

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

The Particular Woman's Culture



Tying up the head after the application of powder.

THE culture is the thing—for upon this important part of a woman's toilet depends the becomingness of her hats and the suitability of her costume. And, because the hair is so important, it is essential that woman shall pay attention to her crowning glory, else how can she expect to compete with her sisters?

But it is not enough simply to comb the hair and to keep it well coiffed. It needs constant attention, and the well-appointed woman will find it almost compulsory to arrange for systematic treatment every week. Indeed, when each day I receive letters from women, not yet old, asking me how to keep the hair from turning gray, to please send some prescription to make the hair grow, and to please tell how it may be curled, it is then that I think how much trouble they could have avoided had they acquired early the habit of caring for the hair and of preserving its youthful luster.

"But we have no time," I hear hosts of busy women crying. "How can we neglect our households to fuss over our hair?" True, it is hard, but I think if you will divide the treatment, reserving certain processes for certain days, it will take fewer of the crowded hours that are so precious. In this way you may do much without allowing the treatment to interfere with your daily routine. Others who are not so busy can spend more time upon each detail.

To look well the hair must shine. Heavy black hair may be dull and yet retain its richness, but the other shades should glisten with vitality. It is, there-

fore, essential to do all that you can to give your tresses the luster of health.

On one day each week let the hair be treated to a dry shampoo. This weekly shampoo will cleanse the hair, while it will not suffer as it would were it washed quite so frequently in soap and water. I must caution you, however, against letting the dry shampoo take the place of the monthly bath. This is essential to perfect cleanliness and should never be neglected. Let this be substituted, then, for the dry shampoo every fourth week.

The materials of the dry shampoo are finely ground cornmeal and a little fine orris powder. Let the proportions be a tablespoonful of orris to a cup of meal. This mixture is scattered on the hair and allowed to remain about ten minutes, when it is brushed out. Then more

of the powder is applied, and the head is then tied up for two hours. When the wrappings are removed at the end of the allotted time and the hair is shaken out, the scalp will be clean and a faint orris fragrance will emanate from the head. This kind of shampoo will not cause the hair to fall out.

On the day of the wet shampoo a little olive oil may be rubbed into the scalp, and then the hair may be brushed until it is sleek and shiny. After this process the regular hot water shampoo may follow. This will remove the superfluous oil, but it will not impair the luster produced by the oil. When drying the oiled hair do not rub it with the towel. Merely shake it out and rub it between the hands. In this way the hair is dried naturally, and the gloss will be perfect. This treatment is particularly good for blonde hair, which will glisten like gold after the treatment.

Irones do not necessarily injure the

hair, unless used while they are too hot, or by one so inexperienced that the hair becomes broken. Under ordinary circumstances the convenient curling tong is not at all harmful, and, in fact, the heat is said by some to be good for the scalp. A new fact is that heat is the best of hair tonics, and many luxurious ladies have their tresses pressed twice a week with a moderately warm iron. This method is said to stimulate the scalp and the growth of the hair.

Fashion has so long decreed that the

marcel wave reign supreme that many women, either on account of the size of their pocketbooks or owing to the insecurity of the coiffure so easily affected by the weather, started to curl their hair at home, and have reverted to the old-fashioned method of wrapping locks around hairpins, then holding the head over the spout of a kettle filled with boiling water. When the hair has become sufficiently dampened it is allowed to dry again, and not until this drying process is complete are the hairpins removed. Hair thus curled will remain glossy and sleek, and will compare well with a regular "wave" produced by the perruquier's iron.

other fact except that you will be glad to accept, or regret you must decline, the invitation. If you have other things to say, it is better to write another letter, as the hostess usually keeps all the acknowledgments together, and does not wish to treat them as personal correspondence. Address all acceptances, or regrets, to the host and hostess, or whoever is mentioned in the invitation. If you are invited to meet some one, you may mention in an informal regret your sorrow at not having that pleasure. If you are sending a formal regret, or acceptance, you may ignore the guest of honor entirely, for it is considered superfluous to repeat the name of the person you are to meet. I hope that I have now told you all that you would want to know. If there is any point that I have neglected, I hope my friends will call the fact to my attention.

