

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

FINISHING TOUCHES



About Weddings

THERE are probably more superstitious about weddings than about any other event in life, and, foolish as they are, they are rather interesting.

How ridiculous it would be to put credence in the fact that no bride may be happily married unless she finds a spider on her wedding morning. If that were a universal belief it would decidedly pay to raise the hideous creatures just to sell them to superstitious brides-to-be.

Then, again, it is said that the bridegroom should always carry a miniature horseshoe in his pocket, so he may have good luck.

Unhappy marriages, the superstitious think, are caused by a telegram received on the way to the church by either bride or groom, dropping the ring during the ceremony or a marriage at sea.

After all, there are lots of rules that the bride will hear much of the last two days before the marriage, but she is sure to have good luck if she comply with the good old belief that she should wear at her wedding:

Something old and something new,
Something borrowed and something blue.

Strange Hair Tonics

AN interesting story is told of a girl of 15, who suddenly and unaccountably lost all her hair. In despair her mother sent for the doctor, who told her to have the child's head shaved and to wash it three times a week with a mixture formed of one-half ounce of colicoquida and a pint of good Jamaica rum. The family tried it, and to their surprise the remedy was successful, for not only did the hair return, but it grew out a beautiful golden shade.

The juice of a lemon applied to the scalp is said to be a remedy for the falling of dark hair, and another strange hair tonic is made of three common onions steeped in a quart of rum for twenty-four hours. A man whose eyes had been treated by injections of pilocarpine had a new growth of hair at the age of sixty. Rum and castor oil, in equal parts, are known to be one of the best hair growers in existence.

A Convenient Disinfectant

A HANDY disinfectant for household use is made of chlorate of lime moistened with vinegar and water in equal parts. It may be kept in the cellar all the time, and in case of sickness a few drops scattered about will purify the air in the room.

To ool the Hands

WHEN the hands get hot and uncomfortable in hot water and then rinse them in tepid water to which a dessert spoonful of borax has been added.

To Fatten the Neck

TO MAKE the throat full and round the best exercise is to bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and backward, until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes. It is also well to massage the neck and shoulders well with cocoa butter.

For the Good of the Hair

THE hair must be always well washed once in six days when staying by the sea, as the salt air gets into it and makes it sticky and unpleasant to the touch. A little borax may be used in the water and the hair dried in the open air afterward.

Accentuating Dimples.

Sweet almond oil..... 8 fluid ounces
Alcohol..... 4 fluid ounces
Glycerine..... 4 fluid ounces
Oil of rose geranium..... 12 drops

I am giving you a prescription for a pomade that will reduce the size of your nose. You might use instead, however, a little spirit of camphor. Rub it well into the skin:

Pomade to Reduce Fat.
Iodide of potassium..... 40 grains
Vaseline..... 14 ounces
Lanolin..... 14 ounces
Tincture of benzoin..... 20 drops
Make into a pomade and rub over the fatty parts twice a day.

To Curl Hair

Can you suggest some way for me to curl my hair? I want a nice, deep wave, but I do not like to use irons. SEVENTEEN.

There are several ways to give the marcel effect, and any one of them is good. One of the easiest ways is to part the hair in many strands and wrap each tiny one upon the ends of a wire hairpin, twining them in and out. Another way is to braid all the hair in little Topsy plaits, leaving it thus overnight. Many patent curlers may be procured at small cost, and almost all of them are effective.

Several Questions Answered

Kindly give recipe for the walnut stain. Do the walnuts have to be picked green or not? Please state also which part of the walnut is used. S. E. E.

I am giving you the recipe for the stain, and I think you will find all your questions answered. Perhaps you will find the sage tea suggestion more satisfactory.

Brown Hair Stain.
Green walnut shells..... 2 ounces
Alum..... 4 ounces
Pure oil..... 4 ounces
Beat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.

Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

For an Itching Scalp

Will you please tell me how to get rid of parasites and how to cure an itching scalp? I would also like a good tonic to make the hair grow.

