

# HEALTH and BEAUTY SUGGESTIONS

## To Reduce the Size of Ankles

When the legs and ankles are not in proportion reduce the size of ankles with this exercise. Standing erect, feet firmly on the floor, raise the body slowly until you stand upon the toes; do this ten times night and morning.

## Hot Bath

When haggard from fatigue try the value of a hot bath as a pick-up. If a little vinegar or cologne be added the refreshing qualities are strengthened.

## A Day in Bed

When overdone either from work or pleasure try how different life will look after a day off in bed. There is little danger of bad breakdowns for the person who makes it a habit to have occasional let-ups.

## A Face Bleach

Wash the face in a pint of cider every day for nine days, then steam it and the result will be a white skin, all blemishes no deeper than the skin gone, even freckles, tan, windburn, etc.

Warm cider used as a daily wash will remove light freckles; darker freckles may be taken out with vinegar, but this must be removed with warm water, lest the acid burn the skin. Apply cold cream after. Some women use a cut lemon from time to time to whiten the skin.

## To Use in Case of Burns

A free application of soft soap to a fresh burn almost instantly removes the fire from the flesh. If the injury is very severe, as soon as the pain ceases apply linseed oil, and then dust over with fine flour. When this covering dries hard, repeat the oil and flour dressing until it cracks and falls off, as it will in a day or two, and a new skin will be found to have formed where the skin was burned.

## A Simple Suggestion for Coiffure

Tying a thin veil over the coiffure, after the locks have been

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arranged will deepen the natural wave, for the mesh must be pressed down closely. It should be put on as a cap, knotting the two ends in front at the top of the pompadour. However, care must be taken that the hair falls into waves under the restricting cover, and as the veil is transparent there is no difficulty in determining this. After fifteen minutes or so the veil may be untied and the hair softened by running the comb gently through the tresses.

### Cleaning the Face

After a dusty ride or day in the air cold cream will clean the face and neck better than soap and water; rub it on generously, and rub it in with the finger tips; wipe off with cheese cloth or absorbent cotton, and then with old linen (worn out table napkins are nice for this) wet in cologne or Florida water, wipe thoroughly over the face, and then use just a trifle of cream to prevent too much dryness, massaging it in well, over this dust on powder.

If possessed of a very greasy skin, rub it with borax prepared with water; everyone with an oily skin should keep a bottle prepared of filtered water in which powdered borax is thrown, as much as it will take up. If of a very oily skin, allow this to dry on, otherwise rinse with cool, not cold, water.

### Cold Cream for a Dust Remover

Vaseline or a good cold cream is the best dust remover, for it penetrates all cracks, softening instead of hardening the matter. If a fluid soap be used directly afterward the grease is quickly extracted, bringing the foreign matter with it.

In cases of extreme soil mere washing leaves the skin in a dingy condition. This is the explanation of many unsightly hands and a defect that is easily remedied.

Among other oily applications as beneficial as vaseline for this purpose is sweet almond oil or soft cold cream. The necessary feature of these is that the applications must be either liquid or one that liquifies quickly or it will not be a dust collector.

Always in winter before going into the street a thin coating of cold cream should be rubbed over the cheeks and chin. The merest atom on the finger tip may be smoothed over, so that a slight

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amount of cream covers the whole surface, neutralizing the unhappy effects of temperature. After that powder may be dusted on. Then when leaving the house the skin should be rubbed with an astringent lotion that will remove the dust from the pores, yet will not increase the amount of grease. For this lettuce water is excellent and can be made at home at any season.

To prepare this lotion an entire head of the vegetable is separated and washed carefully. The leaves are then placed in a new agate or porcelain saucepan, and gently warmed, when the natural liquid, or juice will begin to be extracted. Warming must be slow, and the pulp kept at a high temperature, without simmering, for half an hour. The mass must then be strained through cloth, and for every teaspoonful of juice thus obtained ten drops of tincture of benzoin should be added. The essence may be diluted and made more astringent by adding double its quantity of high proof alcohol.

A liquid balm agrees better than powder with some persons' complexions during cold weather. This is made from two drams of pure oxide of zinc, one dram each of glycerine and orange flower water, five drops of tincture of benzoin and eight drops of essence of violets. The zinc is only covered with orange flower water and stirred. The glycerine and benzoin are put together, adding the rest of the orange flower water, the two mixtures then being mingled.

