

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

HOOP EXERCISES to IMPROVE the FIGURE



Developing the Neck and Shoulders.

Exercises to Lengthen the Waist.

Breathing Exercise

Waist Lengthening Exercise, Side View

To Develop the Bust.

AT THE moment the short-waisted girl is living in the millennium, but it is possible that she may suddenly find herself at a disadvantage. When fashion reverts her decision the waist line is likely to become longer; and, you know, the long waist is no disadvantage, no matter what the reigning fashion may be. You may shorten your waist by the cut of your gown, but it is a far more difficult task to lengthen it. Exercise is the thing; so let us see what exercise there is for the girl with the too short waist.

I would suggest the "hoop exercise," the only apparatus required being the hoop—the ordinary wooden affair which is used by children in the city streets. The figures are quite simple, and if both sides of the hoop are grasped firmly and the hands are not allowed to slip together the arms will be outstretched, thus keeping them at a uniform distance and allowing each exercise to be taken correctly.

In the first, stand with both feet together and away first to one side and then to the other. In this way stretching the underarm and the waist muscles, wearing away the fat which

accumulates round the upper part of the body and turning it into hard flesh. Then, with arms outstretched over the head, with the hoop held horizontally across—as in the picture—bend forward and backward as far as you can. This will stretch the muscles of the abdomen, and if the arms are thrown back as far as possible the neck will get its full share of exercise and the bust and chest will be expanded. This is excellent for the lungs and, therefore, beneficial to the digestion and the complexion.

The last exercise consists in putting the hoop over the body and bending forward as far as possible, trying to touch the hands to the floor without allowing the hoop to slip. This requires an even balance, and, because the arms must be kept quite taut to keep the hoop in position, the whole body will come in for its share of exercise. This is better in many ways than bending, trying to touch the floor with the hands. The hoop is easy to handle, and I am sure you will find it far more interesting to employ some such simple apparatus.

I suggest that these exercises be taken every evening or every morning, and if you exercise without your corset you will be surprised how strengthening the

treatment is to the back and how it helps the physical condition. If you find it impossible to use these hours, a very

good time will be in the afternoon when you are changing your gown. All of the exercises together should not take longer than fifteen minutes; it would be better to do them five minutes every day than to do them half an hour

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 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.

To Improve the Appearance

Please tell me what to do for my eyebrows, they are so very thin? Also tell me how to get rid of a large black mole on my face. I have used oil of cloves on it, but with no effect. Would like to have a recipe for a good skin food.

The best thing that you can do for your eyebrows is to rub olive oil on them every night. This will do you no harm and will surely promote the growth of the eyebrows.

A mole is a growth under the skin and, for that reason, I prefer not to give you any remedy for it. It would be far better for you to consult a reputable physician in whose ability you have confidence.

I am giving you here a good recipe for a skin food which you are sure to like.

Orange-Flower Cream.

(A Skin Food.)
Oil of sweet almonds 4 ounces
White wax 6 drams
Spermaceti 6 drams
Glycerine 1/2 ounce
Rose-water 1/2 ounce
Orange-flower water 1/2 ounce
Oil of bergamot (orange skin) 15 drops
Oil of petit grain 15 drops
Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the wax in the mixture; then pour it slowly into the blended fats, stirring continuously.

Worry Causes Wrinkles

Is it true that worry causes wrinkles? I am sure I am too young to have them yet, so will try to get rid of them. Kindly send me your best recipe.

Constant worry and fretting about little things will surely cause wrinkles and lines. Serenity and patience will keep away the furrows from the forehead and around the eyes. Cheerfulness will prevent the corners of the mouth from drooping into doleful curves.

I am giving you a recipe for a wrinkle cure which, along with your perseverance to stop worrying, will prove beneficial.

Milk of White Roses.

(A Cure for Wrinkles.)
Simple liniment of benzoin 1 pint
Amar of roses 3 drops
Put the rose-water in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses, and bottle.

To Remove Blackheads

As soon as possible please print a recipe to remove blackheads? Do you think a complexion brush harms the skin? I have been using one, but find it makes my face sore.

Here is a splendid recipe for the removal of blackheads:
Ether 2 ounces
Sage liniment 2 ounces
Rub into the spot affected, and as soon as the mixture burns wash the surface with hot water.

It may be that the complexion brush you have been using is too harsh for your delicate skin. It is all right to use such a brush if it agrees with the skin, but if it makes your face sore I advise you to stop using it right away.

Do Not Sleep in a Strong Light

Do you think it is injurious to the eyes to wake up in the morning with the light striking on them?
Strong morning light should never be allowed to strike the eyes, for however strong they are they will suffer. The room should be shaded carefully. Green

blinds are the best to use on the windows. Light on the eyelids when asleep will make the strongest eyes water and the lids get red and wrinkled.

Cold Cream

Will you please give me a formula for a cold cream containing which head?

An excellent cold cream, containing witch hazel, is made up of:

White wax 1 ounce
Spermaceti 1 ounce
Oil of almonds 1 pint
Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

Dr. Vaucaire's Developer

Will you kindly let me know if Dr. Vaucaire's bust developer will cause any other part of my body to become larger?

