

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## THREE DIRECTOIRE EXERCISES



The Directoire Figure.

EVERY day I receive an appeal such as, "I cannot wear the new directoire styles. Please send me something to make me thinner." Or, "How can I reduce my hips for the new gowns? I look so ridiculous." Then, again, "Dear Mrs. Symes, what shall I do? My new suit has just come home. I will be ashamed to appear in it. Please tell me how to get a clothes-pole figure."

My dear ladies, my answer is, exercise! That is the best advice I may offer I cannot send you medicines and I cannot give you prescriptions. You will have to exercise if you wish to acquire the fashionable figure; and remember, too, that it may not be acquired by starving yourselves. If you wish to look well in the directoire gowns, you must not show signs of either partial or complete starvation.

I cannot impress upon you too strongly that, when once a young girl loses the youthful curve of her face, she will never again regain it. The skin that has been filled out will merely fall into wrinkles if the fat underneath it is removed. No astringent will make it look any better. Avoid, however, all superfluous sweet things; otherwise live the natural normal life, but—take exercise.

The exercises that I prescribe are not difficult and you will soon see the fruits of your industry. The weight will melt from your hips, your carriage will improve, and the unwanted energy will without doubt make your complexion bright and rosy. My first rule is, of course, that no exercise should be taken in tight clothing; therefore, remove corset, skirt bands and collars and don some loose and comfortable garments, such as bloomers and a naval jumper. Open all the windows in the room and then begin.

Get down on all-fours—that is, soles and palms—and run around the room. This may tire you, and for this reason it is best to do it during the first moments of the twenty I should allow as exercising time. The other exercises will be less fatiguing.

After running round the room on all fours about three minutes, lie flat upon your back with arms outstretched above the head and roll over and over. This will rest you, and in five minutes you will be prepared for the next and harder exercise.

This is, to hold both your hands stiffly

at your sides and roll again over and over without touching your head to the floor. It is sufficient to do this three times, but do it slowly so that every muscle will come into play. This exercise tends to broaden the shoulders and decrease the size of your hips.

The final exercise may occupy what is left of the twenty minutes. Standing firmly on both feet, raise arms above your head—inhaling a long breath the while—and link the thumbs together. Then exhale as you lean forward, if possible touching your hands to the floor. You may not be able to do this the first time, but after a few days you will find that you may easily touch the floor without bending the knees. This is a particularly good exercise and will decrease the size of your hips and waist, besides developing the chest.

When all is said and done, are the exercises above described very difficult? Aren't they worth the little trouble they would take if the results be as successful as I say they surely will be? Do not despair and do not fail to follow the directions, particularly the one about the windows. Exercise taken in a poorly ventilated room might as well be omitted, for it will surely do no earthly good.

Do you know what will darken the eyebrows and also make them thicker? I have used vaseline, but it doesn't seem to do them any good.

I am giving you a formula for walnut stain for your hair which I think is what you want. Do not use it, however, until you have tested it upon a strand of your own hair. In this way you can get the dye of the proper shade.

Four ounces of walnut skins, beaten to a pulp to which is added pure alcohol, sixteen ounces.

Let stand eight days and strain. Then apply with a brush.

I am also giving you a recipe for an ointment which will cause the eyebrows to grow and a stain to darken them. To make them thicker, I suggest that you also rub on them pure alcohol every night. Be very careful that you do not get either of these things in your eyes, or the effect will be harmful.

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Eye-brow Tonic.

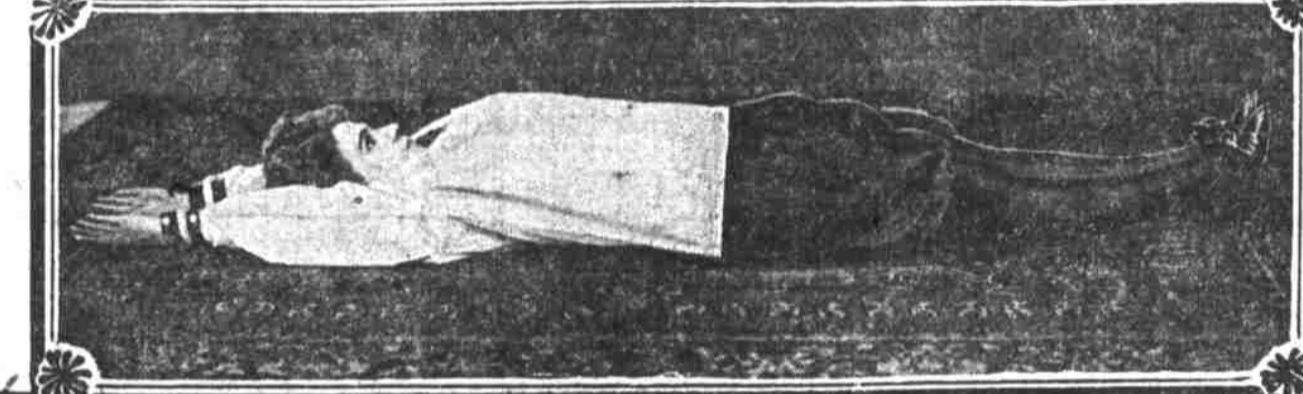
Oil of lavender ..... 15 drops  
Oil of rosemary ..... 15 drops  
Tincture of cantharides ..... 5 grains  
Vaseline ..... 1 ounce