This preparation is shaken before being put on the face evenly, with a soft linen cloth. It should not stay on over night. It is harmless if washed off before retiring.

The simpler face powders are the less apt to harm the skin. The idea that powders per se are injurious is a mistake, unless they contain powerful ingredients. Their possibility for harm lies merely in the fact of clogging the pores, and this will roughen and eventually ruin the complexion. But if the pores are freed regularly from the impalpable dust and permitted to breathe there will be no trouble. Therefore washing at night becomes imperative for those who would have their skin soft and smooth.

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### The Summer Freckles

Lemon juice rubbed on and bathing with buttermilk are old remedies potent with some persons, but other skins need more than merely gentle treatment, and for these the old-time Dr. Erasmus Wilson recommends a preparation of Elderflower ointment, 1 ounce; sulphate of zinc, 20 grains.

Mix well, rub into the skin at night, wash off in the morning with a good soap and hot water and then apply a lotion of suffusion of roses,  $\frac{1}{2}$  pint; citric acid, 30 grains.

This can remain on all day and the treatment repeated until the freckles are off or very dim.

### Receding Gums

Good teeth are requisite for both health and good looks. Go to a dentist and have the tartar removed from under and around the gums, then use table salt on the gums several times a day. Scrub the teeth downward, never crosswise. The teeth should be cleaned before breakfast, after each meal and before retiring.

### Care of Hands

The hands are so much in evidence that they need the best of care, and a pretty hand can be made very effectual. Hand exercises from the wrist to limber up the wrist are taken; any one who has seen Bernhardt's gestures will realize all they convey, their grace and meaning; the wrist so supple, the hand full of grace. This will only come with practice.

A scouring brush should be used with a mild soap and lukewarm water every night, and apply it vigorously, drying the hands thoroughly; use a teaspoonful of borax to a basin of water.

Lemon juice and buttermilk will bleach the hands, and the former, or a cut tomato, will remove any ordinary stain.

### To Soften the Hands

Keep a dish of Indian meal on the toilet stand near the soap and rub the meal freely on the hands after soaping them for washing. This will cleanse and soften the skin.

### To Clean Hands

When the temperature is too high the tendency is to dry the skin.

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Any simple soap may be used, but strong kinds should be avoided. A nail brush is necessary, and an inexpensive one will be as cleansing as a costly one.

As soon as the hands are wet they must be lathered, and then the brush rubbed over the soap and the palms and backs scrubbed, brushing so the skin will not be irritated, yet sufficiently brisk to take out the dirt.

### Snowy Hands

Snowy hands are produced by dipping them in almond oil; let them absorb all the oil, and then dip them in French chalk and wear a pair of loose old gloves that night. Another plan is to wash the hands in peroxide of hydrogen, letting it dry on them, and then rub on cold cream and wear old kid gloves. In the morning wash off with lemon juice, vinegar or cider, hot water, and then a disappearing cream.

### Stained Hands

Cream of tartar will remove dye stains from the hands. Rub with soap and apply the powder thoroughly.

### Wash Hands in Grease

It is not enough to wash the hands just before going to luncheon, for the prettiest materials in the shops soil the skin, while ledger work or typewriting makes the skin grimy after a few moments' work.

Yet it takes less than five minutes to get them into condition if the pot of grease is kept near the washstand and is used in liberal quantities, as for instance, a lump the size of an English walnut at each cleansing.

To apply this it is put into the palm of one hand and then the same motion as in washing is gone through, special attention being given to the finger tips and nails. This takes about half a minute. If no other grease is at hand kerosene oil may be used. Indeed machinists use petroleum in this form very often to cleanse the hands, and the fastidious woman will doubtless be surprised at its efficacy. Then the hands must be dipped into warm, not hot, water.

### To Whiten Hands

A very good bleaching paste can be used at night, avoiding the nails, with a pair of kid gloves worn over it. The paste—rosewater and

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powdered myrrh, each 1 oz.; honey, 4 oz., and yellow wax, 2 oz.; sufficient glycerine to enable one to spread as a paste. Melt the wax, add the myrrh, beating well, and gradually add the honey and rose-water.

