HEALTH STRENGTH AND BEAUTY

How a Business Woman May Keep Young

I WOULD not have you infer when I say "business woman" that I mean only a woman with a business of her own, for women of to-day fill all sorts of positions in the business world. Such women always have to be at their post of duty six days out of the week, and to do so their physical condition must be good.

One might liken the human body to a machine, so intricate are the various organs; each organ must do its duty, working in unison with each other—thus, with care and discretion, the body is kept in a healthy condition and with proper diet, rest and exercise one may retain that youthful appearance and activity to an advanced age.

Every woman who would remain young, in years and appearance, must have at least one day out of the week for absolute rest and relaxation. In some instances, ambition prompts one to consume the seven days each week for business and active pleasure, still if observations were made as the weeks go by the wear would soon be noticeable.

What I would suggest is this. Take a portion of your holiday for rest and relaxation of mind and body, locking your doors against any intruder—not even a friendly one being admitted. Now, after you have partaken of a light breakfast and have busied yourself doing some small jobs which every woman has to do who is absent from home a great deal, prepare for a shampoo, using tar or castile soap, with warm water. After the hair has been dried, plait it in two loose braids—these permit to hang for the rest of the day (illustration No. 1). This will not only ventilate the hair and scalp, but give the small nerves a much-needed rest.

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IF the hair is dry and brittle, give a good application of vaseline or pure olive oil, to the scalp, the night before shampooing. This can be done by separating the hair with the tips of the fingers dipped in the vaseline or oil and applying same directly to the roots of the hair—rubbing it in well—going over the entire head in this manner. This will be quite an improvement over the treatment your hair has been receiving at the hair-dresser's, and after the shampoo you will find the hair is left soft and silky, and in most cases will cause a luxuriant growth.

Many a business woman thinks that she has not the time for exercising or gymnastics. This is a sad mistake, and the very reason that they grow old. No doubt they are weary when their business day's work is over, but are they tired? In most cases, if business worries are cast aside, and some exercises are briskly indulged in, after a few minutes' rest they would feel rested to such an extent and their energy renewed that they would feel as if they could start right in for another good day's work.

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BUT don't do it; don't tax either the mental or the physical any more after the exercises—read some light literature if you are unfortunate enough to not have a companion that you can converse with on pleasing subjects (not business). Thus, you will be better able to grapple with the following day's work and master it.

However, you will find it more profitable and restful to have a pleasant conversation over a cup of tea, than reading, as this you obviate the eye strain which reading gives, and in addition the conversation is not nearly so exhausting (Illustration No. 2).

Most women who are employed, experience a depressed and weakened condition of the chest. This is not necessary and in many cases it is embarrassing on account of the scrawny condition of it when an evening gown is to be worn.

The following exercise may be indulged in at any time of day or evening when an opportunity is afforded—no dress preparation being necessary—and will prove the means of not only enlarging the chest, but will awaken and give new life to your movements. Indulge in it for a few minutes, several times a day; you cannot overdo it.

First, see that you have plenty of pure, fresh air circulating in the room, then standing so that the air strikes you in the face, begin exercising by clenching the fists and extend the arms horizontally at sides, then bend the arms at the elbows quickly and with force bring the fists back to the shoulders and force the elbows backward, as in illustration No. 3.

The arms are in like manner lowered to the sides and the exercise repeated fifteen or twenty times, or oftener if desired. Simply use judgment and do not overtax the muscles, for if so, it may discourage you from attempting it again.

This exercise may be varied by quickly bringing the arms up—extended at sides—until they meet overhead. Also by holding the arms (horizontally), in front, palms meeting, with a sudden jerk throw the arms backward—trying to make the back of hands meet.

Neither of these last two exercises should be overdone, as they put the entire breast muscles on a strong stretch, and while it will not cause any injury, it might cause an unpleasant sore feeling.

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VERY deep breathing should be indulged in when practising all of these exercises; it gives equally as much benefit as the exercises. One great cause of that languid feeling creeping over one throughout the day, is, we are lazy with our breathing organs—we do not breathe deeply nor with enough energy.

One in business is often tempted for want of time to eat their lunch rapidly. It is true that this is very detrimental to one's digestive organs, and what is more to be deplored, insult is added to injury to the stomach by continuing this rush through the dinner meal when there is no need whatever for it. Take more time for masticating your food, thus allowing more acid to mix with it and digestion will be aided very much and misery obviated.

Indigestion is one of the greatest enemies to a woman's beauty; its results are: bad complexion, care-worn looks, protruding stomach, etc.

An exercise which will excite the digestive organs to work is the following. Standing erect, with the feet separated sidewise, place the hands upon the hips (arms akimbo). Begin exercising by bending the trunk of the body at waist line, first to right then to left, compare illustration No. 4.

