

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## How to Fit the Clothes



Drop of Head Throws Whole Body out of Line.



Direct Carriage Demanded by the Directoire



By the Carriage of the Head the Neck is Made Narrow



Gracefully Wearing the Present Type



The Style Accentuates Best Lines

The directoire fashion has had an influence upon the feminine figure, upon the way of dressing the hair, upon the manner of walking; it has also had a decided effect upon the way of carrying the head.

is wearing the fashionable Dutch neck. If she adopts this style, she may remember, however, that her looks depend upon the curve of her throat. Let her keep this in mind: If the chin is held well up and the head is thrown slightly back, the half low neck is beautiful and graceful; but if the head is carried forward and the back of the neck slopes, she had better adopt some other style of dress.

(a really difficult thing to do), but instruct them how to carry the head, knowing full well that with the head in proper position, the shoulder blades necessarily flatten. The dresses of the moment are draped. When the gown is properly worn each line is perfect, each fold is in place. If the figure droops, however, every line will be wrong, and every curve produced by the skill of the artist who designed the gown will be misplaced. There is no use in having beautiful clothes if one does not know how to wear them. Often we hear people say: "Mrs. So-and-so has such lovely things, but she puts them on as though her maid threw them at her and they stuck."

head and shoulders held in the natural and proper positions. The Pierrot ruffs that are so much worn at present demand correct carriage of the head. I saw a woman the other day wearing such a ruff, but she had crushed the delicate tulle flat under her chin, and the effect was most unattractive. She who wishes to preserve this dainty addition to her costume will remember, for economy's sake, to hold her head up, and in the doing she will contract a habit worth even suffering to acquire. As for the directoire street suits, with their collars high in the back, could a more ridiculous picture be conceived than a woman with her head so held that the coat stands out by itself in the back? The lines of the "creation" are ruined, her hat does not harmonize with her costume, and, altogether, she would do well to return to the thimble Mother Hubbard style. Have you ever tried holding your head straight up and walking as though you owned the earth? It is surprising what a feeling of self-respect and independence it gives one. It does not take very long to really form the habit, and once correct carriage is acquired, the most homely person looks handsome, the most dependent spirit learns self-reliance.

## Restful Sleep

A MAN requires at least six hours' sleep every night, while a woman can hardly get along with less than eight, although it is better for a man to have eight hours' sleep and a woman ten. Many people find, however, that rising early in the morning—not at dawn, but comparatively early—is a cure for nervousness and irritability. There is something about getting up late and hurrying through the process of dressing that tends to start the day wrong. Care and thought should be spent on the fitting of the bedroom. Heavy upholstered furniture should be discarded, so that there will be no dust in the atmosphere. No one can expect to have a clear and healthful complexion unless she sleeps with the window wide open and the room full of fresh air. The bed should be of metal and the mattress should be of hair. When possible, sleep with the blinds drawn, for morning light hurts the eyes; arrange to have blinds that allow the air to circulate through the room. Should the room be too cold, add covers to the bed. Severe weather should not be an excuse for closed windows. No one who has tried sleeping in a well-ventilated room for a week would willingly go back to the suffocated feeling one has when waking in a poorly aired apartment. It is best not to have the bed covers too heavy. For this reason in cold weather one pair of blankets are sufficient when supplemented by an eiderdown quilt. The latter is light and sufficiently porous.

Sleep might be divided into three grades. The first and best of all is the sleep of the really tired person—eyes close as soon as the head rests on the pillow and the whole night passes by seemingly in a moment, and when morning comes the lucky sleeper wakes refreshed. The second sleep is the dreamy sleep, unrefreshing and unhealthy. It is best to work hard all day, even do manual labor, to avoid this weary rest. The third is the uneasy dose in which the brain is conscious of all the surroundings and where the faintest noise arouses the sleeper. This is sometimes called "sleeping with one ear open," and it is a very good name. To sleep best, do not eat a heavy meal just before retiring. Do not let the brain work too incessantly without a rest, and do not become overtired. One may obtain the best effects by sleeping without a pillow. It is in this way that the head is straight and the lungs are best able to expand with each breath.

## Removing Ink Stains From the Hands

THE purple stains caused by handling a typewriter ribbon may be removed from the hands with a cloth wet with pure alcohol. This treatment saves the necessity of a prolonged scrubbing, and is far less injurious to delicate fingers. What a comfort this knowledge will be to the stenographer whose ribbon must always be changed just about the end of the day!

