

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

CARING for the COMPLEXION

CAN a woman take too much care of her complexion? Is it not a most important matter? After all, if her figure be perfect, if her neck be plump, and if her hands be manicured, while her face shows signs of neglect, is not her appearance spoiled? If madame thinks: "Oh, what difference does it make! I am young and my skin takes care of itself!" then I can safely answer: "In a few months you will have blackheads and pimples, and in a year or so you will discover your first disturbing wrinkle. I might add: Then you will write and ask me to help you. Why not accept the ounce of prevention now?"

Carriage for the complexion does not mean only the application of cream, nor does it mean that you must seek a specialist to cure pimples and blackheads. All you need to do is to keep your face clean, to see that the pores have a chance to do the work for which they were intended. Then you need have no fear, for your skin will retain its glow of youth and health, and wrinkles cannot come to stay.

"I always keep my face clean!" I hear you exclaim. "What more can I do than I have always done? Is not soap and water good enough?" Most decidedly no, madame. Few soaps should be allowed to touch the skin of your face, and these, no matter how pure they may be, may so dry it that it will lose its natural vitality. I would have you not use soap and a coarse washrag. Far better to follow out the directions I am going to give you. They will not take very long, and you will be surprised at the result.

Before you wash your face apply a cleansing cream—the cucumber is best—and allow it to remain for five minutes. Then remove it by wiping the face with a soft towel, not downward, but always upward. This process will remove all surface dirt which clogs the pores. Now for the water bath; for this use neither washrag nor sponge. Let the hands suffice, and dash warm oatmeal or bran water over the face.

You know that oatmeal or bran water is made by allowing bags of either grain to lie for a few moments in the basin of hot water. You see, you can arrange

particularly difficult, and the results are marvelous. I must warn you, however, that if you are not accustomed to using hot water on your face, you must expect a few pimples and other impurities to appear the first few days. These quickly pass away forever.

Twice a week I would vary the process slightly. Before you remove the cream, look carefully at your skin, and if you see the sign of a blackhead, squeeze it out in the way shown in the picture. This will leave no mark, as the application of the cold water will restore the circulation at the spot where

it was removed. Now for the cucumber cream. This is made by grating a cucumber and squeezing out the juice. Add to this a little rose water and a few drops of perfume. Apply this to the face after the water bath.

For the woman whose wrinkles have already formed, it is well that she should go over each little group with the tips of her fingers, in a rotary motion, using a good skin food. This should not be done until the face has been carefully cleansed. If wrinkles have not yet appeared, this treatment acts as a preventive.

One more little word. The best time to wash the face thoroughly is when you go home in the afternoon. The dust of the street or the office must be removed at once or else it will become ground into the skin.

When retiring time comes and when you get up in the morning it is enough if you wash your face thoroughly with hot and then cold water. By conscientiously following these simple rules you will be surprised how bright and clear your complexion will soon begin to look.

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Making Bran bags



With Rotary Motion



Removing black heads



Rubbing the face with granulated sugar



A cold shower to induce circulation

The alcohol should preserve the juice. To close the enlarged pores use the following recipe:

Boric acid..... 1 dram
Rosewater with glycerine about 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

A Roman Nose

Will you please tell me if a Roman nose is considered beautiful? If there is any way to help curve the lips. MADGE.

Yes, a Roman nose is considered very artistic. I do not know of any method by which you could curve the lips.

Twitching Eyelids

Can you tell me what to do for twitching eyelids? BERTHA.

Twitching of the eyelids is sometimes due to straining the eyes or to inflammation of these organs. It is a sign of nervousness and should be attended to immediately.

Dilute It

Is it injurious to use the peroxide of hydrogen straight on the skin? I want to bleach some hairs on my arms. IDA F.

Hydrogen peroxide should be diluted with an equal quantity of water when used on the skin; otherwise it would be irritating.

Hair Tonic—Skin Bleach

I am young, not yet 30, but my hair which is brown in color, is becoming streaked with gray, about my temples. Can you suggest a remedy? When washing my hair I always add borax to the water, but I find that it makes my hair brittle and whitens and splits the ends. What will brighten the tint of the hair without injury? Please give me a recipe for a perfect skin bleach. Something that will not cause eruption or the skin to become red. AN INTERESTED READER.

