How to Be Healthy and Beautiful

BY MRS. HENRY SYMES

How Nervousness May Be Banished With a Common Chair









EXERCISES conscientiously gone through in your bedroom night and morning, and a few deep breaths of fresh air taken every day when an opportunity occurs, will accomplish wonders toward reducing both physical and nervous ills, but especially the latter. Nervousness, unless it is of such pronounced symptoms as to call for the advice of a physician, will yield to systematic physical training in nine cases out of ten. Home exercise for the cure of nervousness should not be too violent at first.

The course of calisthenics which I am outlining, and which require only the services of a good, strong bedroom chair, while especially good for development of the arms and chest, will also add strength to the regions of abdomen and back, and be most beneficial in reducing any nervous condition existing.

The mental attitude is, of course, most essential, and if you expect to receive marked benefit, it must be one of complete quiescence. Never should the person taking the exercises look upon them as work. When gone through in the spirit that a solemn duty is being discharged, and must on no account be evaded, just so soon will physical culture fail of its purpose.

Let the impression on your mind be one of normal exercise rather than of obligatory exertion, and you will soon observe a change for the better. Of course, some of the exercises illustrated will be found a little difficult at first, but with a little practice they should be performed with comparative ease.

EXERCISE No. 1. Recline on a chair, face downward, the upper part of the legs and lower part of the stomach resting on the chair. With the arms stretched out in front and the legs stretched out behind, raise both arms and legs as high as you can, bowing the back as much as possible. Maintain this position for a moment, then touch the floor with the hands and feet and repeat the exercise, continuing movement until tired. An exercise of especial benefit for strengthening the muscles of the small of the back and the hips.

EXERCISE No. 2. Assume position shown in illustration, left hand on the left side of the chair, right hand on the back. Now, keeping body rigid, bend the arms and lower the body.

EXERCISE NO. 3. Raise the body from position shown in No. 2 and continue the exercise until muscles are tired. If not strong enough to lower the body, as shown in the illustration, lower it as far as you can. After tiring the muscles in this position, reverse the position, placing the chair on the opposite side, with the right hand on the side of the chair and the left hand on the back.

EXERCISE NO. 4. Begin with position shown in No. 2. Now, with the body rigid, turn as far as you can, endeavoring to look upward. Especially beneficial for arm and chest development. Continue this exercise until tired, and then take it with the position reversed.

EXERCISE NO. 5. This is the most difficult. Seat yourself in chair in the usual manner. Now, placing hands on bottom of the chair, raise the body from the chair. Then raise the legs and extend them in a horizontal position, as shown in the illustration, holding them there for a moment. If you cannot perform this exercise the first time, continued practice will soon enable you to do so. This is especially valuable for the muscles of the abdomen, though it uses the arms and chest quite vigorously, as the weights rest on the arms.

Open the windows widely and get all the fresh air you can, taking deep, full breaths at frequent intervals during the exercises. Possibly the following little list of good reasons why we should exercise will stimulate the sluggards to action:

REASONS WHY YOU SHOULD EXERCISE.

Any one who does not take time for exercise will probably have to take time to be ill.

Exercise gradually increases the physical powers, and gives more strength to resist sickness.

Exercise does for the body what intellectual training does for the mind—educates and strengthens it.

A sound and healthy body is the foundation of all that goes to make life a success. Exercise will enable you to obtain it.

Next to sleep, light, brisk and varied exercise will rest the tired brain more than anything else.

Metal rusts if not used, and the body becomes diseased if not exercised.

A man who is too busy to take care of his health is like a workman who is too busy to sharpen his tools.

EXERCISE AND FOOD IN THEIR RELATION TO COMPLEXION

By Dr. Emma E. Walker

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THE healthy American girl of this generation does not suffer from lack of appetite; indeed, her appetite needs rather to be curbed, especially in the quality of food that it demands. Although eating ought to be a pleasure, we ought never to forget that we eat to live, that it is the food we take which forms the fuel which is converted into blood and gives nutrition to our bodies.

Regularity of the action of the waste eliminating organs, the skin, the kidneys and the bowels, all contribute to keep the body in good condition, and they play their part—a most important one—in making and keeping our complexions what we would have them.

