STRENGTH HEALTH and BEAUTY

If You Would Have Beautiful Hands

THE face is scrutinized almost daily searching for the first signs of approaching old age. The form must likewise pass in review before the mirror, and studied to see what can be done to it in order to preserve the girlish lines. But my! How the hands are overlooked in most cases.

If the hands had as much care given to them as the face, I am sure that they would be a fit companion to it, but usually they present a sorry sight, either long and lank or short, fat and red, and in a great many cases enlarged joints are very much in evidence.

Hence, the lesson to learn in order to have pretty and graceful hands is, how can you properly feed and cause them to breathe?

The following exercises may be practiced most any hour of the day when one has leisure time, but the time to receive the most benefit will be at morning and night when you are home; then more time may be devoted to it and you will also be surrounded with necessary things to make the treatment complete.

Before beginning the beauty exercise, on your way home secure some cocoa butter, some olive oil and a small vial of benzoin, also a jar of white vaseline.

OF course, your hands are washed before dinner but after dinner, and about half an hour or so before retiring wash your hands, wrists and arms with a mild soap and warm (not hot) water—hot water is too severe on the skin, it causes wrinkles to appear. After the dust, grime and powder has thoroughly been removed from the pores, the hands and wrists are then submerged into a basin filled with clear warm water; allow them to remain so for two to four minutes, after which dry them with a soft towel.

Now apply a liberal amount of cocoa butter to the hands and wrists, which is rubbed well with the hands—using a downward stroke, ending at the tips of the fingers.

The cocoa butter not only feeds the tissues but it serves to neutralize the drying effects of the soap.

After you have prepared the hands in the above manner, you have got them in the best possible condition for an active exercise; in other words, they have been awakened.

Begin by holding the arms at sides and bring the hands up in front until the finger tips meet; then raise the elbows until the forearms are horizontal and the palms of the hands meet, first illustration.

This should be repeated only eight or ten times the first few times you practice, but this number may be increased gradually and finally the elbows brought higher and higher.

Your wrists at first will be quite stiff, but in a week or so you will wonder if the treatment and exercises are continued if in time you will not be able to lay the back of the hand on the forearm? But don't try that, I am not wishing to make a contortionist out of you—simply trying to give your hands health and grace.

I might add for the benefit of the girls that many a heart has been won by a beautiful, graceful hand.

FROM the above position reverse the hands so that the backs meet; this is done by raising the elbows. When the entire length of hands have come in contact with each other, they are held so and the elbows lowered (second illustration), then raised and lowered for eight or ten times.

This movement is the reverse of the first and puts an entirely different set of muscles on the stretch, in fact, muscles that have become stiff from not being called into activity, and the fact that the muscles are inactive—not working— the blood does not course freely which causes weakness, deformity, discoloration and in time disease—such as rheumatism, skin trouble, enlarged joints, etc.

Having accomplished the first and second movements, proceed to the next.

In this the arms are brought up to almost a parallel position of the shoulders, the arms are bent at the elbows, and the hands brought forward over the breast until the finger-tips are only separated by two to four inches.

Begin exercising by holding the arms tensed and raising and lowering the hands—the bend to be at the wrists only as in illustration three. I might say to imitate with the hands the movement of a bird's wings as it flops them in flight.

This must not be overdone—use judgement, in fact in any exercise use judgment—and do not overexert or fatigue; this is the cause of discouragement, and, in many cases the discontinuing of a practice that would mean eventually the restoration of health and strength.

THE fourth picture shows the twisting movement. Simply grasp the fingers and twist the entire hand, offering resistance at the same time with the hand being held. Each hand should be treated in like manner.

After these exercises have been finished, rub the hands and wrists with a liberal amount of olive oil to which has been added a few drops of benzoin: this not only acts as a food but as well a whitener. A pair of old loose gloves from which the finger-tops have been cut, worn at night will aid the treatment and also assist the whitening process.

Enlarged and stiff joints are not to be envied on any one's hands. While the possessor of them came by them honestly, at the same time they mar the symmetry of the fingers and hands.

A simple and at the same time an effective means to overcome this is to first apply a liberal amount of vaseline to the enlargement then winding a narrow gauze band tightly around it. Of course, the gauze must be wound above and below the joint (fifth illustration), but not so tightly. This bandage must be worn over night.

