

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

Seasonable Coiffures for Children



A Bow of Ribbon and Semi Wreath of Holly.

WHY should the children not have their hair seasonably arranged at Christmas time? What do the wise ones say? "Is it not that people cannot feel unless they are dressed for the part? Cleanliness brings a feeling of self-respect, the motley clothes of a fool being the source from whence he derived his wit. Opheleia could not have been so mad and melancholy a figure without the flowers drooping from her unbound hair."

Anyhow, does it not give an air of festivity to the house to see the children running round with their curls done up with sprigs of holly? The same lovely green decorates the walls and the doorways, the pictures and the dining table. It is even better when it also forms a part of the Christmas costume.

Small and large, young and old can wear it. Even the little children who wear holly in their hair will have a deeper and more lasting appreciation of the great day. For older people the knowledge that they are wearing a badge of the season will do much toward keeping the time of the year foremost in the thoughts so that no petty trials or worries may upset them. And it acts exactly the same way for children. No need to remind them about Santa Claus when all they need do is to glance at the green sprays

around them! It seems to say, "Remember, Christmas comes but once a year, and when it comes it brings good cheer."

Christmas is the only international holiday. All the others are local affairs that mean nothing except to the few who celebrate them. We do not rejoice with the French on their holiday, the 14th of July, any more than they celebrate with us the Fourth of July. No other nation has our holiday, Thanksgiving. Christmas is the one universal holiday, and if you will tramp the world over, in all Christian countries you will find the observance of Christmastide.

The Germans have perhaps of all nations the greatest appreciation of Christmas. Their observance of the day is very formal, almost strict, and nothing can interfere with the feasting and rejoicing. In that country the Christmas tree is universal, and the children may always look back upon their Christmas days at home as being the most joyous of their lives. Why do you not carry out the same idea in your own household? Make Christmas a general holiday; decorate the children and give a festive air to the house. Glorify the little daily duties of each, be smiling and agreeable and then, when the day is over, review the occasion and see if you have not spent a really good and pleasant holiday.



Two Childish Rosettes.



For the Little Tot.



Really Christmassy.



A Single Curl Caught with Ribbon and Holly.



When Curls are Tied Back.

Mrs. 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.

Measurements
Will you kindly tell me whether the following measurements are in proportion? After reading your page in today's paper I used the tape measure with these results: Height, 5 feet 3 inches; bust, 38 inches; chest, 38 inches; waist, 30 inches; hips, 39 1/2 inches; neck, 13 inches; ankle, 8 inches; calf, 14 1/2 inches; thigh, 23 inches; wrist, 1 1/2 inches; forearm, 10 inches; and upper arm, 13 inches.
Could not tell you just my actual weight, but it is about 125 to 130 pounds. I wear a No. 6 glove and 4 1/2 B shoe. M. W. W.

To Lighten the Hair
Will you please tell me something to use to bleach my hair? It is a dark brown, and I would like to have it a light brown, because I think it will make the hair turn gray before time, as I am only 15 years old going on 16. FORGET-ME-NOT.
To keep your hair a light brown, put a little washing soda into the water when you wash your head. Do not use any hair tonic which contains oils, for these will make your hair darker.

To Cleanse the Hair
I would like to ask you if you could tell me anything that removes dandruff from the hair? My little girl has patches of her hair covered with them. Have tried kerosene and vinegar, but to no avail. A MOTHER.
Wash your little girl's hair in gasoline. This has been found an excellent thing to cleanse the hair. If not successful at once, wash it again.

Bleach for the Neck
My neck is very much discolored, and as I wear low-neck dresses quite often it is very embarrassing to have a dark neck in contrast to white ones. Can you give me something to whiten it? ANXIOUS.
The following is an excellent bleach recipe for the neck:
Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add:
Pulverized borax 1/4 ounce
Acetate of soda 1/4 ounce
Tincture of quinine 2 1/2 ounces
Tincture of benzoin 4 drams
Rosewater 1 pint
Mix thoroughly and apply two or three times a day until the stain is removed.

Sage Tea
Does sage tea make the hair gray? I have been using it for quite a time, but a friend of mine told me to stop it right away if I wanted to preserve the color of my hair. ALARMED.
Sage tea is used to restore the color of the hair, so you see it is impossible for it to make the hair gray. Evidently your friend is confused, because it is usually called a gray-hair restorative, which really means that the natural color may be brought back.

To Develop the Bust
Please give me some prescription to develop my bust—other exercises of course. VERY THIN.
Breathing exercise is the best to take to increase the size of the bust. The following is a recipe for a very good pomade to use as directed:
Lanolin 1 ounce
Sweet almond oil 1 ounce
Cocoa butter 1 ounce
Put in small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

Cure for Diarrhea
My little girl suffers a good deal from diarrhea. Could you tell me a simple remedy for this trouble? ANXIOUS MOTHER.
A simple remedy for diarrhea, and one that is easy to take, as it has no taste, is a teaspoonful of pepper in half a cup of cold water. Take no food for half an hour after drinking it.

