

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

THE PERFECT WOMAN



Hips as Compared with the Bust.

IS THERE a girl in the world who has not stood before the mirror and wondered if she was technically beautiful? Is there any woman who has not longed to know what proportion means, that she may judge by the tape measure whether she is blessed with a good figure or not?

If there is an exception to the general rule, then I am not writing for her. If there is a woman, old or young, who is not interested in her appearance, then I cannot hope to appeal to her with my doctrine of beauty, either natural or acquired.

There have been questions asked me at various times about the proportion for the feminine figure and I sympathize with these queries, and now I want to give a full and satisfactory answer. And I think I can. The best I can do is to give the correct measurement of woman, not from modern, but from Grecian standards. This only is possible. After that, every girl may work out the proportion for herself by taking her own type into consideration.

But remember, please, that there has never been a standard for the corseted woman. The only perfect standard is the figure of Venus, who never knew confining clothes. The modern figure changes. One year it is the fashion to have a very small waist. This means that the hips will be larger, and the figure of Venus cannot be taken as a model. Another year, as now, hips will be out of fashion and waists will be correspondingly large. To attain this end all the lines of the figure must be straightened; even the bust must be so draped that there is almost an imperceptible curve.

The standard of the Greeks required that a perfect woman should be 5 feet 5 inches tall when she was standing flat on the floor. On the height the rest of the measurements were based. With arms outstretched the distance from the tip of one middle finger to the tip of the other should exactly equal the height. The length of the head, from top to tip of chin, should equal one-tenth of the height; the foot, one-seventh of the height; the diameter of the chest, one-fifth of the height.

The length of the forearm, from the elbow to the tip of the middle finger, should equal the distance from the elbow to the center of the chest, when the arm is held on a level with the shoulder, with elbow bent, so the hand touches the chest.

The length of the foot should equal the distance from the top of the forearm to the chin.



The Basis of Calculation.

A woman of 5 feet 5 inches in height should have a waist that measures 27 inches, and a bust that measures 34 inches, but the bust measure taken over the arms should be 43 inches. The upper arm should be 13 inches in



The Distance Between the Tips of the Two Middle Fingers Should Equal the Height.

circumference, the thigh 25 inches, the calf of the leg 14 1/2 inches, the ankle 8 inches, and the weight should be 125 pounds. This is all that she may carry gracefully.

These are the measurements prescribed by the Greeks, the most artistic people the world has ever known, but we may not all hope to attain this perfection. In fact, if we did we should find that the clothes of the present would not suit us at all, and at the moment the required weight would be almost 35 pounds too much.

The measurements for the length of the head, the feet, and the forearm are always correct, but the size of the waist and bust must conform to a modern standard. The Greeks were, however, not the only judges of beauty, for there are scientists who have given their lives to the matter and among these was Dr. Stratz. He held that the only perfect type of woman in existence is the Javanese, and his rules in regard to measurement are well worth attention. He says that the height should be seven times the length of the head, sixteen times the length of the face and nine times the length of



Not a Classic Waist.

the hand. The leg should be four times the length of the head and the shoulders two heads wide. This gives us an entirely new set of figures, which are really more satisfactory than those of the Greeks, for he does not presuppose any given height. He works entirely in proportions, so that any woman, be she tall or short, may find out how nearly she approaches perfection.

For the girl who does her measuring without the aid of her tape measure there are a few simple rules. Her throat should be easily circled by the thumbs and second fingers of her two

hands joined together. Her thumb and middle finger stretched wide should span the length of her face; the thumb and middle finger of one hand joined should encircle the wrist. What could be easier than this?

The face should be a perfect oval with the greatest width at the ends of the eyebrows just over the temples, and it should divide equally in three zones—the first from the top of the forehead to the eyebrows, the second from there to the base of the nose, the third from that point to the end of the chin. The forehead should be neither high nor low, the nose should be straight—only slightly depressed at the bridge—and just as long as the forehead is high?

But in all this measuring you will say there is no mention of the hips. I know it. Their size is one of the most difficult things to determine. From the standpoint of the corseted woman without reference to classic requirements, I should say that a woman 5 feet 5 inches in height should have hips that measured between 33 and 36 inches. The hips of the present moment, with the fad for the directoire at its height, may measure exactly the same as the bust and be not a bit too small.

The judges of classic beauty hold, however, that the hips should be much wider than the shoulders. The hips are a matter of fashion and sometimes we dare to rival Venus!

I have now given you the most authentic figures that I can find, and, although they may not be universally satisfactory, I am sure that every one may use them as a basis of calculation. Should there be any further question I shall be glad to hear it.