PERPLEXITIES SOLVED

When Sending Invitations

When sending out an invitation would you write Mr. and Mrs. So-and-so and family on the outside or inside envelope? GRATEFUL.

If you are using two envelopes, it is perfectly allowable to use Mr. and Mrs. on the outside envelope and Mr. and Mrs. and family on the inside envelope only. It is better form, however, to address the invitation to Mr. and Mrs. and the Misses So-and-so on both the inside and outside envelopes, and, if there are any sons to be invited, a separate envelope should be addressed to the Messrs. It is a matter of no vital importance, the only really important thing being that the envelope be addressed to both husband and wife. In a few weeks I am going into this matter of invitations very thoroughly.

When Drinking Tea, Coffee and Cocoa

Is it proper to sip tea, coffee and cocoa from a spoon? BLANCHE.

After once or twice testing its heat, do not use a spoon.

Call the Second Time

Is it all right for a young man who has called upon a young woman once to call again without her asking him to do so? D. M.

Yes, if the young woman once invited him to call and treated him cordially on his first visit. However, it would be better if he asked her permission to call and then make an engagement.

A Fork!

Should a knife and fork or spoon be used when eating pie? SUSPENSE.

A knife is never used. Pies should be eaten with the fork.

After Marriage

Is it right for me to correspond with one or two men whom I knew very well before getting married? My husband does not know them and thus thinks it is improper for me to do so. MRS. M. M.

To insure home happiness it is well for husband and wife to let the wish of the one guide the relations of the other with those of the opposite sex. Just reverse the situation and imagine how you would feel if he corresponded with other girls.

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.

The Walnut Stain

Will you kindly inform me what is meant by skin of walnuts, and how can I obtain them? I want to use the walnut hair stain. Have tried a number of druggists to get the skins but no one seems to know what I mean. DISTRACTED.

The skin of the walnut is the hull of the unripe nut. These green hulls, however, must be dried before they can be used for staining purposes. You should be able to procure them at all druggists. If they do not have them, they may have either one of these, and the stain can be made from them instead of from the skins.

Remedy for Freckles

Please give me a harmless remedy for freckles. J. F. G.

The following is harmless:

Whitening Paste for Freckles.

Salicylic acid 10 grains

Bay rum 4 ounces

Label: Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be rubbed by the use of glycerine or starch.

This may also be tried in cases of obstinate freckles.

Lactic acid 3 ounces

Glycerine 4 ounces

Rosewater 1 ounce

This is to be gently applied by means of a camel's-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment.

The Walnut Stain

Kindly state how and where one may obtain the walnut skins. Do not call me. INTERESTED READER.

I have answered this question in my letter to "Distracted," which you will find upon this page.

Wart Eradicator

Will you kindly publish in your column a remedy for warts? AN INTERESTED READER.

You will find the following very effective:

Wart Eradicator.

Sublimed sulphur 120 grains

Glycerine 5 fluid drams

Acetic acid 1 fluid dram

Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

Breakfast Should be Eaten

Do you think it is wrong for a person to go without breakfast? N. J. M.

I know there are many persons who never eat breakfast, but I think it is best for every one to eat something before starting out for the day's work.

Red Hands

What can I do with my hands, they are so ugly and red? I never do hard work, so I don't understand why my hands are not white. MARY.

It may sound absurd, but it is true that very often red hands are caused by collars, tight sleeves and tight belts.

Never use very hot water on the hands, and avoid cheap, highly scented soaps. After bathing, use a mixture of rosewater and lemon juice.

Foot Powder

Kindly send me the recipe for a foot powder. My feet perspire so dreadfully that I am very anxious to obtain some good powder to check the trouble. T. V. K.

You will find the following recipe for foot powder very satisfactory:

Foot Powder.

Burnt alum 5 grains

Salicylic acid 2 1/2 grains

Starch 5 grains

Sorrel 5 grains

Violet talcum powder 50 grains

Put over a fire, which should be bathed at least once daily.

Lines in the Forehead

I have quite a number of lines in my forehead. Will you kindly give me a good skin food and directions for massaging? T. V. K.

