

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

DRESSING APPROPRIATELY ON RAINY DAYS



Too Dressy for Inclement Weather. Attractive Even in the Sunshine.

NO MATTER how optimistic one may be, it must be admitted that rainy days do come and that one needs not only prepare for pleasant weather, but also for the times when Old King Sol has hidden his head under a rain cloud. And why is it that women have so little realization of the proper costume for a rainy day? It does not suffice just to wear last year's suit and some old hat. The woman who takes any pride in her appearance has always at hand a costume appropriate to wear in the rain, but which will still be becoming and dainty, even if the good rays of the sun break through.

How many times have you gone out in the rain attired in some old suit, and felt that you were at a decided disadvantage when the weather changed, leaving you still out and not prepared? Yet if you had worn a becoming yet small hat, a plain, well-fitting suit and a trig neck arrangement

you would have felt no embarrassment whatever when the clouds did disappear.

Look at the girl in the picture with a dressy suit, a long skirt and a feathered hat. She may look very attractive in the sunshine, but how will she be when the rain has soaked the hem of her dress, when the curls come out of her plume? Surely it would have been better had she worn a more suitable costume or at least a shorter skirt.

How much neater the other girl looks in her raincoat and walking skirt! No shower or even cloudburst could make her look bad, and she need have no fear that the downpour will spoil her garments.

But even with a skirt of walking length it is quite possible to be incorrectly dressed. There is the picture of the girl in the tailored suit. She looks fairly well, but around her neck she wears a piece of chinchilla, one of the dressiest and most perishable of furs,

while the hat that crowns her is large and on the semi-dressy order. How much better to wear a toque, even one of the most conservative type, and not the very top of the fashion! The girl with the plain, tightly-fitting ruche of astrakhan and the small hat is clad in far better taste. A comparison of the two photographs will show the difference, for even those who do not know the intricacies of good form are quick to notice the slightest improvement in appearance.

But perhaps you are wondering why it is that I, on a page devoted to health and beauty, am writing to you on the subject of dress. Has not all dress a great deal to do with beauty? Would it be worth while for me to help you spend hours in caring for your complexion and yet say no word of warning in regard to dressing? Would it be worth while for any one to have the most perfect complexion in the world

Prepared for a Cloud Burst.

If she mar her appearance by dressing in poor taste and in inappropriate clothing? Surely I would be a bad adviser if I were to neglect this side of the question.

And really rainy days are quite gloomy enough without making them more unpleasant by appearing at your special care of their toilets in dreary weather. I once knew a girl who wore silk stockings on rainy days because, she explained, she could hold her skirts out of the dampness with confidence in the trimness of her ankles. That may be carrying the point a little too far, but I am sure if you follow my advice and wear only clothes that fit the day you will feel at no disadvantage in spite of the inclemency of the weather.



Prepared for a Rainy Day.

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.

Bichloride of Mercury
In your recipe for face bleach you mention bichloride as one of the ingredients. I would like to know if that isn't harmful, for I hear it is a deadly poison, ANNA B.

It is true that bichloride of mercury is a poison and must not be taken internally. However, when it is used in connection with so much water it will do no harm to apply it to the face. Do not use the solution oftener than once every two weeks.

An Excellent Hair Tonic

Please give me something as soon as possible to make the hair grow. Mine is coming out so fast that I fear I will soon be bald. FLUFFY.

In order to keep the hair in good condition it is necessary that you give it special attention; that is, brush it often and give it a sunbath whenever possible. I am printing herewith a tonic which it will be well for you to use.

For Falling Hair.

Cologne..... 1/2 ounce
Tincture of camphor..... 1/2 ounce
Oil of English lavender..... 1/2 dram
Oil of rosemary..... 1/2 dram

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Is It a Permanent Cure?

In a recent paper you gave a formula for curing bunions. Is this remedy merely to allay the pain, or has it a tendency to remove the bunion? INQUIRITIVE.

