

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

HOLDING the SCANT SKIRT CORRECTLY



She Sometimes Lifts Only the Front.



When Only One Hand is Available.



The French Method Is Very Effective.



Very Ungraceful.



Quite Off the Ground Yet Gracefully Done.

DURING many years feminine gowns were long and every one had to know how to manage a train, both in the house and in the street. But then came the masculine girl with her skirts of walking length, her severe shirtwaist and her free-and-easy stride; so the feminine woman was almost lost, and as for trains they were forgotten. But now the fad of fashion has decreed that feminine styles must return; that whole gowns must be accepted and that trains must be worn by the old and the young, the thin and the nearly-fat. A lost art must be revived. What help is there for us? Artists are modeling long gowns, while the once-victorious shirtwaist and walking skirt have been vanquished and put to flight even among the byways and hedges.

And with the long skirt has come the necessity of relearning the management of the train. Women must learn to walk and to stand. She must learn to enter a room and to mount a flight of stairs. And in the difficult feat of receding a forgotten art I want to help her.

It is needless to tell any woman to keep the length of her gown in mind. It seems to be second nature, and even if she has not worn long skirts for

many years it takes but a moment for her to become accustomed to the change. That is a peculiarity of femininity.

The only part that she will find hard is the handling of the narrow skirt of the present, for it is really no easy thing to do even for those highly educated in the art. A gown of only a yard or so in width must be so held that it does not drape the figure too closely. This is considered unbecoming and must be avoided. It must also be held so that it is clear of the ground all round. To carry it thus it is necessary to revert to the French method of holding it with both hands. This is satisfactory, and when it is gracefully done, it is not an ugly fashion.

When carrying a muff, of course, using two hands is not a possibility, unless one is an octopus; so one hand must be made to serve. In that case, let it be the left, and while the skirt may be well gathered up so that the lines are all as straight as possible and that it is not pulled too closely. When standing

always let the skirt drop, even if it trails on the ground. Holding the skirt while the figure is in repose is not a pretty posture and should be avoided. Trailing skirts are really not intended to be held at all, so when in the house always allow the train to be a train. Nothing is more ungraceful than to see a woman holding a long skirt when she is crossing a drawing room or hotel floor. Why have skirts made so they will reach the floor if they are always to be held at short skirt length?

Sometimes during the present day the very trailing skirts are long in front, so that even to enter the room seems impossible. In that case it is quite permissible to hold it up directly in the middle of the front, but always do this so that it does not spoil the lines of your trimming. When going upstairs hold the skirt in front with both hands; never hold the train, for the long skirt is never seen to such advantage as on the stairway. It is in that position that its long line is perceived.



A Skirt Drawn Too Tightly Spoils the Silhouette.

each day. No one may learn everything in a moment, but children must not be left to their own devices. Teach them to take but one piece of bread at a time, never to take a second portion when someone else is still eating on their plates, and to be especially grateful for what they want.

Teach them to be quiet when older people are around, and when they go out to lunch explain to them, so they will remember that they should thank their hostess for having had them at her house.

Then, too, a child from the time he is able to write out all is perfectly able to write his own notes of thanks, and should be encouraged to do so. Only by constant practice can he learn the laws of children's or grown-ups' etiquette.

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.

Training for Children

CHILDREN should be seen and not heard. It was probably a very useful bit of admonition a few generations ago, but certain it is that at the present time it has fallen into innocuous desuetude. Nevertheless, it was a good rule, and still is.

Last summer I spent at a hotel which happened to be overrun with kiddies of all ages, and not one in the whole number had what I would consider even passable manners. Now, children may be as spoiled as their parents allow them to be in their own homes, but it is fair to inflict them upon strangers? In the hotel of which I speak there was a large sun parlor especially for the use of the guests who preferred the shelter of the house to the brilliant sun outdoors. Would it not seem that they were entitled to that much comfort? I should have thought so, but the mothers of the numerous children evidently thought otherwise, for the parlor was filled with children until quite late in the evening.

They played and sang, they ran and shrieked until trying to rest was as impossible as attempting to count the sands on the beach outside. This was only one example of the many that have come to my attention.

Children always want to play where grown-ups are sitting, but surely there is no one who would admit that they could not so far control their offspring as to keep them in the playroom allotted to them. Furthermore, it is not good for children to play around grown people. They should be made to play with each other in places where

they can enjoy themselves without doing any damage.