I think the trouble with your hair is you have been using too much borax, so I advise you to stop using it right away. I am giving you the recipe for a tonic which will brighten up the hair considerably.

Glycerine..... 1 ounce
Eau de Cologne..... 1 pint
Liquid ammonia..... 1 dram
Oil of orrisani..... 1/2 dram
Oil of rosemary..... 1/2 dram
Tincture of cantharide..... 1 ounce

Briskly agitate for ten minutes, then add camphor 1/2 pint, and again mix well and use to sponge your face instead of perfume can be added.

I am also giving you a recipe for a perfectly harmless skin bleach.

For Whitening the Skin—A Liquid Powder.
Pure oxide of zinc..... 1 ounce
Glycerine..... 1 dram
Rosewater..... 1/2 ounces
Essence of rose..... 15 drops

Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine; next the remainder of the rosewater, shake well and apply with a soft sponge or an antiseptic saucer. The face must be washed with cold water before the liquid is used, or it will be streaked.

To Cultivate a Memory
I find that I make many mistakes on

account of my poor memory. What can I do to cultivate a good one? K. Y. Z.

The best way to cultivate a good memory is to form the habit of remembering everything you see in your daily walks. If possible, jot down the different things, and find out what you really have observed.

Pimples

My face is covered here and there with pimples and I really am careful about what I eat. Can you imagine what causes them? DISGUSTED.

It may be that your blood is out of order. Why not take some good tonic containing iron? To have a smooth, clear complexion one must be very careful of the toilet articles she uses. Be sure to have everything sweet and clean.

It is Injurious

Do you think too much water hurts the hair? I wash mine once every two weeks. ADELINA.

Too much water is injurious to the hair. Once in every four weeks is often enough to shampoo it. Massage the scalp frequently, for this will do much toward improving the condition of the hair.

Sallow Skin

What can I do for a sallow skin? It is very annoying because I have to be so careful. What colors I wear. A. K. D. S.

For a sallow skin there is no treatment so important as thorough washing twice a day and friction afterward with a fluffy towel. Frequent hair washings are very bad for your complexion.

Very often constipation causes a person's skin to become sallow looking, and one who is thus afflicted should follow a diet list most carefully and take plenty of exercise.

Skin Disease of the Face

RINGWORMS have been cured by bathing in the juice of strawberries. It is not easy to imagine a simpler or more agreeable remedy. Strawberries are said to be a sovereign remedy for ulcers, as well as for ringworms.

For eczema of the face, recourse should be had to poultices made of potato farina. A decoction made of the fresh root of starwort (fifteen grams to one quart of water) is highly recommended. Take a pint of the decoction before eating, in two or three doses; the other pint at night, at least two hours after the last meal. The diet must be very strict—no wine, no coffee, no game, fish or any kind of strawberries, asparagus, cabbage, turnips, these are forbidden. The same diet is prescribed for pimples.

To Improve Appearance
STRAY HAIRS at the back spoil the

effect of any hair dressing. These should be carefully secured by fine, invisible hairpins, after the hair is carefully brushed, waved and fastened in position.

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

A Lenten Sermon

Not From a Religious, But From a Social Viewpoint.

ONCE more has the year gone round, and we stand again upon the threshold of Lent. And it is a season to be observed, for, aside from all religious obligation, society is bound by good taste. How can that be? Very simply. Surely you have read the fable of the fox and the stork! The stork, you remember, went to dine with the fox, and when they came to the table all the dishes were flat, so the fox could easily reach the food, but the poor stork went home hungry. Nevertheless, she thanked her host, and suggested that the following evening he should honor her board—and at the appointed hour he came. But he was well punished. All the dishes were tall like vases, and while the stork easily ate her viands, the poor fox was forced by necessity to content himself by sniffing at the dainties he was unable to reach.

would have been far more polite had the fox provided a vase for the stork. It could have been so arranged that both host and guest would have been accommodated. This would have solved the problem, and neither could have felt cause for offense.

The principle involved is prompted by breeding and good taste; entertain in such a way that you will give your guests pleasure in a way acceptable to them.