I do not think it is ever possible to remove a bunion, as it is caused by the pressure of too short a shoe, but it is possible to cure the pain, and the recipe to which you refer will do the latter. I have heard that a very good way to allay the pain—and it sounds like a simple one, too—is to wrap twisted cotton round and round, leaving an open space just over the bunion. Then pour hot lard over the bunion. Great caution should be used if one tries this cure, for there is danger of burning the foot if one is not very careful. It is well to have some one else perform the operation for you.

To Acquire White and Soft Hands

Will you kindly publish a recipe for something to soften and whiten the hands? I would like some simple remedy that can be made at home. HOUSEKEEPER.

The following recipe is one which can easily be prepared at home:

Lotion to Whiten and Soften Hands.
Put into a bottle two ounces of glycerine, two ounces of water, four tabespoonsful of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands rub a little of this mixture into them.

Chapped Lips

My lips chafe every time I go out in the wind, and, though I wear a veil, they become very sore. What can I do to allay them? MAMIE M.

When the lips have been chapped by cold or wind, they should have an application of cold cream every night. Before applying the cream, however, bathe the lips in very warm water. Before going out a mixture of rosewater and glycerine may be applied.

To Bleach a Switch

Is there any way to bleach a switch? Mine is darker than my growing hair. COUNTRY.

First put your switch into a strong solution of ammonia water to remove any possible oil; then rinse in equal quantities of peroxide of hydrogen and pure water. Hang the switch in the air to dry. If the color is then not quite right, repeat the peroxide bath and drying process until it has attained the shade desired.

Recipe for a Pomade

Have you anything that will restore the beauty to my neck? I used to have a very curly one, but now the skin seems to be flabby. I do hope you can help. K. Y. N.

I am giving you a recipe for a pomade which will restore shrunken and flabby skin. Apply the mixture to the neck every night.

Oil of sweet almonds..... 1/2 ounce
White wax..... 1/2 ounce
Tincture benzoin..... 1/2 ounce
Rosewater..... 1/2 ounce
Pulverized tannin..... 1/2 ounce

Jaborandi Tonic

I used to have a lovely head of hair, but now it is all coming out. I have a big handful of combings, which have come out of my head during the last fall. What can I do? WORKER.

Massage your scalp once a day with the tips of the fingers, and then apply the tonic, recipe of which I am giving you. A very good way to get the tonic on the scalp is to pour a little of the solution into a saucer, then dip a small brush—a toothbrush will do—into it and then apply it to the head very gently.

Jaborandi Tonic

Quinine sulphate..... 20 grains
Tincture of castor-oil..... 1/2 ounce
Alcohol..... 1/2 ounce
Cocaine..... 1/2 ounce
Rosewater..... 1/2 ounce
Oil of neroli..... 20 drops

Mix as you would any cream of the sort. Rub on gently at night.

Massage Cream for the Bust

Will you kindly give me a cream to use when massaging the bust? I want something that is harmless. MRS. J.

You will find the following recipe for massage cream a harmless one:

Lanolin..... 1/2 ounce
Spermaceti..... 1/2 ounce
Cocaine..... 1/2 ounce
Oil of sweet almonds..... 1/2 ounce
Tincture of benzoin..... 1/2 ounce
Oil of neroli..... 20 drops

Mix as you would any cream of the sort. Rub on gently at night.

To Reduce the Hips

Have you a recipe for anything to reduce the hips? Mine are too large for the present season. A READER.

The best way to reduce the hips is to take exercise, and I think you will find the following one very beneficial:

First raise the outstretched arms above the head, the body retaining its erect position; then bend slowly forward from the waist, so that the fingers come as near the floor as possible, without bending the knees. In recovering position turn the trunk and arms down as the body straightens up. Second, with hands pointing to the right, the fingers held straight out, let the body drop forward, so that it is bent at the waist. This may be done three or four times, each counting four for it to reach the position of being bent over the side; then back to the front, being careful to do it very easily at first till the muscles have gained strength. Continue the exercise until the trunk and arms are bent to the front. Practice again, only start toward the left. Then on to the left and back to the front. Practice again, only start toward the right. This is the best exercise which the trunk muscles can do. Now the body is bent forward from the waist; then the trunk and arms are bent to the right, making a sharp angle with the trunk. This movement should occupy four counts. Take these exercises slowly, and do each one with a firm and strong. Avoid the slightest strain of the muscles. No cereals should be eaten while practicing them.

