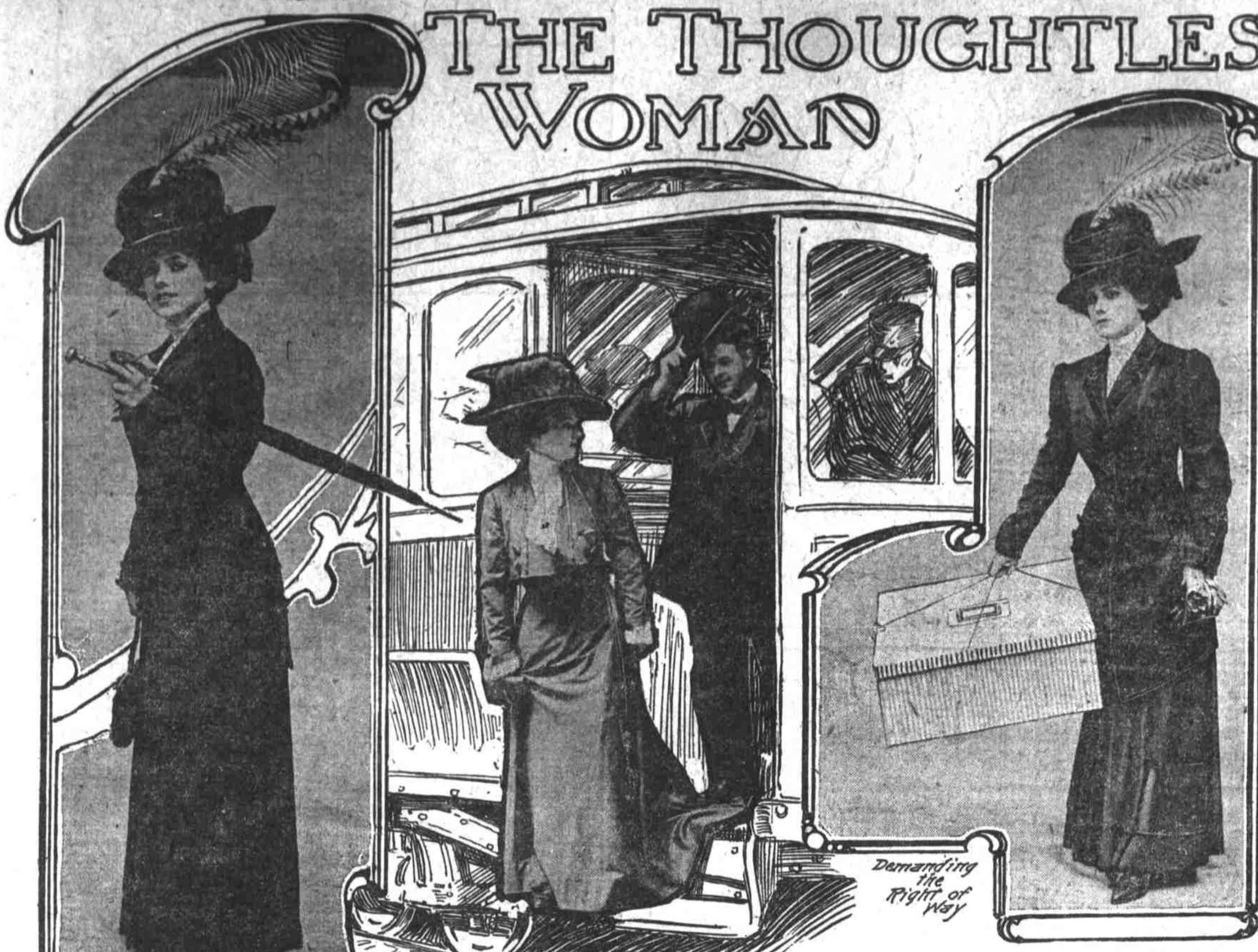


# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## THE THOUGHTLESS WOMAN



At a Dangerous Angle

An Unavoidable Contretemps

Demanding the Right of Way

There is a story told of a careless woman who carried her umbrella at an angle which was a menace to all passers-by. It was repeatedly predicted by her enemies that she would surely injure some one severely. She was often entreated by her friends to adopt a safer way to carry it. But she obstinately refused.

