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CONTENTS.

THE COMPLEXION.

Beauty is such an intangible thing that it would puzzle the wisest of men to define it. The most beautiful women occasionally look plain; the plainest women have a few beautiful moments in their lives. No one need despair. We will try together to find out some of the subtle secrets of beauty; and who can tell what unlovely little buds may open out into lovely flowers, by discovering some of those points of attractiveness which every woman possesses?—though some from shyness, or from fault of education, shut them away and hide them as though they were crimes.

We have seen beautiful faces without a good feature; we have seen perfectly regular features unaccompanied by that wonderful presence. Some faces are beautiful in repose and positively ugly in movement. Others, plain in features, brighten into real loveliness in speech, smiles, or laughter. Abundant hair and expressive eyes

are sometimes enough. A lovely mouth and dimpled chin often redeem an otherwise plain face. Every novel we take up has a more or less attractive heroine, but in how few cases does the description of the author convey to the mind the idea of any special loveliness? As Byron says, it is impossible to describe beauty, and it is quite as impossible to be sure of its presence or absence. While we are looking at a lovely face, wondering at its loveliness, a cloud of thought, or perhaps temper, crosses it, and the beauty is gone; or we may be thinking, while looking on some plain face, "How hopelessly unattractive!" when suddenly some wave of emotion lights up the eyes, alters the lines, softens the curves, warms the colouring, and there before us is beauty, visible and unmistakable.

So much for the real true beauty that depends not upon adornment, nor requires any artificial aid. What we have to speak of here is how best to make ourselves fair in the sight of those whose opinion we most value.

We cannot alter features exactly, but we can easily harden their expression. A sour nature will find vent in looks that make lines where lines should not exist, and give even the prettiest shaped mouths an ugly droop or curve, while a sweet-tempered soul, shining out of a face that may have no claim to good looks, so softens the features and altogether beautifies it that no one knows it is plain.

With the complexion, however, we have a great deal to do, and in a great many cases it is our own fault if we do not possess a good one.

Englishwomen have always been celebrated for the beauty and brilliancy of their complexion, and in this they surpass any of their European sisters. Their most formidable rivals are, perhaps, their fair neighbours of the Emerald Isle, and the dainty colonial women who hail from Australia and Canada. The inhabitants of the southern countries of Europe cannot boast of the matchless purity and freshness of complexion enjoyed by these favourites of Nature, and the sallowness and want of colour that is characteristic of French, Italian, and Spanish women, after very early youth, is attributable to the hot dry atmosphere in which they live, to their unwholesome diet, and to the large amount of coffee which they consume daily. Naturally, all women are anxious to possess a white, fine skin, tinted with the rich glowing colour which is indicative of perfect health, and free from the pallor and the eruptive

diseases of the skin which so frequently mar its beauty. Many people fall into the very general error of thinking that a good complexion can be gained by the use of external remedies, whereas the fundamental and principal cure is only obtainable by strict attention to health, by regular habits, and by a happy and contented condition of mind. The latter plays an important part in the gaining and preservation of a beautiful, healthy complexion.

A dull, earthy skin is generally to be seen in those people who are of a phlegmatic temperament, who are the victims of indigestion, and who, either from inclination or from necessity, lead a sedentary and inactive existence. A close, vitiated atmosphere and poor living are also frequently responsible for a pasty, muddy complexion, although, in some cases, it is natural. As a result of the above-mentioned sedentary life, the circulation becomes languid and sluggish, and the first step towards improving the skin is to go in for a thorough course of active physical exercise. Rowing, tennis, swimming, walking, and running should all, when practicable, be freely indulged in. The diet must be generous, but light, and all excesses avoided. No outward applications can clear the skin, although, occasionally, they may assist Nature in doing so.

Paleness of the complexion is often one of the signs of anæmia—a complaint from which many women, and especially young girls, suffer nowadays. For these an indoor life is exceedingly undesirable, and they should make every effort to be out in the fresh air as much as possible. One of the very best cures for anæmia is a sea voyage, which is, alas! out of the reach of anyone not possessed of a long purse. A course of iron and cod-liver oil is beneficial, and the diet should consist of milk, farinaceous foods, and some red wine, such as Burgundy, Tarragona, etc. A cold or tepid morning bath is excellent in this case, as causing a better circulation to the body.

Dyspepsia is frequently the main factor in producing sallowness, but it must be borne in mind that this is often hereditary. Bilious people nearly always possess this kind of complexion, the liver being at the root of the evil. Such persons must pay great attention to their food, avoiding all excesses of the table, and taking plenty of exercise—thus to stir into activity their sluggish liver. Tea and coffee, and spirits of all kinds, are most injurious to anyone who is wishful to have a healthy and clear complexion whilst milk, on the other hand, cannot be too highly recommended. The effect of cod-liver oil, when anyone can take this disagreeable

medicine, is really wonderful, and nowadays it is prepared with malt, which takes off a little from its nauseousness, and which is at the same time very nourishing. Delicate people, however, very often find it impossible to swallow this oil, and an excellent substitute is to be had in pure cream.

Indigestion is responsible for more skin eruptions, pimples, and sallowness and pastiness of the complexion, than is ever imagined. Women try in vain to get rid of these blemishes by outward applications, and take inward blood-purifiers and other remedies with the same purpose, but although they do not know it, it is indigestion they have to attack, and until this is cured, there is little hope of the blemishes disappearing.

An eminent physician gives it as his opinion that there are very few people who have passed the age of twenty-five who do not suffer from indigestion, and therefore there must be a very much larger number of persons with this complaint than is supposed. If it is allowed to go on undisturbed or uncorrected, it becomes chronic, and the hurrying bustling life of to-day is not calculated to bring about a better state of things. I frequently receive pathetic letters from women, who say that they have tried innumerable preparations for painful little pimples on their face, for a red nose and flushings, and for other troubles of a similar nature, without any results at all, and, indeed, in many cases the cure has proved worse than the disease. Anyone thus troubled should undergo a thorough examination at the hands of her medical man, or, in default of this, she should subject herself to a strict course of diet, and follow the rules, as far as possible, that I shall give in this book. I never advise people to doctor themselves, for, in many instances, they do themselves irreparable harm, but they may in some degree mitigate the painfulness and inconvenience of indigestion by carefulness in the routine of their daily life and in what they eat.

The symptoms and causes of this complaint are so many and varied that it is an impossible task to even mention a quarter of either of them, and I shall therefore confine myself to mentioning those symptoms which have a bearing on the state of the skin and the complexion, their principal causes, and the simplest and easiest methods of remedying the evil.

Amongst the more general signs of the disease are frequent headaches, sometimes accompanied by giddiness, heartburn, languor, sleeplessness, a red nose, and a large number of skin eruptions. A startling symptom is palpitation of the heart, and it is this that

induces those frequent flushings of the face which are so distressing to both young and older women. The flush may, and often does, settle in the nose, in which case it is attributed, in many instances very unjustly, to alcohol. The most common skin eruption due to indigestion is nettle-rash, although acne and other diseases are also caused by it. The skin becomes dried up and shrivelled, through the weak or defective circulation of the blood, which supplies it with nutriment. The patient should have recourse to friction, daily baths, and plenty of exercise, and she must diet herself very carefully indeed. A pasty, sallow skin arises from the sluggish action of the liver, or congestion, and this is curable by the same means. Persons whose occupations are sedentary ones almost invariably suffer from indigestion, and so do those who are obliged, by the nature of their work, to resume it immediately after eating, or to take violent exercise whilst digestion is going on. There is a great deal of common sense in the old saw, "After dinner rest awhile, after supper walk a mile," for the latter should always be light, otherwise sleeplessness, nightmare, and horrible dreams follow. One cannot, as a rule, change one's occupation, but it is sometimes possible to regulate one's meals in accordance with it, and so ward off any very severe attack of indigestion.

Nothing is more detrimental to a healthy condition of the digestive organs than decayed or unsound teeth. These most useful members of our body have so much to do with the proper mastication of our food that too much importance cannot be attached to them. When the nerves in them are exposed, or when pain is experienced in biting, they should at once be attended to. Otherwise they are quite unable to masticate the food, which remains almost whole, and is entirely undigested.

Alcohol is equally dangerous, and an habitual and confirmed drinker must of necessity be a martyr to indigestion, and nothing but a little red wine occasionally should ever be taken by the dyspeptic. All diet should be very light, and until the symptoms have begun to disappear it must be taken in small quantities only. Amongst easily digested foods are white fish, soups, stewed fruits, lightly boiled eggs, beef tea, toasted bread, and milk either alone or mixed with soda or lime water. Fruit may be taken at breakfast or lunch, and should be ripe and freshly gathered. Weak tea is said by some physicians to be harmless in cases of indigestion, provided it is properly made, and not allowed to stand more than two minutes. White meat is more easily digested than red meat,

and poultry is excellent diet for the same reason. In cases of very severe dyspepsia, beef tea should be given several times a day in lieu of meat. Anyone who leads a sedentary life will find that fish is the best food they can take, and despite the want of circulation their occupation causes, they will experience little inconvenience if they can regulate their meals according to the rules I have given. Prevention is always better than cure, and when once the complexion becomes muddy and unhealthy it is no easy matter to get it into a good condition again. Sweets have a bad effect upon it, and this is one of the reasons why American women never retain a good complexion after girlhood. They eat "molasses" with so many of their dishes, and sweets in such large numbers, that their skin suffers irreparably in consequence.

One of the best, and at the same time one of the simplest, of remedies for a mild attack of indigestion is hot water. This should be sipped slowly, as hot as it can possibly be taken, the last thing at night, and occasionally during the day. Many people find the plain water very objectionable to the taste, and the insipidity can be remedied by adding a few drops of lemon juice to it. Hot lemonade is equally efficacious, but too much of it causes thinness, and it must therefore be taken sparingly. It is a good blood purifier, and is a pleasant drink. Indigestion always comes on after eating, and much pain is prevented by the taking, after dinner and lunch, of a few drops of essence of ginger in water.

Amongst the foods to be avoided in this complaint are salted or preserved meats, hard cheese, veal, nuts, pork, made dishes, raw salads, or raw fruit. Besides attention to internal remedies, this lotion may be dabbed on to the nose three or four times a day : Four drachms of oxide of zinc, four drachms of simple tincture of benzoin, elderflower water to five ounces. Shake the mixture well before applying.

Women of all ages alike are in the habit of making one great mistake with regard to their food, and that is they often, when out shopping for some time, either go without anything to eat at all, or else they content themselves with a meal consisting of tea or coffee and a roll and butter or cakes, instead of having a sensible luncheon of fish, or soup, if they do not care for meat, which is so much better for them and scarcely costs any more. To this habit may be laid many cases of indigestion.

The influence of the mind upon the digestive organs is very great. A contented, cheerful mind generally goes with a good and

sound digestion, whilst it is exactly the opposite when a person is worried, anxious, or unhappy. Keep the mind as contented as possible, and live a calm, healthy life on the principles I have mentioned, and you will find that both your health and complexion will improve, and spots and such little annoyances will trouble you but seldom, if at all.

It is not often that we find a girl, taking a proper amount of exercise, eating moderately of food that agrees with her, and being most particular with regard to cleanliness, with a bad complexion.

There are a few happily-constituted persons who seem to be able to do just as they like as far as diet, etc., is concerned, but by far the larger proportion of us need to take a certain amount of care of ourselves in order to obtain and retain a clear and good skin.

A beautiful complexion is a lovely thing when it is a *natural* charm in a woman, and it is surprising how many girls do not try their best to gain the "lilies and roses" so often quoted.

One of the worst things that persons, with skins that flush and burn unpleasantly, can take, is hot drink; yet, strange to say, they are often the ones who take quantities of hot tea, even with strong food such as meat, with which it is always indigestible. In fact, the tea drunk with the meat makes that indigestible also; yet though these persons are unpleasantly conscious that their cheeks are blazing and their noses red after such a meal, they will not be persuaded to give up what they like in the matter of eating and drinking. Others, again, though conscious that their system is out of order, will not take proper medicine, or keep to walks, hours, and baths that would set them right.

Great care in the choice of soaps is, of course, essential; and I shall say more on this subject later on. But I would here say that for a safe complexion soap Dr. Mackenzie's Arsenical Soap will be found invaluable.

COSMETICS.

Constitutions differ as much as faces do, so there can be no universal law for all, but there are a few hints that a very large proportion of persons may take with regard to soap and water.

Some argue that the use of soap for the face is injurious, and so it is sometimes—not, however, because, as they say, soap absorbs the oil of the skin and leaves it dry, for this does not occur except in the case of those soaps that contain a great deal of alkali; but because many—those often the prettiest and smartest kinds—are injurious to the complexion. Given a good pure soap it cannot harm the finest skin—that is, if it be thoroughly rinsed off after using.

Therein lies a great secret in washing the face. No soap should remain on after washing, which is too often the case when children are washed by a careless nurse, with the consequent "shiny" result.

Warm water is, as a rule, better than cold for the face, but a cold douche at night is a great beautifier of the complexion if a good rubbing with a rough towel be given after it.

Use soft or rain water, if possible, for it is so very much better for the skin than hard; but if compelled to use the latter, throw in a handful of oatmeal, which will soften it considerably.

Be sure, as we have said before, to thoroughly rinse off the soap, and as thoroughly dry the skin.

If possible, do not use powder or any other preparation that will clog up the pores, for a perfectly natural skin is, of course, the best, but when the face burns after washing there is no injury done by applying a little pure powder.

After excursions, such as picnicing and boating, where the face is very much exposed to the sun and air, without being tanned, it is burning and uncomfortably flushed, when a little rose water and glycerine may be applied, to be followed by a little powder.

For freckling and tanning by the sun there is nothing much better than a little lemon juice in water, or the old-fashioned remedy, butter-milk; but we have heard that saltpetre, very finely powdered, rubbed over the freckles, with the finger first dipped in water, will after a few applications remove freckles.

We have no great faith, however, in the removal of freckles, for they seem part of some people's complexions, but can only advise our readers troubled with them not to expose their faces too much to the hot sun of summer.

There has, perhaps, never been an age in the world's history in which women have not attempted to beautify their complexions by the use of either powder or paint; and, doubtless, had any reformer arisen and attempted to convince our ancestresses of the error of their ways, and tried to persuade them that paint, powder, or any other cosmetic did not in reality beautify their faces, he would have met with a sorry reception. In the books of the Old Testament mention is made of the use by the Jewesses of those days of sulphur of antimony, and one of the most notorious of ancient queens, Jezebel, was an inveterate painter. No record is given as to our first mother having practised this art in order to render herself still more attractive in the eyes of her husband, but it may be safe to presume that if she did not indulge in this little piece of femininity, it was not from want of will, but from a lack of opportunity. For coquetry and the desire to please have been handed down to her daughters by this beautiful and too inquisitive woman.

The Roman women of old spent the greater portion of their time in attending to their complexions, and the word cosmetics is derived from the Latin word *cosmetæ*. To such an extent was the practice carried that what they called the *ars omatrix* or *fucatrix* has never since been equalled, not even excepting at the theatre of to-day, where painting is indispensable. Enamelling was the popular process among these ancient patrician women, this receiving great encouragement from Nero's wife, Poppæa, who used

a paste which hardened on the face, and which was virtually an enamel.

Notwithstanding the perhaps natural wish of all women to look their best, it is sometimes difficult to realise that they are willing, in order to gain this end, to sacrifice all comfort, and, indeed, to suffer great inconvenience and pain. And yet we find that this is the case. An admirer and imitator of the celebrated actress, Madame Vestris, of whom it is said that her skin was "whiter than snow, and smooth as monumental alabaster," had her features enamelled with what the French call *blanc de perle*, and which is in reality oxide of bismuth, this being the actress's favourite cosmetic. Unfortunately it tarnishes in a bad atmosphere, and especially one in which sulphur predominates largely. This dowager happened to attend a chemical lecture, and in her endeavour to discover some of the hidden secrets of the science she placed her face too near to some water strongly impregnated with sulphuretted hydrogen. Without any warning the poor woman became black in the face.

A lady of my acquaintance, whose complexion, although beautiful, owes more to art than Dame Nature, being finely enamelled, is unable to move her head, or smile, or laugh, for fear that the enamel should crack, and she should become a laughing-stock to her friends. Such is the misery endured for the sake of what she falsely deems is a matchless and admired complexion.

Unfortunately many paints are composed of mineral substances, and in consequence they are most harmful and injurious to the skin. There is no metallic pigment so innocent that it can be laid on the skin continuously without incurring serious damage.

One old writer, in speaking of paints, says that "all kinds fabricated from mineral substances—and all kinds are—are fraught with the most serious consequences, and the use of them is both morally and physically injurious. To impart a bloom to the pale or wan cheek of beauty may sometimes be allowable, and in that case rouge, or unadulterated carmine, are the only substances that ought to be employed." The secret of a healthy and, consequently, beautiful complexion is a free action of the pores of the skin, and therefore anything that chokes these up, or that impedes their natural action, must eventually militate against a beautiful skin and a bright colour.

To all women, either young or old, I should say most emphatically—Never paint. It is a mistake to think that the artificial

covering is not visible. It is, as a rule, easily detected by anyone, and it is not necessary to be an expert in order to do so. Girls should be careful, when young, to preserve their complexions as much as possible, so that painting and enamelling will be unnecessary when they are no longer in the first flush of youth.

Older women, to whom the above directions come too late, would do well to try and restore or improve theirs by the use of simple, harmless washes or lotions, instead of flying to the paint-pot or the enameller, neither of which will, in reality, add one iota to their beauty or meridianal charms.

Rouge nowadays has been to a great extent superseded by carmine—a preparation of cochineal—which is far superior to the older substance. This is the product of the female of a Mexican and Brazilian insect, which feeds upon the leaves of the nopal plant after its fruit has ripened, and thence derives its colour. The rouges used principally in theatres are prepared from an Eastern flower, called the safflower, and from Brazil-wood lake. The blossoms contain a colouring matter known as carthamite, from which are obtained some exquisite tones of scarlet and a delicate rose colour. Liebig was the discoverer of an animal product entitled alloxan, which is said to give the "sympathetic" blush to the cheeks. Alloxan is, in itself, colourless, but it becomes oxydised by exposure to the air, and turns to a deep rose hue, which stains the skin pink. I mention these carmines and rouges to show how harmless they are, and therefore much to be preferred to liquid and mineral paints; and before returning to the subject of the latter, I give the receipt of a home-made rouge:—Take half a pound of levigated French chalk, and mix with two ounces of carmine.

I trust that my readers will rigidly eschew paint of every kind and colour, for there are about half a dozen of these, the principal being white, blue, red, and black. White paints, as they contain that poisonous ingredient white lead, are highly dangerous, leading frequently to blood poisoning. Red are equally so, as they are made with salts of mercury, vermilion, and other reprehensible substances when used in cosmetics, although there is one harmless red paint made with carmine of safranum, rouge of carthem; but the carmine of cochineal, before mentioned, is almost as bright. Veining is done by means of indigo and talc, which form a blue paint known as "lazulite."

