peroxide of hydrogen will bleach the acc and neck.

Cure the Disease First Will you please repeat the prescription for restoring gray hair to its natural color? You referred one correspondent to another column; I looked for it but could not find it. As my eyes are weak I may have overheaded it. I am 35 years old. For the last over years my hair has been turning gray

and falling out. At first I had erysipelas, that started it. Mrs. W. G. that started it. Mrs. W. G.

Before attempting to use the physician's prescription, I advise you to take steps toward restoring the health of your hair. Try this tonic and see if you cannot arrest the falling of your hair.

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; grams.

Apply to the roots of the hair with a soft sponge once or twice a day. sponge once or twice a day.

Why do you object to your gray hair? There is nothing more beautiful, even in a woman of your age, than soft, thick, glossy gray hair, with perhaps a wave in it. Why not try to attain this, and not tamper with dyes? With care you can bring your hair to this enviable condition, providing, of course, the disease you speak of has been cured.

- To Reduce the Ankles

Would you please tell me what chemicals I should use and what exercises are good to reduce the ankles and make the calves smaller? I am very willing to diet if you think that also advisable. M. B.

To adhere to a diet will reduce your flesh generally, but not affect any special part; but perhaps your whole body is over weight. I would advise you to bathe the ankles and calves in clear alcohol alternating with warm vinealcohol, alternating with warm vine-gar. The following recipe may also

Fomade to Reduce Fat. Iodide of potassium, 3 grams; vaseline, 50 grams; tincture of benzoin, 20 drops.

Make into a pomade and rub over the fat parts twice a day.

You should abstain from food that is especially fat forming—cereals, potatoes, corn, beans, etc. You should also avoid sweets of all kinds.

Massage Unnecessary I once read in your column a recipe for reducing the bust which you also said could be used on the face for the same purpose. I am well proportioned, except that I have a very fat face, and so would ask you to please advise me. I would also add that I do not care for massage, unless it is necessary in connection with the lotion.

C. A. H.

In the answer to "M. B." you will find the pomade to reduce fat. This is probably the recipe to which you refer.

Thin Hair I would like to know very much how I could reduce my bust, as it is very large in proportion to the rest of my body. I have tried the applications of cold water, but it does not seem to take any effect. How long before there is a result?

Try the pomade to reduce fat, given in the answer to "M. B." Continue the applications of cold water. With almost all exercises, remedies and treatments, persistence is the key to the situation. And the length of time before success is reached is almost always indefinite.

Below is a tonic that I think will help the growth of your hair: the growth of your hair: Tea Hair Tonic.

Black tea as a basis for hair tonic is successful in many cases. Formula: Bay rum, 2 ounces; glycerine, 2 ounces; alcohol, 2 ounces; infusion of black tea, 10 ounces. alcohol, 2 ounces; infusion of black tea, no ounces.

Mix and perfume to suit. The tea infusion should be made very strong, say an ounce of tea to ten or twelve cunces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients; apply with a soft sponge to the roots of the hair. It will darken blond hair.

Hair Turning Dark

Will you please let me know what I shall do for my hair? It is losing its natural color. It was brown and it is getting very dark. I also have several gray hairs. I don't like to use a dye of any kind. I would like to know of a good shampoo. J. S. M. I would advise you to use the following shampoo, which will do much toward keeping your hair light: Shampoo for Light Hair.

White castile soap, in shavings, 1 ounce; water, 24 ounces; pcta.sium 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 roots. Rinse therou Use this shampoo once in two weeks. If such frequency makes the hair too dry I will give you a lotion to keep it soft and of proper oiliness. Do not trouble about your gray hairs. That is the least of ills that could befall your

Treatment for Bunions

I have been using one of your recipes for bunions. It is carbolic acid, glycerine and iodine. It has taken all the soreness out of my bunion, but it hasn't taken the swelling down. Will you please tell me if it is only to take the screness out? Or can you tell me something to take the swelling out too?

A. G.

The swollen joint is due to the long pressure and irritation to which it has been subjected. It has grown out of shape. With patience I think you can shape. With patience I think you can bring the joint to its natural size. Wear a very soft, comfortable shoe. Never allow the least irritation or exposure to inclement weather. Bathe every day

with clear alcohol, alternated with rubbings of pure cold cream. A Red Blotch

3

Sac.

Chimbing

into play.

