

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## Lessons for the Holiday Dance



The First Position.



The Barn Dance.



The Courtesy.



The First Step.

OF ALL exercises intended to teach grace and beauty, dancing is the most useful, for it brings into play every muscle of the body and lends to even the most ungraceful people poise and dignity. Therefore, the little girl who learns the steps of fancy dancing in early youth is very lucky, for by the time she is 15 years old she will have none of the ungainliness that belongs to the awkward age, and she will have an erect carriage, which will be in itself a rare beauty.

And teaching children to dance is not a very difficult feat. It is only a matter of a few steps, which they themselves will soon amplify into a really pretty picture.

The first position which they must learn is to stand perfectly erect, with heels together and the toes pointing out. This is the foundation step of all dancing and the position from which all future steps are taken.

### THE IMPORTANCE OF THE COURTESY

The next is one little step forward, with the body awayed in a graceful manner, or one step back with a slight inclination. This last forms the courtesy, and you have no idea how important this is in after life. Many a time at a formal entertainment and at balls, where the host and hostess or the patronesses stand at the door to receive, every one courtesies instead of shaking hands. It is a great saving of strength for both receiving party and guests. So, of course, one must learn to courtesy gracefully, for it will not do to merely bow, nor will it do to incline the head. The whole body must bend prettily. This much learned, why not teach the



A Faithful Copy.

barn dance? It is very popular at present, and, as it must be done in a graceful way, it is decidedly good exercise for

the little beginner. For this, start in the original position with heels together and toes turned out, take one step for-

ward with the right foot, bring the left up with a slight hop toward the front and then put it down in front of the right foot. This is repeated, and then the couple swing off into a waltz step. The dance is, after all, nothing but the first and second positions endlessly repeated.

With the steps used in dancing one must also learn to control the arms and hands so that both feet and hands will move in perfect unison and the body should always be held in an erect, yet graceful position. This is one of the principal points in dancing, for while beautiful steps may be taken, they will be of no avail unless the arms are equally graceful. Then, too, the head must be held in an unstrained and natural position, no matter how intricate the steps may be, while the hands must also be at rest. All of this is conducive to self-control, or rather to the perfect control of all the muscles separately and distinctly.

### GAINING GRACE

It is almost needless to point out the perfect poise and the equilibrium acquired by the dancers, for with the intricate steps, one foot must be made to support the entire weight, while the head and arms must be depended upon to maintain the center of gravity. It is, therefore, well worth while for little girls and boys to begin dancing even before they are 5 years old. It is an exercise they will enjoy, and the trouble it takes to initiate them into its difficulties will be well repaid when the awkward age arrives.

to do. Tell him he does not show you proper respect. Understand, however, that this will not hold unless you are really engaged to the young man—unless he has asked you to marry him. If you are following that pernicious practice of keeping company, then you have no control over his actions.

### Christmas Presents

It is necessary for me to send Christmas presents to all my friends who send them to me. I have not so very much money as they have and I find it very hard to do.

It is not necessary to send presents to any one if you do not desire to do so. If you would like to show them that you have not forgotten them at Christmas time, then write each one a nice little note wishing them the compliments of the season. Do not feel embarrassed if you receive presents from persons whom you have not remembered with a gift.

### Is it Necessary?

Should a man take off his hat to another man when he meets him on the street?

It is not considered necessary that he do so unless the other man be accompanied by a lady or unless he be much older. In that case, of course, it is a question of respect. It is perhaps better to always bow politely when speaking to any one.

### All About Gloves

FASHIONS in gloves come and go. Sometimes they are long, sometimes they are short, sometimes they are half length. But, no matter what their length, if they do not fit easily, the hands appear short and clumsy. The fingers of the glove should be quite as long as the fingers of the hand.

Besides, light gloves do not last, which is an economical consideration. Refined and thoroughbred women never wear gloves too small for them, and many insist on a glove large enough to wrinkle, which may be taken off or put on in an instant. Kid gloves wear much longer when they are properly put on the first time. "It is quite a science," said a charming woman. "The hand should be perfectly clean, dry and cool. Never put on gloves when the hands are moist or too warm."