A basis of black or Indian paint is lamp-black, and this is used for painting the eyes, a substitute being the pencil called "fard indien."

It is, perhaps, not too much to say that nine women out of every ten are in the daily practice of powdering their faces, and this being so, it is decidedly necessary that the powders they use should be perfectly harmless, and not injurious to the skin.

There seems to be a general concensus of opinion amongst those who make the skin their especial study that the use of powder can, under no circumstances, be beneficial to the epidermis, although, provided it be pure, the effects of its frequent application are not absolutely dangerous. Sometimes it is conceded that powder is of great value in protecting the skin against extremes in temperature and sudden variations of the thermometer; and, moreover, it occasionally allays slight irritations and eruptions of the skin.

But as the main object of all women in applying any cosmetics to their skin is to render it healthy, soft, and smooth, it does not seem as though they are going the right way to accomplish their end by an indiscriminate use of powder. For, as I have said before in a previous article, the healthiness of the skin depends upon its pores being kept free from any matter that can clog them up, and prevent the free exudation of the perspiration through them; hence powder, which does this, must be harmful. The truth of this is to be seen in the complexions of actors and actresses, who are obliged to have recourse to cosmetics of all kinds, and whose skins are pallid and sallow from this cause alone. Frenchwomen, however, appear to think that its application is necessary to complete the drying process after ablution; but the pallor and sallowness of their skins, even when quite young, would not induce us to follow their example, for we, in England, are justly proud of the delicate pink-and-white and rose-leaf complexions of our "rosebud garden of girls."

Pearl and other powders are much more generally patronised in everyday life than is suspected. Very often they are so skilfully applied as to be almost undetectable, but they can always be discovered by looking at the face in a side light, when there will be seen a certain dull uniformity of tint, the effect resembling that of frosted silver, as compared with polished silver, instead of a satiny appearance that comes from a natural moisture of the skin, varied by the soft down upon it. Powders are made of a variety of substances, the vegetable ones being the most harmless, those containing mineral ones being highly injurious. Amongst the first-named are rice, wheat, and potato starch, and the latter include

such ingredients as mercury, arsenic, lead, oxide of zinc, bismuth, etc. There is much variety of opinion with regard to the latter substance, popular prejudice being decidedly against its use; whilst some skin specialists affirm that it is entirely free from anything that can harm the complexion. A French writer on the subject says that "all powders containing chalk, talc, bismuth, alabaster, oxide of zinc, etc., are mineral powders, and are indeed mineral paints disguised under attractive names. They differ from the latter only in that they are generally harmless, being very seldom mixed with poisonous substances, such as, for instance, white lead, etc." Violet powder is one of the most simple of powders, and is composed of six parts of wheat starch, and one of powdered orris root. These are mixed together and scented with lemon, bergamôt, and clove. Frequently wheat starch is used alone, and *poudre de riz* is rice starch scented to taste. Pearl powder is a mixture of bismuth and chalk, or zinc and chalk, and the drawback to this is that the zinc and bismuth gradually turn black when exposed to emanations from the skin, or in the atmosphere of a crowded room. In the daytime it has a bluish appearance, which gives a somewhat unnatural colour to the complexion.

Mineral powders adhere much better to the skin than do vegetable ones; hence, perhaps, their employment in so many advertised kinds. Rice powder has very little adherence, but corn starch forms the base of nearly all fate powders. This, and indeed all, is highly absorbent, and takes up not only any superfluous moisture, but also the natural oil of the skin, and this is why its daily and persistent use dries up the skin and diminishes its softness and pliancy. If this were only done occasionally, the skin would resume its natural condition as soon as its application was abandoned. A really pure powder is sometimes beneficial when the face, neck, and shoulders are plunged into a heated and vitiated atmosphere at some evening assembly, held in crowded rooms.

Powders for the face should be ever so slightly perfumed; if too much so, they frequently cause nervous affections and severe headaches, which are often unaccountable to the sufferer, but which arise solely from the above cause. Despite the apparent ease of powdering, there is a great art in putting the powder on the face. Many women have the mistaken idea that the thicker it is laid on the better it looks, but this is a great fallacy. It should be applied with the greatest care, and its presence should be unseen

by anyone. There are three different tints of face powder: namely, pink, yellow, and white. The latter should never be used. Women with sallow or colourless skins should use the second, and those with delicate pink-and-white complexions the first-named.

Powders may said to be applied to the face with two objects, one of which is to dry it thoroughly after washing; but this can be done equally well without its aid by gently wiping it with a piece of soft chamois leather. The second object is to leave a layer of powder upon the face, so as to obscure some defects, or to give it a smooth, even complexion. In the former place it is applied by means of a powder puff, and then removed with a soft cloth. A yet better plan is to apply it with a piece of chamois leather. When it is desired to leave the powder on the face, usually some oily substance or glycerine is first spread thinly upon the skin, which then retains it better than when applied without this foundation. But I should not advise any of my readers to make use of glycerine, as it does not suit all skins, and is, as a rule, most injurious.

An interesting fact connected with powder puffs is that they are made of down taken from swans, and in England, to supply the demand for these, no fewer than five thousand swans are killed yearly. It seems a pity that so many of these beautiful and grace-

ful birds should be so cruelly sacrificed when there are other substitutes which would answer the purpose of the puffs equally well, a tuft of wadding or a piece of the finest flannel being excellent "powderers."

Unless necessary, as we have said before, do not use powders or lotions for the skin in an ordinary every-day way; but if you *do* use them, let them be pure and of the best kind.

We warn our readers against tampering with their health by taking any of the much-advertised preparations, which promise all kinds of impossible, if desirable, results from their use. Outward applications are equally to be guarded against, unless their harmlessness and purity have been proved by competent authorities.

Home-made cosmetiques are always much less expensive than bought ones, and those who make them have the satisfaction of knowing of what their toilet preparations are composed, which is not the case when they purchase patent or advertised ones. We can ensure their being quite pure and free from any dangerous or harmful ingredients.

The first batch of recipes will be those for washes or lotions that are used as emollients, or for soothing a dried-up or irritable skin. Benzoin is usually at the root of all recipes, and there is nothing better than this by itself for rendering the skin firm and healthy. A few drops of the simple tincture of benzoin, added to the water in which you bathe, is a wonderful tonic, whilst a toilet water, composed of ½ oz. of this, together with 1 oz. of tincture of camphor and 2 ozs. of Cologne water, dropped slowly into ½ pint of boiled water, makes a delightfully soothing lotion. A wineglassful must be put into the water before washing, or a tablespoonful into a pint of water, to rinse the face afterwards. A very simple recipe, which has a marvellous and rapid effect in freeing the complexion from muddiness or unsightly pimples, is a little flour of sulphur, mixed with the finger into a small quantity of cold milk, and dabbed on the face twice a day before washing. The smell of this is disagreeable, but the result is well worth the little discomfort it entails. Milk of roses is as delightful as its name, and consists merely of 1 oz. oil of almonds and 10 drops of the oil of tartar, added to a pint of rose-water: the oil of tartar must be poured in last.

A very good revivifying wash for the skin is made as follows:— 4 ozs. of potash, 4 ozs. of rose water, 2 ozs. of pure brandy, and the same of lemon-juice. Put all these into 2 quarts of water, and

when you wash, put a tablespoonful or two into the water. Toilet vinegars, although so pleasant and refreshing at the time of using, are not good for the skin, which they dry up and cause to crack after a time. Instead of washing the face frequently during the day, as said in the previous chapter, it is preferable to refresh it occasionally, when tired and dusty after a walk or a game of tennis, with a little simple toilet water or milk. A most delightful wash for this purpose also is Hungary water, this being the cosmetic which, so tradition tells us, gave a Queen of Hungary her marvellously beautiful complexion which made her the wonder of the world when she was eighty years of age. It is very near akin to Eau de Cologne, and as it contains a large proportion of rosemary, it acts also as a brain stimulant. It is made as follows:—Alcohol, 1 quart, rose-water, $1\frac{1}{4}$ pints, balm 1 oz., the same quantity of orange-peel, lemon-peel, and mint, and 2 ozs. of rosemary. A very simple toilet wash is made with a pint of rain-water, 10 drops of otto of roses, and about a wineglassful of lemon-juice.

Besides these washes, which are suitable for ordinary purposes, there are occasions upon which special lotions are necessary, as in the case of sunburn, chapping of the skin, etc. Two very good lotions for the former trouble are the following:—1 pint of milk, 1 oz. each of carbonate of soda and glycerine, and $\frac{1}{2}$ oz. of powdered borax. This should be used twice daily. The second one consists of milk and oatmeal water, $\frac{1}{2}$ pint each, and carbonate of soda, 1 oz. For freckles, this lotion applied to them with a sponge, three times a day, will be found beneficial:—1 drachm of chloride of ammonia, 2 drachms of lavender water, and 1 pint of spring water. Water, with a little lemon juice added, is sometimes effectual as a freckle wash; but it is far better to let them disappear of themselves, which they will do when the sun has lost some of his fierceness in the autumn; and those who have them may console themselves with the reflection that only a fine skin is liable to them.

We now come to the cosmetics known as creams and pastes, and the first recipe I give is for freckles—$\frac{1}{2}$ oz. of fresh cream, 4 ozs. of milk, $\frac{1}{2}$ oz. each of alum, brandy, lemon juice and Eau de Cologne, and $\frac{1}{2}$ drachm of sugar. Boil all together, and take off the scum. Rub on the face at night, and make in small quantities, as it does not keep well.

All applications intended for renovating and improving the skin are much more effectual if used at night than during the day.

The next recipe is for a lotion that is excellent for whitening

the hands and arms:—Take a teaspoonful of borax, 1 oz. of glycerine, and 1 pint of orange-flower water. This is good for use after exposure to the sun. The second lotion renders the neck and arms very white:—Mix together 2 drachms of hazeline, 2 drachms of benzoin, 8 oz. of elder-flower water, ½ oz. of glycerine, and 1 drachm of powdered borax. This is to be applied after washing, and the arms bandaged with soft washed linen. The third recipe should be made in very small quantities, as the milk contained in it soon turns sour. Cut into small pieces a cucumber and remove the skin. Boil for an hour in ½ pint of new milk; strain, and add a tablespoonful of glycerine, and a pinch of boracic acid, which keeps the milk good for a couple of days. This lotion must not be used when the milk becomes sour.

A good powder for brunettes is made as follows:—Pound ½ lb. of chalk as fine as possible, being quite sure there is no grit remaining, then add to it a little vegetable yellow. This must be put in in the smallest quantities, as it is easy to make the mixture too yellow. To avoid this, try it on the face while mixing, with a puff, and when it does not show upon the skin you will have put enough colouring.

Very careful mixing is necessary, or you will have little specks of yellow showing.

Prepare precisely as above for a blonde, only using carmine instead of yellow till the powder is such a pale pink as suits the person's complexion for whom it is intended.

Perfectly white powder shows very plainly upon the skin; therefore we recommend the addition of colouring matter, according to the complexion of the wearer.

Another powder for the skin, and one very pleasant to use, is made of equal parts of oxide of zinc and boracic acid, with four times the quantity of powdered starch.

On some faces powder will not lie, or, at least, it will lie so that it shows very plainly. This is generally the case if the skin is coarse or very red. The best plan then is to use a little glycerine and rose water, or cold cream. Before applying either, rub the face well with a soft handkerchief, then rub on the cold cream or glycerine. Let this remain a minute, then rub off with an old cambric handkerchief, and put on the powder.

For persons whose complexions require a little powder when going a journey, or being out some time, this is the best way to keep the face powdered, as it does not easily come off.

If any serious marks on the face have to be hidden, this plan is not sufficient, the only way being to use grease-paint under the powder.

To those who do not know this preparation, we may explain that it is a soft, very thick grease, sold in sticks by theatrical costumiers, and can be had in every conceivable tint, to suit all complexions.

It should first be warmed, then rubbed gently on, spread with a soft handkerchief, and rubbed off with another. To cover a scar or bruise, apply more thickly. A little vaseline will remove grease-paint very quickly.

The best cold cream to use, in an ordinary way, can be made at home, and will be found quite as nice, and a great deal cheaper, than that we procure from a chemist.

Get ½ lb. of the very best lard, put it in a basin, pour on it boiling water, and when cold, drain it off. Repeat this process twice; then, after quite freeing the lard from water, beat it to a cream with a fork, and scent it with essence of bergamôt.

After using grease-paint, or rouge, or anything in the way of "make-up," wash your face—at least wash the paint off—with the cold cream before touching it with water.

A harmless rouge or colouring for the cheeks can be made in the same way as the pink powder, but using more carmine, being careful not to make it too bright.

Sometimes for plays or tableaux it is necessary to "make-up." Space does not permit us to give a full description of the various "make-ups" required for different characters, but the following is sufficient just to make one look their best in the glare of footlights or other strong lights.

Having applied a grease-paint of a tint to suit the character represented, and put on the powder rather thinly over it, after a minute brush off all that seems to show too much, clearing it well out of the eyes and eyebrows with a wet finger.

Next, with a piece of soft flannel, rub the rouge on gently. Lay it very lightly over the eyelids, then from under the eyes work down over the cheek, copying the way the natural colour shows, and be very careful to soften the edges till the colour melts into the pale pink of the powder. Better have no make-up at all, than a clown-like red and white.

Next, with an eyebrow pencil or camel's-hair brush and a little indian ink, touch up the eyebrows till they are well defined (some

dark eyebrows do not need this), and put a very thin line under the eye, taking it a little beyond the outside corners. If the lashes are very fair or thin, they should be darkened with a brush rubbed with a soft grease-black sold for that purpose.

For the lips, use lip salve, not too bright in colour. If the upper lip be thin and not much curved, rub the salve a little above, in the centre, in the shape of the proverbial Cupid's bow.

The heat of the stage or room will often make the hands look red, so a little *blanc de perle* should be used to rub them with, well washing them first.

In arranging the hair for the stage, remember that *outline*, more than detail, is what we must aim at, and to avoid letting this be hard, the hair should be slightly ruffled or fluffy.

ACNE.

THERE is one form of skin disease to which many women are singularly prone, although occasionally members of the opposite sex also suffer from it: and that is Acne, or, as it is more familiarly called, Blackheads.

There are two or three different forms of Acne; but I shall only discuss the simple and most general one, which, if attended to in time, will not develop into the more serious forms which demand and require medical advice and treatment. The annoying little pimples which usually attack most unkindly those parts of the body which are the most seen—to wit, the face, shoulders, neck, and chest—are caused by various irregularities, but, as a rule, they originally proceed from neglect of cleanliness, which does more than anything else to ruin the skin and complexion. Lack of exercise, breathing close or vitiated air, and too heavy a diet, may be classed amongst the most frequent causes of this disease. The spots are formed by a secretion of perspiration underneath the skin, the pores of which are closed up, and do not allow the free exudation of the matter.

The first step towards a cure is to induce these pores to open, and this can be done by steaming the face at night by holding it over a wide-mouthed jug filled with boiling water. The steam arising from this softens the outer epidermis, and allows the imprisoned perspiration to escape. It is as well to envelop the head in a warm woollen shawl, so that the steam may do its work all the more effectively, and this should be kept on when in bed. The steaming should not take place *every* night, as too frequent indulgence in it is apt to enlarge the pores too much, and causes those little holes resembling pin-pricks that are seen in some skins. When the face has been sufficiently steamed, it must be rubbed with a moderately rough towel—but this after it has been thoroughly cleansed with some good and absolutely pure soap, applied with a Turkish glove or loofah. After this a little cold cream may be rubbed in, and subsequently wiped off with a soft linen cloth. The spots should then be pressed out with the fingers, these being covered with a washed white silk or linen handkerchief, which renders the operation a little less painful. After this, dab on some good Eau de Cologne, which, although at first causing redness and smarting, is invaluable in removing these pests.

Sufferers from acne should always wash in *hot* water, and always use soap.

Diet is another important factor in remedying this disease, and there are several kinds of food which must be carefully avoided. For instance, tea and coffee, pastry, sweets, highly-seasoned meats, and wines and spirits are very deleterious, with the exception of such a wine as Burgundy, or similar vintages. All drinks should be warm, and hot milk should be drunk with all meals, in lieu of anything else. Hot lemonade is another efficacious beverage, and a glass of hot water with a few drops of lemon in it, besides being beneficial for this particular disease, also prevents indigestion and constipation—two complaints that have much to answer for with regard to acne.

Fish is preferable to meat, as being more easily digested, and well-cooked green vegetables, ripe fruit, and tomatoes, with a milk pudding daily, are all excellent. With regard to internal medicines, very few are necessary if the above rules are adhered to, and those taken should be quite simple ones. Sulphur, when the weather is not too cold, taken in milk, or in the popular tablets, is a rapid pore opener, and there is nothing better than cod-liver oil, when this very disagreeable remedy can be taken.

Perspiration should be induced by the frequent use of hot baths, either salt or fresh water being efficacious, and when possible a Turkish one, upon whose merits all the medical faculty are agreed, and the old-fashioned opinion, as to its being too weakening, seems to have been quite exploded.

Excitement, restlessness, and worry of all kinds are potent factors in the production of blackheads, and, therefore, everyone who is plagued with, and wishes to get rid of them, must keep a cheerful mind, and endeavour to avoid, as much as possible, all unpleasant thoughts and petty troubles. Perhaps some of my readers may wish to know of a few ointments, or lotions, wherewith to exterminate blackheads, and I therefore give one or two for their benefit. When the spots are very obstinate, a *very* small amount of red iodide of mercury ointment or the following lotion may be used. Essence of turpentine, 2 drms.; spirits of wine, 3 ozs.; distilled water, 2 ozs.; and nearly ¼ oz. of glycerine. This must *not* be rubbed in, but applied with a camel's-hair brush. A simple emollient is iodide of sulphur ointment, and a good lotion is composed of 2 grains of corrosive sublimate in 4 ozs. of rose-water.

How to Obtain a Good Figure.

The first essential of a good figure is symmetry—that perfect proportion of all the parts to each other which produces perfect harmony. The average height of man, taking all the nations of the world into account, is 66 inches, but that of Englishmen—they being a tall race—may be given at 5 ft. 9 in., though 5 ft. 6 in. is the average, strictly calculated. A woman's average height is one-twenty-second part smaller than that of a man. Her face is one-tenth shorter, and since the space between the eyes remain the same, the oval of her face is rounder. The head measured in length (and this holds good of men as well as of women) is rather less than one-seventh of the entire height of the body. The shoulders are smaller by one-thirtieth, and the ribs by one-eleventh.