The cure of parasites is merely a question of cleanliness. I am giving you a prescription for a shampoo. It would be better to use it twice in three days. The head will itch until the unfortunate condition you mention is entirely cured, and I think if the hair were kept

To whiten the hands

WHY is it all young girls are spoken of as dainty? Many of them are far from dainty, yet whenever a young girl is mentioned the mental picture of her is always petite and neat and generally charming. There are a few girls, essentially dainty, who take the greatest pains with their appearance and who have fascinating little tricks which make them wholly feminine and wholly attractive.

For instance, there is a girl I know who never dresses in the evening without attending to all the little details sometimes neglected even by the neatest girls. She dabs a little powder on her face in just the right places and proportions. She brushes her eyebrows so that every hair is in place. She makes little dimples in her cheeks with the tips of her fingers. She daintily touches the cork of her perfume bottle to the tips of her ears, and, last of all, just before she leaves her room she holds up both little hands and shakes them so that all the blood runs from them and leaves them white and pretty.

All such care is only vanity; but, after all, isn't vanity a good quality when it inspires a girl to care for a dainty appearance? Isn't one who is neat far more likely to succeed in this world than one who is careless and slovenly in appearance, no matter how clever the slovenly one may be?

It is well to cultivate, early in life, little habits which improve the appearance. Somehow, when a woman is feeling well dressed she is far more likely to be amiable and agreeable than when she feels herself at a disadvantage as to attire.

It is not a mistake to take time in dressing. The minutes so spent are useful in that they tend to increase self-respect and self-reliance. Mothers



Just daintily touch the tip of the ear



Don't use dead white powder.



Eye-brows must be unruffled

should teach their daughters—and young girls should teach one another—the advantages of spending reasonable time and careful attention upon the art of dressing.

Every one knows what a disappointment it is when a pretty girl, who looks perfectly clad as she enters a room, turns around and shows a blouse half-unbuttoned or hair carelessly arranged.

No one can afford to be unneat, and no one can afford to neglect any detail in the tout ensemble of her appearance.

Advice to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

A Hair Tonic
My hair comes out so badly that I fear I will not have any left. Cannot you help me? I am only 16 years old, and I do not know what to do. WORRIED.

I do not know that I can give you anything that will immediately cause your hair to become luxuriant, but I am giving you a tonic which will surely do your hair a great deal of good if it is faithfully used.

Jaborandi Tonic.
Quinine sulphate..... 20 grains
Tincture of cantharides..... 2 fluid ounces
and extract of Jaborandi..... 2 fluid ounces
Alcohol..... 4 fluid ounces
Glycerine..... 4 fluid ounces
Rosewater..... 16 fluid ounces

The quinine should be dissolved in the alcoholic fluids by swirling slightly, then the other ingredients added, and the whole filtered. Rub into the roots of the hair every night.

Wishes to Dye Black Hair
My hair is very dark, almost black, and I do not like it. Can you give me some dye which will make it lighter? I should like to have it a light brown. BRUNETTE.

I am very much afraid that it will be impossible for me to suggest any dye for black hair. I will have to suggest for you a bleach, but do not be discouraged if it does not immediately show results. Sometimes it takes many washings before a change in the hair is noticeable. The bleach is a mixture of hydrogen dioxide and water, equal parts.

Large Pores and Oily Skin
I have very large pores and a very oily skin. What shall I do? It spoils my appearance and I never feel that I look nice. DISCOURAGED.

I would not be so unhappy about your skin if I were you, for I am sure we can improve its appearance with little trouble. The lotion I should recommend is:

Prematurely Gray
My hair is turning gray and I want a dye for it. Some one has suggested to me that perhaps your prescription containing sage tea would be a help. Will you tell me about it? BLONDE.

I think perhaps the sage tea would be helpful, but do not use it without first cutting a strand of your hair, dyeing it and placing it in the sun. In this way you can tell how it will look and how it will wear. Sometimes a dye will have quite a different effect on different heads of hair. The dye is made of:

A Face Bleach
Can you tell me of anything that will take brown spots from my face? I do not seem to be able to cure them by myself. MARY D.