of some forgotten errand, stopped short. The youngster behind, still climbing, of course, never saw his danger, and so his eye was impaled upon the point of her umbrella. History does not reveal what was done in the case, nor does it even say how the incident affected the selfish girl. But the story is as far as it goes is enough. No one has a right to walk on the street utterly oblivious of others, and those who do so should be shunned by all.

There is also the woman who demands the right of way so she may carry a hatbox safely. All must scatter at her approach, and many are the scorching looks she gives the inattentive few who fail to comply with her desire for a monopoly of the walk. She will carry the enormous thing into trolley cars and other public conveyances. She has even been known to place it upon the seat beside her, allowing a tired mother to stand with a baby in her arms.

## Advice on Social Problems.

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

### Trolley Car Etiquette

EVERY ONE knows the story of the man who arose, as a very stout woman entered the car, and said: "I will be one of a committee of three to give this lady a seat." It is a good story and, while it is not exactly relevant to the question under discussion, it shows that there are still a few polite men in the world. Perhaps, though, the man who made such a remark had not exactly what is called "polish."

a baby. Giving a seat to those who are practically unable to stand is not a matter of etiquette, but of humanity. There is another story of a very old man who rose seemingly to give a young girl his seat. She protested, and literally pushed him back. Three times the operation was repeated, until at last he exclaimed in exasperation, "There, you have made me ride three squares past my street!" The moral of that tale is the same as the one in the old story of the gift horse.

When a man offers a seat to a woman he always raises his hat, though at other times it remains upon his head. A public conveyance is not like a room; therefore it is unnecessary for a man to remove his hat, even though he be accompanied by a woman. A woman, if she is with a man, always allows him to pay her fare, unless he be her servant. In that case she pays her own and his.

In the new muff. The owner protested, but there was no one who had seen the quick transfer, so the second woman placidly left the car at the next corner enriched by a handsome fur.

Do not, when boarding a car, crowd up the steps as the passengers are coming down. The car cannot escape, and, in the end, a few seconds patient waiting saves time.

### WHEN LEAVING A CAR

If you are leaving a car and some one attempts to board it at that moment, it is perfectly good form to wait until he or she stands aside. Such a thing recently occurred, and the man who blocked the exit begged the lady's pardon, but failed to move. She granted the pardon, but waited until he stepped down out of her way. She was perfectly right, and perhaps she taught the man a lesson.

Refrain from talking of private affairs and quarrelling in the street cars. Other opportunities will present themselves, and the other passengers have a right to peace and quiet. Speak in a low tone of voice and do not be conspicuous. Even among strangers you may behave as though you were in your own drawing room.

## PERPLEXITIES SOLVED

### Very Improper

EVERY comic paper prints so much about women kissing on the street. Is it really considered improper? Yes; any affectionate demonstration should be confined to the house. It is ridiculous for a woman to meet a friend on the street and fondly embrace, although, of course, in a railroad station an affectionate goodbye is quite permissible. Two women embracing are very conspicuous, and my advice is to always be as inconspicuous as possible.

### When Mentioning Your Husband

When speaking of my husband should I call him Mr. Jones, or should I call him by his first name? I do not particularly like to hear a woman speak always of "my husband," it sounds so ridiculous to me. What shall I do? COUNTRY.

### Difficulties of Eating

Is it proper to use a knife to cut lettuce? I find it almost impossible to get a lettuce leaf on the fork. DEBUTANTE.

### The Women Enter First

When several men and women are waiting to get into a street car, should the men stand aside to all the women?