It is unnecessary to explain here, even if it were possible to do so in words, what are the exact proportions of a good figure, but on one point it is most important to touch—viz., that of the relative size of the waist to the rest of the body. For too long a very small waist has been considered a good point, and in spite of the injunctions and even entreaties of physicians, the ruinous practice of tight-lacing has been persisted in, to the injury of health, and even the deterioration of the race.

A tightly-laced waist throws the hips and shoulders utterly out of proportion in width. The natural line of the waist is a very gradual curve; that of the tight-lacer is abrupt and sharp. Those who have been accustomed to the use of the corset could not

perhaps, conveniently dispense with all support to the figure; but to those who wish gradually to do so, and to adopt in other matters also a more hygienic form of dress than that universally adopted by women at present, without rendering themselves in the least conspicuous, or laying themselves open to the charge of eccentricity, we may recommend the perusal of a small shilling book on "Dress, Health, and Beauty," published by Messrs. Ward, Lock & Co., Ltd.

Having thus entered our protest against tightly-laced waists, on the grounds of morality, health, common sense, and beauty, we pass on to consider what forms of drapery are best adapted to fulfil the purposes for which we wear clothing—viz., protection against the weather, comfort, decency, and beauty. As individuality is one of the greatest charms in a human being, this individuality should clearly express itself in the dress, and though this opinion might be taken as an argument against writing books upon dress, and in favour of leaving each man or woman to his or her unassisted devices, yet, on second thoughts, it will be acknowledged that the imitative faculty, so strongly developed in us all, leads us away from expressing ourselves in our dress, and that individualism in this particular must be cultivated.

Individuality in dress, when carried to extremes, becomes eccentricity, and this is an error very far indeed on the wrong side of the scale. It is better for a man or a woman to be the most slavish copyist in matters of dress than to lay himself or herself open to this reproach. Nor need individuality in this respect lead to conspicuousness or "loudness" of any kind. A woman may be most quietly arrayed in neutral tints, and yet her individuality may be expressed in every fold of her garments.

In order to dress well, it is necessary that we should study our own appearance critically, and try, as far as we can, to "see ourselves as ithers see us." Am I tall? Am I short? Long and lazy? or little and loud? Am I stout? Am I thin? What is the general expression of my features and figure? What is my colouring? On the answers to these questions depends the style of dress that ought to be worn; and it is not asking a woman to think more earnestly of her own appearance than she ought to do, to urge upon her to find out the answers given by her own appearance. Some women, without thinking about it, instinctively choose what suits them best in form and colour, but, as a rule, this gift is denied to Englishwomen. They thus throw themselves upon their milliners, their dressmakers, their fashion-books, for a choice of a bonnet, a

dress, or a fashion. Milliners, dressmakers, and fashion-books have necessarily a monotonous sameness, all drawing, as they do, their inspiration from one source; the result is, the distressing want of individuality that characterises the women of this country, and which prevents their doing full justice to the share of good looks that Nature has given them.

We will begin with the type of figure for which all the fashions of the present day appear to be designed and intended; the long, slim figure that can "carry off" more ornamentation than any other variety of "the human form divine." If the height be excessive, white and light colours should be avoided; though, if the slimness be excessive, nothing is better adapted to apparently diminish it than white and light colours. A very tall and very slight woman should therefore avoid these pale shades, but if her head should be —as it sometimes is with very tall women—too small for her body, she may with advantage wear a white or light-coloured bonnet or hat.

But if the height be moderate, and the contours proportionate to the height, this kind of figure may wear almost any colour, without being rendered conspicuous. Stout figures should wear only the darkest colours, and if they wish to add to their apparent height they should wear striped dresses; if the stripes are narrow and well managed in the cutting out, they serve to disguise stoutness; if they are wide, and cross and recross each other in the trimming, they have an exactly contrary effect. Short women should wear their trimmings arranged lengthwise as far as possible, while very tall women may wear theirs horizontally. Long, plain skirts give every advantage to a short woman. Large patterns make her look insignificant. She should only wear the very smallest, if, indeed, a pattern is necessary at all.

The thin and angular woman or girl may wear full and flowing draperies. Low bodices are out of the question, so are short sleeves, if the arms are also thin. Square bodices may be deftly managed so as to conceal thinness; cut so as to cover the "salt-cellar" collar-bones. The neck must be desperately thin—thin to "scragginess"—if it cannot be revealed to this extent. The fichu is for this reason perfectly adapted to very slight figures. It can be gathered in numerous folds across the chest, while, at the same time, it lies perfectly flat across the shoulders, where anything bulky is very ugly. A form of mantle that is gathered in at the waist in folds that spread out at each side, falling below the waist, is

excellently suited to the thin, as it supplies fulness without absolutely veiling contours.

Angularity is only disagreeable when the bones are large. With small bones a woman must be what we remember to have heard called "viciously thin" to look angular; but with large hips, large shoulders, large wrists, large ankles, large joints, and thinness added thereto, the best she can do is to hide as many of her angles as she can, and to do everything in her power to hide them under a covering of flesh, a covering which very often in such cases makes all the difference between a plain woman and a handsome one.

A girl with large feet should not wear her skirts so short as unduly and unnecessarily to exhibit those extremities. A girl with a thick waist will arrange her garments with a slight tendency to fulness upon the hips, by which means she will diminish in appearance the size of her waist. A girl with thin contours will wear full bodices, fichus, and other contrivances for giving breadth and amplitude to her figure.

A sense of the fitness of things is shown not only in what we wear, but in when we wear it. The woman who breakfasts in a satin gown is much more truly ridiculous than the man who sits down to that early meal in a dress-coat. Woollen materials in winter, and cotton or linen in summer, are the most suitable for the early morning, since it is to be supposed that an Englishwoman has to pursue some domestic avocations directly after breakfast that will lead her to the kitchen, the larder, the nursery, or the store-room, in all of which places a possible injury may occur to a delicate and costly fabric.

The Shoulders.

Round, white, and smooth shoulders, with suggestions of dimples above the arm, form the ideal beauty of this part of a woman's frame; they should gently slope away from the neck, without, however, forming too acute an angle with the line of the neck. The beauty of the skin is seen to perfection on the shoulders and arms when uncovered and displayed, as in evening dress, since here it is generally protected, as the face and neck cannot always be. One of Madame Récamier's principal points of beauty were her "shining shoulders." Perfect health is the best producer of this lovely gloss on a white skin just faintly tinted with flesh-pink.

The enamels of Rachels and others are sorry substitutes for this natural gloss. They give an unnaturally hard, *baked* look to the

skin, and are simply destructive to what they assume to adorn, ruining the skin by filling up the pores. They are costly preparations, but they do more harm even to the system than to the finance of the foolish persons who use them. American women prepare for themselves a less expensive paste, made from the whites of eggs boiled in rosewater with a small quantity of alum. Not only, however, is this open to the objection of obstructing the pores, but it entails the disagreeable necessity of being worn all night and during the afternoon preceding the ball at which the artificially

lustrous shoulders are to appear. What woman with any self-respect would allow herself to submit to such inconvenient absurdities for such an object?

Much of the grace of the figure depends on the movement of the shoulders and on their flatness at the back. One of the most difficult things in the world for an Englishwoman to do is to stand "at ease." Many a woman looks graceful and even picturesque when sitting or walking, whose attitude in standing leaves much to be desired. To stand gracefully is a great charm, and is not so entirely dependent upon excellence of figure as is grace in walking; but to attain it straight shoulders are necessary. No projecting shoulder blades, no curves, are allowed here, however pleasing they may be elsewhere. Even a stout figure does not lose refinement if the back of the shoulders is flat. It is a fact that stout women, as a rule, stand more gracefully than thin ones. The latter allow

themselves to droop and sink away, just as the sand does in an hour-glass. The weight of the body is shifted from one foot to another, the hips losing their true balance with each change. The shoulders fall slightly forward, the example being followed by the head, and by degrees the whole figure falls out of drawing.

To stand gracefully for more than a few moments at a time comes naturally to very few Englishwomen, and these are generally of the peasant, not the cultivated, classes. There is a poise and fitness about the standing attitude of a field-girl or a milkwoman that one seldom sees in their over-bred, high-born sisters, with their tightly-fitting boots, cramped figures, and frequent self-consciousness. In these it needs to be cultivated.

Shoulder braces are both preventive and curative of round shoulders. They should be slightly elastic, but in obstinate cases they may gradually be made unelastic and unyielding. They should be made barely long enough to reach the band of the skirts worn, and button on them. For measurement, find the exact distance between the shoulder-blades—probably about two inches; fasten a broad strap of this length to the two perpendicular braces, so that stooping-forward movements of the shoulders may be checked. This is the best and cheapest shoulder-brace to be found.

Drilling is better still. Every English girl should be well drilled, taught to dance, and encouraged to spend an hour a day in gymnastic exercises. She should also be taught to swim. Independently of the indubitable utility of all these exercises on other grounds, the advantage to the carriage, the figure, and consequently the whole appearance, cannot be denied.

Experienced teachers of physical training say that the will alone should be used to force one's self to stand upright. This may be true of persons in perfect health, but round shoulders often result from weakness of constitution or sedentary pursuits, against whose influence it is difficult to struggle. Those who suffer in this way will find such braces as we have described a great luxury after the first feeling of restraint has passed off. They will incline the wearer to rest herself by leaning back instead of by lounging forwards, and this is in itself a signal advantage. Girls should be taught to recollect this.

There is frequently a want of fulness in those muscles of the shoulder which give it its graceful slope. This may be developed in girlhood by the frequent use of the skipping-rope, in swinging it over the head, and by lawn tennis, which keeps the arms extended

at the same time as the muscles of the neck and shoulders are employed. Swinging by the hands from a rope is also excellent, and so is swinging from a bar. These muscles are the last to receive exercise in common modes of life, and any game that calls them into action should be encouraged.

The Waist.

We will now consider the caprices of fashion with regard to length of waists. Sometimes this fickle goddess sends our waists up under our arms, and then a reaction sets in, and they lengthen gradually till the points and basques of our bodices reach very nearly to our knees. Of the two extremes, the more sanitary, as well as the more artistic, is the former, but these considerations have little effect on the arrangements of fashion.

The weight of clothing should hang as little as possible from the waist. Many women believe that it is better that it should come from the hips than from the shoulders, but the testimony of all medical men is clear and indisputable on this subject. Nor is it upon hygienic grounds alone that this is objectionable. This weight from the hips destroys all freedom of movement, just as the tight corset deprives the body of all the suppleness and flexibility given it by Nature.

The belt is, on a perfect figure, an interruption to harmonious lines that could well be dispensed with. On an imperfect figure it is excusable, when associated with a form of bodice that seems to require to be confined, such as the loosely-pleated or gathered blouses so largely worn. Over a tight bodice the belt has no *raison d'être*, and is absurdly out of place. For this and also sanitary reasons we feel inclined to condemn it, but as that will have no effect in preventing its being worn, we may describe the most approved kinds of belts.

Any sudden contrast of colour makes the waist look large by drawing the attention to it. The only exception to this rule is when a black belt is worn with a white or light coloured dress; and even here, if the waist be large, so glaring a contrast should be avoided.

When a belt is worn, the inclination is to tighten it, and consequently to squeeze in the waist, and for this reason alone the belt and sash are reprehensible as encouraging a habit so injurious.

The Arms.

Beautiful arms are a powerful weapon in the armoury of beauty; but though most women appreciate to the full the charm of this possession, the fact remains that in England undeveloped arms are the rule, and rounded, dimpled symmetry the exception. In the youth of our Queen it was remarked that the curve of her arm from the shoulder to the wrist was perfection itself, and the shapeliness of these members forms an inherent part of that grace of gesture for which her Majesty is noted.

Exercise is essential to the development of the arms: exercise, that is, of the arms themselves. Gymnastic exercises that bring the muscles of these into play should be, as far as possible, encouraged in girls, as tending not only to their improvement in this particular, but as being beneficial to the general health.

Arms disproportionately large as compared with the rest of the frame are, on the other hand, at least equally disagreeable with those we have been discussing. Very large arms carry with them a suggestion of coarseness that is unpleasant as associated with a woman. It is, as we have said before, impossible to give the exact proportions which one part of the human frame should bear to the rest. The ideal arm, however, should gradually decrease in size from the shoulder to the wrist, the outlines being marked by those inward curves which are also noticeable in well-formed shoulders. The wrist should be slender without being thin, the bone at the outer side being well covered and indicated rather by dimples than otherwise.

The roundest arms in the world fail to be beautiful if they are red. There are beautiful white arms, brown arms, copper-coloured arms, and even black arms, but beautiful red arms are not. This fault is seldom to be found with the arms of ladies, which are so constantly kept covered as to be protected from the influences of the weather. It is characteristic of a cook, a dairymaid, a housemaid, a field-hand, to have red arms, and it is probably from this association that they have fallen into such extreme disrepute. The use of violet powder may be condoned when it modifies the contrast between red arms and white evening dresses. The application being only temporary, it can only very slightly affect the well-being of the pores; but it should be very carefully used, or it will be likely to come off on the coatsleeves of the partners of the red-armed one.

When the arms are *very* thin, the sleeves should not be too

tight, though, as a rule, thin arms do not look at all badly in tight sleeves. When the arms are too long, their apparent length may be diminished by crossway trimmings on the sleeve. When, on the contrary, the arms are disproportionately short, a lengthwise trimming will remedy the defect.

The Hands.

One of the most distinguishing marks between the refined and the unrefined is the condition of the hands and finger nails. The men and women who are careless in this respect need not be surprised if their robes of broadcloth, or of satin and velvet, fail to convince the world that the wearers are gentlemen and ladies. "His nails are in mourning," says someone of a man in a fine coat; and the latter, if it were a masterpiece of Poole himself, would not counteract the impression produced by those questionable finger-nails. In the same way, if a woman goes through the world with a chronic shadow of dirt on her fingers, not all the diamonds of Golconda gleaming on those fingers (even if they would fit there) would make the hands those of a gentlewoman.

The hands of growing girls are often red and clumsy, and girls who are beginning to take thought of their appearance are sometimes in despair about them, not being aware that they will grow whiter and whiter with every year. The ideal hand is white, certainly, but not dead white. It should have a *soupçon* of healthy flesh-tints, the tips of the fingers, and the portions that surround the palm should be tinged with pink. The fingers should taper towards the nails, the most approved shape for which is the "filbert," so-called from its resemblance to the oval form of the nut of that name, and the similarity of the direction of the lines of the nail to those on the wood of the nut.

The appearance of white spots on the nails is caused by knocks or blows. To obviate the appearance of such spots the hands must be taken care of and the nails disturbed as little as possible. When the nails become stained or discoloured, a little lemon-juice is the best agent to employ as a corrective. It is equally valuable in discolouration of the skin.

The care of the nails, according to Mr. E. Wilson, should be strictly limited to the use of the knife or scissors to their free border, and of the ivory presser to their base, to prevent the adhesion of the free margin of the scarf-skin to the surface of the nail,

and its forward growth upon it. This edge of scarf-skin should never be pared, the surface of the nail never scraped, nor should the nails be cleaned with any instrument whatever except the nail-brush. There is no rule for the management of the nail of greater importance than that which prescribes the pressing back of the free edge of the scarf-skin, which forms the boundary of the base of the nail. This margin is naturally adherent to the surface of the nail, and has a tendency to grow forward with it, and become ragged and attenuated. When allowed to do so, the ragged edge is apt to split up into shreds, and these, projecting from the surface, are pulled and torn, and often occasion a laceration of the skin and a painful wound. The occurrence of these little shreds, denominated *agnails* (an old English term) may be effectually prevented by the regular use of the presser once or twice a week. It must be used with gentleness.

The following is said to be an excellent preparation for making the hands white; and as it cannot possibly injure them, we give it a place here. Take as much scraped horseradish as will fill a tablespoon; pour on it half-a-pint of hot milk. Use it before washing, allowing it to dry on the hands before applying the water. Redness and chapping are sometimes caused by the hands being imperfectly dried. The greatest care should be taken in drying them, more especially in cold weather, and when the hands are exposed to cold winds.

If the hands become rough from any cause, the following may be applied with good effect. Half fill a basin with fine sand and soapsuds as hot as can be borne. Brush and rub the hands thoroughly with the hot sand. The best is flint sand, or the powdered quartz sold for filters. It may be used repeatedly by pouring the water away and adding fresh. Rinse the hands in a warm lather of fine soap, then in clean cold water. While they are still wet, put into the palm of each hand a very small piece of almond cream, and rub it all over them. This, again, forms a strong lather. After drying the hands, rub them in dry bran or powdered starch till every atom of moisture is absorbed, and finish by dusting off the bran or starch. This will make the hands very soft and smooth.

Occasionally the hands and face become red and flushed, while the feet are cold. This very uncomfortable state of things may be effectually remedied by bathing the feet in hot water with a little mustard in it. This will frequently be found an immediate cure for

headache, but must not be attempted just before going out in cold or damp weather. A simple remedy is to wash the face and hands in very warm water, as hot as can be borne. This will frequently dispel the burning sensation and induce a cooler condition of the skin.

Headache is of such various origin that it is impossible that one remedy should apply to every kind. Our recipe applies to that which is caused by a rush of blood to the head; this, in its turn, being frequently the effect of excitement or agitation. A coming cold often produces a swelling of the veins of the head, in which case the hot foot-bath has a most beneficial effect.

A slice of raw potato rubbed well into them will remove stains from the fingers and hands. Lemon-juice is also effective in this way, and if not used immoderately, may be applied without fear of evil consequences. For chapped hands and lips the following will be found efficacious. Equal quantities of white wax (wax candle) and sweet oil; dissolve in these a small piece of camphor, put it in a jam crock, and stand it upon the hob till melted. It must be kept closely covered, and should be applied to the hands after washing and previous to drying them. A few drops of glycerine poured into the palms of the hands after washing, and rubbed all over them before drying with the towel, is a simple remedy for chapping; while one of the best preparations now offered for sale is Vaseline Cold Cream, which, like all other things manufactured by the Chesebrough Manufacturing Co., is guaranteed to be absolutely pure.

The hand being one of the most observed portions of the human frame, the consideration of the glove becomes an important item in the cares of the toilet. With well-fitting gloves and boots—the former unobtrusive in colour—and a fashionable arrangement of the hair, a woman need be less particular about the rest of her garmenture than if these essentials were open to reproach. Another French dictum has it that "a woman is known by the hem of her skirt." If this is neat, all is neat; if this has been dragged through the countless impurities of the street, the refinement of its owner is considered to be below par.

The best-dressed women buy their gloves in a particular series of colours, from which they rarely depart. Having found a make that pleases them, and a size which exactly fits their hands, they always buy the same, and if the vendor tries to pass off inferior gloves upon them, they immediately send them back to be changed, and consequently always get well served in this particular. The

colours of gloves should always be neutral, such as *café au lait*, tan, brownish greys, and real greys. There is an infinite number of shades comprised in the scale of these two colours and their combinations with each other. They suit admirably with the soft grey blues, peacock-blues, grey-greens, and sage-greens, now so universally worn. It should always be remembered that white gloves appear to increase the size of the hands.

