

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

Beautiful Toes Now Treated by Fashion

FROM Paris has come the word that, to be in style, the feminine portion of the "beau monde" must wear the very tight gown that defines the silhouette and swishes the figure even below the hips, so that the feet must of necessity be in view. Now this argues that more attention must be paid both to footwear and to the feet. In the days of the short, full skirt walking shoes would do. But who would wear stiff calfskin boots with the satin gowns now in vogue? Who would not hesitate to spoil her appearance by boots that were not in harmony with the rest of the costume?

Skirts are so long and clinging that it is not only the toe that is visible; the ankle and general silhouette must be considered. But the woman who is in doubt about her ability to wear such a costume, who knows she is not blessed with a dainty foot, a perfectly turned ankle, need not despair, for there is much that she can do by herself, and with no expense, that will greatly improve her appearance when swathed in the merveilleuse.

The prettiest slipper of the moment is heelless, and it is also the most correct from the Josephine standpoint. Of course, there has not been a time for many years when this kind of casing for the foot was either appropriate or in keeping with the costume. The new slipper is one of the details to help the harmony of the whole.

FOR HOME WEAR

So, for evening wear in the privacy of your own home, why not rest the foot by wearing the heelless slipper? It may be of satin, cloth, suede, or of softest kid. It fits the foot snugly, is trimmed with ribbons, and is tied round the ankle. It is almost needless to mention the absolute comfort of such a slipper and the benefit it is to tired women. Those with not such small feet should adhere as religiously as possible to black, while those possessing the coveted tiny foot may wear with safety old rose, mauve, brown, turquoise and all shades of green.

But all this is in the nature of a fad which is at best variable. The most important thing is to get the feet in so healthy a condition that shoes of any style may be worn. To do this, begin by soaking the feet every night in hot water with a little borax. This has a healing effect and is also very good for the skin. It is said that the belles of the South, who were all so famous for their tiny feet, used to bathe them each night in rosewater lovingly prepared by their nurses. This refreshing bath is prepared by placing the rose leaves in a stone jar with plenty of spices and a few drops of attar of roses. The jars are then filled with alcohol, which is strained off after an interval of a few days, and the liquid thus formed is kept bottled till needed. At night, after a dance, when the tired debutante returned to her home, her old mammy would rub her feet with this lotion, and all the pain and weariness would be gone by morning.

RULES TO FOLLOW

Women who desire that mark of aristocracy, a dainty, well-shaped foot, should learn to take care of the feet. Could you expect to have a good complexion if you paid no attention to it? Could you hope to acquire an education by never going to school? Why does not the same logic apply to one's feet? Dressing them to look well is not wearisome, and how great the gain in grace and beauty!

Stockings should be carefully purchased and they should have no thick seams. They must also fit the foot and should, if possible, be tried on before they are bought. If they are too short they are very liable to cause bunions, while if they are too long they will make wrinkles in the shoe. Many a tired woman is made nervous by the crease of a stocking over nerve or muscle.

The woman who wishes to make her feet a point of pride must acquire the habit of showing the toe of her shoe instead of the whole of it. She must also learn the art of stretching the foot so the heel will not look square and, therefore, ungraceful. Do not sit with your feet flat on the floor. It is awkward, and nothing so destroys the contour of

the foot. On the other hand, do not cross your knees or your feet. Place whenever possible, one foot or the other on a stool or on some higher level than the floor. Never sit with the foot resting on the heel, with the toes pointing upward; it is injurious, and makes the foot look immense. Also, never form the habit of resting the foot on the side. This weakens and spoils the ankle, besides being unbecoming. For perfect comfort and for foot health the feet should be ventilated at least once a day, and particularly in this time of winter. Take off the shoes, if only for ten minutes; it will be well worth while.

One more little bit of advice. When you are dancing, and your feet become swollen and hot, try to stretch five minutes from the nerve for a cold foot bath. Dip each foot in and out of a basin of iced water, put on your stockings and slippers again, and you will be able to outdance all the other girls in the room. Such a bit of technical knowledge should prove particularly helpful. Stage dancers have found that this is the only way they can remain on their feet so incessantly without exhaustion.

around the nails. Never use a metal implement to free the skin from the nails. Don't polish the nails if they are brittle.