As an aid to beauty, it has become quite a fad in Paris, to wear a small piece of black court plaster upon the back of the hand. There is no designated spot to wear it, but it is more often placed on the back of the hand near the little finger—here every hand has more or less beauty, and the placing of it will not only call attention to that beauty spot, but will at the same time detract their vision from perhaps a bony wrist.

The shape of the court plaster may be cut into various fantastic figures.

HEBE'S HELPFUL ADVICE

To Fatten the Neck.

W. C. S.:—First cleanse the neck and throat with cleansing cream. After cream is all wiped off, bathe with hot water, dry and apply the massage cream and massage for ten minutes. Use a rotary upward motion. Treat only fifteen minutes at one time; wipe the cream all off and bathe with cold water. Pay special attention to the hollow spots.

Massage Cream.

Oil of sweet almonds	3 ounces.
Lanoline	1 ounce.
Cucumber juice	2 drams.
White wax	2 drams
Spermaceti	2 drams
Tincture of benzoin	30 drops
Oil of rose	10 drops.

Toilet Water.

Elder flower water	2 ounces.
Distilled water	2 ounces.

Talcum Powder.

Eva:—

Talcum	1¼ pounds
Precipitated chalk	½ pound
Powdered orris root	2 ounces
Zinc oxide	2 ounces
Extract of violet	2 ounces

Mix all together and run through a flour sieve, then gradually add the extract. Cover tightly and let stand one week. Resieve and it is ready to box.

Questions Answered.

J. C.:—To reduce the pores the face should be treated once a week. Full directions were printed November 24. You can get a copy of the paper by writing to the office and enclosing price. Use the lotion for enlarged pores twice a day. Massage the lines between the eyes daily. When ever you can, place strips of court plaster over it which will be a reminder every time you frown, and will soon break you of the habit. To reduce a double chin wear one of the chin belts that can be purchased at any department store.

Aromatic Bath.

Jessie M.:—

Oil of lavender	2 ounces
Oil of bergamot	½ dram
Oil of lemon	½ dram
Tincture of ambergris	1 ounce
White wine vinegar	10 ounces
Alcohol	8 ounces

Use about four ounces of the mixture to each bath.

Henna.

Elizabeth and C. M. L.:—The Henna tea is about as safe a thing as you can use to change the color of the hair. To one ounce of henna use a pint of boiling water, let it steep for a half hour. When cold strain through cheese cloth, add about twenty drops of ammonia, and it is ready for use. The hair must be thoroughly shampooed with soap and water and dried before using the henna. Then saturate the hair with the henna tea and keep it wet until the desired shade is obtained. Dry in the sun. If the scalp is stained it can be washed off with soap and water. Peroxide is the only other bleach. It would be much better to have this work done for you as it is very hard to do it successfully on one's own head.

HOW DO YOU WEAR YOUR CLOTHES?

By Hebe

A WOMAN once said "dress five years older than you are, and you will look years younger, and constantly remind your friends that you are not as old as you seem."

Reverse this and you are sure to hear it said you are trying to appear years younger than you are.

Now I do not fully agree with the first assertion, yet it is better to err on the side of dressing too old than too young. There are so many things to consider after one passes the meridian of life in order not to appear kittenish and not to add to ones years.

It is not always the most expensive gowns, hats, etc., that give the best effects. It is largely in choosing the colors, materials and style of gowns best suited to the one that is to wear them.

For instance, a large, stout woman can be made to look much more shapely and pounds lighter in weight by the cut of her gown and the fit of her corsets.

A very slender woman can be made to appear less angular by the cut and style of her gowns, but knowing how to wear ones clothes is vastly important.

The most costly and beautiful materials will look anything but beautiful if carelessly adjusted. And have you not seen women that made you wonder how they could possibly be so well gowned on such a small income?

My dear readers, half the secret lays in knowing how to wear your clothes, combined with good taste and careful habits.

THERE is almost as much care required in adjusting a veil as in designing a gown. A veil with folds or creases across the face can make even a good looking woman look hideous.

A properly adjusted veil often makes a very plain face quite attractive. The mesh and color are also very important and should be carefully considered.

As a face begins to age a light veil is usually most becoming. A younger face looks charming behind a black veil.

The wise woman will study many of these little important points before making her selection.

Since hats are so universally worn I know of nothing in the point of dress that requires more careful selection.

If a woman of forty selects a hat that is too somber, too gay, too small or too large, the effect is hopeless.