Eye-brow Stain.

Gum arabic ..... 1 dram  
India ink ..... 1 dram  
Rosewater ..... 4 drams  
Powder the ink and gum and triturate small quantities of the powder with the



Reducing Waist and Improving Carriage.



Rolling with Arms over Head.



Second Rolling Exercise.

### Will Creams Make Hair Grow?

I RECEIVE so many letters asking me for creams that will not cause hair to grow upon the face that I think it will be quite worth while to take it up as a general question. Doesn't it seem reasonable that if ordinary cream would cause hair to grow where no hair is intended to be, bald-headed men and women would acquire heavy heads of hair by merely applying a little cream? It is said by skin specialists that no cream ever made would cause hair to grow.

Any frequently applied friction may stimulate the skin to such an extent that a small fuzz will start to grow. This is the same way if you rub any part of the body. The hair will grow to protect the skin from irritation.

It seems very unlikely, however, that even if the cream is used every night it will cause any annoying growth of hair. I should like very much to hear what my readers think on this subject, for I would like to collect a few personal experiences.

### Quick Temper and Pretty Complexion

THE girl who has a very quick temper must expect to have trouble with her complexion. Sometimes red spots come out prominently and refuse to be hidden even by powder. Sometimes there is a flush, and when it disappears, the skin is quite dry and feels almost painful.

The cause of all this is the excitement of getting angry. Very little can be done for the skin while the temper remains unchecked. Perhaps it would be a good idea for the girl who is worried about her poor complexion to examine herself to find out if a hasty temper is the cause of the mischief. Should this be so, let her set about gaining self-control before she attempts to improve her looks by the application of creams and lotions.



Running on Palms and Soles.

### Applying Rouge to Avoid Marks

SOME one has recently written to me that my liquid rouge called Bloom of Roses made a decidedly red mark upon the cheeks, which showed exactly where the color was applied. She also complains that the rouge is a very deep red. I want to say a few words about this now, because the fault was not with the rouge, but the way in which it was applied to the face.

To apply a liquid rouge, put just a drop of the lotion on the tips of the fingers and then rub it with a rotary motion over the cheeks. Only in this way is it possible to obliterate the distinct mark left round the rouge. It would be a very poor preparation, indeed, that was not a distinct red. Just the very slightest bit of the liquid should give the desired color. Should there be too much upon the face after it is applied it may be removed by the application of cold cream. Do not be afraid to rub it into the skin, for there is nothing harmful about it. As the natural bloom on the cheeks seems to come from under the skin, it is necessary for the rouge to give almost the same effect.

### Advice on Social Problems

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

#### When Speaking of Your Husband

IT MAY sound like a very little thing, but, really, the mentioning of an absent person, whether it be your husband, your sister, your mother or your fiancé, is an indication of your education and a clue to your breeding.

Of course, were it impossible to correct mistakes of this kind it would be totally unnecessary for me to write these articles. But every one may learn to do better, and surely every one wants to do exactly right.

I have heard a girl mention her husband to her own mother as "Mr. Jones," and many a time a girl, recently married, mentions her husband by his full title to her most intimate friends. This is but foolish affectation.

If you are speaking of your husband to a servant, he should be given his title, but if you are speaking to a friend of yours or his, there is no reason why you should not call him by his first name. Should you speak to a stranger of your husband, call him by his first and last name, as "John Robinson."

The new bride who goes around speaking of "my husband" makes herself really ridiculous. If you are natural, if you call him what appears to you as being the correct thing, you cannot make a mistake.