## PERPLEXITIES SOLVED

### Red Noses

OLD Father Winter is almost with us, and with him will come cold days when noses will look red and unattractive. A cure for this trouble is very necessary, and, as it is merely a question of circulation, it is very easily remedied. The nose and the surrounding part of the face should be gently rubbed night and morning with the tips of the fingers. This will stimulate the glands and promote the beautiful action of the skin.

### Cucumber Cream

CUCUMBER cream is a very popular and very pleasant cream and should take a prominent place on lady's dressing table.

### Scant Eyebrows

FOR those who have scant eyebrows pure alcohol is said to be a good stimulant. Take a little on the end of the finger and massage it into the skin. Surely such a cure is very easy, and a more simple tonic could not be found.

Of course, one must take care that none of the alcohol touches the eye, for such an accident might prove very painful, but with ordinary watchfulness there will be no danger of such a catastrophe.



Making Trouble for Others

### Little Things Worth Knowing

A GLASS of hot water before breakfast is a cleanser and tonic for the entire system. For an oily, greasy skin, squeeze half a lemon into the water; drink without adding sugar.

Olive oil, taken internally, is excellent for biliousness, and will do much to improve a yellow, pimpled skin. Commence by taking a spoonful before breakfast and one at bedtime.

For the baggy appearance under the eyes, rub gently with the tips of the fingers dipped in alcohol. Afterward massage in the same way with cold cream.

When shampooing never rub the soap directly on the hair, as it gums and is almost impossible to rub or rinse off. Always have the soap in some liquid form.

For a soft, painful corn, try the old-fashioned remedy of binding it tightly in common baking soda, moistened with a little water. The most stubborn and painful corns will disappear after three weeks of this treatment.

Bushy, irregular eyebrows should be brushed lightly with a camel-hair brush dipped in olive oil. The same treatment is good for stiff and harsh eyebrows, and is said to make them grow.

In massaging wrinkles use the tips of the fingers and thumb, always working across the line; never follow the lines of the creases.

Hot water, if taken a cupful on rising and another when going to bed, will help to reduce the weight of a stout person. Cold water, unless taken with meals, will not increase flesh, but has a tendency to harden and make it firmer.

A pallid skin indicates an anemic condition of the blood, the lack of the red corpuscles; a good iron tonic is



The Compact Way

a necessity to improve such a complexion.

To get the full value of cold cream it must be let dry on the face. It takes time for the skin to absorb it. We none of us eat as much fruit as we should, and if grapes and apples were always substituted for heavy puddings and pies, most of the beauty cultuists would have to retire from business. While drinking these juices, of course, so much water could not and need not be taken.

## MRS. SYMES' ANSWERS

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.

### Cannot be Done

Please tell me through your paper how to make thick lips thin? MABEL.

I am very sorry I cannot suggest any way for you to accomplish such a difficult feat. It is a matter that could be remedied by no human agency.

### A Number of Questions

I am a girl of 16, and weigh 110 pounds; I can never look nice, because I am so fat. I have read of a cure in your paper about abstaining from starchy foods, etc., and I began that, but could not keep it up for I have such an appetite. Do you think it would do me any harm to take the fat cure? I feel as if all falling out. It is not scalded, but every time I comb it it comes out in handfuls, but yet I hate to put drugs on it. Please help me in this "misfortune" terribly. My stockings always wear out in so short a time, and my shoes always have a strong smell. I have a "big fat face," and it is always covered with pimples and blackheads. Please tell me what to do. MATTY.

As to your first question, 110 pounds is not a particularly heavy weight for a girl of 16. Although you may be plump now, you are sure to lose some of it in the next two years. Do not starve yourself. Eat all you want, for a growing girl needs all the food she can get. Above all, do not take any drugs. The one you speak of is particularly harmful, and there is none that I know of that will do you any good. Don't you know that any one who has been stout and suddenly becomes thin has the appearance of having shrunk, and that the skin forms wrinkles and hollows? You are just developing now, and if you wait until you are 18 you will have a better figure. If at that time you wish to reduce your weight, write to me again. In the meantime take plenty of exercise. On November 8 I will print a series of exercises which will do you no harm to take.