And, oh! the arrangement of the hair. Here true artistic taste has its chance.

I ONCE knew a woman who had under gone a wonderful process of rejuvenation and her face was as smooth and fresh as it had been at twenty-five. Her figure was slight, her step elastic, her carriage graceful as a girl's.

Her clothes were costly and beautiful, but, oh! her hair, it was parted in the middle and combed down severely plain over her ears. This aged her at least fifteen years. I induced her to try first one style and then another, until at last the hairdresser arranged it in a soft pompadour and the effect was charming. The fifteen years seemed to drop off like a garment, and the face stood out like a sweet picture framed with her soft gray hair.

Every one should adopt a mode of dress and arrangement of hair best suited to their particular style and yet conforming in a measure to the prevailing fashion. But at the same time combining with it a little touch of individuality.

And now what about the face? Can any woman ever hope to look attractive with a poor complexion or a wrinkled face? Oh! if I could only make women realize that they need not have wrinkles, moth spots, freckles or a pitted skin, and that it was their duty, not a luxury, to keep the face as free from blemishes as their feet from falling. I would feel as proud as a man who has just won a glorious battle.

I know many will say impossible, but my dear readers it is not impossible.

The outside of your houses requires a fresh coat of paint every few years, your rooms require daily care, a gradual replenishing of this, that and the other, is going on all the time in a well regulated home, then please tell me how you expect the complexion to withstand the effect of cold, heat, wind and dust, worry, etc., with barely a dash of cold water in the morning followed by a dash of powder?

The complexion, teeth and hair should surely receive as careful attention as your house.

THE skin when neglected grows coarse, sallow and often times spotted with little brown moth spots that resembles freckles, so that the entire face and throat will look shades darker than it did a few years before. Or a number of moles will appear, lines under the eyes, near the ears and on the forehead will gradually multiply, and what is the result? Either a woman will become discouraged, make up her mind her skin is beyond redemption and lose interest in her appearance, or she will make a desperate effort to hide her imperfections by a coating of powder and rouge.

It is hard to tell which should be the most condemned.

When a woman loses all pride in her appearance she ceases to be attractive. When she seeks to hide her complexion defects behind a coating of powder and rouge, it is pathetic and never deceives the public, but adds years to her age.

When gorgeous gowns are worn with a noticably bad complexion it is incongruous.

Oh! if I could only make every woman realize the possibility of retaining a good complexion, and the necessity of beginning the work before the damage is done I would feel that these articles had not been in vain.

Facial massage will freshen and clear the skin and prevent lines for many years.

It will smooth out lines it is true, if they are not too deep, but is it not better to prevent than to remove?

The ugly, mothy skin can be cleared and freckles can be permanently removed. Large pores can be reduced.

Disfiguring moles will disappear if skillfully treated. In fact there is a remedy for nearly every facial blemish.

Is it not astonishing that any woman is content with anything but at least a fairly good complexion?

Facial blemishes are as inexcusable as soiled finger-nails. Choose your facial masseuse, your creams, powders, lotions and tonics as carefully as your husband. Be satisfied with nothing short of the best. Then do not be afraid to spend a little money in this way, even though it means a slight retrenchment in other lines.

A faultless skin is a woman's birthright and her chiefest charm.

Advice Requested.

C. M. G.:—You are quite heavy enough for your height. I would advise you to take physical culture exercises, as in that way you can develop any one part of the body. Learn to breathe deeply and that will increase the size of the bust and fill out hollows. The tablets are supposed to affect the bust only—the number required depends on how much you want to increase, the present size, etc. Use the cleansing cream on face and throat before the hot water. The water is used simply to moisten and heat the skin so the cream will be absorbed more easily, the ice is used last. I am glad you got such good results with the sage hair restorer.

Shampoo.

Estell N.:—Castile soap shaved fine and dissolved in hot water makes the best shampoo. As you use it a well beaten egg can be mixed with it if you desire. Mix it only with the quantity you use at the time. Witch hazel or a little alcohol may be added to keep the shampoo. Tar soap can be used for dark hair. Always remember the importance of rinsing all the soap out thoroughly.

Thick Lips.

Beauty Seeker:—If you are in the habit of biting your lips, try very hard to break yourself of the habit, as that will make the lips very thick. Rub this salve on several times a day and it may help you, but I can give you little encouragement that you will ever make a marked improvement:—

For Thick Lips.