As Dr. Vaucaire's remedy is a tonic it will improve your whole system, but there is no reason for it to have any developing effect on any other part of your body except your bust, neck and arms.

Hands Perspire Freely

Will you please give me a good prescription to check hands from perspiring too much?

Following is the recipe you desire:
Boric acid 30 grains
Sassafras 10 grains
Salicylic acid 10 grains
Glycerine 1 ounce
Rub on the hands four or five times a day. Wash the hands in warm water before applying and dry carefully. Shake well. If the perspiration is heated, it will increase the possibility of the preparation.

Rose Sachet Powder

Please publish a formula for a sachet powder containing the scent of a rose.

Here is the formula for a rose sachet powder:

Powdered Florentine orris 4 ounces
Rosa leaves (air dried) 10 ounces
Pure hot water 1 pint
Lavender powder 10 grains
The original formula calls for civet, but as this preparation is difficult to obtain, it would better be omitted.

Mix well, and keep closely corked until you wish to use the sachet.

Solution to Keep the Hair Curled

I would like to have your formula for a mixture to keep the hair curled.

AN EARNEST READER.

The mixture you desire is made of the following ingredients:

Gum arabic 1 ounce
Good moist sugar 4 ounces
Pure hot water 1 pint
Alcohol 3 fl. ounces
Bichloride of mercury 4 grains
Salmoniac 6 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 orange or lavender water. Moistened hair with the solution before putting it in the papers or curlers. This is too strong a solution to be applied repeatedly, as it would surely have a depressive 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.

Hot Water.

PEOPLE do not realize the value of hot water. It will stave off an attack of indigestion or check a sudden severe pain if taken as soon as one feels the attack coming on. It will ward off a nervous headache or eyestrain, if the head or eyes are bathed in it and one is careful not to rush right out into the cold.

Care of the Baby.

SEE that the baby's bed is properly placed. Don't let him sleep in a draught, and if by any chance this is unavoidable, see that a screen is drawn round him while he sleeps. Let him have light, warm bedclothing, and, above all, see that he has a low pillow and sleeps with his head well above the bedclothes.

Advice on Social Problems.

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

The Wedding Breakfast

SEVERAL months ago I wrote about the formalities attendant upon a large church wedding, and I then promised you to write about the wedding breakfast, the fete, sometimes large and sometimes small, which is held after the average wedding ceremony. This feast is usually called a "breakfast," no matter at what hour of the day it may be held. If it takes place in the evening, however, it is known as a reception. To this entertainment may be invited the immediate families of the bride and groom, the intimate friends of both and the whole wedding party.

At "home weddings" it sometimes happens that the house is very small. In that case often only the immediate families and intimate friends are invited to the ceremony, while a large number of acquaintances are invited to the reception. The guests may then be distributed through the halls, reception room and dining room, while they have been present at the ceremony, they would all have attempted to crowd into the room where the couple were wed.

THE GREETING

Today I will consider only church weddings and the conventional breakfast, leaving the home wedding with its reception until a little later. I think that this division will be less confusing for every one.

As I have written before, the bride arrives at the church with her father, but leaves with her husband in her own carriage—not in his. They then proceed to the house of the bride's parents, and, as they are the first to leave the church, they are the first to reach the house.

The reception room or parlor is usually the place selected for the bride and groom to receive their

friends. Here greenery and flowers are arranged at one end of the room to form a background, and in front of these the bride stands with her husband at her left. If there are six bridesmaids and a maid of honor the latter stands on the bride's right and three bridesmaids stand on either side of the group. This arrangement is more for artistic effect than for any necessity. The guests, after being received by the parents of the bride, greet first the bride and then the groom.

After that they may do as they like. The breakfast for the guests is placed on the dining table in the dining room, and there they are served by waiters or by the ushers—for it is not a seated affair.

THE BREAKFAST

The breakfast includes usually the same kind of food, though it varies slightly as to detail. Oysters, chicken salad, boned turkey, sandwiches, rasp rolls, salted nuts and olives are almost always to be had, while for sweets ices, cakes and candies are selected. Always, too, there is something to drink, though the last may vary according to the taste of the family. Sometimes it is lemonade, sometimes beer, and sometimes champagne.

After the guests have all arrived and have all spoken to the bride and groom, the bride's party retires to another room, if one is available. Here is a table, where places are laid and they are served with the same things, but in courses. Of course, the wedding cake containing the ring, the thimble and the dime is taken to the bride, who cuts the first slice. It is then passed to the bridesmaids and ushers, and afterward it may be sent around among the other guests. Small boxes of cake are usually given to the guests on their way out of the house. These boxes may be about three inches square and about one inch high. Sometimes they are of white cardboard, sometimes of white satin, and they are all tied with narrow white ribbon. Usually there is no decoration, although the bride's initials in white letters may adorn the cover of the box. The cake inside is the ordi-

nary black or plum cake, wrapped in oiled paper, although the wedding cake that the bride cuts may be any kind that she prefers.