#### FORM OF INTRODUCTION

When introducing your husband to others it is perfectly allowable for you to say: "May I present my husband, John Robinson?" Be sure that you mention his name.

There is a story of a traveling salesman who was in the habit of dining with a certain friend of his every time he came to the particular town where his friend lived. This occurred about once a year, so it was only on that one evening that he met the wife of the salesman who went to his friend's home for dinner, and when the hostess entered the room the host merely mentioned "my wife." The man glanced up and saw a woman about four inches taller than the Mrs. Jones he remembered.

### Perplexities Solved

#### To Acknowledge Congratulations

Is it proper to acknowledge the receipt of congratulations? I have just been married, and congratulations have been pouring in from all sides. MARRIED MAN.

It is customary to acknowledge receipt of congratulations and to thank the sender, for, usually, they are accompanied with best wishes, which really require a note of gratitude.

#### The Full Name

How should I have my visiting cards made? I am not the oldest of the family and I am not married. SEEKER.

In that case you will have to use your full name upon your visiting cards. It is not good form, according to my idea, to use an abbreviation of your name. If you have three names, use them in full. As you will be using your cards along with your mother's and sister's, it is not necessary to have your address upon your own. If you do have it, however, be sure that everything is written out in full.

#### A Matter of Breeding

I was dining out the other day and the people with whom I was dining made a few remarks in French. I thought it was very impolite, for I do not understand a word of French. INJURED.

It is the height of poor taste to speak

and about sixty pounds heavier. He stepped forward and congratulated her upon her improvement in health. She was somewhat surprised, and remarked something about being glad to meet him, and only then did it occur to him what had really happened. Mr. Jones, between one dinner party and the next, had buried one wife and had married another—a fact which he had forgotten to explain in an impersonal way, "my wife." Now if the host had only mentioned her first name, or had said something to indicate that she was the second wife, such a mistake could not have happened.

#### ALWAYS GIVE NAMES

The same rule should be applied when mentioning your mother, your father or your sister. It is not enough to merely say to a friend of yours, "My sister is coming in this afternoon; I want you to meet her." The sister in question may be your step-sister or a married sister. In neither case is the friend likely to know what her name is. It is better to say "my sister, Miss or Mrs. So-and-so," or to speak of her as "Mary So-and-so, my sister."

The same rule applies when you are speaking of your mother to an acquaintance. Mention her full name, or at least give your listener some opportunity to discover what her name is.

While we are discussing the subject of mentioning your husband, let me say that you should not mention his name with every breath, nor how fond he is of you. Do not say that he is so devoted, or that he never looks or speaks to any one else. If such is really the case you merely make yourself ridiculous. Do not be always singing your husband's praises, or finding fault with him. Neither the one nor the other is very interesting to listeners. He may be an all-important factor to yourself, but he is not to nine-tenths of your friends. Take him for granted. Mention his name when necessary; when it is not, talk of something else.

Often I hear young married women say, "I must rush home; Jimmie is waiting for me." In reality, Jimmie is probably far away, doing something else. If you are going home for that reason, don't mention it; just go, and if you have not put yourself in the position of running home to Jimmie, you will not mind nearly so much his not being there.

Do nothing to make either yourself or your husband appear ridiculous, and you will not be the laughing stock of your friends.

#### Bowing to the Patronesses

When going to a large entertainment is it necessary to shake hands with the patronesses? MARIA.

When you enter a room wait and see if the patronesses intend to shake hands. If they do not, make a courtesy. It is, for this reason, almost necessary that a girl of the present day should know how to curtsy. Women have found that shaking hands with every one who enters the room is tiresome.

#### A Mere Acquaintance

I met a young man last evening at a dance and only spoke to him for a few minutes. When I see him again should I wait until he speaks to me or should I speak to him first? I am afraid that if I take the initiative I would appear too eager. INTERESTED.

It is a woman's place to speak first to a man on all occasions. Should he be ignorant of this fact, and presume upon your goodness, you may then ignore his acquaintance.

## Mrs. Henry Symes' Answers 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.

#### Bleaching False Hair

Please tell me what I can do to make my puffs lighter. They are now too dark to go with my hair. JANE.

The only way to make puffs lighter is to wash them in a solution of peroxide, using half and half—that is, equal quantities of peroxide and water. Wash the puffs in the solution and then fan them dry. If they are then not the proper shade, repeat the process until they are what you desire. Sometimes in using peroxide it is necessary to wash the hair four or five times before you can get the required result.