Soaking thin hands in warm olive oil for half an hour every day will fatten them. Always bathe the hands in warm water before using any improver, so as to open up the pores. After an oil soak, wipe dry and use prepared chalk as a powder until obliged to wash them free from oil.

### To Soften the Hands

Before retiring take a large pair of gloves and spread mutton tallow inside, also all over the hands. Wear the gloves all night and wash the hands with olive oil and white Castile soap in the morning: after cleansing the hands with soap rub them well with oatmeal while still wet.

### To Cure Dandruff

Take a thimbleful of powdered refined borax, let it dissolve in a teacupful of water; first brush the head well, and then wet a brush with the solution and rub the scalp well with it. Do this every day for a week and twice a week, until no trace of dandruff is found.

### Hair Pulling in Order

The latest thing in promoting woman's glory crown is systematic pulling of the hair. The most scientific pulling, that which is supposed to give a tingling sense of life to the scalp and promote a luxuriant growth of hair, must be in steady, even, but rather brisk pulls.

Take a small strand of hair in hand, pull it firmly but sharply enough to make the scalp tingle, but not irritate it. Keep this up all over the head until the scalp is glowing and pink.

Ten minutes of hair-pulling each morning is said to not only strengthen the hair, but to give it new luster.

### To Improve Hair

The best shampoo for oily hair and dry scalp is an egg shampoo, made by adding one ounce of cold water to one well beaten egg; rub mixture well into the scalp and on the hair, rinse in warm water, then

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cold water, dry thoroughly, apply the tonic and massage the scalp for ten minutes. Each night use the tonic and massage for ten minutes.

### Stiff Hair

The first remedy for a woman whose hair has begun to be stiff is to experiment with slightly oily liquids until she finds one suitable. A lotion made from one tablespoonful of glycerine, half a pint of rose water, with ten drops of tincture of benzoin added to prevent the glycerine becoming rancid, is excellent.

This mixture should be used after the hair has been made ready for dressing by removing all the tangles. This done, one should put about half a teaspoonful of the mixture in the palm of the left hand and rub the right into it. With both hands the hair is gently rubbed and patted smooth from forehead to neck, oiling it, but so slightly that the application is not visible. Afterward dressing proceeds in the usual way. Occasionally a woman should use a slightly wet brush after the oiling. This must not be applied every day or the effect of too much water will be drying.

Another liquid for the same purpose is made from one-quarter of an ounce of gum benzoin and four ounces of high proof alcohol. After the gum is dissolved liquid is strained through coarse brown paper and two ounces of castor oil and half a dram each of oils of geranium and bergamot are added. This is put on by the same process as was described above.

Neither of these is to be regarded as a tonic or used as a substitute, for they are distinctly dressings, and the manner in which they are put on in no way affects the scalp. To feed the scalp it is necessary that whatever is put on shall be rubbed into the pores.

### How to Make Hair Wavy in Winter

One hears women say mournfully, and with truth, that just as soon as the weather is cold their hair ceases to wave; that it is crinkly in summer, but in winter is straight, and this condition prevails, I think, because the grease is used on the tresses, for there are few cases where hair that is in the least wavy naturally will not be improved by slight application of oil. And this truth is proved by the fact that the wave in tresses is deeper several weeks after shampooing than when

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just washed, because the natural oils have gathered, and the texture of the hair responds accordingly.

The scalp is affected in winter precisely as is the complexion; it is dried, the degree depending upon the amount of natural grease secreted. Warm weather has exactly the opposite effect; it stimulates the excretions, and foreign application is unnecessary.

### Scalp Treatment

For the itching scalp use the following lotion once daily and give a deep massage after applying tonic. Once or twice a week rub a little yellow vaseline on the scalp: distilled witch hazel, 5 ounces; corrosive sublimate, 10 grains.

### Dry Shampoo

When the hair is dusty and dull, and you want to clean it quickly, just sprinkle through it a little dry shampoo powder made by mixing four ounces of orris root with four ounces of therox.

Then brush the hair thoroughly and not only will it be clean, but it will have a rich and glossy lustre that can be given in no other way. So little time is required for this dry shampoo that it can be done profitably whenever the hair is dressed.