One of the substances in the skin proper is elastic, and it is distributed throughout it in tiny spirals. They act like the mainspring in a watch, for when they are straightened their tendency is to return to their normal state. In this way, after a strain, these little fibres return to their original condition and tend to smooth out the skin. Naturally, the elasticity is greater in the young than it is in the old, and this fact accounts for the wrinkles that are seen in those of advancing years, for the elasticity of these little skin springs is not sufficient to restore the stretched tissues to their original condition. This should make one very careful about distorting the face or twisting it in any way, for there will come a time when the elasticity will be at such low ebb that lines will furrow the forehead and crow's feet will branch out from the eyes, and the laughing wrinkles will disfigure the mouth, and the double chin will hang in a pouch.

Besides this elastic substance, there is another element which has to do with the lining of the face. It is the skin muscles. These are both voluntary and involuntary. By means of the former we express any emotion that sways us for the time. The latter are not under the direct control of the will, but are influenced by changes in temperature and by mental conditions, such as embarrassment or fear. They contract and relax according to the nature of the excitement. It is to these muscles that we owe profuse perspiration, for they are relaxed by heat; and, as some of them lie about the outlets of the perspiratory glands, they relax these openings when the body is subjected to heat, or they contract the same when the body is subjected to cold.

When we exercise vigorously the blood flows to the surface with the extra heat, and these muscles relax, so that perspiration is poured out on the surface of the body. This is a salty fluid, as you know, and evaporates slowly; so by means of this action and reaction the body is kept in health at about the same temperature. If you will take a little magnifying glass and look at your hand you will see many little pits which, you know, are pores. The average number of these in the body has been estimated to be between two and three hundred thousand. This only shows how very important it is to keep all of these little openings free, in order that this part of the drainage system of our bodies may be kept flushed and clear.

Besides the perspiration of which we are conscious, there is an imperceptible evaporation that is taking place from the surface constantly, which is known as insensible perspiration. Although this goes on so quietly, still the total amount of fluid passing from the body in this way has been estimated at about two pounds or pints daily. You can see how necessary it is, especially when you are perspiring freely, not to check the outflow suddenly. When you have been dancing, and are very warm, do not go outside to cool off, for in this way the tiny muscles will contract, and the work which the skin should do is thrown with a shock upon the internal organs, which then become congested with the blood which is thrown back upon them, and—"you have caught cold."

Food has a decided effect upon the skin. Plenty of good, cool butter is one of our best foods. It is only when the fat is fried and thus changed into fatty acids that it becomes harmful to the digestion and thus hurtful to the skin.

Many girls have their own limitations in the matter of diet; some are not able to eat tomatoes; strawberries not infrequently produce a most annoying rash. Shellfish—lobsters, crabs, clams, oysters—are sometimes most troublesome in their effects. Buckwheat often causes an eruption.

Sugar, which we have heard abused from the time when we bought our first peppermint stick on the way to school, is an excellent food, provided it is pure, and is not taken in quantities greater than can be assimilated. The liver should not be overburdened by a great quantity of sweets, but a small quantity of pure sugar is easily digested and absorbed, and under certain circumstances it may be formed into fat.

You will all remember how, in recent years, candy has been apportioned to our soldiers in foreign countries as forming a part of their regular regimen. Candy is a food, and, taken in moderation, especially immediately after meals, it is not harmful.

Spices, mustard and various appetizers serve to stimulate the gastric juice, if their use is not abused, and if they are taken in moderation.

Hot soups flush the face, especially if the skin is delicate. The effect of alcoholic beverages in this respect is well known. Starches of all kinds, such as potatoes, ought always to be thoroughly cooked.

Pork in any form, and veal, should especially be avoided, as well as very highly seasoned foods and "made" dishes. Other articles of diet which sometimes give trouble are bananas, nuts, mutton and cheese.

Only by mastication is our food brought into condition for absorption by the blood, so that we get the greatest possible benefit from what we eat. Nuts are full of nutrition, and, generally speaking, are harmful only when eaten too freely after a hearty meal or between meals.