For Chapped Hands

During the cold weather my hands chafe every time I go out in the air. Will you please give me something to make them smooth? A READER.

Possibly you are not careful to dry your hands thoroughly after washing them. Very often this is the cause of rough and sore hands. I am giving you below a recipe for a cream which you may apply to the hands every night:

Cream for Chapped Hands

White petrolatum..... 1/2 ounce
Paraffine wax..... 1/2 ounce
Lanolin..... 1/2 ounce
Oil of rose..... 1/2 ounce
Alcohol..... 1/2 ounce

Melt the paraffine wax, add the petrolatum and lanolin. Stir constantly, beating the water during the process. Add the oil and alcohol when nearly cold.

The Beauty of Hair

TO HAVE a pretty head of hair one must take care of it. No matter how tired you may be, night and day, shake the hair loose and brush and comb it thoroughly.

If your hair is falling out and you are using a hair tonic, after well brushing the hair, apply it to the scalp. It is best to use a tonic at bed time, for it gives the scalp plenty of time to absorb it.

If it is necessary to use false hair, exercise judgment and arrange it to conform with the size and proportions of the head.

Advice on Social Problems.

Mrs. Chester Adams must cordially invite her friends to bring to her their Social Problems and Perplexities by letter at any time.

THE FORMAL CALL

THE etiquette of calling is sometimes a very serious affair, and a great deal of trouble has brewed in diplomatic circles, and even in everyday walks of life, on account of ignorance in this very important phase of social intercourse.

Not very long ago a New York woman moved out West to a mining town, which boasted of only three feminine inhabitants: the new arrival, a young girl and her aunt. Of course, just after the Easterner arrived the aunt and the young girl paid their respects by leaving cards turned down in the proper place. But when the New Yorker returned the call she rode to the house on horseback. Soon afterward she invited the young girl to luncheon, and what was her surprise when the aunt refused to allow her niece to accept the invitation on the ground that her call had never been properly returned. Said she: "Any one who comes to my house in such informal attire as a riding habit cannot be considered to know the proper usages of society!" So the woman of New York, who had been in the whirl of gaiety all her life, was censured by the woman of the western country town. You see how easy it is to be neglectful of one small detail which may influence many years of your life. The New York woman found that she was denied the pleasure of having as a companion the young girl, the only woman of her age within hundreds of miles.

I am not upholding the decision of the too particular Westerner nor am I saying that she was wrong, but a first call is rather a formal matter and it should be returned in the same form as it was made. There are certain times when one makes a formal call, and there are certain forms to be remembered. It is of these that I wish to tell you, so you may avoid the pitfalls that await the new arrival in a community and the commuter when he first settles in the "suburbs" of song and poem.

In the first place, visiting cards are, of course, a necessity, and they should always be engraved with the full name of the owner, so he or she may be definitely designated. M. Jones means nothing whatsoever, while Mortimer Jones might immediately place him in the memory of his acquaintances. A man seldom has his address upon his cards, although his wife almost always does. It is not, however, obligatory. A girl, unless she be the oldest granddaughter in her branch of the family, cannot use the title miss combined with the last name only. She must use her first name to indicate that she is not the oldest child bearing that surname. A married woman uses, of course, her title, mistress, and her husband's full name, whether she be wife or widow. If she be a divorcee, then she will usually use her maiden name combined with the last name of her ex-husband. It is in this way that a distinction can be made. Never use any abbreviation on a visiting card, with the exception of junior. It is quite permissible to add junior after the man's name if the generation must be indicated.

When making the first call a wife will always leave her husband's card as well as her own. If she is calling upon another married couple, then she will leave two of her husband's cards and one of her own. If there is an older daughter upon whom she must also call, she must leave two of each. Some people leave a card of the man's for every one in the family, and a card of the woman's for

every feminine member only. This seems to me to be a very foolish performance, and I consider that four cards, two of the man's and two of his wife's, should be sufficient to indicate that every one had been remembered. There is one family with whom I am acquainted who have seven daughters. How ridiculous it would be to leave nine of my husband's cards and eight of mine!

