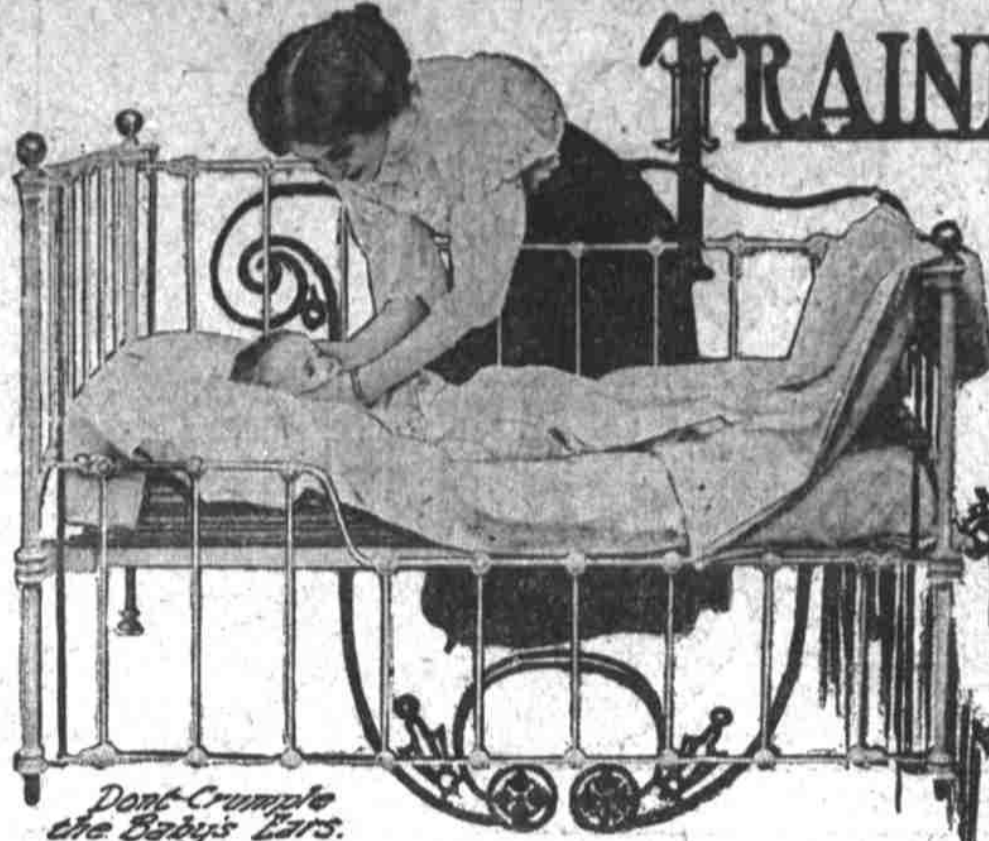


CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

TRAINING EARS in the WAY THEY SHOULD GO



THE other day I received a letter asking me why it was that Johnnie's ears stood out from his head. Was the defect curable? Would they always be like that? What could the discouraged mother do? I answered the letter and told the mother that, perhaps, as Johnnie grew up, he would better harmonize with the size of his ears, and I suggested a skeleton cap, which he might wear at night, to hold the ears in place and to persuade them to lie in their proper way. Still, I feel that there is much more to be said upon the question of protruding ears.

ected, notwithstanding she may so arrange her hair that her conspicuous ears may be hidden—an advantage her brother has not. Protruding ears may often be avoided by letting the elastic that holds the hat on the head extend over the ears, not back of them. Should the ears already show some signs of standing out from the head, the elastic, like the

I did not have a chance to mention in the letter ways in which this defect may be prevented. Had I been able to, only one woman would have received the information, while in this way a great many women will have an opportunity to read the advice I may give.

There are some children who are born with ears that stand out from the head, and there are nurses and mothers whose carelessness is responsible for this deformity.

When laying the baby in his crib the careful mother will always see that the tiny ears are placed flat against the head, so that they may not be crumpled or encouraged to bend forward. This is a very important precaution, for all the muscles of a very young baby may be taught to act in the wrong instead of the right way.

CARE ABOUT CAPS

The same care should be exercised when the time comes for the baby to wear caps. To put a baby's cap on his head so that the ears are pressed forward not only spoils the child's beauty, but makes him uncomfortable as well. The ear is such a sensitive organ that it should never be bent or twisted in any way, else the hearing might be affected. It is well for the mother with a quick temper to bear this in mind. She it is who sometimes permanently injures her child by leading him or her by the ear.

When the child has passed the cap stage and begins to wear hats, see that they fit the head. Many protruding ears have been caused by a too large hat slipping down and resting on them, thus forcing them out of position; or by a too small hat of the sailor type, which is likely to slip down back of the ears, the tight elastic dragging both hat and ears forward. This is especially a danger to boys—big and little.