Cure for Chilblains

Kindly give me something for chilblains. And your advice very helpful. ANXIOUS.

Cure for Chilblains.

Here is a recipe for a chilblain cure. I feel sure you will find it beneficial.

Cure for Chilblains.
Rice oxide..... 10 grains
Camphor powder..... 10 grains
Myrrh powder..... 10 grains
Opium powder..... 10 grains
Lard..... 1 ounce

Dissolve the camphor in the lard, which has been melted at a gentle heat; allow this to cool, add other ingredients and mix well. Before making the application the part should be immersed or bathed in cold water for a few minutes. In drying, it is always better to mop the part, so as to avoid the consequences of violent friction.

Four Questions

1. Could you recommend any treatment for the face that will make it plumper and all the cheeks out, where the face is the only part of the body that is inclined to be thin.
2. Some time ago you published a formula

for reducing the bust. Would you kindly publish it again?
3. What would you recommend for blemishes on the face, especially when the skin has a tendency to be dry and harsh?
4. Will you kindly publish a strict diet for reducing superfluous flesh? GRATEFUL.

1. Massage your face with the skin food made from the recipe here given:

Orange-Flower Cream.
(A Skin Food.)
Olive oil..... 4 ounces
White wax..... 4 ounces
Spermaceti..... 4 ounces
Glycerine..... 4 ounces
Orange-flower water..... 4 ounces
Oil of neroli..... 15 drops
Oil of petit grain..... 15 drops
Melt the first three ingredients, and the glycerine in the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

2. I think possibly you are mistaken about seeing a recipe for reducing the bust in these columns, as I never advise persons to reduce their busts under any circumstances. It is not a wise thing for any woman to do, for it may ruin her general health.

3. To soften the skin, bathe in oatmeal water; that is, pour boiling water over the oatmeal and allow it to soak for an

hour. This is then mixed with the rest of the bath water.

4. Here are a few rules, also a diet list, for reducing the flesh:

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted, sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

MAY TAKE.
Flesh—Nearly all fresh fish, poultry, game (sparingly).
Meats—Lean beef, mutton or lamb, chicken, game (sparingly).
Eggs—Boiled or poached on toast.
Pancakes—State bread, dry toast or crisp (sparingly).
Vegetables—Spinach, lettuce, celery, cress, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.
Desserts—Ripe fruits only—acid varieties preferable.

MUST NOT TAKE.
Drinks—One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water along with the meal.
Soups, salmon, bluefish, sea, salt fish, pork, veal, sausage, made dishes, fats, potatoes, macaroni, oatmeal, hominy, spices, rice, beans, carrots, turnips, parsnips, puddings, pies, pastry, cakes, sugars, sweets, milk, cream, malt or spirituous liquors, beer, sweet wines, champagne.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh one fact to recollect 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.

Not Injurious
Will you kindly tell me if the formula which you give for bleaching the skin and give me something for chapped hands. The name of the bleach is liquid white-ener. There is nothing in the recipe to which you refer that will promote the growth of hair.

Sleeping Hours—Chapped Hand
How many hours sleep should a girl working at an office have? Also, please give me something for chapped hands.

Every one should have at least eight or nine hours sleep out of every twenty-four. If your work is of a kind that tires you out, you may need ten hours sleep. Just before going to bed take a few simple exercises in the fresh air.

Lotion for Chapped Hands.
Tincture benzoin..... 30 drops
Glycerine..... 3 ounces
Rosewater..... 3 ounces
Rub this on the hands night and morning.

Glove Paste

Will you please give me the recipe for and tell me how to use a glove paste? I work all day, so must "nurse" my hands at night. K. K.

To make the glove paste, mix ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey. Use soft, large leather gloves three sizes too large. Rip them open and spread the inside with the paste; then sew the ripped seam up. Wear these every night.

Remove the Shoes During the Day.

Advice on Social Problems.

Mrs. Chester Adams most cordially invites her friends to bring to her Social Problems and Perplexities by letter at any time.