The following is a very good bleach for the face, and I think it will do for you all you hope. Mix the ingredients until a solution is obtained and then apply to the spots you wish to bleach with absorbent cotton. Be very careful, however, that the preparation is kept out of the way of ignorant people and children, for mercury is one of the most dangerous poisons we have.

Nitric acid..... 1 ounce
Bichloride of mercury in coarse powder..... 1 grain
Rosewater..... 2 ounces

Depilatory.
Sulphide of soda or calcium sulphide..... 100 grains
Chalk..... 100 grains

Mix thoroughly and keep dry in well-corked bottle until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for instance. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Do not contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

After mixing the ingredients, strain the preparation into a bottle and keep tightly corked. Apply with a small brush and pull it through the whole length of the hair, but do not touch it to the scalp.

Superfluous Hair
I have been using the electric needle to remove superfluous hair and have bought a battery for the purpose. But now I find it is very painful, and I want to know if you can give me a prescription which will be more comfortable. JENNY.

I am sorry you did not write to me before you invested in a battery, for I could have given you a far less painful cure. It is called a depilatory and I am sure you will find it satisfactory. It will remove the hair at once, but it will be necessary for you to repeat the treatment perhaps once every three or four months. Be careful to follow the instructions I am giving you.

Tea Hair Tonic.
Bay rum..... 2 ounces
Glycerine..... 2 ounces
Alcohol..... 2 ounces
Infusion of black tea..... 10 ounces

Mix and perfume to suit. The tea infusion should be made very strong, say six ounces of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then strain till cool, strain and add the other ingredients; apply with a soft sponge to the roots of the hair. It will darken blond hair.

For a Fleshy Nose
Is there any remedy for a fleshy nose? Also could you tell me some way to make the hair coarser? Mrs. C. B.

I am afraid I know of nothing to make the hair coarser. As a rule, people wish to make their hair finer in quality, although there are, I know, a certain kind of hair so fine that to arrange it seems impossible. If yours is like that it may be that brilliantine would help you. Put a little on the palms of the hands, and then gently smooth the outline of the hair before arranging it. Brilliantine is made by mixing together the following ingredients:

Advice on Social Problems.

It is my intention in writing these articles on etiquette to help those who wish to know. To this end I will cheerfully answer all letters addressed to me in care of this paper. For personal replies, please send stamped and addressed envelopes.

THERE are many, thoroughly versed in the little niceties of daily life, who are utterly at a loss when it comes to planning a formal church wedding. The home affair and the civil marriage may both be managed entirely in accordance with the desire of the bride, both as to time and arrangement, but the church wedding is a formal ceremony with hide-bound rules to guide it. It is for this reason that we will for today consider the many regulations custom has indorsed in regard to the church wedding.

In the first place, the family of the bride provides the trousseau. It is easiest to say that the bride's father pays for everything concerning the bride till she is married. For the purpose of convenience we will take it for granted that the bride has both parents, a married sister and an unmarried sister. The father of the bride pays for the decorations at the church and the house. If there is to be a reception or breakfast, he pays all the expenses of the entertainment, and he provides the gifts for the bridesmaids, which are usually pins of some kind or plain gold bangles. He also pays for the invitations.

He provides the carriage for the bride to drive to and from the church, the carriages for the immediate family and for the bridesmaids. The groom provides his own carriage, those for his ushers and for his own family. After the wedding he returns to the house in the bride's carriage.

even the unsuperstitious agree that it is good form for the bride and groom not to meet till they stand in the church. The groom, accompanied by his best man, waits for the bride at the chancel steps or before the minister who is to marry them. She walks up the aisle on the left arm of her father, preceded first by the ushers—in two— who head the procession, then by the maid-of-honor, who walks alone. If there is a flower girl, she walks directly in front of the bride.