Apply the following skin food to your forehead, rubbing with the finger tips in small circles. The general movement should always be upward and outward.

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds 4 ounces

White wax 2 ounces

Spermaceti 2 ounces

Glycerine 2 ounces

Oil of neroli 15 drops

Oil of bigarade (orange skin) 15 drops

Oil of petit grain 15 drops

Melt the first three ingredients, and the oil of neroli, and add the other oils. Stir the mass in the mixture, then pour it slowly into the blended fat, stirring continuously.

Calloused Elbows

What causes the elbows to become calloused and what can be done to remedy the cause? I am ashamed to wear short sleeves in the evening because mine are so ugly. LOUISE.

The habit of leaning on the elbows is one of the causes of callous places. Bathe the elbows in very warm water, then apply the cream, recipe of which I am here giving you.

Kentucky Cold Cream.

Rosewater 4 ounces

Almond oil 4 ounces

Spermaceti 1 ounce

White wax 1 ounce

Birthmarks

Is it ever possible to remove birthmarks? RACHEL.

Very often birthmarks are successfully removed by electrolysis. Consult a reputable physician.

Old-Fashioned Skin Lotion

Will you kindly publish the recipe for the old-fashioned skin lotion? ELLA J.

Following is the recipe you desire:

Old-Fashioned Skin Lotion.

Spermaceti 12 grains

White soap, in powder 40 grains

White wax (pulverized) 40 grains

Almond oil (sweet) 40 grains

Jordan almonds 1 ounce

Pure alcohol 1 ounce

Distilled water 8 ounces

Essence of rose 2 drops

Oil of neroli 15 drops

Essence of ylang-ylang 15 drops

Blanch the almonds and beat them into a smooth paste, adding some water gradually to form a cream. Melt the wax, spermaceti and almond oil together, and to this add the soap, previously rubbed down with one-half ounce of water. To this add, in small quantities, the remainder of the water, occasionally stirring. Then add the strained almond cream, and finally the alcohol and the perfume.

A little of this milk may be rubbed into the skin several times during the day. The effect is permanent and beneficial.

Dyspepsia Sufferer

I have been suffering with dyspepsia for quite a while and have been following a diet list, too. Can you suggest anything further for me to do? DISTRACTED.

In addition to dieting take plenty of outdoor exercise. Drink a tumblerful of hot water half an hour before meals. This last is an excellent remedy, for it relieves thirst and washes out the stomach. Do not drink fluids with meals. Avoid soups and chew every bite of food thoroughly.

Tooth Powder

Please give me a recipe for a good, harmless tooth powder. What can I do with a tooth brush that is too stiff? EMILY.

The following is a harmless recipe for a tooth powder:

Araca nut charcoal 5 ounces

Cuttlefish bone 5 ounces

Raw araca nut, powdered 3 ounces

Pound and mix. Two or three drops of oil of cloves or of cassia may be added if a perfume is required.

To soften a tooth brush that is too stiff, place it in a glass of cold water overnight. This will also prevent the bristles from coming out.

Never Bind the Hair at Night

Some of my friends say I will be sorry for not taking my hair down when I go to bed, but as I wear it rather loosely during the day I don't see that any harm can be done. What is your opinion? MAZIE.

Your friends are quite right in their warning. If possible, leave the hair flowing and unbound at night. It is far healthier and gives the hair an opportunity of being trained for some hours in a different way from that in the daytime. It also receives better ventilation and gives the scalp a better chance of breathing healthily during the night.

Find a Way for Exercise

MANY girls have written me that they have no time to take exercise; that they work all day and at night are too tired. If they would only stop to think they would realize that from morning till night they are exercising their bodies, but the question is do they perform the exercises correctly?

When waking in the morning hold the lower part of the body rigidly to the bed and raise the upper part of the body erect to the sitting position. This is a splendid exercise, and before very long one will be able to control the muscles so that the legs can be held quite flat.

When dressing have the windows wide open and fill the lungs with the morning air.

Every time you pick up something from the floor let the bending come absolutely from the hips and not the knees. This exercise will make the waist supple.