INVITATIONS, FORMAL AND INFORMAL

IN DISCUSSING invitations it is necessary to consider those written in the first as well as in the third person—invitations both informal and formal. In these two general groups are included invitations to small and large affairs, invitations for the morning, for the afternoon, for the evening and—in the case of balls—for the middle of the night. All of these varieties will be mentioned, and I hope to cover the subject completely, so you may tell at a glance how to invite people to your house, no matter what the occasion may be.

Let us, therefore, consider the very formal, engraved invitation and indicate when it is to be used.

An invitation of this character is always worded in the third person and is used for certain very formal affairs where a great number of people are to be invited. I think we can say the guests should number at least 100. Invitations for balls and weddings must, however, always be engraved, irrespective of the number invited. For a luncheon, a dinner or other social function, if you are going to send out 100 or more invitations, let them be engraved. The form would then be:

Mr. and Mrs. James Pitco request the pleasure of Mr. and Mrs. William White's company at dinner on Monday, the first of February, at eight o'clock, 1101 Main street.

This form will serve for either dinner or luncheon, as the only change to be made would be the name of the feast and the time of day.

The usual form for a wedding invitation reads:

Mr. and Mrs. James Pitco request the honor of your presence at the marriage of their daughter, Anne Maria.

Mr. Joseph Johnson, at High Noon on Monday, the eighth of February, nineteen hundred and nine, Saint John's church, Chicago.

For a ball the host and hostess would request the honor of your presence at the place selected on the date named at 10 or 11 o'clock, depending on the locality—whether large city or small town. No mention of dancing is made, and this is because large balls are seldom given in private houses, and people know by the place mentioned that dancing will be the feature of the entertainment. When the ball is to be given at the home of the host and hostess, the date must be engraved at the lower left-hand corner of the invitation, the single word, "Dancing." This latter form will also serve for musicales, in which case the single word, "Music," is placed in the lower left-hand corner instead of "Dancing."

These suggestions cover the majority of the engraved invitations, although there are some special occasions, such as commencements, college receptions and civic banquets, when equally formal words are used, but the forms are different. It is hardly necessary, however, to touch on these in this article. Let me suggest that it would be wise never to have engraved invitations made with out first going to the best stationer in your locality and obtaining his advice and co-operation. If he is really good, his taste may be relied upon and you may place confidence in his advice. As there are frequently variations in style, it would be impossible for the average person to know all the latest ideas on the subject.

When the entertainment is to be small—fewer than 100 guests—but still of rather a formal nature, then exactly

the same wording is used as given above, but the invitations are written with pen and ink. For these the monogrammed or crested paper of the hostess is chosen, for the invitations are always considered as coming from her, although she uses her husband's name together with her own, as "Mr. and Mrs. T. Willie Vandeyk."

If Mrs. Jones is inviting a few women to luncheon, or even many women, then she writes the usual formal note in the third person, but she says not: "Mr. and Mrs. Jones request," but "Mrs. Jones requests." If she is inviting both men and women to luncheon, then she must, of course, use both names—her husband's and her own.

Tea cards are engraved, though they are merely the ordinary calling card with the names of both host and hostess and the daughter, if there be one. Down in the lower left-hand corner is the time and the date of the tea, and in the right-hand corner is the number of the house. Thus the card appears in the class of a debutante tea:

Mr. and Mrs. Edward Rich From four to six, Tuesday, January Twelfth, Main Street.

A small informal "tea" or "at home" is it permissible to use one's own visiting card, with the time and date written in their proper places. Only unmarried women, young girls or widows should use their individual cards; a married woman should never neglect to include her husband's name in the invitation.

If the hostess wants to give an informal little card party, she may write her own note, but it is the first person—requesting the pleasure of their presence. If, however, she wishes to give a formal card party, then she will have engraved on the lower left-hand corner of the card the character of the entertainment and the day. If the party is to number fewer than 100 guests, and is of a semi-formal type, then she may merely write this explanation on her own visiting card. This is the most usual way to send out invitations to women's card parties.

When giving a small dinner the hostess either writes the personal note she will use to introduce the guests to the third person, following the wording of the engraved form, or a note in the first person, as: "We are giving a small dinner. Mr. Jones and I would be so glad, etc." Any graceful note will answer the purpose, and if you can manage to give some hint as to the kind of function it is to be and what kind of dresses the feminine guests will be expected to wear, you will prove

both tactful and considerate. The husband can usually tell by his wife's gown whether he is expected to do the regulation swallowtail, the dinner jacket or to luxuriate in a sack suit.