The first lesson a child should learn is obedience, the second respect. Do not complain that Johnny is so shy that he will not recite for your friends. It is a remarkably good trait and deserves commendation, not lamentation. Do not teach the child to show off. It is not good for him; it makes him conceited, and it spoils his childish unconsciousness of self. Keep him in the background as much as possible and the result will be a polite and respectful child.

Do not correct Maria in public, either before grown people or other children. It is unbecoming and does no good. Wait until you may talk to her quietly and alone; then explain her fault and tell her what she should have done. Above all, do not punish either John or Maria, when other children are around, even in such a harmless way as sending him or her from the room. It is decidedly damaging to the self-respect and does no good. If either of the children misbehaves when your friends are present, then a whispered word will send him from the room, but there is no need to make the act conspicuous.

THE VALUE OF EXAMPLE

As the children grow older, do not let them be rude to each other, and above all, do not let two little girls whisper secrets when a third little girl is present. Boys are always more or less rude among themselves, though they may early learn the laws of hospitality. Teach them to settle their differences on neutral ground, and they will never forget the lesson, a very useful one in after life.

I do not think that discourtesy is inherent in children. I am sure it is somewhat of an acquired art, and must, therefore, be checked as soon as it appears.

About the matter of interrupting, a child will often ask a question because he really wants to know. It is easier to answer it and explain politely that you are talking to some one else, than to interrupt all your future remarks with

instructions to "Stop interrupting!" In such a case you are interrupting yourself. How many times, too, does mother interrupt Johnny while he is busily playing to get some trifle, or look for a lost article. He cannot say, "Don't interrupt!" for then he would be called naughty and impertinent.

Yes, mothers can be rude to children, and most frequently are. And who else have the children to learn manners from excepting mother? A set of rules of conduct cannot be remembered when no practical example is given. Can a baby remember to say please when nobody says please when addressing him?

And the innumerable questions that children ask are not intended to tease. If you were set down in a strange world, where you understood nothing, would you not ask questions, too? I am sure you would; so why blame the baby?

Table manners are a very essential part of a child's education, and the wise mother takes many days to teach the rudiments of proper handling of spoons and forks, taking up one little point

A Very Rude Young Man

Will you please give me your opinion on this matter? I have a young man to Sunday evening supper to dine some other time when I had invited. He did not appear at the time appointed, and I have not heard a word from him since. Don't you think I should have given him his excuse? DIGNIFIED

Mrs. Symes has handed me your letter, and I take great pleasure in answering it. I want to call your attention, however, to the fact that letters concerning etiquette should be sent to Mrs. Chester Adams.

If the young man you mention was unable to accept your invitation, he should have informed you at once and explained the circumstances.

Not Urgent

Is it necessary for the husband to be present at his wife's first "at home"? NEWLYWED

Although it is not absolutely necessary, the bridegroom should try to

be present at his wife's first "at home." However, if his business calls him away, the wife should make his excuses to her guests.

Do Not Embarrass the Child

Do you think it is better to punish a child for misbehavior before company or should I wait until I have her alone? MOTHER

If the child has done no great crime and only a few words are necessary, it is all right to speak to her before company, but should she need a good scolding, wait until the guests have left.

The Proper Form

What is the proper way to write an acceptance to a party given by a college president and his wife? STUDENT

In answering an invitation of any kind, whether it be sent by a person with a title, or whether it is sent by an ordinary Mr. and Mrs., the form of the acceptance should be the same as

the invitation itself. For instance, if the invitation reads: Honorable and Mrs. So-and-so request the pleasure of your presence, etc., the answer should be: Mr. and Mrs. So-and-so accept the kind invitation of the Honorable and Mrs. So-and-so. To insure using the right form, first refer to the invitation you received, and you will not make a mistake.

A Question of Correspondence

Is it right for a girl to ask a man to correspond with her? INNOCENT

All such steps to friendship must be left to the man. It is not a girl's place to take the initiative, and although she may accord him favors, she should not offer them. If the man

really wishes to write to you, he will easily find some excuse for doing so, and, if he writes, you may answer his letters. If, however, the man of whom you speak is a snore or less intimate friend, who is going away for any length of time, then you might suggest that, if he saw anything new or at all interesting, he should write to you. In that case it is not an invitation to correspond, but merely a suggestion that your friendship be maintained.