To Keep the Hair Curled
Some one has told me of a solution to keep the hair curled. I have looked through many back papers, but fail to find it. Would you mind printing it for me? GRATEFUL.
The following is the recipe to which you refer:
Solution to Keep the Hair Curled.
Gum arabic 1 ounce
Gold most sugar 1/4 ounce
Boiling water 2 pints
Alcohol 2 fluid ounces
Bichloride of mercury 2 grains
Sul ammoniac 2 grains
The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curlers.
This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently applied and not at too short an interval. An occasional use, however, is practically harmless.

The Cause of Giddiness
Very often during the day I get a giddy feeling. I don't faint, but just feel as though everything were going round. Could you tell me what causes this? SIXTEEN.
Giddiness in young people very often is a sign of indigestion, and should be treated by attention to diet, fresh air and moderate outdoor exercise.

Cure for a Corn
I have heard that vinegar and bread are very good things to use as a corn cure. Will you tell me how to apply them? SUFFERER.
Steep a piece of stale bread in vinegar and tie it around the corn for three nights.

To Fatten the Legs
My legs are so very thin, but I feel sure there is some way to fatten them. Will you kindly advise me? SKINNY.
The best way to increase the size of the legs is to take plenty of exercise. Long walks will soon produce results.

A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot, and with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

Double Chin—Eyebrow and Eyelash Grower
Will you please send me something to reduce the growth of the eyebrows and eyelashes? MARTHA.
To help reduce a double chin practice the following exercise:
1. Stand erect. In military position. Place

the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then turn the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right. All the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

I am giving you a recipe for an eyebrow and eyelash grower.
Eyebrow and Eyelash Grower.
Cologne 2 1/2 ounces
Glycerine 1/2 ounce
Fluid extract of laborer's 1/2 ounce
Apply to the eyebrows with a brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drip and passed lightly along the edge of the eyelids, exercising extreme care that no minute portion of the lotion touches the eye itself.

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.

NOTES OF THANKS
"MY Dear Mrs. Adams: How shall I write a note to thank my aunt for a beautiful birthday present?"
"My Dear Mrs. Adams: How shall I write a note of acceptance for a wedding reception?" "My Dear Mrs. Adams: How do you write to people you have never seen, and what is the correct form of salutation when writing to a friend?"
This is the kind of letters that I get, so I have decided to make this little talk upon the subject of letter writing, for I know that after Christmas you will all have many notes of thanks to write, besides those in answer to holiday invitations. Many people of all ages and sizes do not know how to write a

letter. Many men who can write perfectly intelligible business letters are utterly lost when it becomes necessary to write a note of friendship, of sympathy, or even a love letter. I think that, on the whole, I will not take up the last named, for love letters are a rather difficult subject. We will talk about just ordinary everyday notes, which especially claim our attention at this time of the year.
In writing a note the first point to be determined is the salutation. Shall it be formal or informal? Is the note written from a man to a woman, from a woman to a man, from a girl to a girl, or from a man to a man? If a woman writes to another woman, whom she calls by her first name—in other words, if they are more or less intimate—then she will begin by saying, "Dear Mary" or "Dearest Mary."
The most usual form of salutation is "dear."
If you are writing a business letter to a man you have never seen you will begin the letter with the man's name and address, and then you will write "Dear Sir" or "My Dear Sir."
In writing to a formal acquaintance you would write, "My Dear Mr. Pitcoo." If the acquaintance is not so for-

mal, then you may write, "Dear Mr. Pitcoo." You see, there is a difference in formality between "My dear" and "Dear." "My dear" being a degree more formal than "Dear." When a young girl writes to an older woman she usually writes to her by using the whole form, as, "My dear Mrs. Pitcoo."
Working on this knowledge, you see that when you write notes of thanks you must use either the term "My dear" or simply "Dear." You must decide for yourself what degree of familiarity you may use and yet remain within the letter of the law of etiquette.
"Dear friend" was at one time permissible, indeed, it was quite in style, but it is now an obsolete fashion and one it would be better to ignore. Use rather the name by which you call the person you are addressing. If it is your mother, your sister, your brother or any member of the family, you may write, "Dearest mother" or "Dearest sister," etc. There are many extravagant terms of affection that are quite unnecessary for me to mention, and there are also many less formal ways of beginning a letter—sometimes omitting the salutation—but they present too wide a field for me to cover today.

There are three ways of closing a note: "Yours truly," "Yours sincerely" and "Yours affectionately." The first is the usual way for a business letter, the second is used among acquaintances and the last is for use among friends and relations. In friendly letters between men and women the second ending is used. In very formal business letters, "respectfully yours" appears, but it seems to appear less and less. It is perfectly safe to adhere to the three forms that I have mentioned.