People who entertain a great deal frequently have invitation cards engraved, which they fill in as desired. These will read:

Mr. and Mrs. James Johnson request the pleasure of your company on _____

The name of the guest, the entertainment and the date may be filled in as the occasion arises.

One more word. Do not confuse those invitations which may be engraved upon a card with those to be sent in note form. Weddings, balls, dances and receptions must be engraved upon note paper only. Dinners, teas, card parties, luncheons, wedding breakfasts are usually engraved upon cards.

Do not have even your best note paper too ornate. If you use your crest or monogram, let it be in one color or in plain white rather than in gold or silver, and do not use any but plain envelopes. In other words, let your notes and invitations show no evidence of vulgarity or display. A man uses only white note paper. Women may use any shade they desire, but it is always well to keep some plain white paper in the house for ordinary correspondence. A lady would never use faintly perfumed and crested paper for a business letter. Such daintiness should be kept to delight intimate friends and those who like a touch of personality.

About addresses the etiquette there is no set form, though there is always a custom which may be followed. When a double envelope is employed—usually only for wedding invitations—the name of the father and mother of the family addressed is placed on the outside envelope, while the inside one may bear the name of the entire family. This seems to be the most recent idea. It is usually considered better form, however, to address both envelopes to the same people. In this case the father, mother and address might have been sent to them on one invitation, while the unmarried sons should receive a second. Thus tea cards, which are sent to all members of the family, and wedding invitations may be addressed to:

Mr. and Mrs. John Jones, The Messrs. Jones.

A second envelope should be sent to: The Messrs. Jones.

If there be only one son and one daughter, then the daughter's name may be placed with the father's and mother's, while the son should have an invitation of his own.

Mr. and Mrs. T. W. Jones and family is very bad form and should never be used.

PERPLEXITIES SOLVED

Keeping Company

Is it proper for a young girl to keep company with two young men at the same time? One lives in the same town as I do, the other has been absent for nearly two years. MAMIE H.

As I have said before, and as I always will say, there is no such thing as "keeping company." If a girl is not engaged to a young man she may have with perfect propriety, all the friends she wants. Any one of her men friends may be attentive to a girl, may take her out, may call upon her and, unless a man has asked a girl to marry him, there should be no imagined or idealized relationship.

Is it Correct?

At a private dance is it proper to dance with a woman before being introduced to her? I would also like to know whether at a club dance a gentleman who is a new member, should wait to be introduced to young ladies before asking them to dance?

It is necessary for a gentleman to wait to be introduced to a lady before he speaks to her. If, in the presence of the cotillion, he finds himself in a position where he must dance with a strange lady, then he must do so, and while he is dancing with her he should be perfectly pleasant, although he must not, under any cir-

cumstances after the dance is over, presume upon an acquaintance. At a club dance the etiquette is the same. One is no different from the other. Whether a man is a new member or not, he must wait to be introduced to other members before he speaks to them.

When Men Are Introduced
When men are introduced to me should I rise and extend my hand? CURIOUS.

At a casual presentation a smile and bow are sufficient, and if you are seated it is not necessary for you to rise. If, however, you are receiving a special introduction, it is more courteous for you to rise and offer your hand. Always bear in mind that circumstances alter cases, but it is better to be too courteous than too cold.

Asking Men to Call
Is it all right for a girl to ask a young man to call, and should I introduce him to my parents when he does call? MARY T.

Yes, it is a woman's privilege to invite a man to call upon her if she thinks that he would be likely to care to do so. It is only proper that the young man be introduced to your parents.

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.

Pale Lips

My lips are very pale. Is there any way to make them rose? GRATEFUL.

If your lips are colorless it is a sign that you need fresh air. Try deep breathing for a while and watch the color of your lips. If you are in the habit of biting your lips, you should overcome it right away, for this makes the lips coarse and pale.

For Brittle Nails

What can I do for brittle nails? Do you think it is harmful to polish them when they are in this condition? A. B. C.

Rub a little vaseline into the skin