"Twice Around the Wrist Once Around the Neck."

PERPLEXITIES SOLVED

Not Worth Noting
Will you kindly advise a young girl who is being much annoyed by a young man who was once her promised husband? Finding we could not act along together, we agreed to break the engagement. We returned each other letters but two, which he told her he had destroyed. Since then I received through friends that he kept those letters and is showing them to his friends. It is rather embarrassing for me, and I have appealed to him; but he only sneers and says the letters are his. Is there no way I can make him return the letters?

Duties of Best Man
Please tell me what are the duties of a best man at a wedding.
L. M. P.

A Distracted Girl
Mrs. Symes has handed me your letter, which was evidently intended to go in my Etiquette column. I hardly know what to tell you to do to the young man, who is too despicable to talk about. Showing letters you wrote to him puts him in a much worse position than it does you, and your friends will only feel contempt for him, not for you. It is certainly unfortunate that you should be troubled so; but you should feel thankful that you broke your engagement with him. Don't worry about it, for I am sure it will come out all right. Do not humble yourself by asking him for the letters. Ignore him and the letters, too.

A Formal Reply
Please tell me the correct form in which to answer a dinner invitation.
Mrs. L. E.

"Seeing Nellie Home"
Is it right to invite your escort into the house after an evening entertainment?
INEXPERIENCED.

Formal Calls
I have lately moved to a new neighborhood, and many people have called upon me. How soon should I return their calls?
SUBURBANITE.

Etiquette demands that every call should be paid inside of two weeks, and it will be better if you could possibly manage to call well within that length of time.

evening, April nineteenth." If you are not going to the dinner it is not necessary for you to repeat the time, but the entertainment and the date of same should both be written.

In other words, he does all that he can to make things run easily and smoothly, and he attends to all affairs that the bridegroom is supposedly too nervous to see to.

It is not good form to talk to anybody on your own front door steps without suggesting that they come in, unless it be entirely too late. In that case, you may mention the lateness of the hour, make a few courteous remarks, and then say, "Good-night, and thank you."

Small cucumbers 1 ounce
Olive oil 1/2 ounce
Lanolin 1/2 ounce
Sweet almond oil 1 ounce
Put in small bowl, set in hot water until melted. Beat together and cool. Boil night, after laying hot cloths on bust, rub it in with circular motion for fifteen minutes.

More Haste, Less Speed
I have put peroxide on my hair, and now I don't like it. What can I do?
TROUBLED.

I think that time only will bring your hair back to its natural color. Do not use any more peroxide and wash your hair with pure soap. In the course of time it will come around all right.

Cucumber Cream
Will you kindly send me a good formula for cucumber cream? I have tried very hard to get this, and could find nothing like it.
I think the recipe I am giving you will be satisfactory.

Oily Hair
My hair is extremely oily, and about a week after it is washed it becomes so difficult to arrange that I have had to change my style of hair several times. Can you suggest anything for me to do?
MISFORTUNE.

I am sure that I can help you. The formula given below for oily hair should be rubbed on your scalp every two days with absorbent cotton. It is best to use absorbent cotton, for it may be thrown away after using.

Formula for Oily Hair.
Alcohol 1 ounce
Witch hazel 1 ounce
Rosewater 1 ounce

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 complied with in regard to personal letters.

A Perfect Figure

I would like to know if my figure is in proportion. My height is 5 feet 5 inches, weight 120 pounds. My hip measure is 42 inches, waist measure 34 inches and bust measure 34 inches.
MAY F.

According to the measurement for patterns your figure is quite correct except that your bust is too small. To suit the present style your bust should measure 36 inches, your hips should measure not more than 40 inches. You may reduce your hip measure by rolling on the floor with your arms over your head. I am giving you a formula for increasing the size of the bust.

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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

Dinner Party Manners

MORE people have been frightened at the prospect of attending a formal dinner party than at any other form of entertainment; but this excessive timidity is quite unnecessary, for if the dinner is well arranged, there will not be a moment when the hostess does not lead the way. I will, however, review the details of a dinner for the benefit of the doubtful ones.

In the first place, the guests should arrive within five minutes of the hour set. This allows time for them to go to the room appointed, remove their wraps and descend to the drawing room, where they greet their host and hostess. We will presume the dinner to be given in a private house, and in that case the dressing table there will probably be used for the room for the women. In the latter there will, or should be, a maid in attendance, and on the dressing table there will be many little things that a woman would require—hairpins, pins, flower pins, brushes, combs, a needle and thread. This last is, of course, in case of accidents. Unaccustomed people are, very often, too timid to ask the maid for what they want; but they need only remember that she is there to help them and what they ask will not be out of the ordinary. Never use the perfume of the hostess, for her room will probably be the one chosen as a dressing room, and do not use any of her personal belongings.