First push in the four fingers, leaving the thumb out and the rest of the glove turned back over the hand. When the fingers are on, thanks to the gentle movements of the other hand, draw on the thumb with great care, placing the elbow on the knee. After this, draw back the wrist of the glove and button the second button, continuing this all the way up. Then return to the first button, and you will see how easily it fastens without cracking the kid, which often happens if buttoned first. Besides this, the buttonhole will not be stretched, which is of great importance if one wishes the glove to look well as long as it lasts. Never pull gloves off by the finger tips, but by the wrists. They will thus be turned wrong side out, and the moisture communicated from the hand be quickly evaporated. When they are dry, put them carefully away in a proper place. Otherwise, they will shrink, split easily, and become useless. Never roll up gloves, placing them at full length in a box or padded sachet. Light gloves should be put away between two pieces of white flannel to preserve them from contact with dark gloves, which might stain them.

Black kid gloves are renewed by applying with a feather a few drops of good black ink in a spoonful of olive oil and drying in the sun. Light gloves, if only slightly soiled, may be cleaned with flour. If much soiled, use neutralizing.

In buying gloves examine the seams well. If the stitching shows a drawn white place on the kid they will be castly torn, will last only a short time and never look well.

Silk and woolen gloves are much warmer than kid, for very cold days fur-lined gloves may be used, or woolen gloves drawn over kid ones.

# 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 Etiquette of Christmas Gifts

CHRISTMAS presents to many represent the most important problems of the year, for not only must they be purchased, but they must be carefully selected, wrapped and sent to their destination. All of this takes time, and sometimes many amusing contempments arise from the custom of giving presents. And there is etiquette, too, that must be observed, for there are only certain things that men may present to girls, there are certain formalities about cards and the like, and there are laws about the time the gifts are to be sent and how they are to be conveyed from the donor to the recipient.

There was once a rather impetuous young man who was very much in love with a young woman, and when Christmas came around he realized that he must give her something, but the problem was what? His limited means forbade any of the ordinary gifts and, besides, he wished to show his regard by giving her something that was really nice and, perhaps, a little out of the ordinary. So at last he found a brilliant idea. He would give her a cake of very good soap. So he scoured the town to find the best, and finally discovered a kind that suited both his taste and his pocketbook. This he dispatched to her.

confident of the wisdom of his choice. But, unfortunately, the girl did not know the thought expended upon the little offering and did not know of the very small sum of money the young man had at his disposal, so she was very angry, and took the gift as a personal insult to her cleanliness—a thought that the poor man could not have foreseen.

It really is quite a pathetic little tale, is it not? But, according to the rules of etiquette, a man may give a girl to whom he is not engaged only three things—books, candy or flowers. Any one of these may be as handsome as could be desired, and any one of them may cost as much money as the young man may care to spend; but Mrs. Grundy has decreed these many years that nothing else may be given by a young man to a young woman unless they are engaged to be married. In that case he may, with propriety, give her any present, no matter how magnificent, save that it must not be wearing apparel or anything really useful—jewels, necklaces, rings—but not even a pair of silk stockings.

### A "ONE-WAY" RULE

A girl seldom gives a man a present unless he be her fiance. She need feel no hesitancy about accepting the three prescribed gifts from any and every man she knows, and she need not worry about giving something in return: Men give presents to girls, but girls are not called upon to send men presents unless they want to. In that case they may give books, a sofa cushion, bits of embroidery, or handknit neckties. The apparel rule does not define what men may receive from girls.

Presents are usually sent by messenger, by mail or by express, according to their size and the distance of their destination. When they are to be delivered by

a messenger they should be sent the day before Christmas or early on Christmas morning. Of course, no one would dream of giving a friend a present and asking her to carry it home herself. Even if your friend comes to call while you are doing up the very gift you have intended for her, it must be laid aside until she has gone, when you will send it or take it to her house.

The gift is to be a pleasant surprise, and must come without any trouble on the part of the recipient. Furthermore, never expect or ask her to open your gift in your presence. It is putting a restraint upon her that is not courteous. Also, never give to any one a present that is not done up in paper, and attractively done at that. Do not send out your gifts as they came from the store. They are far more acceptable if they show some little personal touch; and when narrow red ribbon may be purchased for 16 cents a piece of twelve yards, and when it is so reasonable and pretty, surely it is worth using for the precious little packages.