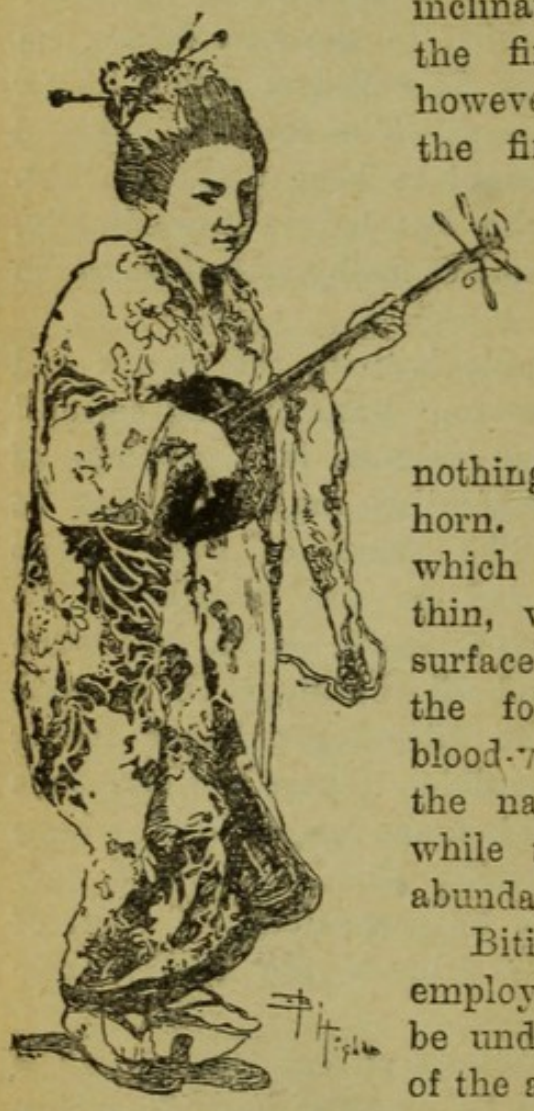
The glove should fit the hand without dragging in any part, as it will do if it is too tight or badly cut. Too many women squeeze their hands into sixes when their legitimate size is six and a quarter, and so on through the scale of sizes. This is a mistake, not only by making too evident the wish to lessen the apparent size of the hand, but by drawing attention to the very defect the wearer wishes to conceal. Gloves that fit well last much longer than those that are too small or too large. The former split and become unsewn from the pressure brought to bear upon the kid. The latter get into creases, in which the dirt lodges immediately, and are very uncomfortable, giving a sort of flabby sensation to the hand after a few days' wear.

Perspiring hands are very disagreeable both to the owner and to those of his acquaintances who are on "handshaking terms" with him. The removal of this inconvenience is a problem of much difficulty, since checking the perspiration may very often be of serious injury to the health. The owner of this "moist hand" should never offer it ungloved to any creature. To take hold of such a hand is to give one's self a miserable sensation. It is even depressing, and all the more so as good manners prevent one's following out the natural impulse of drying one's maltreated palm as quickly as possible. There are occasions when a lady has to shake hands, and when she cannot always have gloves, but if her hand is of the perspiring kind, she should only give the tips of her fingers. Better to be suspected of a want of cordiality than to inflict upon your friends the disagreeable *empressement* of a damp hand.

Long gloves help to give an appearance of slenderness to the hand, and for this reason should rather be avoided by those whose hands are thin. Light-coloured gloves increase the apparent size of the hand, which never looks so well as in a well-fitting black glove. These considerations should influence the choice of gloves, but from what we have observed, we have come to the conclusion that they rarely do. It is the fattest hands that are usually

"cabin'd, cribb'd, confin'd" in the palest-tinted gloves. Again, the colour of Englishwomen's gloves too often jars with the tints of her costume; so much so that one often wishes that in this free country it were possible to make a sumptuary law forbidding a woman to wear any but neutral colours in gloves.

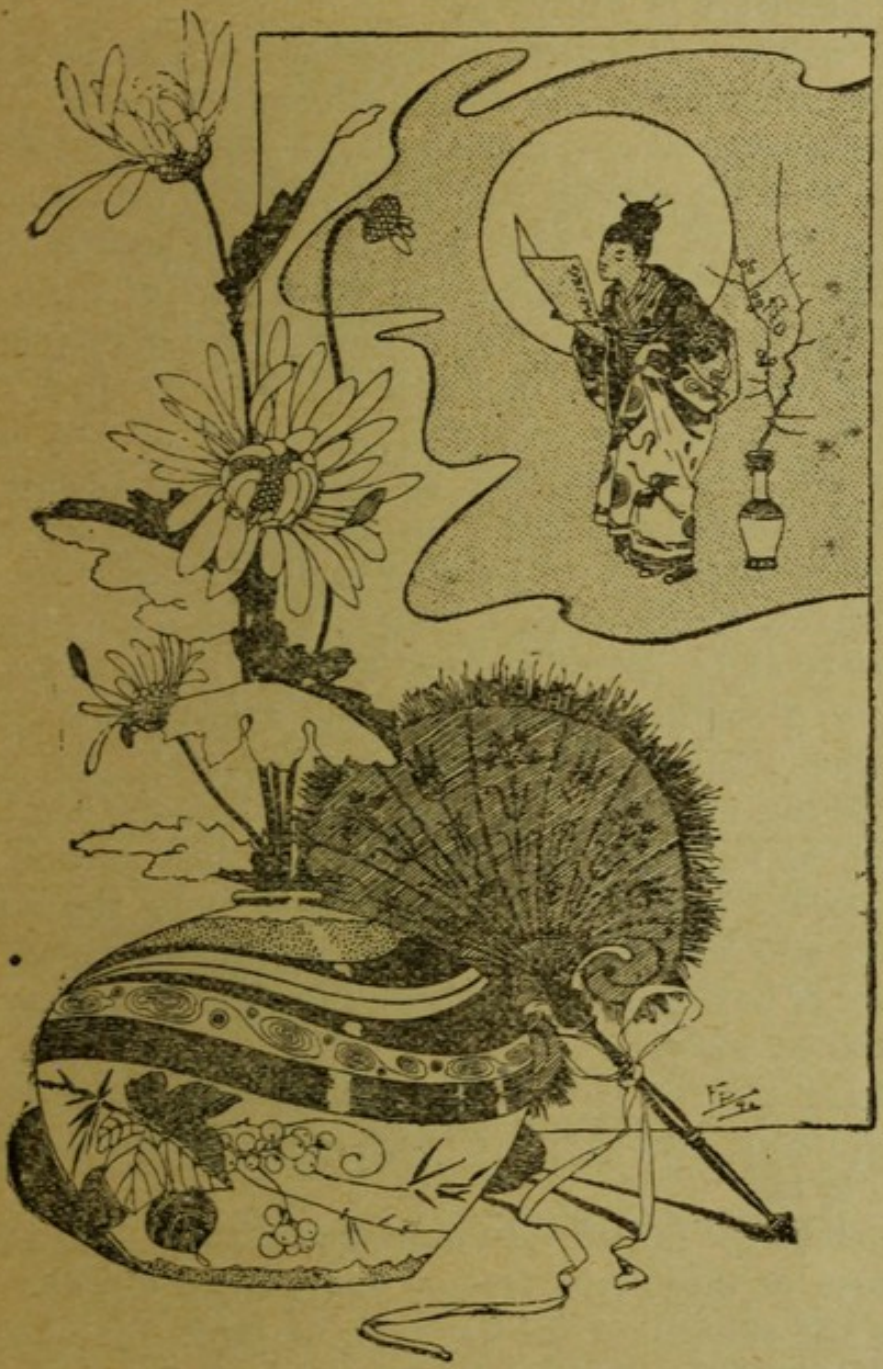
To return to the hand. The nails should be of an oval shape, the "half moon" at its base fully developed and of an almost lilac tint. The rest of the nail should be pink, and must be cut to correspond with the form of tips of the fingers. The white edge of the nail should only be long enough to show a slight edge beyond the pink portion. Extreme length is inconvenient, and is suggestive of an inclination to make formidable weapons of the finger-nails. The nails should not, however, be kept too short, as the tips of the fingers require their protection, and when deprived of it, are apt to become flattened and out of shape.



Pale pink is the colour of the ideal finger-nail, or rather of the flesh showing through it, for the nail itself is colourless, being nothing more than a transparent piece of horn. The alternate red and white lines which mark its surface show where the thin, vertical plates into which its under surface is fashioned, are received between the folds of the skin. The numerous blood-vessels necessary for the formation of the nail give a red tint to these folds, while the *lunula*, or half-moon, being less abundantly supplied, has a much paler tint.

Biting the nails is one of those curious employments the charm of which cannot be understood by outsiders. Practitioners of the art seem to find in it a soothing effect, like that of smoking on a lover of the weed. Those who do not bite their nails regard such practitioners as suffering from a slight aberration or malady, so incomprehensible to them is the pleasure afforded by so very disagreeable a practice. It is a small vice, and carries its own punishment with it in the hideous aspect of the nails. The nail-biter seems to be unaware

of this repulsiveness. It would be amusing, if it were not disgusting, to watch such an one in moments of distraction, attempting to nibble at each nail in turn, trying if he may, perchance, find pastures new where long ago the herbage had been too, too closely cropped. This habit can without difficulty be checked in childhood, and no mother should fail to check it in her children.



THE FEET.

Englishwomen have often been ridiculed by their continental and transatlantic neighbours for the size and ill-kept appearance of their feet, however much they may be envied for their complexion. Americans especially are down upon us for our clumsy foot-gear, as they are equally particular with regard to their pedal appendages as in the matter of manicure or dentistry.

There are few women—or, indeed, men either—who do not suffer in one way or another from discomforts and ailments of the feet; and yet, until the pain becomes almost unbearable, no attention whatever is paid to them. This is a strange fact, for it seems to me that considering the large amount of "wear and tear" they endure, they really require more care than almost any other part of the body. It is a great mistake to neglect the feet to the extent it is frequently done; and in the long run, the omission will be regretted, as a plentiful crop of corns, bunions, enlarged joints, and all the other ills that the feet are heir to, will rise up in judgment against us. No one can possibly be either healthy or well, who does not keep her feet scrupulously clean. In the spring and summer, when the warm weather induces increased perspiration, it is not too often to wash the feet every night before retiring to rest. This should be done in cold water, excepting in cases when this is found to give the bather a chill, when tepid water should be substituted. An octogenarian once told me, in reply to my query as to how she had such marvellous health at her advanced age, that she had washed her feet regularly, without intermission, every night since she was a child, and to that and the wearing of soft, well-fitting boots, she attributed the fact of having passed through life without having had any illness or ailment whatever.

There is nothing that so soothes sore, tired, aching feet as immersion in warm water, and they are much strengthened if a little sea salt is added to it.

People often make the mistake of thinking that hard, tight-fitting boots are the cause of those troublesome and painful excrescences—corns. Boots and shoes that are too loose or large are quite as injudicious, and equally as fruitful in producing them. All foot-gear should fit perfectly, without being excruciatingly tight, on the one hand, or uncomfortably baggy on the other. Then, again, it is an error, into which many women fall, to wear very thick woollen

stockings, even in the winter. This kind of hosiery renders the feet very tender, and causes perspiration to an undue extent. There are several makes of fine, soft cashmere which are infinitely preferable to the thicker ones, and these can be worn well on into the summer, until cotton, Lisle thread, or spun silk are adopted in their stead. Care should always be taken that the stockings do not wrinkle, as this also causes the skin to harden, and, ultimately, to form into corns. The same thing occurs when heavy leather boots and shoes are worn; and I therefore advise my readers always to be particular, when selecting new foot-gear of any kind, to get only soft makes, and, if possible, the very best. This, in the end, is the greatest economy.

Now as to the treatment of corns. First of all, remove the cause of the trouble, otherwise any other attention is quite useless; then every night steep the feet for some twenty minutes in hot water, after each immersion carefully scraping the softened head of the corn with a sharp penknife; be very careful that the knife does not slip and make a deep cut, which will cause a wound that may prove very dangerous and difficult to cure. When the corn has been well scraped, a small piece of soap plaster should be laid over it. When these excrescences appear under the sole of the foot, and are not amenable to the above treatment, they should, after soaking in hot water, be saturated with a solution of salicylic acid in collodion, which can be got at any chemists. Soft corns may be rendered less painful by the insertion of small tufts of cotton wool between those toes upon which the corns appear. Bunions usually take up their position at the root of the big toe, and they are more serious than corns, for when once the joint is affected it is difficult to cure. Sufferers from bunions should always rest as much as possible, and the bunion must be well soaked in hot water. A dressing, consisting of a piece of lint soaked in cold water, should be bound round the toe, and covered with a strip of oiled silk. When there is a suspicion of any inflammation, a linseed poultice must be applied, and as soon as the gathering has come to a head, it should be lanced. This is very important, as neglect may end in erysipelas.

There is nothing so painful as ingrowing nails, and I have known instances in which operations of a serious nature have been necessary to extract them from the flesh, owing to their having been treated as of no consequence in the early stage. They are usually caused by pressure from boots, which have arrested their growth,

and forced them downwards into the flesh, instead of allowing them to grow naturally. At the first sign of this, place a tiny piece of cotton-wool in between the nail and the flesh of the toe, and allow it to remain there until the nail resumes its natural position; but on no account put off having medical advice should the nail not yield to this simple remedy. Toe-nails must never be cut in the same manner as those of the fingers. Instead of being trimmed down at the sides they must be done *straight* across, otherwise the flesh will grow over them, and, at last, bury the nails altogether. Before closing this chat on the feet, I must just allude to another very common and, at the same time, exceedingly disagreeable and uncomfortable ailment, usually termed "damp feet." These primarily indicate a general want of tone, and, in some cases, want of care. The ailment is very difficult to cure, but the following hints may be of use to anyone suffering from it. Improve the health by taking a course of iron or some other tonic, and keep the feet clean by washing them three or four times a day in water to which a little salt or alum has been added. Powder the inside of the stockings with a mixture of oxide of zinc and a little starch, and if the perspiration still continues, and refuses to decrease by the above usage, rub the feet lightly every night for a fortnight with belladonna liniment. If this should fail, then go at once to your doctor.

Some people suffer from cold feet to such an extent that it almost amounts to an indisposition, and, therefore, an article on the feet would not be complete without reference to them. Hot bottles should on no account be applied for the purpose of warming cold feet, and the best means of doing so at night is to envelop them in flannel or in warm, soft, woollen bed-socks. Before doing so, however, they ought to be gently rubbed for a quarter of an hour or twenty minutes with the hand, or with warm salt and water, followed by a vigorous rubbing with a moderately rough towel. Walking exercise helps greatly to quicken the circulation, and a brisk walk every day will do much towards curing cold feet. Wet or moist feet must also be guarded against, as they are the fruitful cause of many serious diseases, especially those of the chest and lungs.

CHILBLAINS.

Some people on reading this heading may say, "What have chilblains to do with the toilet?" But those who have had their hands maimed and scarred by these winter visitors, to say nothing of an occasional one on their ears or nose, will tell them that they have a great deal to do with it. A young girl I know looks forward with dread to each recurring winter, for with it comes an utter helplessness from the mass of chilblains that cover her hands.

That there should be unceasing pain and irritation for several months is not sufficient torture for the unfortunate victim, but when they have passed away there remain ugly scars that disfigure completely an otherwise pretty hand. Those most liable to suffer from chilblains are people who have a fine skin, or whose circulation is languid; but sometimes they arise from the foolish practice of exposing the skin, when very cold, to a high temperature in a sudden manner. Children and old people are the most susceptible to this complaint, the circulation in either case being less active than in persons of middle age or youth.

Another cause, and a very frequently occurring one, is the wearing of woollen sleeping socks, fur-lined slippers, or the indulgence of a hot-water bottle to the feet. The parts most liable to be attacked are those exposed to the severest cold, hence it is that when the feet and hands, which are usually well covered, do not suffer, the nose and tips of the ears are the butts for Jack Frost's arrows.

Of course, some individuals have an inherent predisposition to chilblains, and in their case the first thing to do is to take all precautions to prevent them from forming. The general health must be carefully attended to, and good, wholesome, nourishing diet taken. Plenty of outdoor exercise and unlimited fresh air should be enjoyed, as this stimulates the circulation—the principal factor in warding off chilblains. Artificial warmth, as inducing a continual state of unnatural perspiration, should be avoided as much as possible. A good method for resisting chilblains is to bathe the feet and hands every morning in cold or tepid water into which salt has been put. If ordinary salt is thought to be too strong, an excellent substitute is one of the sea-salt preparations that are advertised continually. After this is done, the limbs

should be well rubbed with a rough towel until a glow is felt on the skin, and then a brisk walk taken.

When any symptons of these pests appear, care must be taken that the parts effected are not allowed to go near a fire, but they should be enveloped in some woollen garment, or held in a warm hand, without rubbing, until relief is obtained.

We will now turn our thoughts to that time, when, unfortunately, the chilblains have become *faits accomplis*, and make themselves undeniably felt. Then, the main object we have is to relieve the itching and irritation; so long as the chilblains remain unbroken there are numerous applications that will be found efficacious in soothing them. But here, again, I must mention that undue cold, dampness, or extreme heat must be rigorously avoided. Spirits of all kinds are used to stimulate the affected parts, such as brandy, spirits of camphor, turpentine, or common kerosene oil mixed with olive oil. Any of these should be either gently rubbed on with the hands or with a piece of linen. Soap liniment is also excellent, and the following recipe will soon cause a reduction of any swelling or redness: Take in equal proportions white vinegar, spirits of turpentine, and the contents of an egg, and shake them well together in a bottle, and when thoroughly amalgamated, rub gently on the chilblains.

Another, which I am told by a great sufferer has been very beneficial in her case, is: Two drachms of tincture of iodine, chlorinated solution of soda, 6 drachms. Apply this mixture to the inflamed parts three or four times a day, and dry it in before a fire. Iodine ointment is also a quick remedy for *unbroken* chilblains, and here I must ask my readers to notice that, excepting in one or two instances, the same applications must not be employed for broken chilblains as for unbroken ones.