Cheese may be digested with ease, if taken separately into the mouth and thoroughly masticated. If girls would take more milk and less meat their skins would grow velvety, and resemble more nearly the peaches and cream complexion that every one of them is anxious to possess.

Water is also an invaluable aid to the beauty of the complexion. It should be taken before retiring, as well as in the morning, and between meals, in generous quantities. At least three pints a day should be taken, and it may be either hot or cold.

Health Hints Given in Answer to Letters

E. G. L.—Use the following lotion on your nose. The cucumber cream is excellent for softening and whitening the skin.

Lotion for Red Nose.

Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

M. C.—The word paste was used in error; it should have been lotion. This preparation will not promote growth of superfluous hair on the face.

ANXIOUS—Do not think that the soap to which you refer will remove freckles. Try the lemon and glycerine lotion so frequently published in this department.

WINNIE S.—I repeat the two formulas with pleasure.

Hair Grower.

Bay rum, 7 ounces; distilled witch hazel, 2 ounces; common salt, 1 dram; hydrochloric acid (6 per cent.), 1 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 hydrochloric 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.

Cure for Bald Spots.

Where the hair falls out in spots try the following wash:

Distilled rosewater, 180 grams; aromatic vinegar, 20 grams; pure glycerine, 10 grams; tincture of nux vomica, 15 grams; tincture of cantharides, 10 grams.

Mix thoroughly. Apply night and morning with friction.

MISS A. L. M.—When there is no abrasion of the scalp, the "Physician's Remedy," used, of course, in moderation, is harmless.

CYNTHIA—You will find a glycerine poultice very beneficial for the hard corn. To make this, steep a piece of lint in the glycerine and then lay it on the corn, with a piece of oiled skin over, keeping it in place with a narrow bandage. Put this on every night, and by day wear a shoe that does not press on the corn at all. A boracic poultice made and applied in the same way—substituting a solution of boracic acid for glycerine—is excellent for an inflamed toe-joint.

ALICE—The following exercise is a splendid one for the lungs: Hold the head up, shoulders back and chest out; inflate the lungs slowly through the nose until they are quite full; hold until you have counted ten without opening the lips, then exhale quickly till the lungs are as nearly empty of the bad air as it is possible to get them. Repeat this exercise until you can count twenty, when the lungs are full.

A. D.—To keep your teeth perfectly clean, brush thoroughly night and morning, using a pure dentifrice, and rinse the mouth after every meal with an antiseptic wash. The brush should be used up and down on the teeth, as this allows the bristles to pass between the teeth, and is also less apt to injure the gums.

To Stop Hair From Falling

Will you kindly answer the following questions:

If a person uses olive oil or vaseline on her eyebrows and lashes to promote the growth of same, will it injure the eyes if you happen to get some in them?

What can a person do to take down the swelling underneath the eyes, when they look baggy?

What is good to put on a person's hair when it is falling out, so that it will stop coming out? E. D. M. B.

Great care should be taken not to get outside matter of any kind in the eyes. However, I do not think a drop of oil or vaseline would be seriously injurious. Swelling and bagginess usually indicate a disordered system and require internal treatment. In addition to this, massage daily. Use both hands, place the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye. Am giving you lotion to stop the hair from failing.

Tonic for Falling Hair.

Phenic acid, 2 grams; tincture of nux vomica, 1½ grams; tincture of red cinchona, 30 grams; tincture of cantharides, 2 grams; cologne, 120 grams; sweet almond oil, 60 grams.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

When to Singe the Hair

Will you kindly tell me if the hair should be singed before or after shampooing? Mrs. W. L. T.

The ends of the hair should be singed just before shampooing.

Popular Formula Repeated

Would it be asking too much for you to print the recipe for orange-flower cream again? Have heard it is excellent. Would like to know what it is made of. CLEMENTES.

Orange-Flower Cream.

Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 6 drams; borax, 2 drams; glycerine, 1½ ounces; orange-flower water, 2 ounces; oil of neroli, 15 drops; oil of petit grain, 15 drops. Melt the first three ingredients, add the glycerine to the orange-flower water, and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

Annoying Scar

Will you kindly give me something to remove a deep scar on my forehead? It was caused by a hit with the sharp side of a hammer several months ago. I would like to have it removed. If you can do so, you will oblige

Better consult an expert dermatologist in regard to this.