A card should be sent with every gift, and should be tied to the outside with ribbon if the package is to be delivered by messenger or personally. It need not necessarily be an engraved card. It may be one of the numerous and dainty lit-

tle cards or tags that are always sold in such great variety at this season of the year. A bit of holly, caught in the ribbon, shows that time and thought have been expended upon it, and makes doubly valuable the offering.

And when your friends show you their gifts (take a little time to admire them and do not always compare their possessions with your own).

Learn, too, not to look upon Christmas as a time for getting all you can for as little as possible, and do not regard it as an exchange. If you are really fond of Mrs. Robinson send her some little gift, if she does not give anything to you, and if Mrs. Jones around the corner, that you did not bribe, does, do not worry. Nothing made her do it and she probably did it from the same motive that made you offer a remembrance to Mrs. Robinson. And remember that it is far better to give presents to no one than to give a lot of useless things to your rich friends, thinking that you will get back better than you gave. Regard the holiday as a feast and look upon the presents as pledges of friendship and nothing more. Bearing these two facts in mind, you cannot go wrong, either in the intricacies of the law of etiquette or in the better and more laudable law of love.

## PERPLEXITIES SOLVED

### Should Not Be Done

It is proper for a young man and young woman to stand talking on the street?

Not. If the young man has anything to say to the girl there he should join her and walk with her at least a few steps. Men and women should never stand on the street to talk. The street is a public highway and not a drawing room.

### Should He Visit Other Girls?

It is right for a man who is engaged to a girl to go calling on other girls. My young man is always calling on my friends, and I do not think it is nice.

ANXIOUS.

While not considered improper in any way, it is certainly not a very considerate thing to do. If he wishes to go calling on your friends, he should take you with him. Talk to him quietly about it and find out what he wishes

## Aids 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.

### Circulation Very Poor

My blood does not circulate, my feet are always cold at night, and my nose is very red all the time. Please tell me what to do.

I think your trouble is due to lack of exercise. Get out in the open air as much as possible, take long walks and deep breathing exercises. It may be, too, that you wear your clothing too tight. This very often stops the circulation of the blood and causes much discomfort. I am giving you here a recipe for a lotion to cure a red nose.

### Lotion for Red Nose.

Powdered calamine ..... 10 grains  
Zinc oxide ..... 20 grains  
Glycerine ..... 1/2 ounce  
Cherry-lavender water ..... 4 ounces

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening.

### To Reduce the Weight

I am a girl eighteen years old and weigh 130 pounds. Will you please tell me in your next Sunday's paper what I can do to reduce my weight?

To reduce your weight the best thing to do is to take plenty of exercise and diet yourself. Any directions for exercises that are given on this page will be good for you to try. Here is a diet list to reduce the weight:

### Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables, made dishes, fats, potatoes, macaroni, oatmeal, corn, potatoes, etc. Have cereals, fruit, parsley, spinach, etc. with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fat. Cherry-skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Do not eat anything but plain, simple, or lemon to it if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

MAY TAKE.

Fish—Nearly all fresh fish, boiled.  
Meats—Lean beef, mutton or lamb, chicken, game (as desired).  
Eggs—Boiled or poached on toast.  
Breads—White bread, dry toast or crusts (sparingly).  
Vegetables—Spinach, lettuce, celery, cucumbers, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.  
Desserts—Fruit, only—acid variety preferable.  
Drinks—One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water, slipped at end of the meal.

### MUST NOT TAKE

Soups, salmon, bluefish, eels, salt fish, pork, veal, sausage, made dishes, fats, potatoes, macaroni, oatmeal, corn, potatoes, etc. Have cereals, fruit, parsley, spinach, etc. with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fat. Cherry-skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Do not eat anything but plain, simple, or lemon to it if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The diet is thoroughly wholesome and not restrictive. In reducing flesh one fact to remember is that fat is carbon. Oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

### Bust Developer

Please give me a bust developer, as my bust is small?