The ordinary chilblains are the familiar dusky, red, shining spots, too well known to need description, and it is of these that I am writing; for other forms of them medical advice is necessary. When the skin breaks, the part becomes very tender, and all pressure or friction from boots and shoes is to be carefully guarded against in the case of chilblains on the feet. If much inflamed, a bread-and-water poultice gives relief, and should be continued until the inflammation has subsided. The following ointment is one that can be employed whether the skin is whole or broken: Benzoate of zinc, 1 scruple; fresh lard, 1 oz.; mix well, and apply night and morning. Very frequently the parts

become ulcerated, discharging a thin fluid, and are often difficult to heal. In the first, poultice with bread, after which apply an ointment of equal parts of Peruvian balsam and castor oil, put on a piece of soft linen or lint. Another ointment is composed of an ounce of lard mixed with 40 drops of goulard, or 10 grains of red precipitate; when there is great pain and irritation and the skin is unbroken, 20 drops of the following powerful remedy may be used (but the bottle containing the mixture must be marked "Poison"); Tincture of aconite, 1½ oz.; rectified spirit, ½ oz.; and atropia, 2 grains. Mix thoroughly.

In the case of frost-bites, which do not take the form of chilblains, but where the flesh becomes numb, lifeless, and shrivelled, the frost-bitten parts must be well rubbed with snow and then plunged into cold water. The friction should be continued until the circulation seems to be fully restored; but, above all things, keep the patient away from the fire.

HAIR AND HAIR-DRESSING.

As with the complexion, whether the hair be beautiful or the reverse greatly depends upon the way we treat it.

A woman's "crown of glory" should never be neglected, and the more we have, the greater the need of care in its treatment.

A great deal of time must be spent by a woman with a luxuriant head of hair in brushing and washing it.

Many people think it weakens the hair if they wash it constantly, but fair hair needs washing often, and it does not hurt that or any other kind if properly done. It must also be thoroughly dried, and if practicable, after the hair is well rinsed, it is a good plan to dry it in the sun.

Sunshine has a most beneficial effect upon the hair, as well as upon the general health. It is necessary to remind our readers that the sun is a powerful agent in imparting colour. The difference between the side of an apple or cherry that has hung towards the sun, from the side which has been shaded by leaves, must have been noticed by everybody. Flowers that grow in the sun produce more brilliant blossoms than those that are shut up in rooms with only pale reflections of light. The same principle applies to the hair, and, whenever possible, it should have the benefit of this cheapest and pleasantest of all applications. Girls who live in the country, and spend hours out of doors without hat or bonnet, are doing the very best they can for their *chevelure* by this practice, but they must not, on that account, fail to protect their heads when the sun is very hot.

Hair dressing may almost be included amongst the fine arts, so much attention and thought are given to the arrangements of the *coiffure* to-day. Exhibitions are held of the various modes of doing the hair, and diplomas and prizes are awarded to the most artistic models, the French being especially successful as *coiffeurs*. The greater number of hair-dressers of note resident in England hail

from *la belle France*, and it is to them that we owe the lightness and elegance of the hair-dressing of the present day. There are naturally in this, as in all else, many conflicting opinions as to the most fashionable styles of dressing, and it is hardly too much to say that every woman may follow the dictates of her own sweet will in the matter, and select the one that becomes her the best, without being at all *démodée* or old-fashioned. Everyone should carefully study her own features, and dress her hair in the style that most enhances their merits, and diminishes or hides their defects. The arrangement of the hair is exceedingly important to the expression of the face, and it is absurd to blindly follow the caprices of fashion, which are often *eccentric* and hideous, and which, though suitable to some types of face, are totally unbecoming to the generality of women.

Many dirges were sung over the loss of beautiful long tresses which their owners thoughtlessly and ruthlessly cut off at the time of the ugly and senseless fashion which decreed that we should imitate the closely-cropped heads of the opposite sex. A similar caprice ordered the shearing off of half one's *chevelure*, so that a bushy framework of hair might surround the upper part of the face, a fashion so caricatured by the denizens of the East End and by factory women and girls that the originators and first adopters of the style were only too glad to abandon it. Nothing is prettier than a soft, feathery fringe, whilst the "bang" or "mat" was perhaps the most inartistic thing that was ever invented. Artificial *toupées* and fringes are now wonderfully light and graceful, and it seems a pity to cut one's own hair—which it is always difficult to keep in curl in warm or damp weather—when one can purchase a fringe that is quite as pretty as a natural one, and which saves an immensity of trouble in the matter of curling, etc.

As I said before, there is much diversity of opinion amongst *coiffeurs*. One will tell you that crimped and frizzed hair is quite out of date, and that it is only to be found amongst the savages or in parts of those countries that are very remote from any centre of civilisation. Others—and these are perhaps the most sensible—declare that women will never give up the curled and waved *chevelure* if it becomes them and adds to their beauty.

The natural growth of the hair is to hang in tresses from the crown of the head, falling like a mantle over the back, and like a veil over the face. When the hair is turned back from the face, it is contrary to its original growth, and is in

consequence injurious to it. Hence the reason why many hair-dressers advocate the parting in the middle, whereby the hair does not undergo such a strain, and also the arrangement of it at the nape of neck instead of high up on the crown of the head, which drags the hair on that part of it out of its natural position. The present fashion of wearing the hair parted in the middle is exceedingly becoming to some faces. The hair on either side of the parting is crimped into large waves, which have a raised appearance. When the *cheveux* are not thick enough of themselves to produce this effect, small frizzettes made of natural hair and oval in shape can be bought to place beneath them. They may be had to match any shade, and are extraordinarily light, and quite undetectable.

People with straight features should always eschew curly or wavy hair, as smooth hair sets off such a face to the greatest advantage, whilst those who have curved, lined features should, on the contrary, adopt the crimped and curled style. The perfect head ought, when seen full face, to represent an oval, therefore all attempts at hair-dressing should tend towards making it of this form. When the ears are properly proportioned to the size of the head, they should measure the length of the nose, or a quarter that of the head; the top of them should correspond with the eyebrow, and the bottom finish on a line with the preceding line of the nose. When this organ is placed either higher or lower than its normal position, the top of it ought to be slightly covered with hair, so that its defects may not appear so palpably. Projecting ears are exceedingly ugly, and the space left by the projection must be filled in with hair loosely arranged. It is a mistake to draw the hair tightly, unless the shape of the head is quite perfect. In order to soften the harshness which is given to a face by high cheek bones, the *coiffure* on the top of the head ought to be exactly equal in width to that part of the face which is the broadest. In the case of a short, thick neck, the hair should be drawn away tightly from it, whilst in that of a thin, slender one, it must be arranged at the nape in small curls or some plaits.

I may here mention a few ways of crimping and waving the hair, which I think my readers will find useful. I think by this time everyone is familiar with the many makes of curling pins and wavers that can now be had. The best of the latter articles is one which somewhat resembles the safety-pin in its mechanism, having in addition a hollow metal tube round which the hair is

twisted. Before putting it into these pins, it should be moistened with a curling fluid, which makes it bright-looking, besides keeping it in curl. This should be applied with a small, hard brush, lightly passed through it. The wavers must be left in until the hair is quite dry, and one essential to ensure success is to have it kept scrupulously clean before using the curling fluid. Greasy or dirty hair never curls well, nor does it last long when done.

All women who value their personal appearance should spare no efforts in keeping their hair thick and glossy, for there is nothing more detrimental to beauty than badly-kept or a scanty supply of hair; and when once it is lost, and baldness sets in, the loss is well-nigh irreparable. In many cases the loss of one's hair is due to other causes than neglect; and in the case of prematurely white or grey tresses, they are due very frequently to an hereditary constitutional predisposition, over which we have unfortunately little or no control. Disease, excessive brain-work, grief, mental trouble, and the hurry and excitement of *fin de siecle* life are potent factors in thinning the hair, and in turning it grey. Specialists in this subject are always unanimous in condemning heavy headgear, which prevents ventilation; and they are equally agreed upon the injury done by the fashion adopted by so many women of plaiting, twisting, and otherwise tightening their *cheveux*, which destroys the roots. As often as not this is the reason why the hair becomes thin, and bald spots and patches make their appearance; and yet women are foolish enough to persist in wearing a style of *coiffure* that must have disastrous results. Attention should be given to this matter by all women, and they will then have no need to use any of the washes or dyes, the recipes of which I give in this article for the benefit of those to whom the above advice comes too late, and who are desirous of repairing the ravages already made.

For brushing the hair use a brush that will penetrate and so brush the skin of the head, thus stimulating it and improving the growth of the hair.

A good plan, when the hair is scanty, is to rub the head well with a rough towel till the skin is in a glow.

Some people lose their hair, or at least render it scanty, by dragging it so tightly into ways that nature has ordained it cannot go.

Do not pin up the hair tightly; always kept at tension, the sap cannot circulate any more than the branches of a tree could flourish when strained and tortured.

Always use good hair pins; those that are at all rough destroy the hair.

Use curling pins rather than hot irons if the hair does not curl naturally, for the latter, if they do not thin the hair, draw all the moisture out of it, so that it becomes dry and loses its colour for a sort of neutral tint.

Be careful what combs you use; some are rough, and catch, and nothing can be more injurious than these. A comb should run smoothly through the hair, or it is better to throw it away.

Never let the hair remain tangled any length of time, for it will then be so difficult to comb, that some harm must be done in the process of disentanglement.

In the early spring there is a tendency on the part of the hair to fall off considerably, and as the general system frequently becomes lowered at this season of the year, its want of tone makes itself apparent in the hair. There are many slight diseases of this capillary covering which do not require the services of a medical man, but which demand immediate attention, in order to save the hair from destruction. It is of these I now propose to speak, and I shall confine myself to those complaints which can be treated by care and simple remedies, as the more severe ones should receive treatment from a specialist on the subject, after thorough examination.

One of the most general of capillary diseases is that known as scurf or dandruff, a very disagreeable complaint, and one that is an indication of debility and ill-health. It frequently appears after a long illness, or follows on a great mental strain, or much anxiety. After a fever it is an almost certain visitant, and therefore the first attempt at curing it must be attention to the general health. Good nourishing food, though not of a heating kind, is a necessity, and the patient should take a course of tonic medicine, which is generally needful during the spring and autumn of the year. Cod-liver oil and malt, iron and quinine, or a tonic containing bark, are all equally beneficial. A very good recipe, in which the latter ingredient is found, is composed of 1 fluid drachm of the aromatic spirits of ammonia, 6 fluid drachms of syrup, and a decoction of cinchona bark, to 6 fluid ounces. Two tablespoonfuls of this to be taken three times a day. For those who are unable to take either cod-liver oil or quinine, this prescription will be an excellent substitute. Exercise in the fresh air, and a cold or tepid bath daily, will do much to strengthen the system, and to prevent scurf from forming,

or, if already formed, from increasing. The following is one of the best methods of removing scurf:—Soak the whole of the head in carbolised oil at bedtime, and over it put an oil-skin cap to prevent the oil from soiling the pillow. In the morning apply some liquor potassæ by means of a brush, and in ten minutes' time wash it thoroughly off with hot water and liquid soap, at the same time removing as much of the scaly substance as possible. Dry the hair well, and then apply the following lotion to the roots of the hair with a sponge:—Glycerine, 1 oz.; pinol, 3 drachms; tincture of lavender, 4 drachms; water, 6 ounces; extracts of hamamelis, 2 oz. Another efficacious way of removing scurf consists in rubbing this mixture into the scalp twice a week, continuing the rubbing until a lather is formed:—Tincture of cantharides, 1 drachm; alcohol, 4 oz.; rum, 1½ pints; carbonate of ammonia and carbonate of potassium, each 1 drachm; water, 4 oz. When the lather has been formed, the head must be thoroughly rinsed with clear water, and well dried. Then, thrice a week, this lotion should be used: Tincture of cantharides, 1 oz.; oil of lavender and oil of rosemary, each ½ drachm; eau-de-cologne, 8 oz.

A French specialist on the hair gives the following instructions for curing scurf:—Dissolve in a pint of tepid water a piece of carbonate of soda the size of a walnut. Wash the scalp each morning with a sponge saturated with this solution. Dry the hair well, and rub in with the hand this mixture:—Tincture of quillaya saponaria and jaborandi, equal parts, perfuming it with oil of neroli. Some persons believe in the efficacy of pomades as a cure for scurf, and therefore I give the recipe for one which is much recommended by the medical faculty:—Lanoline, 1 oz.; rescorcin, 10 grains; sulphate of quinine, 10 grains; white precipitate, 15 grains.

Another most unpleasant disease of the hair is dry eczema of the scalp, which may be treated in the following manner:—The patient must every night before retiring to rest cover her head with sweet almond oil, covering it afterwards with a cap of white flannel soaked in oil, over which again is an oil-skin cap. In the morning wash the head with soap and water, rinsing it with clear water, and drying thoroughly. The scabs should begin to fall after the first application of the oil, but should they not do so, the process must be repeated for two or three days before the scalp is washed. Should the skin of the head exhibit any inflammatory symptoms or redness, it may be rubbed with a little vaseline until the symptoms have disappeared. Then a pomade may be used every morning of benzoated hog's lard and flowers of sulphur. Every fifth day the head should be washed with the well-beaten yolks of two eggs, mixed with a quart of lime water, to which a small quantity of alcohol has been added.

Many women suffer from very moist hair, which is an annoying complaint, as such hair is difficult to dress well. In this case alkaline washes should be used, mixed with borax or carbonate of soda. Here are two recipes which will mitigate the annoyance:—No. 1. Bay rum, 2 oz.; oil of cloves, 10 drops; spirits of lavender, 4 oz.; spirits of thyme, 2 ozs.; ether, ½ oz. This must be used in small quantities only. Recipe No. 2: Borax, 1 teaspoonful; bicarbonate of soda, half a teaspoonful; spirits of rosemary, ½ oz.; still hock, 8 ozs. A wash which makes the hair at the same time dry and fluffy consists of eau-de-cologne, 1 oz.; rectified spirits of wine, 2 ozs.; powdered bicarbonate of soda, ½ oz.; water, 6 ozs. Rub well into the scalp.

When the hair, on the contrary, is dry and brittle, there is an equal difficulty in manipulating it. In this case the head should be rubbed with castor oil (the best of all oleaginous substances, as it does not turn rancid), well mixed with sulphur, quinine, tar, camphor, or other antiseptic matter. This lotion is a good emollient:—Spirits of camphor and rosemary, each ½ oz.; glycerine, ½ oz.; and the juice of one lemon. Shake these well together, and then add 4 ozs. of strong whisky. A second is as follows:—Honey, 1 oz.; whisky, 2 ozs.; when these are liquefied, add 1 oz. of castor oil and a few drops of tincture of cantharides.

Baldness is such a general disease that it has almost come to be considered an inevitable one; but it can, nevertheless, be warded off with care in early youth, although it is difficult to cure—indeed,

it may be said to be only partially curable at best. A French doctor recommends shaving the hair off round the affected part, just so far as it is found that the hairs can be easily pulled out. Then this mixture is applied, preferably with a fine brush :—Equal parts of chloroform and crystallised acetic acid. This is a caustic preparation, and therefore only a thin coating should be given. The brush should be squeezed out after being dipped in the mixture, and lightly applied to the bald spot. A less caustic preparation is a pomade made as follows :—Prepared lard, 2 ozs.; white wax 2 drachms; melt together gradually, and then add balsam of tolu, 4 drachms; oil of rosemary, 20 drops; tincture of cantharides, 2 drachms; Dissolve the balsam in ½ oz. of rectified spirits of wine for 12 hours. Use twice daily to bald or thin parts. Sir Erasmus Wilson's wash is invaluable for thin or falling hair. This is the recipe :—Eau-de-cologne, 8 ozs.; oil of lavender and oil of rosemary, each ½ drachm; tincture of cantharides, 1 oz.

Before closing this chapter on diseases of the hair, we must mention a very unpleasant one that sometimes occurs in children's hair, and, strange to say, it very frequently is found in the children of the rich. We allude to those horrible little parasitical insects known as head-lice or *poux*. Carelessness on the part of the nurse is the usual cause of their appearance, and the head must be thoroughly washed with a solution containing corrosive sublimate, which may be got at any chemist's. An occasional investigation of the children's head by their mother will prevent any such disease, which is often difficult to get rid of.

Though the hair is certainly the loveliest frame that could be devised for the human face, and though we see it constantly in an infinite number of beautiful colours and shades, it is a curious fact that few women are quite satisfied with the colour of their own hair. Even those to whom nature has been as liberal in point of quality as in that of quantity, think they might look better if there was "just one more shade of gold," or "a richer dash of chestnut," or "a more decided black in the *chevelure*." Even Mary Queen of Scots was dissatisfied with her dark and luxuriant tresses, scented always with violets, and wore over them an auburn wig, the colour fashionable in the time of *la reine rousse*, Elizabeth. The love of change extends from the dress to the hair itself, and some wilful beauties would like to wear a different coloured coiffure with each costume. And yet nature knows best how to mingle her tints, and any departure from her arrangements are, as a rule, for the

worse. Let any one possessing fair hair try the effect of a black wig, and he will find the effect ghastly. To make himself look other than a second Frankenstein, he must, if he continues to wear the wig, " make up " his complexion to match with it.

If women could only be made to understand not only how false in art (to leave untouched the moral side of the question—and it has one, for to dye the hair is to practice an intentional deception) this is, but how inimical the practice, to that individuality which should be one of the principal charms of a woman, they would not hesitate to allow their hair to return to its original hue. If every fashionable woman is to have golden hair, how is each woman to stand out from the rest, individualised and distinct, as every charming woman should do ? It is almost as destructive to that variety of beauty which Nature intended, as the adoption of a uniform costume would be.

Still, as we cannot argue with people that it is better for them to be content with the colour of the hair with which nature has endowed them, we can do no better than tell them what is perhaps the best and the easiest manner of dyeing it. I will now suggest a dye to render the hair golden. This can be done satisfactorily with peroxide of hydrogen, which should change the colour after a very few applications if properly applied.

First, well wash the hair with a little soda in the water to extract all grease, and let it be thoroughly dry before using the peroxide. Rub the dye well into the roots of the hair with a small sponge or flannel, and do not forget that if you spill it upon anything coloured, it will take the colour out of it and leave a golden spot. When you have well saturated the roots, take a clean brush, and brush the hair thoroughly from them till it is all damp with the peroxide. Leave the hair down to dry.

Repeat this for two or three following days till the desired golden tint is gained, after that an occasional sponge with it should keep it the same colour. Be careful always to brush it well into the *roots* or they will look dark, and must certainly betray the dye.

It is seldom that this coloured hair can replace dark hair with safety as regards complexion, but dull, fair hair can be greatly improved by a touch of brightness that this dye will give if mixed with a little water to dilute it.

Grey hair is not always attributable to age, for we see quite young faces framed in grey locks ; but this may have a variety of causes, and is often hereditary.

Quite white or silver hair, if it be sufficiently plentiful, is generally admired, both upon old and young; but when the grey hairs come very slowly and prematurely, most people wish to arrest their progress.

Here is a wash to prevent the hair turning grey:—A good lotion may be made with 2 oz. of cocoanut oil, 1 oz. of bay rum, 3 drachms of nux vomica, and a few drops of oil of bergamot, or for dark hair may be used as a lotion for preventing or arresting greyness, 2 oz. each of flour of sulphur and spirits of wine mixed with an ounce of glycerine, and 8 oz. of rosewater.