There was once a custom of turning down the corners of the cards. This has, happily, become obsolete, with the exception of one turn in the upper right-hand corner, which indicates that it is the first call. But even this is seldom done. It used to be the fashion to turn down one corner when the footman left the cards, another for the second call and still another when the cards were left in person. It is easy to see that one would need a complete guide for the manipulation of visiting cards were this custom still in force.

PARTY CALLS

The residents of a neighborhood always call soon after the arrival of a new neighbor. They also make the first call upon a bride. Cards should be left at the house of those who have gone into mourning, regardless of who has paid the last call.

Dinner parties, evening receptions, balls, wedding breakfasts and luncheons require a party call within two weeks after the date of the function. Teas and weddings alone require no party call. When tea cards are sent out it merely means that the hostess will be home on a certain day to receive her friends. For that reason those who cannot attend should mail their cards, for a visiting card should be regarded as the person her or himself. Perhaps that is a little exaggerated, but I am sure that you understand what I mean, that there is no other way of sending a proxy except by card.

People often ask: "How can I tell when to call, and how can I tell whether I am wanted or not?" You cannot tell if you are wanted until

you arrive at the house, when you can easily judge by the manner of your reception. As for the time for calling, make it a point never to pay a formal call on Sunday afternoon nor on any evening. All first calls must be paid in the afternoon of a week-day, between the hours of 4 and 6. A call must always be returned, and it is wise to perform this duty within a month. After you have passed the first stages of formality it is not necessary to leave cards each time you go to a house. That is a matter of common sense and good judgment.

One more point: Should you call on a friend and find that you have arrived during an entertainment to which you are not invited, then retrace your steps and depart. In your own house, in case some caller might arrive, leave word at the front door that you beg to be excused. This is not to save you annoyance so much as to save your friends embarrassment.

PERPLEXITIES SOLVED . . .

At the Second Marriage

DOES one give wedding presents to widows or widowers on the occasion of their second marriage? AN INQUIRER.

Yes, indeed; it is quite the thing to do; it makes no difference whether the man or woman has been married before or not. In fact, widows frequently receive many more presents than young single girls, because they often have a larger circle of acquaintances.

Marriage and Mourning

Will you kindly tell me what is the proper length of time to allow between the death of a relative and the announcement of an engagement to be married? I V. F.

Personally, I always regard an engagement and a marriage as being

serious enough to take their own places, in spite of the fact that the family may be in mourning. I should, however, not announce the engagement for a month after the death of your relative, and, if you are not to be married very soon, do not announce it until just before the wedding invitations are to be sent out. If you are to be married very soon, do not make a function of the ceremony. Let it be as quiet as possible and invite very few people to the ceremony.

What Should be Done With the Umbrella?

I go out very often to call with my mother, but I never seem to know what to do with my umbrella or parasol. Should it be taken into the drawing room, left outside or given to the servant? DEBUTANTE.

There is no special rule in regard to this matter, but common sense should teach one a great deal. If the umbrella is wet, it may be left in the hall; and if it is very wet, it may be given to the servant when entering the house. If the umbrella is dry, it may be brought to the drawing room. However, if you are sufficiently familiar with the family, you may put the umbrella in the stand. A parasol is always carried.

Engagement Rings

Are engagement rings still fashionable? CURIOUS.

No one has ever thought of engagement rings going out of fashion, as they are perfectly logical presents for a man to give his prospective bride. Some men prefer to give pendants, but as they may be worn only at certain times and with certain gowns, they are very unsatisfactory.

Dinner at a Restaurant

I am going to give a dinner at a restaurant next month, and I want to know if it is necessary to have the same number of ladies as gentlemen, or if they should go into the dining room in pairs, the same as if it were in a house. MARGARET M.

It is not absolutely necessary that you should have the same number of men as women, but I think you will find the party to be more pleasant if you do. In entering the dining room of a public restaurant it is better for the women already engaged. The host or hostess may walk first and lead the way. To prevent a confusion and to insure the right seating, cards should be arranged at each one's place.