

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

COMFORTS for the CONVALESCENT



A Convenient Arrangement.

A Becoming Bed Jacket

The Table Arranged for Reading.



A Hot Water Plate

WHO in the world deserves more comfort than the sick or convalescent? Even when, in health, they are the least considered persons in the household, they assume a mysterious dignity after an illness, and, if they be so minded, they may repay a thousand slights while supported by their momentary position. That is all very sordid, indeed, and we must really take it for granted that, sick or well, every one is made as comfortable as possible; but, of course, the convalescent must needs have many little out-of-the-way things that would not be of any use to the "up and well" of the family.

THE AMATEUR NURSE

A nurse is taught the many "little tricks of the trade," the details which tend to hasten the recovery of the patient. She learns to make the bed without disturbing the sufferer, a feat not so very difficult after all. She learns to feed her when she is weak, and as strength returns she helps her in little ways to help herself. But this knowledge is somewhat expert and may not be learned in a moment by the home nurse, be it mother, aunt or friend.

On account of this I thought you would like to hear a little about the ready-made conveniences which prove so useful in case of illness, especially about serving meals to those in bed. Every one has suffered more or less, and every one knows what agony it is to have meals served without proper arrangements.

The tray is always placed precariously upon the knees of the unfortunate; most of the liquids spill on the counterpane and soon the weight of the dishes become too tiresome to be borne. To overcome this difficulty and to make feeding time a pleasure to the sufferer a pillow may be placed on the lap. It will do much toward supporting the weight, and it will present a more even surface, so that the dishes will be comparatively safe.

For those who can afford them there are still more satisfactory appliances sold in the shops at comparatively small cost, when the comfort they provide is taken into consideration. There is the table with very short legs that rests on either side of the recumbent figure; but, best of all, there is the table that rests on the floor and extends over the bed. This is sturdier, and no motion of the patient can possibly upset its equilibrium. It is so made that it may be arranged at different heights, and may be turned even at an angle to serve as a book rest or desk. No one could want a more comfortable appliance than this, and it is a present that would be received with joy by any one.



The Table Arranged for Dinner

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

THE CHAPERON

LAST winter some jolly young people decided to adhere to conventionality and take with them a chaperon while they went on an evening sleighing party. The vehicle was a sort of carry-all, with two seats, one on each side, down the entire length of the wagon, and of course there was no top. The young people all piled in, and last of all came the poor chaperon, who was given a rather crowded place at the end of one of the seats.

With a great jingling of bells the party was off. Miles of country were covered and the gay ones laughed and sang till suddenly some one asked, "Where is the chaperon?" They all looked at her place, and behold! it was vacant. No trace of her was found; no sound of her had been heard! Imagine their consternation! They had lost their link with conventionality, but besides this they had let a poor woman fall out in the snow, and they had no idea where the catastrophe occurred. They retraced their steps, and, of course, they found her in the end. The details are of no especial interest. The point is that the unhappy fate of this chaperon was not out of the ordinary.

Whether the unfortunate woman be a mother, a sister or even a grandmother of the girl or girls she is chaperoning, she will find the post a very uncomfortable one. Besides the responsibility (and there is a certain amount) she has all the discomforts. While the girls are dancing and laughing far into the night, the lonely chaperon must sit up and look wide awake in spite of her weariness. She knows that the young people

will not take a moment from their pleasure to even come to her and say a few pleasant words. Of course, she is probably seated with other chaperons, sometimes many of them; but the time hangs heavily on her hands. It takes many memories of her own youth to make the ideal chaperon the unselfish being that she is!

But all this in praise of the chaperon and nothing of her duties! According to the European idea, a chaperon is necessary for every young girl all the time. No unmarried woman goes out in the street even at midday without another woman to accompany her. No engaged couple may talk for two minutes without the presence of the chaperon. She is a constant attendant on the unmarried girl.

FOREIGN CUSTOMS

In the eastern countries, even after marriage, a woman is not permitted to walk on the street alone. She must always have at her heels a "garde de dame," a companion who accompanies her upon all occasions when her husband is not present.