The little girl, too, must be pro-



tection, it will serve to train them in the way they should grow. Children sometimes form a nervous



therefore, it will surely cause the ear to become conspicuous. Every mother should take time to attend to this much to the appearance of her child. If the child be born with protruding ears, they may often be cured by the use of a skeleton cap of net. It need not be worn long, and almost immediately a marked improvement will be shown.

mission. Nowadays such a precaution is hardly necessary; so any one who does not care to shake hands is not guilty of a breach of etiquette. It is a breach of etiquette, however, for a girl to mention that she was introduced to a man, or for a man to mention that a woman was introduced to him. Such a thing could not properly be, and if the mutual friend did make such a mistake it is as well to say as little as possible about it.

Queries Answered

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I am a widow, and should like to be married again. What should I do? **MARGARET.**

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DAMP SHOES should be at once removed on entering the house, and it is a very good plan to fill them with dry oats. For the grain absorbs the moisture and the shoes retain their shape. They should, above all, never be placed near a fire. On the face of it it sounds very extravagant to use oats for the purpose, but as the grain may be dried out and used as often as necessary it is not as bad as it sounds. If oats may not be procured, paper is almost as effective.

Paraffine softens shoes that have been hardened by dampness and restores their flexibility. Heavy hunting boots may be rubbed with sweet oil and lard and they will be immensely improved. It makes them easier to wear, they last twice as long and they better protect the feet from damp and cold.

Mrs. Symes' Advice

O WING 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 Shiny Nose
I have such a shiny nose. Can you tell me anything to do for it? **DISGUSTED.**

Everything may be cured in some way. Do not be so discouraged. I am giving you a remedy that you may apply as often as necessary. It is harmless and effective.

Lotion for a Shiny Nose.
Boric acid..... 1 dram
Rosewater..... 4 ounces
Mix.

To Reduce the Hips
I am five feet four inches in height and my hips measure 41 inches. Is that too big? What can I do? I do not look very nice. **WORRIED.**

Your hips are too large for your height and you may reduce them by massage and by exercise. I have printed from time to time many suggestions for the latter. I will give you again, however, two exercises and a pomade to rub on the hips. Do not rely on either one of these. Take the exercises and use the pomade faithfully:

Pomade to Reduce Fat.
Iodide of potassium..... 46 grains
Vaseline..... 1 1/2 ounces
Lanolin..... 1 1/2 ounces
Tincture of benzoin..... 20 drops

Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fat forming—cereals, potatoes, corn, beans, etc. You should avoid sweets of all kinds.

To Reduce the Hips.
The exercise about to be described is highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symmetry. She states that it has reduced the hips two inches in a month. Lie extended on the floor, supporting one's self by one hand, while the other is placed upon the hip. While holding this position, raise the body gradually from the floor until the whole weight is supported by the hand and feet. It is comparatively easy to get the body from the floor as far as the knees, but to bring it up to the full extent just described is not easy at first. It should be tried first on one side and then on the other.

To Reduce the Hips.
Bring the knee up to the chest, remaining as nearly erect as possible. Practice in alternate motion.

To Grow and Darken the Eyebrows
Will you please give me a prescription for an eyelash and eyebrow grower and "dancer"? My eyebrows do not match my hair. **ELIZABETH.**

I am giving you three prescriptions, each marked so you can tell one from the other. I think they will be what you want.

Ointment for Scant Eyebrows.
Oil of lavender..... 15 drops
Oil of rosemary..... 15 drops
Tincture of cathartides..... 2 drams
Vaseline..... 2 ounces

Mix thoroughly. Apply to the eyebrows with a fine brush, at least once a day until the growth is sufficiently stimulated, then less often.

Entertaining Ushers
I read your last article with much interest. I am to be married soon myself, and write to know if I must entertain my ushers at a dinner. **A BRIDESMAID.**

Entertaining your ushers is a question of finances. If you are able it would be nice. It is not necessary.

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In your letter of last week you did not mention the presents of the bride. Are they always shown? **MARY S.**

I did not go into the subject of the home reception, for it was too large a matter to handle all at once. Later I expect to finish the series.

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A Small Wedding Breakfast
What should be served at a small wedding breakfast? The wedding is to be at noon. **AN ANXIOUS MOTHER.**

The small wedding breakfast is sometimes a seated and sometimes a buffet affair. It is better to make it the latter and serve two kinds of sandwiches, chicken salad, fried oysters, ice cream and cake. There should also be some beverage—lemonade, a punch or champagne.

Wrinkles and How to Avoid Them

WRINKLES are often the result of bad habits, such as a repeated drawing of the eyebrows, which forms small lines between the brows. Lifting the eyebrows uselessly results in long, transverse lines on the forehead, and adds at least five years to the real age.

An artificial, stereotyped smile imprints two heavy furrows from the nose to the corners of the mouth. Reading far into the night often results in the crow's feet which disfigure many pretty faces.

Those who laugh much have little lines at the base of the cheeks near the mouth, but these are not objectionable. It is only necessary to take note of those that are produced by causes which may be easily overcome. Gayety is a virtue which should not be suppressed. Suffering traces wrinkles on worn faces, but they disappear on the return of health.