I am giving you a recipe for a tonic, which you should rub into your hair every night. If you wish to augment this by using every other night a few drops of coal oil (which should be rubbed into the hair), it will no doubt be beneficial.

### Jaborandi Tonic.

Quinine sulphate..... 20 grains  
Tincture of cantharides..... 2 fluid ounces  
Fluid extract of jaborandi..... 2 fluid ounces  
Alcohol..... 2 fluid ounces  
Glycerine..... 1 ounce  
Bay rum..... 1 fluid ounce  
Rosewater..... 1 fluid ounce

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

I am also giving you a recipe that will stop excessive perspiration of the feet. Your stockings should be changed every day, and the same pair of shoes should not be worn continually. Any one with perspiring feet is not in perfect health, and I think the exercise which you will take for your first trouble will probably do you good.

### For Perspiring Feet.

Saltic acid..... 20 scruples  
Boric acid..... 1 dram  
Talcum powder..... 1 ounce

### Blackheads of the Skin.

Apply a very little of this cream to each pimple:  
Eucalypt acid..... 2 drams  
Alcohol..... 4 ounces  
Rosewater..... 4 ounces  
Use with friction twice a day on the skin affected.

### Cucumber Wash.

Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a wooden bowl and pour water (or use a heavy wooden potato masher and a heavy pulley in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, and squeeze out as much of the juice as you can from the refuse. Now put the refuse and filtered juice into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Then strain, and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day.

### A Red Nose

I have been bothered with a red nose and I cannot cure it. I went to a doctor and he gave me some stuff, but it did me no good. I wish you could tell me a way to cure it. ANXIOUS READER.

I am giving you a lotion which you may mop upon your nose with absorbent cotton every morning and evening. It will soon do its work, and I do not think you will be troubled any more. Avoid all stimulants and drink a great deal of water.

### Lotion for Red Nose.

Powdered calamine..... 1 dram  
Zinc oxide..... 1 dram  
Glycerine..... 4 drams  
Cherry laurel water..... 4 ounces  
This lotion should be shaken well before it is mopped on the nose. It may be used both morning and evening.

### To Reduce a Double Chin

Will you kindly advise me if it is possible to get rid of a large double chin quickly and without much effort? I should like to ask if it is possible to remove superfluous hair from the neck, where the proper hair line is broken? X. Y. Z.

To help reduce a double chin practice the following exercise:  
1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back again, quick, even movement that is not a jerk, but without much effort. I should like to ask if it is possible to remove superfluous hair from the neck, where the proper hair line is broken? X. Y. Z.

It is impossible to cure anything without taking a little trouble. If you are not willing to go through the necessary motions I am afraid that your chin must remain as it is. To remove superfluous hair take 100 grains of sulphide of soda or calcium sulphide and mix it with 100 grains of chalk. Put this into a bottle and keep it well corked. When you wish to use it, take enough of the powder and mix it with warm water until it reaches the consistency of a paste. Spread this over the hairy surface and allow it to remain there from one to five minutes, according to the nature of the growth and the delicacy of the skin. Then scrape off the paste with a blunt knife, such as a celluloid paper cutter, and with a celluloid paper cutter, and with the paste will come the hair. Should a burning sensation be experienced before the time is up, remove the paste immediately, for if it remains in contact with the skin too long it may be harmful. After the paste has been removed, the skin should be washed in warm water and then be covered with a good cold cream or sweet oil, which will prevent irritation. Although the effect might be harmful were the paste allowed to remain on the skin too long, it can be excused when using the result will be satisfactory in every way. It may be necessary to repeat the exercise every six months, but, as it is so directly effective and takes but a very few minutes, it is no great hardship.