The following recipe is one for an excellent bust developer. Use as directed and you will find it most beneficial:

### To Develop the Bust.

Lincolin ..... 1 ounce  
Cocoa butter ..... 1 ounce  
Sweet almond oil ..... 1 ounce

In a small bowl set in hot water until melted. Beat together and cool. Each night after taking hot bath, rub bust by massaging gently and thoroughly in a circular direction for fifteen minutes.

### Large Pores

I have been told that when putting on powder one should always first apply a good cream. Is this so?

People tell me I have a very fair skin, but I do not think so, as I have some large pores. These I keep as clean as possible, wash my face with warm water every night and apply some of the best creams known. My hair is very good, and I cannot imagine those large pores to be the cause of internal trouble. They are not very large, but I would like to be rid of them. Do you think this is possible?

CONSTANT READER.

You can never expect to get rid of large pores if you continue to use pow-

der on your face. The powder sinks into the pores, and although you cleanse them with cream you can never get all the powder out, therefore you understand my reason for saying the pores will always be large as long as you use powder.

### Bloom of Roses

Will you kindly publish your recipe for Bloom of Roses again, as I did not see it the last time it appeared. Have tried other recipes you have published and they were fine. Thank you in advance.

M. K.

I am giving you the recipe you desire. Thank you for your kind words of appreciation.

### Bloom of Roses.

Rosamin ..... 17 grains  
White wax ..... 1/4 ounce  
Spermaceti ..... 50 grains  
White petrolatum ..... 3/4 ounce  
Alcohol ..... 1/2 fluid dram

Perfume the dye in alcohol, add this solution to the fats previously melted and incorporate the whole together, continuing the stirring until the mixture has cooled.

### To Fatten the Cheeks

My cheeks are so very thin that every one imagines I am in poor health, when in reality I am not. Can you give me anything to fatten my cheeks for it is very annoying to have people sympathize with me when I do not need it.

READER.

To make the cheeks plump rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

### For Tender Feet

I have a position which compels me to stand on my feet all day. By night my feet are so sore and tired I don't know what to do. Can you give me something to ease them?

H. V.

Here is a recipe for a lotion which will be very good for you to use on your feet:

### For Tender Feet.

Wash the feet in cold water night and morning, rubbing dry with a towel beyond which mop on the following solution: Salicylic acid ..... 1 ounce  
Alcohol ..... 4 ounces

This is not only refreshing, but will often prevent disagreeable perspiration.

### Hair Tonic

What can I do for my hair? It is falling out dreadfully. I am willing to do anything you tell me, for I don't want to be bald.

MADGE.

To prevent the hair from falling use the following recipe for a lotion. Be sure to rub the mixture thoroughly into the scalp, else it will do no good.

### For Falling Hair.

Tincture of nux vomica ..... 1 ounce  
Spirits of rosemary ..... 2 ounces  
Alcohol ..... 3 ounces

Apply several times a week to the roots of the hair.

### A Question

I inclose a prescription for a cure for warts. I have sent to different druggists, but they all say they never heard of paraform. Please tell me what it is, so I can get the prescription filled?

PARAFFIN.

Paraform is not a misprint, as I am sure that you must by this time think it to be. It is a listed name of the powder of formaldehyde, and for warts it is mixed with collodion to make a paste. I hope you will have no further trouble with it.

### Blushing

I would appreciate very much if you would have published in your columns some information as regards blushing.

ANNIE H.

There is nothing to do to overcome blushing but to learn to forget yourself. Self-consciousness is the whole cause of the trouble, and it can only be checked by will power.

### From a Girl

I am a young girl in my 20's. Wrinkles are beginning to form around my mouth and nose. Can you give me anything to get rid of them?

UNMARRIED.

A very good cure for wrinkles is made of the following ingredients:

Cure for Wrinkles.

Rosewater ..... 1/2 pint  
Simple tincture of benzoin ..... 1/2 ounce  
Alcohol ..... 1/2 ounce

Put the rosewater in a bottle. Add the tincture of benzoin, a drop at a time. Add still of rose and bottle.