Some women, whose complexions have been injured by overheated houses, spray their faces with fresh water fifteen minutes before going to bed. This effaces wrinkles and moistens the skin. Water, placed in vases, will evaporate into the air and neutralize the painful effects of a dry, burning heat. Wet cloths, frequently applied to the face, produce good results.

THE REST CURE
The fear of wrinkles induces many women to submit to painful processes in the hope of driving away these precursors of old age. This is the method employed by a society woman for "effacing" the wrinkles which are produced by late hours and dissipation. If she is annoyed she goes to her bed and remains until her fatigue has passed away or her vexation has vanished and her good humor is restored. She arises refreshed, beautiful and amiable, her face devoid of wrinkles. She declares that if all women will follow her advice in similar circumstances they will prolong their youth, calm their nerves, and acquire a desirable evenness of temper. A debutante who was as fresh at the close of the season as at the beginning kept her beauty by remaining in bed all of one day each week. When summer came she was the only one of the family who did not seem to require a change of air. An English beauty retains her youth-

Advice on Social Problems.

Mrs. Chester Adams
most cordially invites her friends to bring to her their Social Problems and Pleasuries by letter at any time

The Art of Introduction

THE other day I received a pitiful letter from a little girl, who complained that she was always embarrassed when it was necessary to introduce one of her friends to another. She said that it never sounded right and it was so formal, what could she do? So, instead of telling her the details in regard to this phase of social intercourse, I decided to write all about it in one of my weekly articles, so that it might be a benefit to all.

It is apparently so difficult a matter that it should be called "the art of introduction." It is an art—a distinct art. I have frequently heard people, otherwise thoroughly versed in all minor details of social usage, make a mistake in form when mentioning that they had met some one.

There is but one rule that governs all introductions. The man is always presented to the woman, the younger person to the older, the inferior in the social scale to the superior. When the two are equal there need be no formal presentation. A few informal words of explanation are quite sufficient and far less paralyzing to conversation. Indeed, she or he who can manage to introduce two people without casting a gloom of formality on the gathering is a social Napoleon.

The form of introduction varies in different localities, but the general idea remains the same.

his to a girl or to a woman he should always first ask her permission. If she is willing to meet the friend he may then be introduced by the words, "May I present my friend, Mr. So-and-so, Miss Robinson?" Should a man be introduced to another man, or two girls to each other, the third person may say, "Miss — or Mr. — I want you to meet Miss — or Mr. —." A hostess may choose some still less formal method of presentation. She might say, for instance, "Here is my old friend, Mrs. Pitcoe. I am so anxious for you all to meet her."

This is surely far better than walking round the room repeating, parrot-like, the form, "May I present —"

The first appearance of the debutante in society is the time for many introductions, and at the reception, should there be one, the hostess, presumably the young girl's mother, stands on the left side of the drawing-room door as the guest enters. If not here she may stand on the other side of the room facing the door, but in either case the debutante stands on her left. In this position the hostess is able to greet the approaching guest with her right hand and, turning to her daughter, she says merely, "This is my daughter, Mrs. Jones." As the guest must have come for the express purpose of meeting the debutante, it would be quite unnecessary to ask her permission to introduce the girl.

A HOSTESS' PRIVILEGE

A hostess may always take it for granted that she may introduce any person to another. No permission need be asked, for her friends who accept her hospitality must also come prepared to accept any one else she may have seen fit to invite.

In presenting people to one another always see that both names are mentioned. It is very embarrassing to have a mutual friend say, "Oh, Mrs. Jones, I do so want you to meet Mary. You know I have talked so much

about her." Of course, that may be the case, but ten chances to one the enthusiastic "M. F." has forgotten to mention Mary's title and last name on other occasions just as she has on this. It is well to avoid such contempments. Then, too, the third party should take particular pains to pronounce distinctly the names of those introduced. It is no disgrace, however, not to hear a new name when pronounced, and it is far better to ask the name of the person you have just met than it is to become embarrassed at your own carelessness in failing to catch it. Many names are very difficult and need to be repeated several times before it is possible to learn the pronunciation.

HAND SHAKING

If a man is presented to another he usually shakes hands with his new acquaintance, but a woman need not shake hands until the friendship is further advanced, even when she meets another woman. Of course, she usually does not shake hands with a man she has just met. This rule in regard to greeting varies very much in different sections of the country, so much so, in fact, that it is hardly necessary to dwell upon it. Watch carefully and see what other people do, and always accept a hand that is offered in greeting, even at the first meeting. Do not ensure a new acquaintance for ignorance in either, falling to greet you with outstretched hand or for what seems to you overdone cordiality.

The shaking of hands was an act begun in the Stone Age. It seems that our forefathers, being somewhat rough, were likely to stab their enemies even during a conversation, so, for safety's sake, two men meeting on the road held each other's right hand while they were facing each other so the sword and dagger arm, at least, would for the time be out of com-

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hat. This is explained in the letter above. If you are to be married at home you may wear a house gown of white or light gray with neither hat nor veil. It is not good form for a woman to wear a veil at her second wedding.

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