Therox is excellent for the scalp and gives the hair new life and vigor. The regular use of this mixture heightens the natural color, while washing the hair with water too often causes it to lose color and become dull and brittle.

### Thin Eyebrows

Eyebrows need a tonic like the hair does sometimes; they should arch evenly and be moderately heavy. When they begin to look thin try this tonic: Sulphate of quinine, 5 grains; sweet almond oil, 1 ounce. Put on the eyebrows with a finely pointed brush and be careful that none goes in the eyes.

Another tonic is to rub a little red vaseline on the eyebrows, following the desired shape as you smooth them down, and with a little brush apply some to the eyelashes. Brush the eyebrows every day.

### Dark Circles Under Eyes

Dark circles under the eyes are usually caused by some constitu-



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tional trouble or loss of sleep. The cause must first be removed and it is always best to consult a physician, as the trouble is not easily reached. Help the physician by massaging each day with good massage cream. Begin at the nose and massage gently from the nose outward to the corner of the eyes, in a rotary motion.

### For a Slight Scar

Spirits of camphor, touching the skin with it twice a day, will sometimes eradicate the spots left from pimples. The liquid should be gently rubbed in.

### Important Little Things

Red ears are conspicuous, and can be greatly improved by using any non-greasy cream or astringent used on the face; then powder with French chalk or flour of zinc. In the morning wash the ears with water softened with borax and a few drops of lemon juice.

"Bite the lips to make them red" is an old saying and bad advice, this thickens and chaps the lips; better redden them by pressing firmly together. Before going out in the wind or cold lightly rub the lips with cold cream or a non-greasy cream used for the face and hands;

Moles are removed with strong, and the best, salicylic acid, dipping a wooden toothpick in the acid and then applying to the mole, but carefully avoid touching the skin around. In a few days a scab will form and fall, and the mole with it, or part of it at least; in fifteen days use the acid again and more of the mole will come off; repeat in fifteen days if necessary and the entire mole finally goes.

### For Chapped Lips

To prevent the chapped lips that so frequently result from the high winds try rubbing the lips each time before going out with rose water and glycerine, mixed in the proportion of two parts of the former to one of the latter.

### Look as Well as You Can

From earliest childhood such habits as making faces, drawing down the mouth, frowning, squinting, etc., should be corrected; such contortions are wrinkle breeders, and no one admires wrinkles; so why court them? A reposeful face is not full of wrinkles.

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The successful beauty finder is one who perseveres in any treatment undertaken, who erases wrinkles from her mind, as well as her face, and reflects in her eyes an uplifted soul and "good will towards men."

### Massage and Tipping

The old-fashioned idea of massage has been modified, as rubbing may do harm as well as good; if a rubbing is done skilfully the operator may rub flesh on; ditto wrinkles if the rubbing is too vigorous, or rub them off if the work is done correctly, but we are not all skilled operators.

In massaging the face rub from the centre and across rather than lengthwise. The "tipping" now preferred to massage in many cases, is a tapping of the finger tips only on the skin to be treated, which gives a tingling sensation that soon proves that the blood is rushing up to that spot to improve the circulation and restore life where there seemed to be a lack of it.

One needs short finger nails for "tipping," and a quick, light tap. Used in conjunction with massage this is a very effective treatment.

### For Breaking Nails

The constant use of hard water is fatal on the good appearance of the finger nails. This is one of the drawbacks to a filter plant.

As, however, pure water is the first consideration, women must seek means of overcoming minor ills.

Nails that break easily must be given a course of olive oil. It should be rubbed into the finger tips each night. Massage well and occasionally give the fingers a bath in hot olive oil.

If it is not convenient to use the oil, vaseline is a good substitute. Whenever doing rough work the fingers should be protected with gloves. If it is not comfortable to wear them over the whole hand, fingers can be cut from old gloves.

Many girls who do office work, or selling goods over a counter, injure their hands unnecessarily by not washing them often, for the most amazing amount of damage is done the nails and skin by permitting an accumulation of dirt to remain in the pores for several hours.

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When cleansing hands so stained, soap and water should not be the first application, for nothing but a soft grease will be effective.

The finger tips require several extra strokes. Rinsing must be thorough. Drying finishes the cleaning, but is not the simple process that many persons think, and in the manner of doing it lies half the secret of having pretty nails. Each finger must be taken separately, the towel rubbed down the sides, back and front, beginning at the top.