These rules have arisen from certain conditions existing in the countries where they are in force. Happily, the girls of this country are not so closely followed, while the married woman is perfectly free. Nevertheless, a chaperon is necessary even here. Should a man ask a young girl to go with him to the theater, he must also invite an older woman to accompany her. It may be his or her mother or a mutual friend. Some third person etiquette demands. The same rule holds when he invites her out to dinner in the evening or when he asks her to lunch in a hotel. It is permissible in most places, however, for a girl and a man to lunch at a confectioner's shop. This is a distinction that is very fine. Most girls, too, are allowed to go to matinees with men after they have passed their debutante year. This is a matter for individual taste.

Of course, there must be a chaperon on all house parties or club parties, while even at subscription dances they are necessary.

The Use of Glycerine

NOW that winter is approaching it is well to review the ordinary cures for chafed skin and such cold-weather irritations. First in the list comes glycerine. All skins will not bear the use of this really powerful remedy, and the remembrance of this fact is important. The application of glycerine causes a burning sensation, produced by the fact that glycerine absorbs all the moisture in its vicinity, thus drying and parching the nerves. Many women, especially mothers and nurses, are ignorant of this fact and apply it, raw as it is, to the tender skin of babies. This makes them suffer a very real pain, and to allay their seeming agony they often make a second application. Before applying, it should always be diluted with water, and it should never be used except by those with whom it agrees. Children should use some weaker and less irritating solution, such as one of the many cold creams, or one of the talcum powders.

Mrs. Symes' Answers to Correspondents

OWING to the large 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.

Hair Turning Gray

I am very young and my hair is turning gray. Please advise me what to do. DISTRACED.

I am very sorry, but I cannot give you anything which will really keep hair from turning gray. I suggest, however, that you use the walnut strain prescription, which I am giving below.

Walnut Stain for Hair.

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol is one ounce. Steep eight days and strain. Then apply, as any other dye, with a small brush.

Apply Gasoline

What shall I do? My child has contracted parasites in school. They are all over her head and I don't know how to get rid of them. Advise me at once. MARY L.

I am very sorry I could not answer your letter immediately, but as my correspondence is so large each note has to wait its turn to be answered.

Wash your child's head in gasoline, and if after the first washing the parasites do not disappear, repeat the process. Gasoline not only cleanses the hair, but it kills all insects.

Hair Grower

You will oblige me by publishing a prescription to promote the growth of the hair. H. A. L.

The following is a recipe for an excellent hair tonic:

An Excellent Tonic.

Phenol 100 grains
Tincture of yonic 1/2 ounce
Tincture of cinchona 1/2 ounce
Tincture of cantharides 1/2 ounce
Sweet almond oil 2 ounces

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

A Depilatory

Will you kindly give me something to remove superfluous hair? I have a pretty good complexion, but this little growth is so annoying. ANNA J.

I am sure you will like the formula I am giving you. Follow my directions closely and you will find the depilatory satisfactory.

Formula for Removing Hair.

Sulphide of soda or calcium sulphide 100 grains
Chalk 100 grains

Mix thoroughly and keep dry in well-corked bottle until wanted for use. Use enough to make a paste, and add warm water to it until the proper consistency is secured. Spread over the hairy surface, and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then

scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil, applied to prevent irritation.

Bust Too Much Developed

Please tell me something to reduce the bust. I am only 18 years old and don't want to be so much developed. Please tell me something that acts quickly. M. S. H.

I am not giving you anything with which to reduce your bust, because if you once do it you can never get it back again to its normal size. Do not worry if you are overdeveloped at 18. In only one year longer it will be desirable for you to be so developed.

You can take stretching exercises and rolling exercises, which will tend to reduce superfluous fat, but I cannot advise you to do anything which I know you will regret all the rest of your life. A letter like yours is one out of about 200, and surely you don't want to be entirely unreasonable. Take my advice, my child, and be thankful that you have health so good that you are normally developed, and, above all, do not take any drugs.

A Tender Skin

Winter is coming and at that time of year my face and hands chafe so badly. Can you give me a good cream? My skin is very dry and it will not take powder. I am afraid to use the creams advertised, as I am sure they will promote a growth of hair. DISTRESSED.

I am giving you a recipe that you may use upon your face and hands to prevent chapping. I would also suggest that you use orange-flower skin food, only do not leave it on your face all night. Merely spread it on and wipe it off with a soft towel. Really, a cream will not cause hair to grow. It is only unwanted friction of the skin that causes it to grow.

Chapped Hands and Face.

Tincture benzoin 30 drops
Glycerine 2 ounces
Rosewater 2 ounces

Rub this on night and morning.