## Mrs. Symes' Aids 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 compiled with in regard to personal letters.

Refused Information Will you please tell me where I can get a rouse? M. N. I cannot express in strong enough terms that I cannot tell any one where to buy anything, either through the columns or through private letter. My only advice is always go to the best drug store in your locality.

2. Washing your face in hot water and finishing with a dash of cold should make the skin more hardy. I do not wish to give you a massage cream to make it plump, for it might also enlarge the pores which you are trying to reduce. Never use hot water without flushing with a dash of cold, but never depend upon cold water alone to cleanse your face.

### Lotion for Oily Hair

NOTICED in the columns of your paper where you recommended the use of ammonia for oily hair, and also the following prescription: Powdered bicarbonate of soda, borax, eau de cologne, alcohol and water. Would like to try both the ammonia and the formula. If you will tell me how much ammonia to use and how much and how often may the formula be used without injury to the hair. OZARK.

A Whitening Lotion Will you kindly tell me if the whitening lotion you have suggested for the hands would do for the face, or would it be irritating to the skin? Will you kindly repeat the prescription for me? CURIOUS.

The Best Skin Food Please give me your best formula for skin food. One that will not grow hairs. My skin is dry and I would like to massage my face. MARRIED.

### An Explanation

I do not quite understand your prescription for sage tea. Would you make an infusion of the green tea and the sage tea and then add the alcohol, or do you put the sage dry in the alcohol? You frequently give this prescription for gray hair. Mrs. W. M.

There is nothing about the whitening solution which should irritate the skin in any way. It can be used as well for the face as for the hands or any part of the body. This is the formula: Small cucumbers..... 2 ounces Olive oil..... 2 ounces Lanolin..... 1 ounce Spermaceti..... 1 dram Heat olive oil. Slice up the cucumbers, not removing the peel, and place them with the other ingredients in the oil. Leave for twenty-four hours, strain.

Orange-Flower Cream. (A Skin Food.) Oil of sweet almonds..... 4 ounces White wax..... 4 drams Spermaceti..... 4 drams Borax..... 1 dram Glycerine..... 15 ounces Orange-flower water..... 2 ounces Oil of neroli..... 25 drops Glycerine to the orange-flower water. Oil of petit grain..... 15 drops Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

### Too Fat

Kindly tell me of some way to reduce fat. I have quite a lot of exercise, such as running, up and down steps, but don't have much fat. I seldom eat meat, but do eat potatoes. Do you think potatoes and

A Few Perplexities 1. Would you be kind enough to give me your advice in regard to my skin? It is very rough and lumpy and the pores are very large. Is there any preparation which will reduce the pores to the normal size and also lighten the skin? Do you know of anything that will make the face plump? Is bathing in hot water good for the skin or must I use cold water? B. S. I am giving you herewith a recipe for a lotion which you may apply with absorbent cotton to your face. It should soon decrease the size of the pores: One dram of boracic acid, four ounces of distilled witch hazel. These are mixed together and kept bottled until used.

Two Prescriptions What can I do? When pimples disappear from my face they leave marks. I have also a great many moles upon my face. SPOTTED. I am giving you a formula for a salve which, I think, will remove the little scars left by pimples, and I am also giving you a prescription for a whitening lotion, which you may dab upon the brown spots on your face. Salve for Scars. Lanolin..... 1 dram Oilment of kerosene..... 1 dram Rub in well once a day. For Brown Spots. Citric acid (lemon)..... 3 drams Hot water..... 1 ounce Rose petals..... 1 ounce Glycerine..... 1 ounce Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerine. Apply as often as agreeable.

# 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.

## "Man and His Hat"

THE subject of "man and his hat" must of necessity deal not only with the man in the act of salutation, but also with the woman—how she must receive his bow and on what occasions she may require him to remove his hat in her presence. A young woman who lived in a country town had always believed that she was blessed with perfect vision till she one day solemnly bowed to a cow in the street, thinking she was speaking to one of her acquaintances. She was undeceived as to her sight, but the incident proved that she knew the first principles of when to bow. Comparatively few people know that woman does not wait for man to speak first. To speak first is her privilege. She is at liberty to recognize an acquaintance or not, just as she prefers. When she bows to a man he should raise his hat from his head in acknowledgment of her salutation.