When Eating Cheese

Please tell me the proper way to eat cheese, whether with the fingers or with a fork? INTERESTED

Never convey cheese to the mouth with the fingers. Always use a fork.

Mrs. Symes' Aids to Correspondents

OWNING 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, in a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Straighten Hair

Can you tell me anything that will straighten my hair? I have tried a lot of things, but they don't seem to do much. Please answer soon and I will be very thankful to you. E. B.

I am very sorry to tell you that there is nothing, to my knowledge, that will straighten curly hair. I advise you not to try anything, for it may ruin the growth.

Shampoo for Light Hair

Will you please give me something with which I can wash light hair? I don't want anything that will darken it. C. V. N.

The following is a recipe for a shampoo for light hair. I think you will find it satisfactory:

Shampoo for Light Hair.

White castile soap, in shavings..... 1 ounce
Water..... 1 quart
Potassium carbonate..... 30 grains
Borax..... 150 grains
Cologne water..... 3 ounces
Lily of the valley..... 2 ounces
Sulfur soap..... 1 ounce

Place in a bowl the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Liquid Whitener

Water..... 1 quart
Lemon juice..... 1 quart
Lime juice..... 20 drops
Sulfur soap..... 1 ounce
Lily of the valley..... 2 ounces

Place in a bowl the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Dr. Vaucuire's Bust Developer

Will you please give me the recipe for the bust developer? I have heard many persons speak highly of it. GRATEFUL

I think you refer to the Dr. Vaucuire's bust, and I am giving you the formula for same herewith:

Dr. Vaucuire's Remedy for the Bust.

China extract..... 25 grains
Lactophosphate of lime..... 25 grains
Lime phosphate..... 25 grains
Sulfur soap..... 1 ounce

The dose is two teaspoonfuls with water before each meal.

Three Questions Asked

Will you kindly tell me what to do for my complexion, it is oily and wrinkled? Also what shall I do to develop my legs. They are straight up and down and very thin? BESS R.

I am giving you, below, two recipes—one for curing oily skin and one for removing wrinkles.

For Oily Skin.

British all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with a little milk thickened with starch is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

Lotion for Premature Wrinkles.

Alum powder..... 10 grains
Alum thickener..... 10 grains
Rosewater..... 6 ounces

Dissolve the alum in the rosewater, then pour gently into the alcohol with the constant agitation. Apply with a soft linen cloth every night before retiring.

Cannot Give Names

Will you kindly issue in your paper the names of some beauty experts in this city? A SUBSCRIBER

It is impossible for me to give any names, either in the column or by personal letter. I have mentioned many times before that my column is not for advertising.

Stain for the Hair

Will you give me something to make my hair a pretty red shade? MARGARET

The best thing to give the effect you desire is the henna stain. I am giving you the recipe, feeling sure you will like it. Before applying it to the hair, however, try it first on a strand of hair, so that you will get a desirable shade.

Henna Hair Stain.

Take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it sets solid. Strain

Tired Knees

I am very fond of dancing, but my knees get very tired. Is there any way to overcome this? F. W. H.

Wear rubber supports on them. These may be purchased at any place where surgical appliances are sold. It would do you no harm to wear the supports all the time, as they are half silk and half elastic and will not interfere with your comfort.

PERPLEXITIES SOLVED

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Where to Purchase

In your formula for walnut skin, I do not understand the word "KIDNEY". I cannot give you the address of any one from whom you might purchase the walnut skin, but almost any drug store has them for sale.

Weak Eyes

I have very weak eyes and have seen a doctor, but he has not given me any relief. Will you inform me how to use borax? MOTHER

Here is a recipe for a borax solution for weak eyes. It is an excellent remedy for weak eyes:

Boric acid..... 10 grains
Boiling water..... 1 pint

Put boric acid in a bowl, pour water in, and allow quite to dissolve the boric acid. Then strain and use the clear solution.

Would Mar Beauties

Please publish a recipe for making the bust rapidly; also a remedy for decreasing a high bust and one to increase the bust. MOTHER

I do not exactly understand your letter. You ask me for instructions to mar two of the greatest beauties of a woman. You wish to decrease the size of the bust, which you will never be able to get back again to the normal size. This will not only cause you regret in after life, but if you succeed in your effort you may materially injure your health. I do not think that you quite realize what you

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