The following is a good hair-wash:—Pour a quart of boiling water upon a teaspoonful of borax and a piece of rock ammonia as large as a nut. When cool enough whisk this up, and having washed the hair, rinse it in warm water. Both ammonia and soda have a tendency to lighten the colour of the hair, but soda is too drying to use often.

With regard to false hair, it is sometimes necessary to wear it after having one's hair cut off after illness, or because the hair has grown thin, and we cannot dress it becomingly without some addition.

There can be no objection to this, for we should all endeavour to make our hair the ornament it was intended to be; but it seems absurd for persons still possessing an abundance of hair to add false to it.

It should be very carefully introduced into the hair upon the head, and not put on to it as it were separately, as we often see done, with the result that everyone can see it is not part of the growing hair.

If a long tail of hair be put into the hair proper, when loose and twisted up with it, it is very difficult to tell that any addition has been made.

Combings should be saved, particularly from very long hair, as they can be made up by a good hair dresser to supplement the hair that remains upon the head.

Some time ago I had the advantage of a conversation on the subject of hair dressing with Mr. H. Lichtenfeld, at 79, Regent Street, and he imparted to me a little useful advice on the subject of hairdressing in general. To wear the hair brushed right off the face, he said, demands a perfect forehead. If the forehead be

very broad, the hair should be drawn tightly at the sides. If the back of the head is unduly developed, the hair should be slightly raised behind and dressed flatly. If the cheek bones are too prominent, fluff out the hair. For a large face, dress the hair high and broad, never narrow it on top. A girl with a face of this description, and full, fat cheeks, should never wear a pointed fringe, which throws out and accentuates all her defects, increasing the heaviness of her natural appearance to the most unbecoming extent. For a very wide, well-shaped forehead, the hair should be softly turned back in the centre and fringed on each temple. If the forehead be less good, the centre-piece may be waved and slightly puffed forward so as to improve its shape. A very hard and masculine face looks best, perhaps, with the hair cut short and curled.

A girl with a pretty neck should, at least for the evening, dress her hair low *en catogan*. A woman whose neck is short should give it length by having her locks combed or twisted straight up at the back and arranged as high on her head as possible.

To Mr. E. Smith, the well-known hairdresser, of 87, Westbourne Grove, I am also indebted for many hints, some of which may be useful to my readers. Much that he said coincided with the views expressed by Mr. Lichtenfeld.

Nothing, he declared, was more becoming to an elderly lady than waved hair dressed loosely, as it gave softness to the face. He, too, warned broad-faced people against pointed fringes, which make the features hard, and are only suited to small faces with narrow foreheads.

Mr. Smith added that nothing was as destructive to the hair as straining the roots by tying them too tightly.

The following is a useful hint to girls being arrayed for a ball. If unable to judge of the effect of one's hair, as often happens by artificial light, hold a white towel with both hands behind the head or have it held. Against this background every twist, coil, and curl will show up, and any stray locks before unnoticed may be confined within due bounds.

The ordinary length of the hair is from twenty inches to a yard, and its weight from six to eight ounces. The speed of the growth of the hair, under ordinary circumstances, is half an inch per month. Observations have shown that the hair grows faster in youth than age, by day than by night, in summer than in winter, when cut than when left uncut, and when frequently cut than when cut

seldom. Constant shaving makes the growth more persistent and increases the coarseness of the hair. After illness in which the hair has fallen, if the patient be young, it is advisable to shave the head; otherwise the hair may remain thin and poor.

No portion of the human frame better repays attention than the hair, the abundance of which is even more important to beauty than the colouring. When Nature has given a plentiful supply, it costs but little pains to maintain it, but when otherwise, much may be done for the hair by unintermitting care and attention.

ON CHOOSING HATS.

Most of you, my dear readers, know the name of Monsieur Chevreul, the famous French chemist, discoverer of aniline, who died a few years ago at an advanced age, but probably you do not associate him with anything so frivolous as hats. Nevertheless, to Monsieur Chevreul we owe a series of rules founded on scientific principles, which form perhaps the best and safest guide in the choice of head-gear. "In purchasing hats," says the sage, "avoid heavy trimmings, as also square and other eccentric shapes. For these an original style of hair-dressing is absolutely necessary, and this most women lack courage to adopt. The head should have that easy, that *dégage* air that gives a certain elegance to the whole person.

"The largest hats covered with feathers and drapery, when trimmed with taste, preserve that appearance of lightness that is desireable and becoming. The large hats of Marie Antoinette's time, high and beplumed though they were, did not lack grace. On the other hand, bonnets modelled on the toques worn in the

reign of Henry III. of France should be large enough to frame the head.

"A black hat, with white feathers or flowers, or with pink or red flowers, suits fair women. It is not unbecoming to brunettes, but on them is less effective. They may add orange or yellow flowers or trimmings.

"A dead white hat suits only clear white or rosy complexions, whether dark or fair, but hats of gauze, crêpe, or tulle suit all complexions. For fair women white hats may be trimmed with white, pink, and, above all, with blue flowers. Dark women should avoid blue, and choose red, pink, or orange in its place.

"Light blue hats are particularly suitable to blondes. They may be trimmed with white flowers, sometimes with yellow or orange-coloured flowers, but never with pink or violet. The brunette who risks wearing a blue hat must on no account omit orange or yellow trimmings.

"A green hat throws up a clear white or delicately pink complexion. On it white, red, or above all pink, flowers may be placed.

"A pink hat should not come near the skin. It should be separated from it by the hair, by a white, or still better, by a green trimming. White flowers with abundant foliage are very effective on pink.

"A red hat more or less deep in shade is only to be recommended to women whose faces are somewhat too florid.

"Avoid yellow and orange hats. Be cautious with regard to violet and purple hats, which are always unbecoming to the complexion unless they are separated from the skin not only by the hair but by yellow trimmings. The same remark applies to yellow hats, which brunettes alone can venture to wear without a trimming of blue or violet."

To continue, as we have begun, on the subject of colours, a girl of the indefinite colouring so common amongst us—light brown hair without gloss or gleams of gold, a dull complexion and grey or blue eyes, a girl who is fair rather than dark, but not pronouncedly fair, will look best in black velvet, and after that in glossy satin or other shiny material, in pale, warm pink, pale blue, very dark blue, invisible green, and creamy white. She should avoid loud and striking ornaments, preferring those that are artistic, rare, and curious, especially in moonstones, pearls, turquoises, or sapphires.

A fair girl with chestnut hair and blue eyes is safe in almost any colour except mauves and pale, undecided colours. The sapphire is her stone, and if she has a bright colour, the pink topaz.

A golden-haired girl with a rosy skin looks best in turquoise blue and turquoise ornaments, in purple and amethysts, in warm greens and emeralds, in amber, in warm greys, black, or cream, in fawns, browns, écru, and flame colour.

A brunette with black hair, dark eyes, and a pale, sallow skin, will find black, black and white, deep dull reds, dark warm greys, flame, and tan most suitable. Rubies will look superb massed on her red gown, or with grey she may wear steel or jet; while diamonds, gold, and opals will set off her colouring. If instead of a pale, sallow skin she has a complexion of a rich, warm brown, all the deep and showy colours will suit her—amber and other yellows, reds, flame, maize, and so on; but cold colours and black must be avoided.

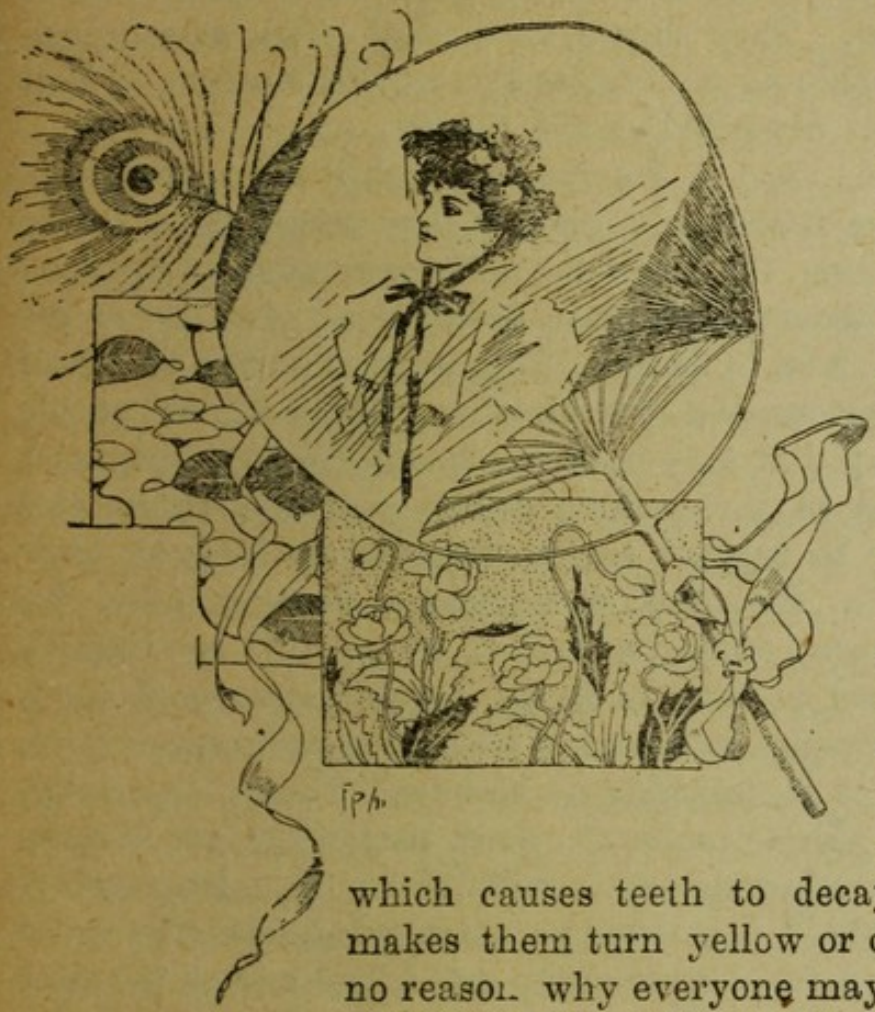
A brunette with grey eyes, a fair skin and bright, rosy colour—a type that is not unusual amongst Irish girls—looks well in bright and dark greens, mauves and purples, blue, white, cream white, fawns, grey, browns, reds, gold, black, blue and lilac, and may by way of ornament wear any sort of gem that matches the colours given.

To benefit women whose shade of colouring is less clearly defined than those we have given, we repeat the safe rule—for street wear, match your hair; for the house, your eyes; for the evening, your skin; and you can never be inharmoniously costumed.

Generally speaking, light colours are becoming and dark colours unbecoming to the complexion. White of a suitable shade throws out the gleam of a woman's teeth and eyeballs, and thus gives vividness to an otherwise uninteresting face.

Just as it is necessary to study one's style of hair-dressing at the glass to obtain the best results, trying fifty different arrangements before hitting on that which suits to perfection, it is well for a woman doubtful as to the colouring that most becomes her, to try a hundred different shades one after another until she is able to pick out those which heighten her natural good looks. If she examines her eyes closely she will probably see innumerable streaks of blue or grey, or green, or yellow, or brown, any one of which, accurately matched, will make her look radiant. Having chosen those she prefers, let her select in turn jewels that match her gown, or another of the colours in her eyes, and the result will be a perfect picture.

THE TEETH.



"No woman can possibly be considered ugly who has beautiful teeth," was the opinion once given by an American author; and, therefore, no matter how plain the features, or how muddy and colourless the complexion, there is some consolation left to the unhappy possessor of these. Unless there is some constitutional disease which causes teeth to decay prematurely, or makes them turn yellow or discoloured, there is no reason why everyone may not possess pearly and beautiful *dents*.

There are no people more particular about these useful and ornamental articles than our neighbours from across the Atlantic, and in spite of the enormous number of sweets and the quantity of "molasses" in which they indulge, American women carry off the palm for even, white, and well-kept teeth. Neglect is the most serious enemy with which the teeth have to contend, and if young people would only understand how much they will regret their carelessness in after years, they would cleanse them with the utmost assiduity and precision. Besides the unsightliness occasioned by decayed or broken teeth, there is another drawback, and this a great one. I allude to the danger to health which ensues from the inability to masticate one's food thoroughly, in which case this, instead of giving nourishment, has exactly the opposite effect. The one essential towards keeping teeth healthy is the strictest atten-

tion to cleanliness. Every particle of food that remains upon or between them induces putrefaction, and the process is only too rapid. In order to extract every minute piece of matter that may have lodged itself between the teeth, a piece of cotton should be drawn backwards and forwards through them until the offending substance is removed. They should be washed after every meal, and inside as thoroughly as outside, as the largest amount of that arch-enemy, tartar, is deposited on the former.

But if there is one time in the day in which it is imperative to wash the teeth more thoroughly than at any other, it is before retiring to bed. During the night the acids generated by the food which has not been removed, do their deadly work, and cause the enamel, or the outer case, to decay. This strict attention to dental ablutions is a great preventive of toothache. I have known people of advanced years say that they have never suffered from this most excruciating of pains in their whole existence, and attribute this happy escape solely to regular and systematic washing of their teeth. There are a thousand preparations recommended for whitening and cleansing the "quarelets of pearl," as Herrick has happily expressed it, but, as in all muchly-advertised tooth soaps, powders, and washes, in common with other toilet specialities, there is much that it is desirable to eschew. Those, especially, which purport to be able to make the teeth very white are dangerous, for they contain minerals which will injure them irreparably. Antiseptic washes, whose ingredients contain substances that resist putrefaction, are the most to be recommended, and one of the best of these is carbolic acid; but it must be properly prepared for the purpose, and not used in its raw state. An excellent dentifrice, of trans-Atlantic origin, is composed of the following materials:—Carbolic acid, 15 grains; boric acid, 7 drachms; thymol, 8 grains; essence of peppermint, 20 drops; tincture of anise, 2½ drachms, and two pints of water. Mix these thoroughly, and apply with a soft brush in tepid water night and morning.

Another very safe and pleasant tooth powder is formed of charcoal and orris root, which can be bought in any quantity at a chemist's. People whose teeth are not particularly hard should not use this preparation, as dentists say it injures soft or brittle teeth, whilst camphorated chalk is apt to render the gums of many people soft and spongy. Such simple recipes as salt and water, and the unpleasant homely soot have been repeatedly tried, with the most successful results.

Some of the simplest tooth powders are the most efficacious. Soot, cigar-ashes, and the powder made from the crusts of toasted bread are more useful than many expensive tooth powders and paste.

Any extremes of heat and cold are most injurious to the teeth. When out of doors in frosty weather, the mouth should be kept closed, and care must be taken that any food or drink is not very hot. On this principle ices are not desirable, but I think that many of my girl-readers will not care to forego these delightful confections, especially after a dance, even at the risk of injuring their quarelets of pearl!

It is a great mistake not to have decayed teeth removed as soon as possible. They are the chief cause of malodorous breath, neuralgia, and headaches. If long neglected they become dangerous to the health of their unfortunate owner, and abscesses forming beneath them often necessitate a serious operation.

Nearly allied to the teeth are the lips, and I must say a few words about them also in this chapter. The state of the lips often indicates the condition of one's health, becoming cracked, dry, and bloodless, when this is not as it should be. In this case there is only one remedy, and that is to attend to one's diet, and endeavour to repair the damage caused by indisposition. But many women have a bad habit of biting their lips, the results of which are most deplorable. The first means to employ towards remedying this is to leave off the bad habit; the second, to anoint them frequently with some really good cold cream or lip-salve. This should be applied several times a day, and particularly *before* going out of doors, not *after*, as then the mischief is already done. Should anyone prefer making her own salve, she will find this recipe a good one:—Take half an ounce of alkanet and 3 ounces of oil of almonds, put into an earthern vessel, and stand it in a warm place to melt. Into another vessel put 1½ oz. of white wax, ½ oz. of spermaceti, and melt these also. When liquid add to the oil, and put in 12 drops of otto of roses. Stir the mixture until thick, and let it stand in a cool place until cold.

A pretty mouth is said by more than one authority upon beauty to come next to a good complexion in the list of essentials for a pretty face. This may be in part owing to the very great rarity of perfectly-formed mouths. We should be inclined to place the eyes before the mouth, and indeed it is our opinion that the formation of the features themselves is, however perfect, a small matter

compared with their harmony with each other—the general outline of the face, the modelling of the cheeks, and the movements of the face in laughter, smiles, or speech. We have seen faces beautiful enough in repose, that lost every claim to loveliness the moment the mouth was opened. This is for some faces a crucial test. The act of speech appears to throw the features quite "out of drawing." On the other hand, in even the plainest faces speaking or smiling occasionally brings out a gentle harmony, soft lines and curves, and a beautiful "play" of feature that amply atone for irregularities.

Considered in themselves, however, and as a feature apart from the others, the essentials of beauty in the lips are redness of colour and beauty of form. The most praised shape is that of a bow—"Cupid's bow" the poet calls it. The upper lip has most to do in forming this bow. It is full (but not so full as the lower) and slightly raised in the centre, and again at each corner. The mouth is probably the most expressive feature in the face. We are all intuitively aware of this. If we have anything to conceal, and fear at a crucial moment the inquiring gaze of others, one hand goes up instinctively to the mouth to hide its expression. In grief or anger the corners of the lips droop. In joy, they go up. The presence of a "temper" is betrayed by a co-operation of the mouth and eyes, in which sometimes one and sometimes the other is occasionally a sleeping partner. The lips, red in themselves, should be surrounded by white. "Her lips were like strawberries smothered in cream," said some one of a rosy mouth with surroundings of pearl-tinted skin. The upper lip should be short. This is considered a sign of good birth, but is not infallible.

The colouring should be of a fresh red, the texture soft and smooth, like that of a rose leaf.

This soft, rich colouring is one of the infallible signs of good health. Pale lips indicate the contrary. Chapped lips are even more disagreeable than they are unbecoming. The tincture of catechu or benjamin lightly pencilled on the cracks are good remedies. Another mixture is known as Lady Conyngham's, and consists of two ounces of fine honey, one ounce of purified wax, half an ounce of silver litharge, half an ounce of myrrh. These must be mixed over a slow fire, and perfumed according to taste. Plain glycerine is a simple, effectual, and not an unpleasant remedy.

Colouring for the lips, as used on (and sometimes off) the stage, consists of cold cream with a larger quantity of wax than usual melted in it, together with a few drachms of carmine. For ver-

milion tint, a strong infusion of alkanet is preferable to the poisonous red lead. The chippings should be kept for a week in the almond oil of which the cold cream is made, and incorporated afterwards with wax and spermaceti. Alkanet should always be tied in muslin when used for colouring purposes.