If you walk to and from your work you have a splendid opportunity for exercise. Keep the body straight, but not in a strained, unnatural position. The abdomen held in (not to an extreme), the shoulders back and the chest forward. Breathe deeply as you walk along.

Advice on Social Problems.

Mrs. Chester Skams most cordially invites her friends to bring to her their Social Problems and perplexities by letter at any time.

Forms of Acceptance

ONE general rule governs the acceptance or refusal (usually called "regret") of every invitation, and this is that each invitation must be answered in the same form in which it is written. This rule really holds good in all correspondence, the time being decided by the first writer. About general correspondence I will write later. At present I want to tell you the forms of acceptance and regret which you should use when you receive the invitations mentioned last week.

If the invitations be of the formal kind, written in the third person, you reply, as far as possible, in the form of the invitation, thus:

Mr. and Mrs. James Johnson accept with pleasure the kind invitation of Mr. and Mrs. Paul Robinson for dinner at eight o'clock on Monday, the twenty-fifth of January, nineteen hundred and nine, January—eighteenth, 611 Washington square.

In other words, if the invitation be addressed to a "Mr. and Mrs.," the acceptance also must read "Mr. and Mrs.," as to the name of the entertainment, the time and the date, these may be copied from the invitation and worded after the same form.

Let me say right here, that one can never accept or refuse an invitation too soon. The idea seems prevalent among

many people that to accept an invitation promptly indicates that the recipient has been favored with very few "bids," hence is overanxious to grasp the one opportunity proffered. This notion, while apparently plausible, is quite erroneous, for people who receive many invitations answer them with business-like promptitude, so they may enter the dates on their engagement tablets and avoid the embarrassing situation of having made two engagements for the same hour of the same day. So you see that if you answer an invitation promptly you will not only be quite up to date, but also be courteous and tactful.

All invitations must be answered except those to teas and to church weddings. These two need no reply, and if they are not attended, cards may be sent later. All other invitations require an immediate answer.

The form of "regret" reads: Mr. and Mrs. James Johnson regret their inability to accept the kind invitation of Mr. and Mrs. Paul Robinson for Monday evening, the twenty-fifth of January, nineteen hundred and nine.

You see, when you are sending regrets, you need not be so very particular about repeating the time and the nature of the entertainment, for, if you are not going to attend, it is a matter of no importance.

Informal invitations may be answered in the same style in which they are written. If they are addressed to Mr. and Mrs. Robinson, they should be answered by Mrs. Robinson, who will include her husband's name with her own. It is not customary for a wife to accept an invitation when her husband is unable to attend. This is merely a custom, and is not in any way compulsory. One must use one's own taste in a matter of this kind.

An invitation addressed to Mr. and Mrs. and the Misses may be answered

by Mrs., and made to include all those mentioned. Such a case, however, is very unusual, as the only invitations likely to be sent to a whole family are tea cards and wedding invitations, and these require no acknowledgment. A wedding breakfast (the feast after the ceremony, no matter what time of day it may take place) requires a written acknowledgment, and an acceptance usually means a present for the bride. While this is not a hard-and-fast rule, the feeling is growing stronger every year that whosoever accepts a "breakfast" invitation must send a present. If Mr. and Mrs. Robinson received such an invitation, and Mrs. Robinson was sure that her husband could not go, while she felt that she could go, she may accept both for her husband and for herself. As it is not a seated affair, Mr. Robinson's non-appearance at the last moment would cause no embarrassment nor inconvenience to the hostess.

PROMPT REPLIES POLITE

A card party invitation requires an immediate acknowledgment and must be regarded as an almost unbreakable engagement. A dinner party is important and if, at the last moment, a husband or wife is unable to attend, then the other should also stay at home so the number of guests will not be unequal. This may usually be arranged over telephone, depending much upon the intimacy existing between hosts and guests.

An invitation to a dance and a ball may be accepted even if there is some doubt about your ability to go. As these two functions are usually large and the number of guests accepting need not be taken into consideration, it is safe to assume that you will be able to attend.

In writing an acceptance or a regret,