Unused

calls many

muscles

Will you kindly give me something to remove a red blotch on the side of the nose. it having been there for eight months, and greatly oblige F. W. B. I do not understand the nature of this annoyance. Is the skin smooth and unbroken? And what is the degree of redness—dull, bright or bluish? Give me more details before I can suggest a

No Danger of Discoloring Will you kindly tell me whether your hair grower of bay rum, witch hazel, salt, hydrochloric acid and magnesia will cause white hairs to turn yellow or discolor them?

My hair is just sprinkled with white, while I need some good tenic to make it grow, and your recipe did look good. And will you also kindly tell me how much magnesia is to be used?

Mrs. H. P. L. The tonic you mention will not discolor gray hair. This happens when gray hair is not sufficiently washed. Because of its light color it requires about twice as much care as darker shades. I cannot tell you the exact amount of magnesia required in the preparation of this formula; if you are not sure as to how to haudle it, you might better ask your druggist to fill the prescription. He will know just what to do.

Wrinkles Should be Overcome Your beauty hints have greatly interested me, and I would like to ask a few questions. I have a rough, yellow skin and deep wrinkles at the corners of the mouth, but take massage once a week. Do you think, in time, the lines about the mouth will disappear by my continuing the treatments? In addition to this, I use a splendid cold cream every night, but before using the cream bathe the face with the best quality castile scap and hot water, then cold water.

I am 36 years old. If you can give me any good advice, I would like to have it.

Be candid, as I desire a good skin, and hate wrinkles.

G. B. V. Be candid, as I desire a good skin, and hate wrinkles.

If you have confidence in your specialist and she is giving you the proper treatment, the wrinkles should be overcome in the course of time.

The assistance you give her at home with cold cream, etc., is excellent. But neither she nor I can help you if, by your facial expression, you do not seek to correct the trouble yourself. Sometimes a persistent expression will defy all means to smooth out wrinkles.

You say your skin is yellow. Is your liver in good condition? If not, you cannot be helped until it is.

Since you are in the hands of this specialist, I do not care to give you much detailed advice, for it is not wise to confuse treatments. to confuse treatments.

1 30 00

To Remove Freckles

Would you please give me the formula for removing freckles quickly? And after they are gone will they stay away? Will Dr. Vaucaire's remedy make a person fleshy? I had his formula filled today for my bust, but what will make me fleshy all over? Below I give you a formula for freckies. I cannot promise that its effects will be permanent, for some skins are more easily freckled than others. However, many of my correspondents are quite willing to repeat the treatment if occasion requires.

Dr. Vaucaire's Remedy affects no part of the body other than the bust.

Whitening Paste for Freckles and Brown Spots. Salicylic acid, 60 grains; bay rum, 6 eunces.
Label. Apply night and morning with a soft cloth or sponge. This lotton soon produces a slight roughness of the skin, which should be subdued by the use of glycerine

woods for her back yard, but when you can get into a real woodsy place a thousand exercises rost themselves which can be conif in gymnasium costume, so much the better.
Climbing trees calls many a muscle

A bent sapling makes a good bar.

Climbing trees calls many a muscle into play that is rarely exercised, and a dozen varieties of the usual climbing may be developed from a beauty standpoint. If your hips and abdomen are large, for instance, force yourself to do most of the actual work with your legs, using your hands only to guide and to steady yourself with. This is a very difficult exercise to practice, but one that brings about splendid results.

If, on the contrary, it is chest and arms that you wish to develop, let arms that you wish to develop, let your arms do all the work that they will, swinging yourself from limb to limb. And—though this will be a later development, because rather a severe form of exercise—even learn to draw yourself up, by your arms, from a lower limb to an upper, exactly as an athdoes with parallel (and single)

Young trees-so young that their Young trees—so young that their "spring" is their strong point—provide means for a splendid game and exercise rolled into one. Climb the tree and then gradually work yourself out to the end, "hand walking" most of the way. If

bend way over under your weight. Then drop just enough to keep it from being anything of a shock.

Grapevines permit of splendid swinging, and rail fences offer endless opportunities in the shape of vaulting and jumping, and even of walking along the top, using another rail by way of a balancing pole. This last, while not so much a tax upon the muscles is a good much a tax upon the muscles, is a good exercise for promoting grace—and a steady head and a quick eye are both developed.

A strong, stout pole and a little brook A strong, stout pole and a little brooks suggest the long swinging jump across— sure to result disastrously in a drench-ing if you are the least bit clumsy. A grapevine that grows close to the water's edge may be used as a primitive sort of bridge, while the swinging across is good exercise.

Take the delicate child, who prefers Take the delicate child, who prefers books to a romp, and who mopes about the house in a half irritable, thoroughly moody way, and make her do her exercises in nature's gymnasium.