The bride and groom, after they have finished their breakfast, usually retire, she to her own room and he to a room allotted to him, to dress for the wedding trip. It is not wise to prolong the breakfast, because very often the occasion falls somewhat flat if too much time is taken. If the wedding ceremony has taken place at 12 it is perfectly safe to arrange to leave the house about 3. Just before the bride retires to change her gown to a street dress the bridesmaids all stand in a group to receive

the bridal bouquet. The bride turns her back, so there will be no favoritism, and throws the flowers over her shoulder. The tradition is that the maid who catches the bouquet will soon become a bride.

After the bride and groom are ready to start on their travels they either make their escape by some side door or they boldly make their way through the group of guests and out into the street. If they are brave enough to do this, there is always a shower of rice and old shoes, a great rush to decorate the carriage with ribbons and flowers, many excited and tearful farewells, and the newly weds are off!

PERPLEXITIES SOLVED

Several Perplexities

1. In what way should you congratulate a newly married person? What should you say to him; also what should the person congratulated say in return?
2. If a girl is engaged to a young man is it nice for her to kiss him?
3. Is it right for a girl of 21 to marry a man 33 years of age if she feels she could love him and no other?
4. Please tell me some nice enjoyment for Christmas night.

1. When you congratulate a newly married person say that you wish him happiness, or make some other graceful remark to indicate that you wish him well. If the person whom you are congratulating merely says: "Thank you," he has said enough.

2. I see no reason why a girl who is engaged to be married to a young man should not kiss him, but the case is entirely different if he has not proposed to her.

3. A man 33 years old is not too old for a girl of 21, and I think if she really loves him she will do well to marry him.

4. I am very sorry your letter did not reach me in time to answer your last question. It is now too late to give any suggestion.

Introductions

If I am out walking with my aunt and we meet friends of either sex, whose name should be mentioned first?

If friends are spending the evening with me and other friends call, shall I introduce them to each other?
If you are out walking with your aunt and meet friends of either sex, then you should say to your aunt: "May I present Mr. or Miss So-and-so?" This is only showing a bit of deference to your aunt, who is probably an older woman. You may say, if you prefer, "Aunt Mary

may I present Mr. Robinson?—My aunt, Mrs. Jones."

If you have friends spending the evening with you and other friends come in you need merely say to those already there: "I want you to meet my friends, Dr. and Mrs. So-and-so."

Should the Note be Sealed?

When a note is sent by hand, should it be left unsealed?
Yes, unless you are sending it by a servant or a paid messenger.

Table Etiquette

Should one wait until each person at the table is served before eating? R. J.
It is a matter of choice whether or not to wait for all. In any case, however, one should wait until one's immediate neighbors are served.

Notes of Thanks

How soon should a bride write notes of thanks for her wedding presents?

Just as soon as she can possibly do so. By doing this she will relieve the sender's mind of doubt—whether or not the gift has reached its destination.

As Soon as Possible

After a death has occurred in a family how long should one wait before going to church?

Remember that the church is open to all—especially those who are in need of comfort. Therefore, a person in mourning should attend church as soon as convenient.

It is Not Right

Is it wrong for a wife to go to a dance without her husband?

A wife should never go to places of amusement without her husband, unless in exceptional circumstances, and never should she go against his wishes. By doing so she does her husband a great injustice.

Not Good Form

Please tell me through your columns whether or not one may eat candy during a performance at the theater.

It is not considered good form.

When Marking Linen

When marking my underlinen should I use my own initials or those of my future name? C. N. T.

Use your own initial or your Christian name.

Is a Chaperon Necessary?

Is it proper for a young man to take a girl to a dance without a chaperon?

It depends upon the custom of the place. In large cities it is not done among people of social position.

When Entering a Car

Should a husband enter and leave the car before his wife? INDIGNANT

A gentleman should allow a lady to precede him when entering a car, but on leaving he leads the way, descends first and assists her to alight.

Avoiding Bowed Legs

If a child's legs have a tendency to curve, or bow, it should not be allowed to walk. The wise mother, however, will let it twist and turn on the carpet. The legs will then soon straighten themselves. What a pity it is that many young mothers are so unwise as to make their babies walk too soon before the little, soft bones have become sufficiently strong to bear even so light a weight.

Of course, when the baby first shows an inclination to stand upon his own feet, he should be allowed to do so and should even be provided with a chair to keep him from falling. Then the first little-step must be encouraged, too, and the child should learn to the best of his ability, but slowly. All of this exercise is natural and should, therefore, not be checked.

The carelessness that I particularly deplore is not the innocent play of a child who will rest when he is tired. It is the walks that he is forced to take hanging to the hand of his mother. You have no idea how much more difficult it is for people to walk a long distance on a stone pavement than one on a wooden floor. Furthermore, mother walks, perhaps, slowly but steadily. There is no lolling on the way to rest the aching little feet. Mother is not tired herself and she therefore forgets that to every one of her steps baby must take about four, and that he will soon be tired. It is then that the strain comes upon the legs, and even the bones themselves are not able to withstand it.