THE CEREMONY

As the procession nears the waiting groom, the ushers and maids stand to one side, so the bride and her father walk through the double line. The bride then takes her place at the left of the groom. The best man stands on his right hand. The bride's father remains on her left till he has "given his daughter in marriage," when he joins his wife, who is seated in the front pew at the left of the middle aisle. The groom's family usually occupy the right side of the church.

It is best to reserve the first eight rows of pews on both sides of the center aisle for the immediate family and for their intimate friends. The ushers are told who is to be favored by a seat in these special pews, and the rest of the guests occupy pews farther back in the church. Usually one end of a white ribbon is attached to flowers, to the end of the eighth pew and, when the time comes for the bride to enter the church, two of the ushers take the loose ends of the ribbon and, carrying them back, fasten them to the last pew in the church. This effectually bars any one getting in the way of the procession or leaving during the ceremony.

After the couple have been made husband and wife they turn and, with the bride on the right arm of her husband, pass between the double row of attendants and on down the aisle. They are followed first by the best man and maid of honor, then by the bridesmaids, and lastly by the ushers, who only accompany the party to the end of the middle aisle. They then turn and escort the ladies in the reserved pews from the church. It is not until these pews are empty that the white ribbons are taken down and the rest of the guests are allowed to depart.

It is now the groom's turn to bear some expense, and he fees the clergyman, the organist and the sexton of the church. The feeing is not done until the clergyman makes out the certificate, and the best man handles all the money.

ABOUT CARRIAGES

The carriages for the bridesmaids go to their own houses for them and take them to the church. Needless to say, it is not necessary to have a separate carriage for each girl. The groom sends the bridesmaids their bouquets or parasols and the bride her flowers or prayer book.

Assuming that the bride's sister will be her maid of honor, she will drive to the church with her mother, another carriage will take the married sister and her husband, while the father and the bride will drive in a third carriage. In cold weather the last one should be heated so the bride need wear no wraps. The bridesmaid drives to the church with her best man, while his parents must have a carriage of their own.

It is considered bad luck for the bridesmaid to see the bride upon the wedding day before the ceremony, and

the custom to pay these fees in gold, and their amounts should be in accordance with the financial status of the groom.

The proper time for a formal wedding to take place is at high noon—12 o'clock. Sometimes 12 is an inconvenient hour either for the groom or for some member of the family who lives at a distance. Should this be the case, the wedding must be timed according to necessity. The original reason for the noon hour was to allow a wedding to be celebrated after the communion service. This custom still holds in England. There are many brides and grooms, however, who arise early in the morning and go to service, the wedding occurring later in the day. It is a beautiful custom, the conjunction of the sacraments, and it deserves to be more universal.

Unless the wedding be after 6 o'clock in the evening, the bridegroom always wears a frock coat, light trousers, white ascot, white gloves and high silk hat. The ushers are dressed in the same way. For the bride there are only two choices of costume, the conventional white wedding dress and veil or traveling gown in some light color. She wears no jewels save the gift of the groom. As a girl may be a "white bride" only once, it is a pity to be married in a street dress.

IMPORTANT DETAILS

Even when the bride is unattended the groom must have his ushers and best man, for it is the former's duty to seat the guests, while the best man holds the ring and the hat of the groom during the ceremony. The ushers, while they are showing people to their seats, leave their hats in the vestry room, but when they walk up the aisle in procession they carry them in their left hand, almost on a level with their shoulders. The groom and his best man hold theirs while they await the bride, but during the ceremony the best man holds both. He returns the groom's hat to him while the maid of honor is arranging the veil and train of the bride just as they turn for the recessional.

The proper time for the best man to hand the ring to the groom, the clasping of hands and the posting of the couple during the blessing—information upon all these points is best secured from the officiating clergyman. Most large wedding parties reserve the procession and the turn after the ceremony, and it is important that the groom and best man have some advanced arrangement for the transportation of the ring, since it is likely to be lost.