The loveliest mouth that ever smiled would cease to be agreeable if the breath were not pure and sweet, as it should be in health. A disagreeable breath carries with it a suggestion of want of refinement and of physical disorder. If not caused by disease, the remedy for this is very simple. The teeth should be brushed every night and morning. Sweets should not be eaten in any quantity; onions and radishes never. If, notwithstanding these precautions, the breath continues to be disagreeable, a stick of the best liquorice should be broken into small pieces and kept in a box on the toilet table, a piece being put into the mouth after using the tooth-brush. It is said that this will counteract even the effects of indigestion, a potent agent in rendering the breath disagreeable. Liquorice has no smell in itself, and is for that reason alone preferable to the preparations of spice sold for this object.

ELECTROLYSIS.

It is now some years since electrolysis, or the science of removing superfluous hairs and skin blemishes by means of the electric current, was introduced into this country from across the Atlantic, and only now is it beginning to receive the encouragement and to enjoy the success which it deserves.

Up to within the last few years it was considered an impossibility to remove moles, warts, and those disfiguring marks usually known as birth-marks, or technically termed "nævi." Many of the latter are terribly unsightly; and although in some cases they become fainter and less conspicuous as time goes on, yet, as a rule, this much-wished-for consummation unfortunately does not take place. Now, however, physicians and the public alike are beginning to recognise the value of electricity as a powerful agent in removing these enemies to beauty from the faces, necks, arms, and hands of the unlucky sufferers, and it is much to be regretted that the expense attending the operation must prevent the majority of them from availing themselves of the process.

The course of training necessary for the would-be electrolysist is both a long and a costly one, hospital experience being essential to thoroughly understand the work in all its branches, whilst the cost of the batteries, of which there are several, to say nothing of their accessories, the difficulty of keeping them in order, and the time required for the operations, preclude the possibility of electrolysis being much used in general practice.

Those to whom money is no object should, however, have any moles or other excrescences removed by this method; and here I may mention that beyond the sharp prick that is felt as the electric needle is applied, and which resembles that caused by a spark from the fire alighting on the flesh, the operation is almost unattended by any pain.

Some authorities—and amongst these is the eminent French skin specialist, Dr. Monin—say that the slight practical results do not sufficiently compensate for the difficulties and pain of this method, but I have frequently met with ladies who have undergone the operation at the hands of a skilled electrolysist of their own sex, and they have assured me that the pain experienced in each case was so momentary and slight that they would not for a second hesitate to undergo it again and again. Of course, much depends upon the operator, and great harm is done by those who are not thoroughly qualified. This naturally prejudices people against electrolysis; and just as much care should be exercised in the selection of a specialist in this branch of the medical science as in that of any other.

Electrolysis, perhaps, is more frequently resorted to for the removal of superfluous hairs than for any other unsightly growth, and it is the only lasting remedy for these. Until within the last few years it was considered an impossibility to remove them satisfactorily, and women who have suffered from them either on the face, arms, neck, or hands have endeavoured to destroy them by depilatories, the tweezers, or the pumice stone. All of these are equally useless for the purpose, and their effects are merely temporary. Depilation was quite a profession amongst the ancient Greeks, Romans, and Egyptians, but it is no longer resorted to in our day, except by Oriental women, and electrolysis is therefore a revival of an old-world practice, although the method is very different.

Women make a great mistake in pulling out or cutting off any hairs that grow upon their skin. Both processes only serve to stimulate their growth, and cause them to become thicker and stronger each time either is done, instead of diminishing them.

There are two kinds of superfluous hairs—namely, the thick, bristle-like ones, which grow on the chin as persons advance in years, frequently giving them the appearance of having a beard; and the soft, downy kind, known as *lanugo*, or wool-like hairs, that so often abound on the cheek, upper lip, and arms.

Depilatories are, in reality, caustics, which burn off the hairs growing outside or immediately inside the skin, but never attack the hair follicle or root, and it is worse than useless to attempt to remove them with these. And here electrolysis has the great advantage over the so-called remedies I have mentioned. The electric needle, by which the current is applied, goes to the very root of the hair, and destroys its vitality so effectually that it cannot possibly come to life again.

In skilful hands, very delicate operations have been performed through this science. In one instance a most painful and irritating growth of hair was successfully removed from beneath the eyelid of a patient, who had become almost blind from the discomfort experienced for several years, this difficult task having been undertaken by a lady electrolysist of many years' standing.

Electrolysis may be said to be as yet in its infancy, and it is expected that we shall see this marvellous science performing still more extraordinary feats in its capacity as a remedial agent. Already it has been found to be of great use in that scourge of nineteenth-century existence—neuralgia. One physician says that "electricity will play an important part in the treatment of this complaint. Frictional electricity is of little or no value, but a constant current is a remedy unapproached by any other, except the injection of morphia beneath the skin. The current should be applied at regular intervals, once a day at least, and in severe cases twice."

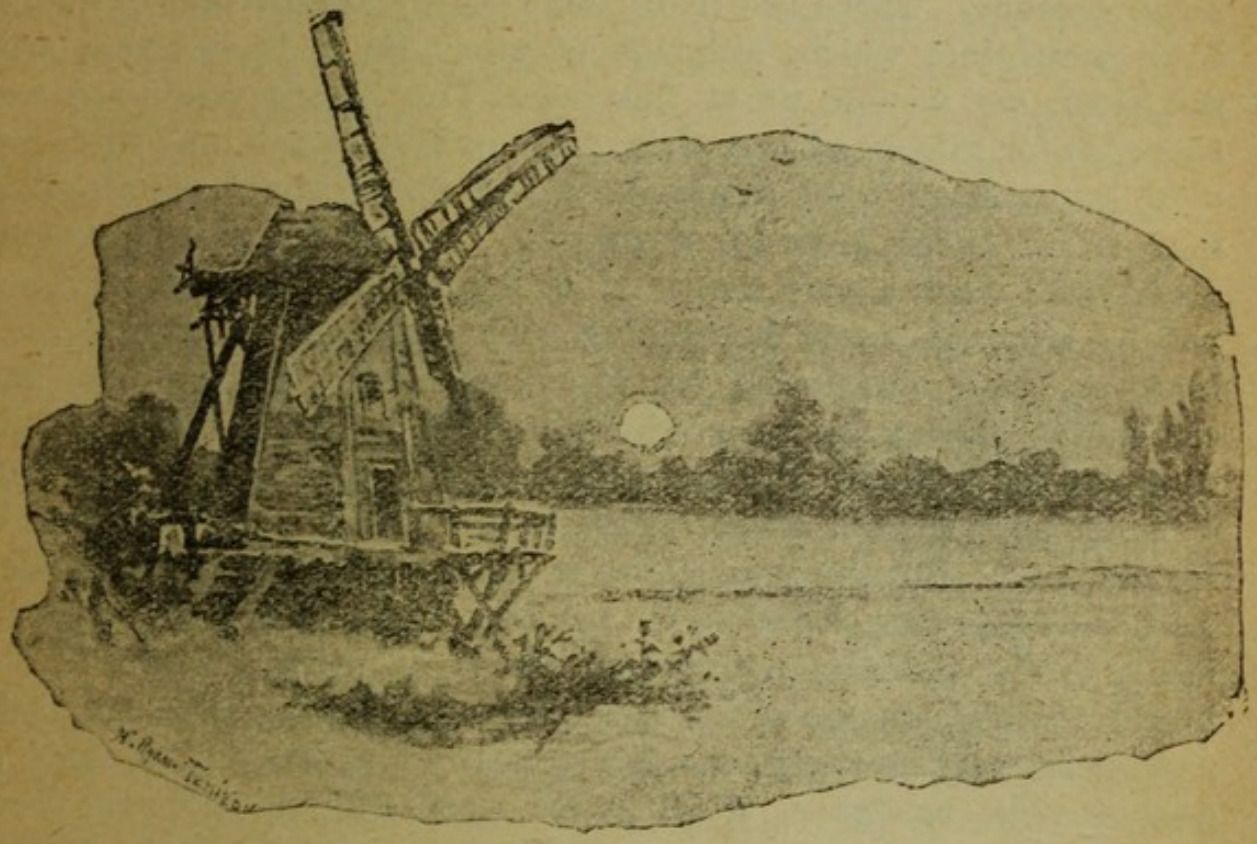
The use of electrolysis has been found of great benefit to patients suffering from nervous headaches, when all other remedies have failed, and amongst its other achievements may be mentioned the removal of those *bêtes noires* of everyone, irrespective of age or sex —wrinkles. If it really proves itself capable of accomplishing this hitherto impossible task, electrolysis will earn the undying gratitude of thousands of persons who have endeavoured in vain to hide these landmarks of time!

Another terrible disfigurement, hitherto considered as incurable, is the pitting of the skin by small-pox, which, in many cases, so alters the features as to render them quite unrecognisable. With proper care these indentations should never result, but when they do it is difficult to remove them.

Here again electrolysis comes as a boon and a blessing to suffering humanity, and by its use obliterates, or, at any rate, greatly mitigates, the unsightliness of the scars. This is a most delicate

operation, and one which can only be performed by a very skilled expert. Then again, there is the great drawback of the expense attending it; but those who are able to afford it will not hesitate to avail themselves of it, so immense are the benefits to be derived from it.

I have said enough, I think, to show that electrolysis is no new-fangled idea, without any claim to substantiality, or to the gratitude of its *beneficiaires*, and to no greater use can that giant electricity be applied than to the alleviation of pain and to the elimination of unsightly errors of Nature.



SPRING AILMENTS.

THERE is no season of the year so beautiful or so universally beloved as Spring. It is the favourite of the poets, this vernal season, with its "ethereal mildness," and budding life, the former so grateful to us after Winter's stern and frozen reign. But the Spring, lovely as it is, brings with it many discomforts in the shape of small ailments, which, though frequently so slight as to be almost indefinable, are nevertheless large enough to occasion us considerable inconvenience. There are many headaches and other disagreeable little complaints which, although at other times in the year are unknown, yet trouble us at this one. The March winds are responsible for attacks of neuralgia, more or less severe, and these as often as not come from carelessness, and sometimes, I am afraid I must admit, from a little bit of conceit. The latter is the case when a girl *will* wear a very airy kind of bonnet of lace and flowers, which, although most bewitching and eminently becoming, is, however, quite unsuitable for March weather. Or she may be anxious to display the rounded outlines of her pretty figure, and ventures out without the protection of either jacket or mantle, quite ignoring the old adage, which says—"Ne'er cast a clout till May is out." But she is mistaken in thinking that her appearance is improved by this omission, for her blue lips and chattering teeth testify to the voluntary martyrdom she is enduring. I have mentioned neuralgia as one of the most general of Spring ailments, and must insist very strongly upon the necessity for close-fitting, warm, and sensible headgear, which may ward off and prevent this excruciating pain; or, in the event of its being already come, it will do much to alleviate and cure it. I will here give the recipe for a neuralgia liniment, whose efficacy I have often tested myself:—Aconite liniment, 2 parts; chloroform liniment, 1 part. Get these mixed by a chemist, and paint with it the back of the neck and forehead. It must not be allowed to go near the eyes, which it may seriously injure. A good internal preparation is 1 dr. of iron and quinine mixed in a wine-bottle full of water. A wineglassful should be taken at first twice, and afterwards three times a day.

Nearly everybody, in the Spring, experiences such unpleasant sensations as lassitude, headaches, giddiness, sickness and inertia—all such trivial complaints as to render the calling in of a medical man almost an absurdity. But they must not be neglected, on the supposition that they are not worth troubling about, and that they will disappear in due time. Just as the annual Spring clearing is necessary in any well-ordered house, so the same process must be undergone by that marvellous structure, the human body. If the ailments are slight, the remedies are very simple, harmless, and effectual, and do not necessitate the cessation of anyone's everyday occupation or amusements. One of the very best household medicines is sulphur. Our mothers were dosed with that form of it which has been immortalised by Dickens—brimstone and treacle. We, their more fortunate daughters, have it administered to us in much more palatable ways. The tablet, which is now a favourite method of giving sulphur, is quite a pleasant sweetmeat, and children enjoy taking it as such. Another way of preparing it is to mix the flour of sulphur in milk, until it is as smooth and almost as palatable as cream. It is a little difficult to make the flour amalgamate with any other liquid, and it is best done with the finger. A teaspoonful of the sulphur should be put into a glass, and *warm* milk gradually added, the compound being mixed slowly and carefully with the finger. Patience is necessary, but the result repays one for the trouble, as the mixture becomes quite smooth and pleasant to take. This will be found invaluable for removing spots, pimples, and any rash that may break out on the skin. But there is one danger in sulphur that must not be overlooked. Its use renders the pores of the skin very open, and a person is extremely liable to take cold in consequence. Serious results, such as bronchitis, lung disease, etc., may ensue, unless precautions against cold are taken. There are other blood purifiers and medicines which, however, have not this disadvantage; or, at least, not to the same extent, and I should advise my readers to take one of the following recipes instead of sulphur until the weather becomes warm enough to render the use of sulphur less dangerous. Both are taken from an old MS. book in my possession, and I know that they are excellent. I am a great believer in the wisdom of our grandmothers with regard to these matters:—2 oz. Epsom salts; ½ oz. milk of sulphur, 1½ oz. of cream of tartar; the juice and part of the rind of one lemon, and two quarts of boiling water poured over all. A wineglassful to be taken three times

a day. The second recipe is as follows:—2 oz. of Epsom salts; 1 oz. of camomile; 1 oz. of cream of tartar. Pour over these 2 quarts of boiling water and let it stand until cold. Take a wine-glassful each morning for three mornings, omit one, and then continue in the same manner. Plenty of green vegetables, whether cooked or uncooked, are valuable aids to Spring medicines. Of the latter, the best are watercress, lettuce, and salad of all kinds. The cooked vegetables include turnip-tops, cabbages, cauliflowers, spinach, carrots and turnips. Fruit, also, is to be much recommended, and of these very purifying are green grapes, oranges, apples, and bananas. Milk, of course, is always good, unless, as is sometimes the case, persons cannot take it in any form. A glass of hot water before breakfast frequently does much good when anyone suffers from biliousness or giddiness, or when the head is hot and throbbing. A few drops of lemon may be added to it if preferred. Iron, either alone, or mixed with quinine and cod-liver oil pure, or with malt added, give general tone, and are strengthening and effectual as Spring medicines.

There is nothing so beneficial to the health at this season of the year as a short stay at the seaside. A week's existence by the "sad" but decidedly invigorating sea waves, with their ozone-laden spray, is a better tonic to the verveless, overstrung, or enervated individual than unlimited supplies of medicine. A change to sunny "London-by-the-Sea," or more plebeian Margate or Ramsgate, has a marvellous effect in giving tone to the system, and in setting one up, before entering upon the relaxing and enervating summer days.

This is an important matter, that should receive far more attention than it does from those whose lives are passed in the wear and tear of large cities. A couple of days spent at the seaside every few weeks will prevent the system from running down, and will keep the nerves in a braced, healthy condition, and serve to counteract the evil effects of the rush at which we—most of us—live nowadays.

BATHS AND BATHING.

THERE is nothing in the world so refreshing and exhilarating as a bath, be it the cold morning *douche*, the warm one at night, or a dip in the briny ocean. The first braces those who are able to indulge in it, for the day's work ahead of them; the second revives and soothes the aching and weary body beyond all else, and the third gives tone to a system that is suffering from over-work or fatigue.

The ancients appreciated the bath exceedingly, and we read of the great amount of time that was spent over it by the ladies of Poppæa's court, and of the extravagant preparations that were made for it in the way of ingredients. For these ladies were not content with pure water and soap, but had their baths composed of asses' milk, wine, and other costly things. After the bath had been taken, there followed the rubbing of the body with unguents, which improved the texture of the skin, and completed what the bath had begun. Mary Queen of Scots is said to have indulged in one containing wine, whilst the French beauty of a hundred years ago—Madame Tallien—gave the preference to one composed of strawberry juice. Anyone who has washed her face with an over-ripe strawberry instead of soap, will endorse Madame Tallien's opinion as to its efficacy as a complexion beautifier.

But it is not necessary to go to all this expense in order to have a refreshing bath, although, as all town water is usually very hard, something should be added to it to soften it. Hard water is practically useless for cleansing purposes, and it is, moreover, very injurious to the skin. A delicious bath can be made by putting into hot water a muslin bag filled with starch and bran, and boiling it. Bran alone is also very good, and fine oatmeal softens the water wonderfully. When none of these are cared for, a little borax may be used instead. Many people complain that they always take cold after a warm bath, and therefore do not take it; but there must be some carelessness after it to cause the chill. If a bath be taken in a warm bath-room, or before a bright fire, and if the bather does not dawdle in the drying process, but as soon as possible jumps into bed, there is not the slightest chance of taking cold. When people are predisposed to this, they should never bathe except at night; whereas women frequently dress after the bath, go into a cold room, or even out of doors, and are then astonished that they experience a chilliness and shivering.

There are persons who shrink from the idea of plunging right into even a warm-water bath; but a very good substitute for it is to bathe the body gradually, piece by piece, with a sponge dipped into hot water, and then to clothe each part as soon as it has been thoroughly dried. By this means a chill is averted, and a healthy glow given to the body.

Those who can take the cold morning *douche* are greatly to be envied. There is nothing like it for giving elasticity to the limbs, colour to the cheeks, and brightness to the eyes. It is a mistake to think that every constitution can bear the shock which immersion in thoroughly cold water causes. In many cases it does more harm than good, as is evidenced by the blue lips, pinched-up face, and chattering teeth, together with a general numbness and shivering of the whole body. It is madness to persevere in cold bathing when these symptoms appear. The same may be said of sea-bathing, and before this is indulged in, medical advice ought always to be had. I have known instances in which a woman's health has been irreparably ruined by indulging in this indiscriminately.

Many women are firm believers in the addition of wine, brandy, or spirits of some kind to their baths, as they consider that these give firmness to the flesh, and also invigorate the body. It is not, however, at all necessary to waste such luxuries in such a way, for the same effect is produced by using the simple tincture of benzoin,

a few drops of which suffice to make a most refreshing bath. It can also be added to the water destined for the morning or daily ablutions.

But a bath, in order to be really beneficial, must be followed by vigorous friction. When this can be done by someone other than the bather, the good results are doubled. The body should be thoroughly dry, and in a warm glowing state, before the clothing is put on; and this applies equally to both hot and cold baths.

But quite apart from the health-giving question of baths, too much cannot be said in favour of them as complexion and skin beautifiers. No one who does not frequently and regularly indulge in these luxuries—which yet cost nothing—can hope to have her skin without blemishes, and in a good condition. There is at Schlangenbad, in Germany, a wonderful bath, whose properties as a cosmetic are said to be unrivalled. But, unfortunately, no doctor has been able to discover the ingredients of the water, which renders a skin that has been injured by age as firm as it was originally.