## TOUCHING THE HAT

There are a great many men in the world who merely touch their hats to a woman. The first time one of them does this the woman must accept it, but she need never again put herself in such a position. A footman touches his hat when he receives an order from his employer, masculine or feminine. A gentleman, when bowing to an acquaintance, raises his hat. A footman must follow the recognized training for a footman when he is on the box. On the street he is a gentleman, if he behaves like one. Should a woman meet an acquaintance who is smoking, she should wait until he removes his pipe, cigar or cigarette from his mouth before bowing to him. If he sees her approaching he will do so at once. She is not supposed to speak to him until he does.

Should a man meet another man on the street he need not remove his hat to bow unless the other man be accompanied by a woman. In that case both men remove their hats. It is hardly necessary to say that men never wear their hats in the house—if women are around or not—though an office building is their own domain, as it were, and there they may do as they please. If several men are in a hotel elevator and a woman enters, all the men at once remove their hats. In the elevator of an office building they may keep their hats on their heads unless they are talking to a woman. A gentleman never talks to a woman with his hat on, unless they are walking on the street together. If he should meet her and they should stop for a little chat, he holds his hat until he leaves her. Young men usually raise their hats when they bow to an older man. Any man, young or old, when entering a restaurant or a theater, with or without a woman, carries his hat in his hand. While we are on the subject it might be well to discuss for a moment the question of cutting an acquaintance. A woman should never do so unless there be some really good reason. It is a poor

## A Hostess' Duty

HERE is a young girl who is going to stay with me. I want to know if I should receive with her all of her callers, as she knows a great many people in this town. There is no reason for you to receive with your young guest at all times, although of course you must remain at hand during the evening, as long as her callers elect to stay. If they are totally unknown to you, it might be better if you would meet them, and then you may leave the young people to their own devices. If you are particularly requested by your guest to remain and talk to her friends, then of course it is your duty. It all depends upon how much older you are than the girl who is going to visit you.

## A New Neighbor

I have lately come to a new neighborhood, and my neighbor has asked me to a party. I do not know her as yet. Would you advise me to attend? M. K.

## Wedding Presents

I am going to be married, and a great many people have sent me wedding presents. Some are from people I hardly know. Is it necessary to send an invitation to every one who has sent me a present? We have not a very large house. DISTRACTED. Because your friends have sent you wedding presents, it is not necessary for

you to send an invitation for them to come to the house, but it would be nice to invite them to the church. However, if the invitations are already out when the presents are received, it is too late for you to do anything. Take it for granted that your acquaintances sent you the gifts out of the goodness of their hearts and not to get an invitation to the wedding.

## Condolences

I wish to send a little token of my sympathy to a friend who is in trouble. Should I write an expression of my condolences on the face of my visiting card, or on the back, or is it necessary to write a little note? WOULD-LIKE-TO-KNOW. It is better form to express your emotion in a note rather than on a visiting card; but if you are intending to call upon the friend and leave your card, then you may write the single word "sympathy" upon the face of it. In the case of a mere acquaintance it would not be bad form to send a card, although it would be much better to write a note.

## Necessary Tipping

When I am visiting my friends is it necessary to give tips to all of the people who have waited upon me? VISITOR. That is a very difficult question, and one that cannot be answered by any single rule. If you are a frequent visitor to a house, it is not necessary every time to give tips to every one. In that case you may remember them with a little gift at Christmas or any other holiday if you wish. If, however, you are a visitor once in a long while, it is better to pay them for the extra trouble you have given them. Particularly in this so far you required a special service of a maid or valet. It all depends upon the number of servants in the house. Later on I hope to write an article on this subject.

## Calling Day

When making a visit during an "at-home" day how long should I stay? IGNORANT. It is not customary to remain longer than fifteen minutes. If you are a very intimate friend, the time might be extended to half an hour. If you are particularly desirous of talking to your hostess, call on your friend when so many of her friends are not present.

## Perplexities Solved

party. I do not know her as yet. Would you advise me to attend? M. K. Of course, as long as you are the more recent arrival, it is the hostess' duty to call upon you before sending the invitation, but should she have failed to do this, it would be a pretty courtesy to pay her the first call and merely leave your card. I should certainly accept the invitation in any case, but be sure that you pay your party call within the prescribed eight days. I am going to be married, and a great many people have sent me wedding presents. Some are from people I hardly know. Is it necessary to send an invitation to every one who has sent me a present? We have not a very large house. DISTRACTED. Because your friends have sent you wedding presents, it is not necessary for