After repeating this movement ten to twenty times, with the hands occupying the same position, vary the movement by leaning forward as far as you conveniently can and then bring the trunk to an upright position and lean backward, using care to not overbalance. Repeat this latter exercise an equal number of times and then cause the trunk to rotate, which is a little more difficult but is quite efficient, and is practiced as follows:—

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STANDING as previously directed, hold the hips firm by tensing their muscles, also those of the legs; begin by leaning the trunk slightly forward. Now in this leaning position move it to the right, then back to the left and finish by bringing it to the front (commencing position). In other words, try to make the trunk revolve.

This exercise is rather a strenuous one and should not be over indulged in, but it will certainly awaken the nerves of the stomach and cause rapid digestion.

The business woman often finds it quite difficult to have her hands and arms retain their youthful looks. This fact is deplorable for these members are constantly before the public's eye for criticism.

Usually the trouble may be traced to a lack of proper circulation, noticeably, in enlarged veins, or perhaps a general swelling of the hands—this latter may be only slight.

To overcome this, first, raise one arm and with the other hand massage downward (illustration No. 5), and while doing so raise the arm upward and continue the massaging until the shoulder has been reached. Treat around the entire arm in this manner, then lower the arm and treat in like manner, beginning at the shoulder and with a downward stroke massage to the tips of the fingers. Each arm should be treated in like manner.

It is not necessary to be young to look young; to be so one must have a young profile, the back must be young in its curves and outlines, the hair must be young in color and arrangement, one must not grow lean or fat, and the complexion must be religiously looked after.

BLEMISHES TO BEAUTY

BY HEBE

I AM so often asked what causes moles, how to get rid them, if there is any danger attached to their removal and so on that I thought a little general talk on the subject might prove helpful. The origin of moles may be quite interesting, but they are not regarded as interesting possessions, except in very rare cases. For instance a medium sized dark brown mole on or near the upper lip or on the neck is regarded as a beauty mark as through force of contrast it contributes to the beauty of a clear, fair skin. Moles are said to be the result of degenerative change in the reproductive glands of the skin. This may be due to lack of nutrition or excess of it. There are moles large and moles small, moles light and moles dark, but all seem to be equally disliked by those who are obliged to wear them.

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YET many will tell you they are scared to death at the idea of having them taken off, but very few can give you any rational cause for their fears. Moles like many other blemishes should be treated only by experts. When they are large and unsightly they are much better removed providing they are properly treated, for all moles can not be treated alike by any means. The little dark, flat ones are not important as they are not apt to get larger. Moles are simply the result of abnormal action of the reproductive cells of the skin which cause a thickening of the delicate outer layer and in some cases an excessive deposit of pigment. The presence of long stiff hairs add to their unsightliness and the latter variety should be treated by electrolysis which will remove both the mole and the hair. There are various ways of getting rid of them according to their kind. When raised, soft and smaller near the base, they can be tied tightly at the base with white sewing silk which should first be dipped in an antiseptic. This will cut off all nutrition and they will slough off and sometimes become very sore. Another process is the high frequency current which is very effective when used by one who thoroughly understands it. There are also a number of preparations to remove moles which do splendid work when properly applied. Moles are only skin deep and have no serious vascular connection. There are of course the larger moles or naevoi as they are termed which can only be removed by a surgical operation, when skin is often grafted in where the naevi or birthmark has been taken out. This is apt to leave a scar, but in most cases less disfiguring than the original mark.

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I HAVE seen a birthmark, dark brown, raised and covered with hair entirely removed by a surgeon but the scar was there and could only be removed by another treatment that would take weeks to effect a cure. But anyone is fully justified in doing anything that will rid them of such a dreadful disfigurement. Science has not yet found a cure for the large, flat, red birthmarks, but we will keep on hoping that this will also be accomplished some day. Such glorious good work has been accomplished in the way of correcting many facial defects that it seems a pity some writers only seem to come in contact with the charlatans in this line of work.

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I HAVE also seen a face that was seamed and scarred almost beyond recognition by a cruel burn patiently and skillfully treated until a most wonderful improvement was accomplished. It never was perfectly restored and neither did the patient expect it or the operator promise it. But all the heavy cords were removed, the skin was made smooth and life was made bearable for a boy just entering manhood. He was able to hold up his head and face the world once more, feeling assured that he at least was no longer repulsive to look at. I have seen faces badly scarred by small-pox pittings entirely restored, the skin being as smooth and possibly smoother and clearer than before it was scarred.