The common mistake is to begin at the finger base and rub up, which simply trains the cuticle down over the nails and thickens the tips. Every nail must be wiped individually, commencing at the top and pressing gently down to the crescent at the base of the nail.

Only in this way will good shape be preserved. The fact that knuckles are not thoroughly dried many times is the explanation of redness. They require special attention.

### File the Finger Nails

To keep the nails in good condition, always file them, never use the scissors to cut. Cleanse under the nails with equal parts of lemon juice and water. Use an orange wood stick; also keep the cuticle around the nails smooth. Polish the nails whenever necessary.

### For a Thin Neck

For this one must take deep breathing exercise ten minutes night and morning, but some seem too busy to devote this time, and yet wish to improve, and they can wear a shoulder brace that will keep them in such a position that they will breathe deeply all the time.

If possible take singing lessons, at least try and get in neck exercises for ten minutes every night, letting the head fall forward as low as possible, slowly raise and lower the head toward the back; repeat on each side and then turn the head around, rolling it as much in a circle as can be done; this must be done slowly, as it makes one giddy.

Every night bathe the neck in very hot water, then apply a

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tissue building cream well rubbed in on neck, chest and shoulders for if one of these parts is thin all are. The next morning take deep breathing exercises, then wash the cream off in hot water and soap, followed by a cold water rub, and use a flesh brush for five minutes.

### Do Not Be Discouraged

Do this for a month and you will be surprised at the result, provided you are getting plenty of nourishing food, sleep and outdoor air at the same time.

### A Yellow Neck

A yellow neck can be improved by soaking it, after washing with warm water, with a soft flannel cloth wet with lemon juice, peroxide of hydrogen or simply alcohol; soak the cloth and tie it on, renew when dry and rub the neck as well; dilute the peroxide with water, about one-fourth, if the skin is very tender.

Then wash with a disappearing cream and finally with warm water and soap and then cold water as a dash on the skin to prevent colds.

### To Fill Hollows in Throat

Deep breathing before an open window in the early morning, clad in a loose gown, will help largely to fill the hollows in throat. Massage also with a massage cream: cocoa butter, 2 ounces; lanoline, 2 ounces; olive oil, 2 ounces.

### A Red Nose

Do not overeat and wear overtight clothes if you would avoid a red nose. Indigestion and cramped circulation can paint a more vivid hue than the rouge pot.

### A Nose Wash

Your nose will improve if you wet it at night and in the morning with a mixture of 15 grain iodide of potassium,  $7\frac{1}{2}$  grains of iodine and  $\frac{1}{2}$  pint of distilled water; it should dry on.

### Complexion Parlors

If you intend opening rooms for manicuring and facial massage, the furnishings are important. A front room would be better

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than a back room, as you require good light. You will want a place screened or curtained off for treating the face, a mirror, Morris chair for the patient, a clothes tree, small table and a box for face powder. For the manicuring, a long narrow table with a pretty cushion to rest the hands on, small bowl to soak the fingers and bathe the hands in. Manicure instruments, a chair each side of the table. A few pretty chairs and pictures, a rug for the floor, desk or table, pretty white curtains at the windows, and anything that will make the room look dainty and attractive. Then lastly, but most important, good creams and face powder.

### Polish for Nails

An inexpensive and harmless nail polish is made by thoroughly mixing together a half ounce of talcum powder, a half ounce of powdered starch, a half ounce of pulverized boracic acid and fifteen drops of tincture of carmine. Do not rub the nails until the sensitive flesh beneath burns, as this causes them to become dry and brittle.

### Powder Versus Complexion

There are pure powders, if people will only go where they are sold. One manufacturer of face powders is noted for the way that his powders stick on, as well as their purity. Pure white powder can only be used by a clear blond, otherwise the person looks like a ghost; flesh powder is more natural, and brunette is for one of a decided brunette skin.

Pink powders are more becoming to any pale complexion, be it a blonde or brunette, but too pink is bad, and when this purchase has been made and the powder seems like a flush over the face it should be toned down by adding some pure white powder and thoroughly mixing the two.