The maid will remove your carriage shoes and take your wraps from you, and when you are satisfied with your appearance you may go down to the drawing room. At a dinner party never arrange to meet even your husband in the hall. Go down alone or with some friend that you have met in the dressing room.

The arrangements for the men are similar to those for the women, except that there is not necessarily a valet present to attend to masculine wants. At very formal parties there will be a butler at the foot of the steps, who will hand each man a tiny envelope upon a silver tray or salver. In this he will find a card bearing the name of the woman he is to take to dinner. If he does not know her, he mentions the fact to his hostess when he greets her and she will present him. He then tells his partner that he believes he is to have the pleasure of taking her in, and he should remain by her side, unless she is surrounded by others. In that case, he may wander away and speak to his friends, but when dinner is announced he should return promptly to her.

AT THE TABLE
At less formal parties the host or hostess will tell the man whom their partners will be.
A man taking his partner to dinner will offer her his right arm, if the other men are thus escorting their partners, or he may merely walk at her left side. Be guided in this by the other men present. It is a custom that varies in different parts of the country. At each place at the table there will be a dinner card with the name of the guest who is to sit there, and when the seats are found, the men pull out the chairs for the women, and when they are seated the men take their own chairs. Sometimes there are footmen who seat both men and women—of course, the women first.
Oysters are usually served, and, as they are always eaten with a small and rather peculiarly shaped fork, the posi-

tion of the silver may be judged by the position of this. If the table is properly set, this fork will be on the outside at the right hand, with a soup spoon next, and whatever other utensils are needed follow in order in a line extending toward the plate. Many dinners are begun with caviar, but the next fork in the line will be the oyster fork, so it may still be used as a guide. If the hostess sets her table this other way, as it were, the first fork will be beside the plate and the others in order extending in a line away from the plate.

When in doubt, the experienced guest will always wait until the hostess has picked up her fork or spoon, and then he or she will follow her example. This is the only really safe thing to do. At very large dinners the guests begin to eat when they are served, but it is always more polite to wait until every one at the table is served before starting. It is not necessary to eat all of every thing set before you, but it is always better form to taste everything and look as though you were eating it. That is a duty you owe your hostess. The best has been provided, and you should, at least, pretend to enjoy it.

In the meantime, talk to your dinner partner and do what you can to make the dinner agreeable. One woman or one man at the head or foot of the table cannot keep a long line of people entertained unless they do a little for themselves. Do not talk of things that may not be discussed by the other people at the table, and do not discuss the other guests. Keep the conversation general as possible, and amusing, so the other guests may join you if they so desire. To do this it is not necessary to shoot your remarks. If they are amusing, you will not lack an audience.
After the dessert the hostess looks round the table and where she has attracted the attention of the women they all rise and retire to the drawing room, leaving the men to smoke and talk alone. For this reason, toward the end of the dinner women should glance once in a while at the hostess, so when she gives the signal they will be ready.
When the women have gathered in the

other room each should try to be just as pleasant as she was while at dinner. The absence of the men merely puts more responsibility upon the shoulders of the women. Remember, it is they who will send out all future invitations. When the men return to the drawing room it is not necessary to immediately stop talking. The men soon find those to whom they wish to talk, and a man need not rejoin his dinner partner unless he so desires. It is not part of his duty. He should, however, say good-night to her.

TIME TO GO

The time for leaving must be decided individually, but it is well to bear in mind that a dinner invitation does not usually include an invitation for the night. An hour or so after you have left the table is long enough to stay. Do not wear out your welcome! When you go you need only say good-night to the people you are talking to and to your host and hostess, and with these you must shake hands. The others you need not speak to at all. Of course, the good-nights are all said before you go upstairs for your wraps. When you have them you go down the stairs and out the front door. If a girl has her maid come for her she may wait in the hall or dressing room—some place where she may easily be found.
The men, too, make their adieus before they go for their hats and coats. If a man is taking a girl home, or a husband his wife, he puts his coat and waits for her at the front door, so they may go right out without again appearing in the drawing room or coming in contact with the other guests.
I think I have now covered any point that might be obscure to the newly fledged debutante and to those who are unaccustomed to formal entertainments. If there should be any point upon which I am not quite clear, I hope that my friends will write for a more lucid explanation.
Dining out is fairly intricate, but it is very pleasant.