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THERE are charlatans in this field, it is true, but there are also those who have a conscience and who do splendid work. I cannot name either the bad or the good, but both are to be found in every large city. Truly, by their fruits ye shall know them. The skillful ones are always willing to prove their work to any who ask for proof by showing a patient, and often will have many physicians who are glad to vouch for their work. I would feel that I was unjust to my readers if I did not tell them of this good work which has made many hearts lighter and saved at least one woman from suicide to my personal knowledge. Many defects both of face and figure could be corrected in early life if the mothers would pay a little more attention to them. Many defects that come through disease or accident are not preventable, but the most of them are curable.

THE DANGER OF THEATRICALITY

There are many new ways of doing the hair for evening wear this season, but most of them are a little too theatrical for general use. Every girl should be most particular about her hair, as many pretty dresses (and faces) have been quite spoiled by an exaggerated, and, it must be admitted, slightly vulgar attempt to follow some famous beauty's style. The hair coiled round over the ears, is simple and pretty if the face is simple and pretty too, but it is rather a pitfall, as it often gives a touch of the commonplace that is the reverse of attractive. In general it is best to do the hair quite simply, and young girls should always avoid wearing anything in the shape of an elaborate headdress Their hair is generally far too pretty to hide with waving plumes or enveloping caps.

SINGING GOOD EXERCISE

It is well known that singing, like whistling, is a fine exercise for the lungs, and some doctors advise those who fear consumption to go in for singing for this reason. At the same time, they, of course, do not advance the claim that singing alone will save anyone from or cure consumption. Acquire the habit of taking the big deep breath, which is a primary requisite of any kind of singing, good or bad, and the physical joy derived from it will never allow you to relapse into lazy breathing.

HEBE'S HELPFUL ADVICE

Thin Face—Dandruff.

F. B., G. A. R.:—Directions for facial massage were printed November 17. You can procure the paper from the office. If you follow these directions I am sure you will be able to improve the conditions, but be patient as it cannot be accomplished in a few days or weeks. Shampoo your hair with tincture of green soap and warm water Mix enough of the soap in the water to form a good lather, rub it well into scalp and hair and rinse thoroughly with hot water. Dry with warm towels and then apply the tonic I am giving you. Use the tonic and massage the scalp every other day until you see a decided improvement.

Shampoo the head every two weeks.

Hair Tonic.

Bay rum	10 ounces
Rosorein	20 grains
Cantharides	3 drams

To Reduce.

Miss F.:—If I could give you something to reduce you quickly my fortune would be made. You must be mistaken about the formula you mention as I never gave one of the kind. You can reduce by diet and exercise. Eat no cereals, potatoes, corn, beans, macaroni, bluefish, eels, salt fish, pork, veal, sausage, beets, carrots, turnips, soups, spices. No candy or pastry. Drink no liquids with your meals and eat bread only when toasted. Take a brisk walk every day for a half hour. You should have facial massage twice a week to prevent wrinkles. This will reduce the bust as well as the body.

About Shampooing.

E. B. W.:—The white deposit on the comb after shampooing comes from the towel not the water, or very likely, you do not rinse all the soap out thoroughly. The soap should be applied, the scalp and hair well rubbed; rinse, apply the soap again, then rinse very thoroughly and dry with cotton birdeye toweling. The cotton toweling has no lint. Green soap is more like a jelly and use just enough in the water to make a good lather. You can buy the soap and make your own shampoo.

Oily Skin.

A Subscriber:—The olly condition of your face can be corrected by facial massage and steaming once a week and bathing the face every morning with extract of witch hazel.

Cocoa Butter.

You should not use cocoa butter on the face as it may cause a growth of hair. I will give you a pimple cream instead. Every night before retiring rub the cleansing cream all over the face and throat with the tips of the fingers and then wipe it off with a soft towel. Then use the pimple cream on the pimples only. Your nose could be improved only by an operation. This would be very expensive and you should ask your physician to recommend someone who is skillful and reliable.

Pimple Cream.

Lanoline	1¼ ounces
Oil of sweet almonds	1¾ ounces
Sulphur precipitate	1¼ ounces
Oxide of zinc	5 drams
Violet extract	1 dram

Falling Hair.

Mrs. G. S.:—If your hair is falling use the tonic I am giving you every other day and massage the scalp after applying the tonic. If your hair is blonde you must not use the walnut stain or you will darken it. To keep the hair fluffy it must be shampooed frequently Do not try to change the color from blonde to golden as anything that will change the color will also injure the hair in time.

Hair Tonic.

Witch hazel	6 ounces
Tinc. of Capsicum	20 drops
Tinc. of Cantharides	20 drops

Use yellow vaseline on the eyebrows and lashes to darken and make them grow.

Walnut Hair Dye.