Whilst on this subject, I will devote a portion of this article on "Baths and Bathing" to a discussion on the usual daily ablutions, about which skin specialists differ considerably. One lady, who is a great authority on the subject, tells us that cold water is the best medium, and that the face should be rubbed gently with a loofah, or moderately rough flannel. She recommends the use of a Turkish towel for drying purposes, and says that soap should only be employed with the night ablutions. A gentleman who frequently lectures on the skin and complexion, deprecates the use of anything in the way of a flannel and loofah, saying that the hands well lathered with some good soap form the best means of cleansing the face. So much depends upon the skin itself, that it is difficult to lay down any hard and fast rule. Dwellers in town should, however, use tepid water, as cold is quite powerless to remove the dust and dirt that are inseparable from a town existence. At night, a thorough wash with hot water and good soap is a necessity, else the pores of the skin get clogged, and this ruins even the finest complexion in time. The best soap for use with the daily bath is Price's Bath Soap, which is not only pleasant but beneficial for the skin.

THINNESS AND OBESITY.

Nobody can be said to be beautiful in appearance in whose body are innumerable angles, and whose bones are apt to make themselves too obtrusive through a want of sufficient flesh to cover them. Neither, on the other hand, is there any beauty in a superabundance of flesh and fat, that hide the graceful outlines of the female form divine, and render it unwieldy and heavy. In this, as in everything, the happy medium is most to be desired, both on account of health, comfort, and beauty.

Thinness arises from a variety of causes: anæmia, want of fresh air and circulation, lung diseases, worry, and over-work. Singers and public speakers, or those whose occupation causes them to expand their lungs, are very seldom thin, and hence the recommendation for thin or consumptive people to learn singing, so often prescribed by medical men.

In young girls anæmia is often the cause of this angularity and scragginess, which gives them such an awkward and delicate appearance. To remedy this complaint, which is also indicated by bloodlessness of the lips and cheeks, lassitude, and a bad digestion, great attention must be given to diet. Neglect of this rapidly increasing disease often ends in consumption, and always in chronic illness. Dress should be as light as possible, and at the same time warm, and tight-lacing must be prohibited. The mind should be kept as cheerful as possible, and all fatigue, worry, and excitement banished from it. There is nothing that so reduces flesh as grief and fretting, and they must consequently be avoided if one's object is to gain it. Regular hours and plenty of sleep are indispensable, and great benefit is derived from rubbing the body twice a day with a rough towel.

The food for thin people must be exceedingly nutritious. They should eat often, and very small quantities. Slowness in eating and thorough mastication of the food is a necessity, as it is what we digest, not what we actually eat, that fattens and nourishes. Another fact to observe is that drink should not be taken at the same time as food. Farinaceous foods are fattening, such as, for instance, sago, tapioca, rice, lentils, beans, etc.; and other fat-producing substances are sugar, fat meat, milk and suet puddings, potatoes, chocolate, cocoa, turnips, carrots, and butter. Porridge at breakfast time, good soups and broths are excellent, and milk

should be taken three or four times a day, and egg and milk occasionally. Fruit, when ripe, is also good, especially black grapes; and plenty of well-cooked green vegetables. A pinch of isinglass added to milk is fattening; pastry and sweets have the same effect, but they at the same time cause pimples, and also interfere with the digestive organs; they are, therefore, not to be recommended.

Active people are usually somewhat thin; and whilst exercise is good, too much is apt to keep down the flesh. One cannot have too much fresh air, but walking in excess, even out of doors, may be carried too far in the case of thin persons. It is better to drive or sit out in the air than to overdo it by walking.

One of the most fattening, and at the same time most disagreeable, of medicines is cod-liver oil, especially if taken at night. There is nothing more efficacious if it can be swallowed, but when it is impossible to do this, pure cream is a nice, pleasant substitute, and equally good. There can be had a preparation of the oil mixed with malt, which is a pleasanter method of taking it than the old-fashioned one of putting it into orange-wine or milk. Chemical foods are also flesh producers, and "Pepsalia," which is put into food, renders it more digestible, and, in consequence, more nourishing.

Many specialists strongly recommend a Turkish tea, called "Serkys tea," which, besides giving plumpness to the figure, is a great renovator of the complexion. It should be taken instead of the ordinary beverage, but it is a very expensive luxury, and is not suited to small purses.

It is always more difficult to become thin than it is to gain flesh. Stout people should eat, drink, and sleep as little as possible, whilst they ought to indulge in all exercises, such as walking, running, dancing, tennis-playing, rowing, etc. The more hours spent in this way each day, the sooner will the superfluous flesh disappear. As fat induces the formation of fat, all foods containing it must be banished from the menu. A clever physician prescribes abstinence from all soups, broths, chocolate, butter, saccharine material, pastry, and, in fact, everything that is recommended to a thin patient. He also adds:—"Meat may be taken, but it must be lean; wines must be light, and cold water will be the best drink." Green vegetables are preferable to potatoes; tea and coffee may be drunk, minus sugar and milk, and as little of either as is possible.

TOILET ETCETERAS.

Fans.

"WHAT grace the fan lends to a woman who knows how to use it!" exclaims Madame de Staël. "It undulates, it flutters, it expands, it closes, it rises, it falls at will. It is the most powerful weapon in beauty's arsenal." The fan, to be sure, is all-powerful in the hand of her who has measured its capabilities.

The Delsartean pupil is not suffered to graduate until she has mastered the evolutions of this dangerous weapon; for American

THE OSTRICH FEATHER FAN.

women are amateurs of the fan and strive to curb their natural restlessness in order to master its slow rhythmic movements.

The dark-eyed Spaniard is absolute mistress of the fan. By means of it she avows her passion or warns off a rejected suitor; she threatens, commands, cajoles, and conquers. Her fans are many and varied—from the cheap paper of the bull-ring to the gold and tortoise-shell of the boudoir. But more than feathers,

ivory, or parchment, she loves the transparent gauze "flirtation" fan.

Of such skill her English sister knoweth naught. Looking on the fan but as a means for creating a draught, she applies it vigorously to its legitimate end, and so keeps both herself and her lover cool.

The dainty Japanese and her fan are inseparable—from morn till dewy eve it is in her hand or at her girdle—but of other races

THE EAGLE FEATHER FAN.

the transatlantic belle alone has had the courage to introduce it into the solemnities of marriage. Eschewing the snow-white bouquet of the poetical bride, she brings to church the very newest thing in fans, of lace matching the rich adornments of her wedding-gown. We may trace in this adjunct some subtle allusion to her noted power both of raising the wind and creating a breeze.

The woman who, dressed all in white, waves softly a fan of jet-black ostrich feathers, know her business, but the plain black fan, whether of satin, lace, or gauze, is uninteresting unless relieved by spangles.

One or two, at most three, fans sufficed the modest ambition of our grandmothers. In our day we possess as many fans as we have evening gowns. Eagles' pinions, owls' feathers, and ostrich plumes are pressed into the service, the former for use on less ceremonious occasions, the latter for great festivities. When the ostrich feathers are white the sticks should be of mother-o'-pearl, while a black feather fan with sticks of amber or tortoise-shell looks particularly handsome with a black velvet gown.

Empire fans are suitable only when carried by a woman attired in English costume. They are small, and usually made of parchment, richly painted with medallions and Watteau scenes,

Girls who are not rich must take their choice between having a number of light, pretty, multi-coloured, inexpensive gauze fans, one to match each dress, or only two or three fans in all, of a kind to go with any costume, and artistic and distinguished in style. If they can have but one fan, let that be a genuine *objet d'art*; an antique, for example, or a modern subject painted by an artist of distinction, or an ostrich-feather fan mounted in light tortoise-shell.

Soaps.

The care of the complexion involves and includes the care of the skin, and the bath is, even more than exercise and regular diet (important as these are), conducive to the well-being of the wonderful covering nature has given our bodies. The efficacy of the bath depends, in a greater degree than is usually imagined, upon the nature of the soap used.

"The bath is of far higher consequence and of more general utility than any kind of manual exercise, gymnastic or sport. A place should be therefore found for it among the regular occupations of life. It ought to be a permanent institution, ranking immediately after the prime necessaries of our being. Either daily, or several times a week, should everyone repair to it, in some shape or other, either at morn, mid-day, or evening, according to strength and leisure. There certainly does not exist a greater device in the art of living, or a greater instrument for securing a vigorous and buoyant existence."

A judicious selection of toilet soaps will generally do away with the necessity for other popular toilet articles for the complexion, which are always unsafe and often extremely injurious. It is not always the most expensive or the prettiest soaps that are the purest and the safest. On the contrary, careful analysis of some of these would reveal the presence of foul impurities. The fact is that unprincipled manufacturers use immense quantities of the most revolting materials—cheap rancid fats, and noxious chemicals for colouring—in the manufacture of some of the richly-scented and most gaily-coloured soaps. The injurious effect of these upon the skin can scarcely be exaggerated, and yet is seldom traced to its true cause.

The prejudice which exists in the minds of many persons against soap may readily be traced to the fact of this unscrupulous and dishonest adulteration, and also, in some degree, to the misuse of that important article of the toilet. After having performed its part in cleansing the skin, the soap should be most carefully washed off, a neglect of this precaution causing an unbecoming gloss to appear and to remain upon the skin, and also clogging the pores with a detrimental effect scarcely less than that of dirt itself.

A skin which is perfectly healthy is always beautiful, and the maintenance of that perfect health of which so few know anything at all, produces a velvety (the word is the only one that comes at

all near the reality) softness and smoothness, which is one of the charms of childhood, and makes the clasp of a baby's hand the very luxury of touch. To preserve this soft smoothness should form a part of the aim of every woman's toilet, and should especially influence her choice of soap.

The fallacy that soap absorbs the oil of the skin, leaving it cold and dry, is entirely absurd and unphilosophical, except when applied to soaps containing excess of alkali; unless the skin is kept active by the removal of the oil and other matter which is thrown off, its cells become obstructed, and instead of secreting this constituent, which is really the food of the skin, they are hindered in their action—fail to perform their proper function, and thus the skin suffers in a two-fold degree—first, in being burdened with refuse matter; second, in not having its natural supply of healthful nutriment.

We have not the slightest hesitation in affirming that the soap manufactured by the Vinolia Company is one of the very best that has ever been offered to the public. Nor have we been led to this conclusion only by the fact that all the leading dermatologists recommend it in preference to every other; nor even by the fact, important as it is, that the ingredients used are the purest and most delicate that can be obtained, but from the more convincing argument of personal experience. In cases where we have recommended this soap to personal friends its beneficial effect upon the skin has been evident in an almost incredibly short space of time. The delicate tints of the complexion are brought out in increased clearness, just as the brilliancy of a pebble is improved by its being seen through water.

For those who have never seen this soap, some description of its characteristics may be useful, as leading them to avoid the numerous imitations constantly produced and offered to the public by unscrupulous manufacturers. Vinolia Soap is in odour particularly pleasant, without being highly scented. It makes a fine, soft, creamy lather, is very close in texture, and it can be used down to the thinnest possible piece.

For those who enjoy a fancy soap, with a deliciously piquant scent, we recommend Price's Regina Toilet Soap, as being the very thing they need; likewise Price's Glycerine and Cucumber should be tried.

The senior surgeon at one of our leading institutions for the treatment of skin diseases, has affirmed that they have had about

four hundred cases of skin trouble owing their origin only to improper toilet soaps, and from this fact alone the importance of selecting a good and pure preparation may, in some degree, be estimated. Those who value beauty even more highly than health (and their number is not small), we may remind that the prevention of early wrinkle depends chiefly on preserving the undiminished action of the skin for as long a period as nature permits. This end is attained by regular and frequent ablution in soft water and with the aid of pure soaps.

Where soft water cannot be obtained, fuller's earth or oatmeal will be found to be valuable agents in rendering hard water soft. Distilled water for the bath is a delightful luxury, nor is it difficult to obtain by means of the inexpensive contrivances sold for the purpose. A portable Turkish bath would be found a pleasant acquisition in every house. These are now to be had in London. The bran bath is taken with a peck of common bran stirred into a tub of warm water. The rubbing of the scaly particles of the bran cleanses the skin, while the gluten in it softens and strengthens the tissues. Oatmeal is even better, as it contains a small amount of oil that is good for the skin. For susceptible persons, the tepid bran bath is better than a cold shower-bath. The friction of the loose bran calls the circulation to the surface. Occasionally the bran is tied in a bag for the bath, but this gives only the benefit of the gluten, not that of the irritation.

Sponges.

The sponge used in the bath should be very large and of very open pores, so that it may contain a large quantity of water, which may be poured from it over the shoulders and the back. On every wash-stand there should be a smaller sponge to be used for the face, neck, and arms, on occasions when the bath itself is inexpedient or inconvenient; and a small "eye-sponge" should also be provided. When the sponge becomes disagreeably sticky, it may be restored to condition by covering it with clean cold water, into which the juice of a lemon has been squeezed. After remaining in this for an hour or two, the sponge will be quite restored to its former condition.

The best sponges are the cheapest in the end, even though they may be treble the cost of the common sponge.

Looking-Glasses.

Who has not known the discomfort of a bad looking-glass, wherein one's reflection has appeared distorted and discoloured, and older in appearance by ten years than the disgusted original? Such looking-glasses are responsible for some of the ill-temper that darkens the world, just as the more flattering kind of glass is to be credited with producing on occasion that moral sunshine that lights up a good-humoured face. Of the two extremes we advocate the

THE GAUZE FAN.

flattering looking-glass. The best way to choose a glass is to hold against the surface a piece of white paper and note if the reflection be of as pure a white as that of the paper; if not, the glass is not good. Note also the thickness of the glass; the thicker it is the better.

There are girls to whom the knowledge that they are looking their best is better than any cosmetic. It brightens their eyes, gives gaiety to their smiles, and pleasantness to their manner, whereas the opposite conviction oppresses them with dulness, and

deprives them of that moderate degree of self-confidence which is so valuable to girls as the foundation on which their social success is built. Without a fair share of self-confidence no girl can do justice to herself, her disposition, or her accomplishments, and, regarded from a purely social point of view, too much of that quality is almost to be preferred to too little. To those destitute of it, no better stimulant can be administered than a pleasant consciousness of looking pretty.

Nearly everyone likes their looking-glass at a different angle of height. The best position is that which reflects the gazer as she stands at a distance of at least two feet from the glass; she can then best judge of the effect of what she wears. In cases of short sight this will, of course, not apply.

OLD AGE.

Old age is sometimes very lovely. Soft white hair is beautiful, but the essence of real beauty lies in the serenity of the brow, the sweetness of the expression in the lines about the mouth, and the softened animation of the eyes. But old ladies sometimes make the mistake of following too closely those fashions that have been invented for young faces and youthful figures. There is a want of accord, for instance, between grey hair and half-blown rosebuds, or a wreath of forget-me-nots, which are sometimes seen together. There are some flowers that seem set apart for the old—laburnum, lilac, violets, and pansies are on the list.

"Why should middle-aged women be condemned to Quakeress browns, greys, whites, and blacks?" writes a correspondent to the editor of a popular ladies' paper; but to our thinking, it would be a terrible condemnation if the old were obliged to wear the bright colours that would rob them of the wintry charms that remain where once were the tints of spring and the outlines of youth.

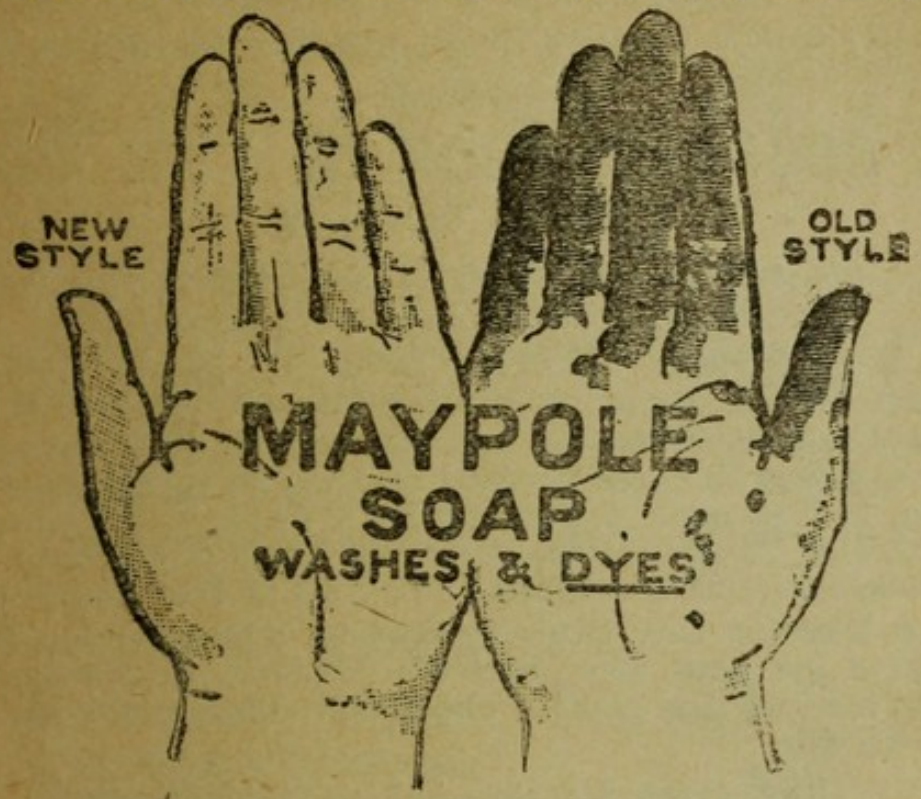
The same is true of colours. Neutral tints—greys and browns—are considered appropriate. Lavender and violet are worn by old ladies, but not bright pinks, greens, or blues. The wearing of fruits, such as grapes, currants, etc., is appropriate enough to the autumn of life, and is very usual with elderly ladies.

To dress "too young" (to use the current colloquialism) is to draw attention to the irreparable ravages of time. How well soever we may have once looked in pale blue, there comes a time when a costume of pale blue laughs at our faded eyes and sunken

cheeks. Bright pink, not very long ago, suited *à merveille* the exquisite tints, in the cheeks and brow of some erewhile "nutte browne mayde," but now bright pink only brings into relief the pallid cheeks at which time has been "throwing white roses" for a lustrum. Let us, then, look at things boldly and with courage, and take warning by the first grey hair, the incipient lines of a coming crowsfoot, and, as cheerfully as we may, put away from us, one by one, the little pet vanities of younger years.

Old Time tucks into the wallets of the years, as they pass, a little bloom from the cheeks, a little light from the eyes, a little briskness from the step, a little edge from the buoyancy of feeling and strength of energy, but he gives us so much in return that, even when we look in the glass and see his shadows dimming eye and cheek, we cannot regard him as other than a friend.

MAYPOLE SOAP



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