It will be an effort at first, and timidity will make a task of it for the child. But, in a little while, the timidity will give way to a delight in accomplishing feats that will bear fruit in the shape of rosy cheeks, bright eyes and a gratifying increase in health.

On Care of the Face and Hair

Successful Formula

IS THERE such a thing as a harmless dye for dark brown hair?

I am still young, but the white hairs are becoming quite noticeable.

If you could give me a recipe you would greatly oblige. The formula below has been successful in a number of cases, and is quite harm-To Restore the Natural Color of

the Hair. CA physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerine, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ½ ounce.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose.

To Remove Tan

I have been a constant reader and would like to ask about Dr. Vaucaire's treatment. I am quite plump, except my bust, which was never large after nursing my baby, I would like to try this treatment if it is not harmful. I am perfectly healthy. What can I do to whiten my arms, which are tanned?

How long do you have to take Dr. Vaucaire's treatment before you get results?

M. D. H. Dr. Vaucaire's Remedy is quite harmless. The time required to obtain results from its use varies widely in different people.

Peroxide of hydrogen is excellent for removing tan.

Bathe the skin with it night and mornallowing it to dry on. Use a soft

Don't Overdo Massage

I am 30 years of age, and would like to preserve my appearance, as I think it every woman's duty.

Would you advise the use of massage to keep back the wrinkles and preserve the health of the skin?

Would you advise the use of a skin food? My skin is naturally dry and consequently, I suppose, wrinkles easily. Any experience I have had with skin foods and cream has always made my face feel dry, so I have avoided them; but perhaps you could tell me something that would agree with it and not promote the growth of hair. Is massage beneficial without a cream or skin food? Is cocoa butter injurious to use?

A SUBSCRIBER.

Proper massage will do a great deal Proper massage will do a great deal to keep your skin smooth and healthy. But this treatment is often overdone, and the result is a flabby, lifeless skin. You are right about a dry skin wrinkling easily. If you use a good skin food that softens and invigorates the skin it will greatly aid in the treatment. The will greatly aid in the treatment. The following is an excellent formula. Rub it in twice a day, using motions that will smooth out the wrinkles.

It is well to form a habit of smooth ing the wrinkles gently with the finger tips many times during the day without the cream. This cream will not promote the growth of hair. Massage Cream.

Lanolin, 2½ ounces; spermaceti, ¾ ounce; white vaseline, 2½ ounces; cocoanut oil, 2 ounces; sweet almond oil, 2 ounces; tincture of boyers by 4 days. ounces; sweet almond oil, 2 ounces; tincture of benzoin, ½ dram.

Meit 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.

Cocoa butter is not in any way injurious. It is a great flesh builder and good to use if your face is too slender.

A Good Head of Hair I used to have plenty of hair, but I have had thick dandruff a long time and cannot get rid of it. It causes my hair to fail out by large combrids. Would you please tell me what to do to get and retain a good head of hair? There are plenty of advertisements, but I would like to know of something really good that will give a luxuriant growth

something really good that which since riant growth.

I am very much sunburnt. Will you please tell me, in your beauty page, what will remove it? There is some remedy that will remove in a few applications, and I would like to know of something good.

KATHLEEN. To Remove Dandruff. Tincture of cantharides, 1 cunce; liquid ammonia, 1 dram; glycerine, ½ cunce; oil thyme, ½ dram; rosemary oil, ½ dram. Mix all together with six cunces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

When the dandruff is removed completely use this tonic: Hair Grower. Bay rum, 7 ounces; distilled witch hazel, 9 ounces; common sait, 1 dram; hydrochloric acid (5 per cent.), 1 drop; magnesia, chloric acid (5 per cent.), I drop; magnesia, sufficient.

Mix the bay rum and distilled extract of witch hazel and shake with a little magnesia. Filter, and in the filtrate dissolve the salt and add one drop of hydrochlorio acid.

The magnesia will cause the preparation to turn quite yellow, but the yellow will disappear when the hydrochloric acid is added.

Apply at night to the roots, with friction.

Tansy Tea and Buttermilk I want to know if the tansy you buy at the druggists' can be used the same as that which grows in the field. Will you give me directions? I have heard that tansy and buttermilk are very good. J. L. M.

The tansy at the druggists' is the same as that growing in the fields, only the former is dried. Perhaps you would prefer to have the green herb, just as you gather it.

Tansy tea and buttermilk are very good for the skin. Knowing the exact quantities to be used is not important. Just make an infusion of the tansy leaves and mix it, about half and half, with the buttermilk. It makes a good skin wash.