To Darken the Hair.

Can you please suggest something to darken the hair without hurting the growth? I have been told of green tea, but do not know how to use it. I would appreciate it if you would state directions. ANXIOUS READER.

The best thing of which I know to darken your hair is the walnut stain. It will be far more useful to you than green tea, and I think you will like it better. Do not use it on your hair until you have tried it on a strand of your hair, so that you can see if the color suits you. Allow the strand of hair to lie in the sun for a few days. Apply the stain to the hair with a small brush.

You will find the recipe in my answer to "Distracted" in today's paper.

Recipes for Sachet and Eyelash Grower

Will you please publish a good sachet powder? One that contains violet and something else to preserve its odor. Have you any simple remedy for scurf eyelashes? MIMIAM.

The best sachet powder that you can use is a mixture of violet andorris root in equal quantities. Theorris will help to preserve the fragrance of the violet and it will not grow stale. In fact, it may be used over and over again by simply laying it in the sun for a few hours to freshen it.

PERPLEXITIES SOLVED

Visiting One's Fiance

IS IT proper for an engaged young lady from out of the city to visit the folks of the man she is engaged to, or is it more proper for him to visit her folks? In her case, how long should her visit last? VERY ANXIOUS.

There is nothing improper in a young girl's visiting the relatives of her fiance. As to the length of the visit, that depends entirely upon how long she is invited to stay. If no definite time has been stated, take it for granted that you are invited for a week at the most. It is perfectly proper for the man to visit your family, too, if you so desire, providing your mother or sister is there to act as chaperon. When people are engaged there is a certain relaxation of formality, but the couple should comply with the laws of conventionality.

Business and Society

Is it proper for a girl to accept her employer's invitation out to lunch? STENOGRAPHER.

Of course, I am taking it for granted that your employer is a man. It is far better not to mix business relations with social relations.

An Invitation to Call

Should a girl ask a man to come to see her? DOLLY DIMPLES.

Theoretically, a man has no right to presume that he will be received by a

girl unless he first asks her permission to call upon her. If, however, a girl desires to have him call, she may tell him where she lives without directly asking him, or else she may tell him that she would be glad to have him call without stating any special day. If he tries to set any particular time, it is far better, until he has made his first call, that you should insist upon the dates being undecided. This will in a way acquit you of anxiety to see him.

Answering Invitations

How soon should an invitation be answered? DOUBTFUL.

All invitations should be answered as soon as possible after they are received, for it gives the host and hostess time to invite some one else if you do not intend to accept, and it also shows that you have received it. It is only a question of courtesy.

Hats and Luncheons

At a luncheon party, does a woman take off her hat? CURIOUS.

It depends very much upon the nature of the luncheon. If it is an informal party or an intimate friend, and she asks you to remove your hat, it is perfectly proper for you to do so. If you are going to a formal luncheon, take it for granted that you keep your hat on your head. You also

Formal Invitation

Is a formal invitation ever answered in an informal way? MABEL.

It is an invariable rule that, in correspondence, an answer should be written in the same form as that adopted by the first writer. With this rule in mind, an invitation written in the third person must be answered in the same way.

Mourning Etiquette

How long should I wear mourning for my mother? I. N. L.

Mourning for one's dearest relations, husband or parents, is usually worn two years, when second mourning may be adopted. However, it is only necessary to wear crepe six months and to adhere to the strictest rules of mourning for one year. After that a little latitude may be allowed. This is for a woman. A man seldom wears mourning for more than a year, no matter who the deceased may have been.

Of course, all jewelry worn during the period of mourning should be black enamel or jet, although pearls are permissible for second mourning. Gold should be avoided, and silver is best if it is oxidized. Wedding and engagement rings are always worn, no matter how deep the mourning may be.

Secret of Health

To keep in good health it is necessary to have regular hours for eating and sleeping. Meals should be arranged to be served at the same time each day, and there should be no hurrying. Go to bed at a set hour and rise regularly. A cold bath is a very great aid toward maintaining health and beauty, but if it is too great a shock to the system then a tepid bath will do. Do not, however, neglect the morning bath. It is a great deal easier, of course, to start taking a cold bath in summer than in winter—any way to contract the habit. Do not eat between meals—it is injurious to the complexion, and to the general health. Even afternoon tea is not at all good for the average woman or man.