SIGNING A LETTER
When signing a letter the title Mr., Mrs. or Miss is never used. If the letter be formal, then the full name must be written out. If the letter be among friends, then the first name only may be used. A married woman may expect an answer to her note, and who wishes to let her correspondent know how to address her, will sign her full name, and then at the left-hand corner, under the signature, she will write Mrs. John Smith, with the address.
One other rule is that no letter must begin with "I."
These rules that I have given cover almost all requirements. The details must be decided by good taste and common sense.

Now, I am going to suggest a few forms for letters. Suppose you were a young girl and that one of your mother's friends, a Mrs. Jones, had sent you a gift, you may write her thus:
My Dear Mrs. Jones: Yesterday mother handed me the beautiful spoon that you so very kindly sent me, and I want to express to you, if I can, how very grateful I am for both the present and for your kind thought of me. We spent a very merry Christmas. I only wish that you could have been with us. Again, with many thanks, I am yours, affectionately,
MARY ROBINSON.
You see the idea? You thank the

donor for her gift and her thought, then you mention some matters of general interest, polite regret at her inability to be present—or something of that sort—and then you close the note. Such letters of thanks need be but a few words of acknowledgment.
There is one other case that I would like to cite, and that is where a girl has received a present from a young man. Let us suppose that there is merely a formal acquaintance. She would write:
My Dear Mr. Pitcoo:
The beautiful book reached me on Christmas morning, and I cannot guess how you knew just what I wanted. I took great pleasure in reading it at once, and you could not have made a better selection. With many thanks for the book and with many wishes for the New Year, I am
Very sincerely yours,
MABEL JACKSON.

Of course, I cannot possibly suggest a style for every letter, but I have given you an outline upon which you can build almost any required note.
Arrange the details of the note as you like. The only essential is that it shall be correct in the salutation, the beginning and the signature.
A pretty custom has recently found favor, and that is to write notes to acquaintances wishing them a merry Christmas and letting these wishes take the place of gifts. After all, it is not the intrinsic value of the present that counts. It is the wish that lies behind it. Therefore, these little notes are very reasonable and nice, particularly for those who cannot afford to give desirable presents to every one.
In writing them let the form that I have suggested be the model, and instead of my words of thanks use others expressing good wishes. Every one loves to receive letters from friends—especially at the holiday season—and you will find that by just such thoughtfulness and kindly consideration is held together our ever widening circle of friends.

PERPLEXITIES SOLVED

Opening the Present
Should I open a present in front of the person who gave it to me? MABEL.
As a rule, any one giving you a present will so arrange it that you will receive it so that you will not be placed in an embarrassing position. It is very difficult to entreat over something that you do not care about, and no one can be sure that the right thing has been chosen. If the person does not give you this opportunity, the best you can do is to open it at once with a show, at least, of enthusiasm, unless you can think of some plausible excuse to keep it until later. The average person finds it very embarrassing to be present when his or her own gift to another is opened.

Inscription on Card
When you inclose a card with a present, do you write the greetings of the season upon it, and if so, where? R. D.
Unless you choose one of the many Christmas cards, which bear all the appropriate greetings of the season, then you will have to write some such inscription as "Wishing you a Merry Christmas and a Happy New Year" at the top of the card above your name. "With Best Wishes" is also appropriate, and will do as well as a longer one. Always write something on your card, or otherwise the gift seems very "uncordial," if I may use the word.

Mother Objects
My mother disapproves of a young man with whom I go. Should I tell him about her objections? I like him so much that I would not care to hurt his feelings. DIBBLANTENNED.
I usually find that when mothers disapprove of young men there is some good reason, but the young man should have a chance to prove himself better than she thinks he is. I should certainly tell him what your mother thought, and let him manage today.

the situation as best he may. If he is really worthy, he will do all that he can to show your mother that he is desirable. If he does not care what your mother thinks, then it is just as well that you have nothing to do with him.

Is Not Necessary
I have a great friend—a man—whom I see very often. Last year he sent me a box of candy and I sent him nothing. Should I send him something this year? LUCY H.
If you do not wish to send him a present, it is not absolutely necessary for you to do so. However, if you wish to remember him, send some kind of a book or some trifle which you have made yourself—neckties, etc. Girls are not called upon to give men presents, even though they do receive gifts from them. It is merely a matter of choice.

After Visiting
After visiting, should one write a letter of thanks to the hostess? Mrs. T. H.
Certainly. This is called a "bread and butter letter," and should be written when arriving home after leaving the hostess with whom you have been staying. It is merely a message of thanks and of appreciation, and need not be very long, but it should be written within three days.

A Difficult Problem
How can I tell my girl friend in a polite way not to chew gum on the street? ANNA.
It seems to me that in a casual way you might discuss the fact that chewing gum injures the shape of the mouth and makes a girl somewhat conspicuous. You might call attention to the fact that very few people chew gum or eat anything on the street, and that it really is not the right thing to do, and is therefore, a most undesirable habit.