Almond oil	24 grammes.
White wax	6 grammes.
Pulverized tannin	1 gram.
Alkanet root	1 gram.

Hints for the Clever Home Woman

THERE is a common idea that, however capable a woman who is "just domesticated" without having this or that diploma, stands no chance of earning a livelihood. It is utterly wrong. The thoroughly domesticated woman has plenty of ways of making an income, even though she has never entered an examination room or seen the inside of a cookery school.

Plenty of openings exist for the visiting housekeeper—women who are first-class managers. The work lies in paying a weekly or monthly visit to each client, to thoroughly overhaul the household stores. Things which are required are bought in, accounts balanced and possibly menus made out for the month's meals. The busy worker or the incapable woman who cannot afford a regular housekeeper will regard the visiting housekeeper as a cheap blessing.

Again, women who are particularly good at marketing should have no difficulty in getting "shopping pupils," who accompany them and learn the art of buying all sorts of domestic goods. Inexperienced engaged girls and young married women are only too glad to be initiated into such secrets by an experienced woman. The art of domestic shopping cannot be taught theoretically. In this direction there should be first-class opportunities for starting Saturday marketing classes for older school-girls.

Where cooking is concerned there are plenty of ways in which the good every-day cook can earn money—and there are always openings for good new ideas in this way.

When a woman is a splendid cook she needs no diploma to succeed with small private cookery classes for children and girls. In almost every residential district, to, there is a need for the "everyday" type of visiting cook. What is wanted badly is women of experience who will visit newly-married and other women, and give them a weekly downright practical lesson in cooking in their own kitchen, with their own culinary utensils.

As for cooking things for sale. It needs an ingenious brain and capabilities for a woman to succeed here. Ideas generally run to the making of potted meats, preserves, cakes, and such like—all of which "cooking" ways of wage-earning are literally worked to death to-day. In some parts, though, there are big openings for women who will provide cheap, dainty luncheon-boxes which business men and women can carry with them to their working-places.

Indeed, the clever domestic woman should have no difficulty in earning money—either as entire or supplemental income. It is only necessary to be very alert, to specialize in something, and to avoid falling into grooves which are already very deeply worn.

NEW SPRING BLOUSES.

The newest blouses have no fullness—no gathers nor tucks—but are prettily incrusted with trimming, or another material, or else are embroidered on the stuff.

Dainty white crepon blouses are embroidered all over with little roses, or other small patterns, in tiny colored beads, in the style we associate with bead purses, bags, etc. I am assured that the beads are lavable, so that the blouses are really practical as well as pretty, and would not be difficult to embroider. No blouses are lined, but there are charming little under-bodices to wear with them. Occasionally there are short basques, which suit some figures better than belts, as they do not "cut the line" in the same way. Any sort of bright foreign embroidery is fashionable for them; it may go by the name of Russian, Armenian, Rumanian or Balkan—the effect is similar, the favorite colors being scarlet, bright blue and green, yellow and black. If a few washing spangles are introduced the result is still more charming. The prettiest material for these is fine white cotton crepe or voile.

PAUL POIRET GIRDLES

Any one who crochets or knits may possess a Paul Poiret girdle. This ultra-smart accessory is merely a three-yard long and two-inch wide strip of crocheted or knitted floss silk in one tone of a color, finished at the ends with a deep fringe of the knotted floss. When this strip is doubled, it is drawn loosely about the figure at the back and the two strands separated so that one will come against the normal waist line and the other over the hips, but to show no space between the two strips. In front, the girdle crosses the waist as a single strip and the two ends drawn under the looped center of the strip fall against the skirt's left side.

The Smartest Note in Nightrobes.

The latest fad in nightgowns for milady would indeed shock our grandmothers, for the modern girl, and by so meaning only the ultra-extravagant one, wears robes-de-nuit of pink crepe de chine! Not even white crepe de chine, for the white has not a bit of style. They must be pink, or if one be passionately fond of blue, why, that color may be used. Some are very simple and rather look the part, but many of them have deep lace yokes and sleeves and all of them have a satin artificial flower, that conceals a sweet-smelling satchet. These silken robes do wash beautifully, but further than that one can scarcely recommend them as practical for crepe de chine is expensive, even if one makes them herself, but they are charmingly feminine.

©Maryland State Archives, msa_sc4150_1_215-0563