Good Depilatory

About the last week in September there was a very good depilatory published in your paper. I thought possibly you could give me this depilatory again, as I have lost it in some way.

Quicklime was mentioned as one of the ingredients, and something was said about passing one of the ingredients through an electric current while making it up. Also, a note about same stated that if this was used as directed it would not be necessary to resort to the electric needle. M. F.

I do not remember publishing the depilatory to which you refer, but am giving you formula for two that have proved most satisfactory. This treatment will not permanently remove the hair, but must be repeated from time to time.

Depilatories.

One of the oldest depilatories manufactured, and which has a very large sale, is as follows:

Sulphydrate of soda, 100 grains; chalk, 300 grains.

Mix thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Another good depilatory is made as follows:

Sulphide of soda, 100 grains; slaked lime, 80 grains; starch, 20 grains; lime water, 4 fluid drams. Apply as the preceding.

Barium sulphide is also used as a paste for depilatories. The standard formula is:

Barium sulphide, 80 grains; powdered chalk, 400 grains.

Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows:

Sulphide of strontium, 2 drams; oxide of zinc, 3 drams; powdered starch, 3 drams.

Excessive Perspiration of the Hands

As I am a constant reader of your page, I feel that I have the privilege to ask if you can tell me what to get for perspiring hands. By so doing you will greatly oblige M. BOWN.

Excessive perspiration of the hands is usually due to nervousness, and any treatment which would build up your health and strengthen your nerves would help to overcome this condition. The lotion given below will be temporarily beneficial. Rubbing the palms of the hands with block magnesia before putting on gloves will prevent excessive perspiration, which frequently ruins gloves.

Lotion for Perspiring Hands.

Boric acid, 80 grains; borax, 120 grains; salicylic acid, 150 grains; glycerine, 2 ounces; bay rum, 2 ounces. Rub on the hands four or five times a day. Wash the hands in warm water before applying, and dry carefully.

Good Shampoo

Would you kindly send me a recipe for a shampoo that does not require much beating? Mrs. G. A.

Shampoo.

Potassium carbonate, 1 ounce; ammonia water, 1½ ounces; tincture of cantharides, 6 drams; bay rum, 4 ounces; alcohol, 4 ounces; water, 8 ounces.

Dissolve the potassium carbonate in the water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Clogged Pores

Will you be kind enough to give me a little advice through the columns of your paper? I once had a fairly good complexion, upon which I used nothing but good soap and water, and occasionally a cold cream. During the last two or three years I have been troubled with blackheads on my nose and at each side; also on my chin. Some are blackheads, but the majority are just clogged pores, some of which I can press out, others I cannot, they are so small; yet they give my face a coarse, rough look it never had before. In fact, my whole face seems rough—every pore seems visible. I use orange-flower cream to massage, the steam my face; in fact, do everything I know, without avail. Is there anything I can apply to my face to give it a soft, smooth appearance, and anything to rid me of the clogged pores and blackheads on my nose and chin? I am only 23, and passably good-looking, barring this, and would give anything to have a good complexion again. I am perfectly healthy, and have lots of outdoor exercise, and eat very little meat and rich food. Also, would you tell me how to remove warts? Mrs. R. A.

From your description I think you are troubled with enlarged pores. The dirt and matter accumulates in these little follicles, causing blackheads. You will find the lotion for which I am giving you formula helpful. If the little black points remain, take a soft linen cloth, and with equal parts of cologne and water, or of alcohol and water rub them out. I am also giving you formula for a good wart eradicator.

Lotion for Enlarged Pores.

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

Wart Eradicator.

Sublimed sulphur, 120 grains; glycerine, 5 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

Freckles Spoil Complexion

Would you please tell me what would take away freckles? They are quite dark, and spoil the complexion. I would like something that would not harm the skin. ANXIOUS.

The following lotion has proved most successful in the removal of freckles. I trust it will benefit you.