#### Hair and Eyebrows

I have red hair, and I don't like it one bit. Do you know of anything that will darken it without injuring the hair? I have used tea on it, but I think it makes

it an odd color. I would like to make it as near auburn as I can.

Do you know what will darken the eyebrows and also make them thicker? I have used vaseline, but it doesn't seem to do them any good.

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#### To Improve the Nose

Kindly answer through your paper if you can give me any recipe that will prevent my nose from becoming red in cold weather. It returns to its natural color when I go in where it is warm. In very hot weather it becomes greasy. As my nose is pretty fleshy, I will be thankful if you will give me something that will prevent the redness in cold weather and take off some of the fleshiness. HELEN K.

The only way to keep your nose from getting red in cold weather is to keep the circulation in good condition. To do this, massage your face with a rotary motion every morning and rub round your nose. This will keep your nose white and will also tend to make it less fleshy.

#### Henna Stain

Can you tell me just what amount of henna leaves to use and how to use them? I wish to stain my hair a very little bit—just to make it look burnished in the light. AMBITION.

The recipe for henna dye calls for one ounce of henna leaves and a pint of boiling water. This is to be steeped for twenty minutes and then allowed to stand until it cools. To make a weaker solution, use but half the quantity of henna. Do not use it until you have first tried it upon a lock of your own hair. This done, hang the lock in the sunlight for a day or so until you see

how the dye will act. Only by doing this can you get an idea of what strength to use.

To use the stain, apply to the hair with a brush, which may be pulled through the entire length of the hair, thus covering it all. Should any of the stain get on the scalp it may be removed with soap and water.

#### Additional Answer to X. Y. Z.

I am very sorry that the additional answer to your question—the one concerning the propriety of wearing a low-necked dress to the theater—did not get in the paper. Of course, it is not exactly in my line, but I will answer it here, just the same, hoping I have put you to no inconvenience through my tardiness.

It is not considered good form to wear low neck to the theater or to anything of the sort, except the opera. In that case, low neck is proper.

#### Dark Circles Under the Eyes

Will you kindly tell me how to remove dark circles from under my eyes? I do not know what to do for them, and they are so unbecoming. WORRIED.

To remove dark circles from under the eyes it is necessary to take care of the general health. Sometimes they come from overstudy or too great strain on the eyes. Wash your eyes in warm water. Stimulate the blood vessels of your face with massage. Keep up in the open air as much as possible. I think this treatment will greatly improve your condition.

To Whiten the Skin

My complexion is dark and sallow, and although I have tried all the usual things, such as peroxide of hydrogen, lemon juice, etc., I can see no improvement. What would you recommend as a good softening and whitening lotion for both hands and face? A. A.

Lotion for the Face.

Water (prevoluted) boiled and strained ..... 1 quart  
Alcohol ..... 1 fluid ounce  
Oxide of zinc ..... 1 ounce  
Bichloride of mercury ..... 5 grains  
Glycerine ..... 20 drops

Apply with absorbent cotton.

Brilliantine for Hair

Will you kindly give me something to keep the ends of my hair in place? After I have it fixed the short ends all straggle down over my face. MOLLIE F.

I am giving you a recipe for a will-hantine. Put a few drops on the palms of the hands and rub them together and then smooth back the hair with them. It takes but a single touch of the brilliantine to keep the hair in place. I am sure you will find it very satisfactory.

Brilliantine for Hair.

Sweet almond oil ..... 8 fluid ounces  
Alcohol ..... 4 fluid ounces  
Glycerine ..... 1 fluid ounce  
Oil of rose geranium ..... 2 drops

Apply with absorbent cotton.

Thin Ankles—High Forehead

Would like to know what will make ankles thin. I believe that wearing low shoes has made mine thick. I have a very high forehead so that I cannot wear my hair up to my face. Can you help me? VANITY FAIR.

As to your first question, I can only suggest that you wear high shoes again, for they are the only things that will reduce your ankles to their proper size. Of course they swell when you wear low shoes.

I could suggest nothing for you to do in the matter of wearing your hair, except to wear a tiny bang below your pompadour. This would be quite thin and should be about three-quarters of an inch long. Just a little trill of hair round the top of the forehead. Run a pin through the outer edge of your pompadour after it's up and pull down a few hairs now and then. This is the only way in which it is possible for a person with a high forehead to wear a pompadour.