M. K.:—You can purchase ten cents worth of ground walnut hulls or bark of any druggist. Place this in a cheese cloth bag, tie the end tightly and boil in a pint of water until you have a dark brown liquid. Remove from the fire and when cool add four ounces of alcohol to preserve it. When applying it to the hair it must not be allowed to touch the scalp and the only way to protect the fingers is to wear rubber gloves when using the dye.

Superfluous Hair.

Z. T.:—You can lighten the hair by using peroxide, ammonia and water using about one-half ounce of each, mixed together, and apply twice a day until the hair is bleached The down on the cheeks I would advise you to let alone, or you may make it worse.

To Use a Vibrator.

J. K. L.:—You cannot use the vibrator on the dry cell battery, as it requires the regular current used for lighting purposes. The vibrator should not be used on the face for more than three or five minutes at one time.

Massage Directions.

Miss M. S., Miss O. T., R. E. E.:—The directions for facial massage and formulas for creams and toilet water were published November 17.

AND THI IS WOMA

The finger of the first woman loved like that of God; the imprint of it eternal.—Anonymous.

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Thou art a woman.
And that is saying the best and w of thee.—Bailey.

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In her eyes a thought
Grew sweeter and sweeter, deepe like a dawn—
A mystical forewarning.—Aldrich.

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That caressing and exquisite grav never bold,
Ever present—which just a few wome possess.—Owen Meredith.

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A woman impudent and mannish grown
Is not more loath'd than an effeminate man in time of action.—Shakespeare.

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Women were made to give our eyes delight;
A female sloven is an odious sight.—Young.

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Honor to women! to them is given
To garden the earth with the roses of heaven.—Schiller.

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Never say man, but men; nor women, but woman; for the world has thousands of men and only one woman.—Jearn Jaques Weiss.

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What's a table richly spread
Without a woman at its head?—Schiller.

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She's beautiful; and therefore to be wooed;
She is a woman; therefore to be won.—Shakespeare.

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Beauty itself doth of itself persuade
The eyes of men without an orator.—Shakespeare.

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Disguise our bondage as we will,
'Tis woman, woman rules us still.—Moore.

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Her voice was ever soft,
Gentle and low; an excellent thing i woman.—Shakespeare.

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The saddest thing that can befall soul
Is when it loses faith in God a woman.—Alexander Smith.

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Women are a new race, re-created since the world received Christianity.—Henry Ward Beecher.

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All women desire to be esteemed; they care much less about being respected.—Alexander Dumas.

MAKING A WEEK-END CASE

Articles that are inexpensive, practical, yet possessing a certain aesthetic value, are hard to find, yet such a present is eagerly sought for, now tha the gift-giving season is approaching A suggestion that has proven a grea success, is a week-end case. This is made of heavy linen, or fine pique (two materials that wash well), or a very dainty cretonne, and is cut about seven inches wide, and about fourteen an half inches long, five inches being allowed for the flap that folds over like an envelope. The case is lined with white rubber, and is then bound wit white linen tape or wash ribbon. A pre ty pattern in cross-stitch can be wor across the edge of the flap, or a m gram makes a most appropriate de ration. The flap is fastened by a loo and button, and the case is small an compact enough to fit either into handbag, or a dress-suit case, and kept especially for going away purposes It may be made more dainty by embe lishing it with ribbons of a dainty colo with bows at the corners. When it soiled, the ribbon can be removed, an the case can be scrubbed and mad to look quite new again.

The articles for filling such a case can be bought in miniature size at a very moderate price. They include a hand-towel, a washrag, a cake of toilet soap, a small tube of tooth paste, and a tooth brush. The towel, of course, may be either a ready made, hemstitched one, or if the gift is to be more elaborate, it may be hand scalloped and monogramed. Sometimes, such a case is made with two pockets, the one, for the towel and washrag, the other, being divided into two or three compartments, for the soap, tooth brush and tooth paste.

INDIVIDUAL SUGAR SPOONS

SUGAR spoons of filigree silver may seem like an absurdity but none the less they are practical as well as ornamental for the lace like design is so close that the saccherine grains do not sift through its mesh. Sometimes the handles of these delicate spoons are also of filigree but again they are of plain silver or gold when not of Russian enamel or carved ivory.

Gold sugar spoons are considerably used, although that metal—unless there is an entire dinner service of it—is not popular for table furnishings. The gold spoons sometimes have handles of the two precious metals mingled or of Russian enamel trimmed with gold. Similar handles are on ivory-bowled sugar spoons and these often are most elaborately carved. Spoons of this beautiful white material occasionally have handles of crystal but these, although lovely, are rather nerve-racking to wield when at the table of an acquaintance, as a careless movement is likely to shatter them.

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