Powder is an artificial aid that should not be detected on the face. The young do not need such improvements, and to see rouge plentifully applied is repulsive.

### Powder on the Face

Face powder, a protection when applied with discrimination to the complexion, may do much harm during cold weather, because

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the cold is drying, and powder has the same effect, and the two in combination may cause a roughness which only months of treatment will smooth away.

### Excessive Perspiration

This affects one mentally by giving only disagreeable feelings as well as physically. Sponge off the parts so affected at least once a day with boracic acid; use 20 parts of hot water to one of acid. Also dust the face and neck and wherever it is necessary with a dry boracic powder.

### Improving the Skin

In sleeping do not lie on one side more than the other, or bury your face in a soft pillow, as this makes wrinkles. Bathe the cheeks three times a day in weak ammonia water, in which dissolve a piece of alum as large as a hazel nut; this keeps them firm.

Powder on the face will be used, so why not tell one of a good kind? Rice flour, precipitated chalk and arrowroot powdered. Always wash off at night.

A lotion that will assist in driving away blackheads can be applied to the face a dozen times a day, simply patting it on with an old soft linen rag and allow it to dry: Subcarbonate of soda, 36 grains; distilled water, 8 ounces; essence of roses, 6 drops.

### For an Oily Skin

Try a diet of green vegetables, fruit and plenty of water; use a facial brush for a good face scrub in hot water and soap, followed by cold water once a day and every evening when preparing for dinner, wipe off your face with witch hazel and a piece of old linen.

Every night put on this lotion: 6 oz. rose water, 2 oz. elder flower water, 10 grains tannic acid and  $\frac{1}{2}$  oz. tincture benzoin. Wash off in the morning with the facial brush as above.

To protect the skin from the early Spring winds, rub a little cold cream on the face and dust on pure rice powder when obliged to be out in the wind; after wash off with warm water, followed by a cold rinsing.

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A chiffon veil worn through the windy season will save the skin from tan and roughness.

No one can tell any person how to keep, assume or increase their beauty without trouble; nothing is gained without working for or thinking of it, but with time, patience and systematic effort any woman may attain wonders.

If possible go occasionally to a beauty specialist and see how she works over you; it will show you how to treat yourself correctly.

### For Irritated Skin

Sometimes pure-looking skins will feel irritated and when rubbed grow rough, which state can be relieved by first washing with warm water, then apply cold cream or a disappearing cream to cleanse thoroughly and rub well in; then rub off and apply this mixture: Powdered camphor 2 grams, powdered starch 60 grams, oxide of zinc 15 grams; mix well together.

### To Remove Corns

Salicylic acid, 1 dram; trim the corn with a very sharp knife or razor blade. Apply the acid; cover with a piece of court plaster. In three days remove the plaster and the corn will come with it.

Soft corns may be cured by wrapping the afflicted toe with a soft linen rag which has been saturated with turpentine, night and morn'ing. Care should be taken to wear shoes sufficiently wide but not too large.

### Deodorizer for the Feet

No. 1—Wash the feet in warm water to which a little hydrochloric acid or chloride of lime has been added.

No. 2—Bathe the feet often in a strong solution of borax or in a common kitchen soda dissolved in water. Change the hosiery every day.

### Tea for Cold—Flaxseed

For the flaxseed tea pour a pint of boiling water over two tablespoonsful of unbruised flax seed and a little powdered liquorice root. Stand the mixture near the stove for four hours, then

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strain through a piece of old linen. If you do not like the taste of the flaxseed add the juice of a lemon.

This tea has to be made fresh every day, but you'll find it a fine drink when you've a bad feverish cough.

### Teas for a Cold—Slippery Elm

"You hear of a lot of new-fangled cures for colds," said an old nurse, "but no one nowadays seems to know about slippery-elm tea. I brought up nine children without ever going to a doctor to cure them of bad colds.

'Don't know how to make it? All you do is to break the bark into bits, pour boiling water over it, cover the pitcher and let the tea steep until it is cold. Sweeten to taste and add the juice of a lemon.

"You can take a small cupful every hour until your cold is cured and it is just the thing to keep beside the bed at night when you are barking your head off.

"People nowadays laugh at these old granny cures, as they call it, but I've not found much to beat slippery-elm tea, nor flaxseed tea, whenever I get a cold."