For Obstinate Freckels

Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrin, 1¾ drams; glycerine, 1½ drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Answers to Correspondents

Burns Leave Scars

Having been aided by your advice once, I come to you again. On Christmas night, 1904, my hands and face were severely burned by the explosion of a kerosene lamp, and although the latter has been healed since early in June, the skin around the mouth and chin still continues hard and thick, and of a reddish-pink color. The rest of the face has softened nicely and left a white skin, and as the chin was the first part to heal, I feel worried about it; it spoils the appearance of the whole face.

Will you kindly suggest some treatment to soften it? I have used cocoa butter and cold cream; also tried steaming with hot towels, but nothing seems to aid it.

I am a school teacher—you would hardly think so from the writing; but as this is my first attempt at using a pen since the accident, you will kindly excuse it. I am trying hard to be ready to take my place in school after January 1, and if you can aid me, as you did once in another matter, you will win the undying gratitude of K. G.

I sympathize deeply with you in your trouble, but fear I cannot help you to any great extent. If you can, I advise you to consult a good skin specialist, who could probably give you more helpful advice. The witch hazel cream for which I am giving you formula has been used in similar cases with great success. Massage it well into the skin each night, letting it remain until morning.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti, ¼ pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 3 ounces of rosewater and 1 ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

To Improve Condition of Hair

Having read your columns with much interest, I thought perhaps you could help me. My hair is short and thin and falls out every day. Each day more comes out. Could you tell me of any tonic that will improve it? E. M. N.

You will find the following lotion very helpful. Another simple remedy which has proved most efficacious is to rub a little vaseline well into the roots of the hair two or three times a week. This does not make the hair oily if carefully applied. Separate the hair and use the tips of the fingers, trying to get the grease on the scalp only.

For Falling Hair.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

Wants to Reduce Hips

Will you kindly give me the Vaucaire prescription for reducing the bust?

How long at a time must I take the exercise of slowly bending forward until the hands touch the floor, to reduce my hips and abdomen?

Is the Vaucaire remedy perfectly harmless? Please tell me where I can have the prescription filled and the price of same? E. R.

You will find the Vaucaire remery given in answer to H. L. It is, however, intended to develop the bust, not to reduce it, as you state. Take the exercise to reduce the hips until they are reduced to the size you desire. Of course, it takes some time to get results.

Good Lotion for the Hands

I notice in a recent edition that you mention the Vaucaire bust developer. I should like very much to have the formula for this and have had no opportunity of getting it. Will you be so kind as to send it to me? Also, can you tell me of something that will soften the hands and make them smooth and white? N. L.

You will find the Vaucaire remedy given in answer to H. L. The following lotion is excellent for whitening and softening the hands.

To Whiten the Hands.

Lanolin, 100 grams; paraffine (liquid), 25 grams; extract of vanilla, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

H. L.—I am giving you formula for Vaucaire remedy; any reliable druggist will prepare it for you.

Dr. Vaucaire's Remedy for the Bust.

Liquid extact of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Depression Between Eyes

I am a young woman of 23 years old. I have no wrinkles worth while mentioning, but I notice a depression in the centre of my forehead between the eyes. Is there anything to improve this defect? My eyes are weak, and when I look at anything I get very close and, I suppose, wrinkle a great deal.

I also see that the corners of my mouth seem to droop. The creases form when I laugh and eat. Will you please tell me the proper movements of massage for this trouble? M. E. S.

My third and last question is the following:

I get flesh pimples on my chin, and when healed they leave a little red spot which does not go away for months. Will you please tell me of something I could apply to get rid of the red spots the pimples leave when healed?

To remove the obdurate line between your eyes, massage with a good skin food. You must adopt a persistent and repeated squeezing, pinching and twisting of the flesh between the fingers. For the wrinkles at the corners of your mouth, use a rotary movement, upward and outward. There are wrinkle eradicators, in the style of plasters, which may be purchased at reliable drug stores. These are supposed to hold the muscles in place during the sleeping hours, and thus counteract the harm done during the day by scowling, drooping of the mouth, etc. I think the witch hazel cream will help the little red spots you describe.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti, one-quarter pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

Premature Wrinkles

As I read your paper daily, and am much interested in your health and beauty matters, I wish you would explain further in reference to the formula: "Alum, 60 grains; almond milk, thick, one-half ounce; rosewater, 6 ounces," given in your paper about a month ago, and which I have been using for wrinkles on the face, and as the preparation seems very adhesive, and not admitting of the massage process, I wish you would explain as follows:

First. Will the remedy answer the same if merely applied to the wrinkles, without rubbing in or smoothing the wrinkles as in massage?

Second. Is the result of the use of this formula permanent, or must its application be constant to produce desired effect?

Third. Does the preparation not tend to make the skin rough?

Fourth. Is the remedy as efficacious for wrinkles caused by age, as those of a transitory nature, and caused by squinting, etc.?

If I have not mentioned the formula right, will you please republish it?

The lotion referred to is not intended for massage. It is an astringent, and should be applied to the skin at night, and washed off in the morning. Used in this manner, it should not cause any roughness, and is often most beneficial in smoothing out fine wrinkles. The deeper lines are best treated by massage. I am giving you the correct formula.

Lotion for Premature Wrinkles.

Alum, 70 grains; almond milk (thick), 1½ ounces; rosewater, 6 ounces.

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Face Perspires Excessively

Can you give me a remedy for excessive perspiration of the face?

I have been using alcohol and camphor, but it only gives temporary relief.

Can you give me something that will stop it permanently? R. E. N.

The lotion given below will help to check excessive perspiration of the face. In addition to this, use a good rice powder generously.

Face Wash.

Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Use as a wash when desirable.

You should abstain from highly spiced, stimulating, greasy foods and sweets.

Hair Turning Gray

Several weeks ago, in answer to an inquiry from one of your correspondents, you advised her to have a professional restore her hair to its natural color, lest it be streaked. Have you the address of such a person? It would be a rather delicate matter to ask to have this done and be refused, and I know positively that one of the largest hair dressing establishments in our city does not do it. Will you kindly give me your candid opinion? My hair is still very dark at a distance, but I am aware that it is fast turning. I am young—in my thirties—and my husband is about ten years older than I am, without a gray hair. I naturally do not wish to appear older than he does. Is there anything that is positively harmless? If applied by a professional, how often would it have to be repeated? Some say a constant use will cause insanity. Do you think there is any truth in this? Would it be advisable to use a tonic in addition, to keep the scalp in a healthy condition? I. M. K.

I cannot tell you of a perofessional who will dye your hair for you, as specialists are not recommended through this department. However, I do not think you will have any difficulty in finding such a person in any large city. Personally, I do not consider gray hair detrimental to good looks. When the hair is well cared for and carefully dressed I do not think the gray hairs are in the least objectionable. Any stain usually has to be applied about once in six weeks, or more often if the color needs renewing. There are many harmless dyes, none of which should be applied when there is any abrasion of the scalp. Hygienic care of the hair will frequently arrest the growth of gray hair. Keep your scalp in a good healthy condition, and singe or trim the ends of the hair about once in every three months.

Grateful Reader

I have never written to you before, but seeing you have helped so many, I thought I would trouble you for a little advice, too. I am troubled with a very red nose. I have used peroxide of hydrogen, but it makes it worse. My nose is so red it disfigures my whole face, which is very white. I have been told a weak solution of mercury would help it. Do you think it would? My nose is also full of blackheads. I am 16 years of age. Do you think I am too young to use creams of any kind on my face? I feel sure that you can help me, as you have helped so many. Your beauty talks are a blessing to the many people that read the paper. A. T. B.

So many things may cause a red nose that it is impossible to advise a remedy without knowing the origin of the trouble. Massage is generally helpful. Massage vigorously along the leading nerve of the nose at each side. Use the tips of the forefinger, start at the bottom and rub up the nose on each side, and then under the eyebrows. Following the nerve in this way is sure to relieve congested circulation, which is often the cause of the unpleasant redness which comes to the nose. Apply the following lotion for the removal of blackheads:

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, ½ ounce.

Apply at night, after washing the face thoroughly with soap and water.