There is one form of entertainment that, according to good taste, is strictly tabooed in Lent, and that is dancing. Cards are played; there are luncheons, at-home days and dinners, usually conducted upon a more simple plan than during the season. There seems to be an attempt to forego during the forty days of Lent a few of the pleasures that may be enjoyed all the rest of the year.

PERPLEXITIES SOLVED

The Correct Thing to Do
KINDLY tell me if it is proper, when a young man is introduced to one at a dance, for a young lady to rise? Also when flowers are given, is it necessary that they be worn if one does not care to wear them? If so, does it matter about the quantity worn? INDEPENDENT.

When a young man is introduced to a young lady it is not necessary for her to rise. If the introduction took place in her own home, however, she should show him this courtesy.

When a young man sends flowers to a girl it is not necessary for her to wear them, although it is at least polite for her to wear one to show she appreciates his kindness and has no objection to the flowers.

At a Birthday Party
Please inform me as to how one should entertain at a birthday party where there are members of both sexes about 15 and 16 years of age. Please tell me some other way than cards. M.A.S.

When a birthday party is given by a young lady it is not necessary for her to dance, have them play games, the winners of which receive prizes. This will cause lots of fun and excitement.

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Seats at the Table

In giving a semi-formal dinner and shower to a couple to be married, in what order are the couples to be seated and what place should the hostess reserve for herself? DEBUTANTE.

When you give any kind of a dinner you should so arrange your guests that they are seated near people who are congenial to them. The hostess sits at the head of the table—in a position where she is commanding the room and give whatever directions are necessary about the service. She should so arrange the seats that the man who is the guest of honor should be seated at her right, while his fiancée may be next to him or at the right of the hostess' husband or father. It is not customary to place engaged people together, but, as a rule, it is far more thoughtful to do so.

Every man takes into dinner the woman who is to sit at his right, and the cards should be so arranged that each guest has a position in which he or she will feel most at home.

Giving the Bride Away

I am going to be married, and as I have no brothers and my father is not living, would it be all right for my mother to give me away, or isn't it necessary for any one to give the bride away? Your mother may give you away, or, if you prefer, some uncle might do so.

It All Depends

Should a hostess suggest having some music or some other entertainment at the guests' request? GREEN.

If the hostess herself is to be the performer, then it would be better for her to wait until one of the guests suggests it. If one of the guests is to perform, then the hostess may make the suggestion.

An Annoying Situation

When the man to whom I am engaged tells all the time about other girls and states green, what should I do? H. J.

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.

Often the Cause

I suffer a good bit with indigestion, and am wondering whether cold luncheons would cause this trouble. Do you think so? ANNA.

A cold luncheon is not appetizing, and very often causes indigestion. If possible, drink something hot with your lunch; this often obviates the trouble.

Perspiring Feet

My feet perspire so badly that they cause an unpleasant odor. Will you please tell me what to do for this trouble? FRED E.

At night soak your feet in hot salt water. In the morning use the following recipe as a dust powder:

Borax..... 5 grains
Salicylic acid..... 15 grains
Starch..... 10 grains
Violet talcum powder..... 50 grains

Try Hot-Water Treatment

I am quite a busy housewife, and at night feel tired, but I never sleep soundly

the whole night through. What can I do to produce sleep? Mrs. W. T.

After removing your clothing bathe your face and wrists with water as hot as you can comfortably bear it. This often brings refreshing sleep. A glass of warm milk sipped before retiring often produces sleep.

Walnut Stain

Will you kindly give a formula for walnut stain and advise me how to secure the ingredients? I am only 23 years old and my hair is streaked with gray. JANE.

Following is the formula for the walnut stain. You can buy the ingredients at any drug store, or you may have your druggist put up the recipe for you.

Walnut Stain for Hair

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, 14 ounces.
Let stand eight days and strain. Then apply with a small brush directly to the hair, not the scalp.

Consult a Physician

I want your help, and I know you will advise me honestly. I have lumps—they may be called warts—on the side of my chin and just below the eye, on the cheek bone—all about the size of a pea, and I would like very much, indeed, to have the same removed, even if scars or holes should remain.

I saw the following recipe in some paper: "Wash your skin with soap and water. Then apply the following: 1/2 ounce of salicylic acid, 1/2 ounce of sulphur, 1/2 ounce of borax, 1/2 ounce of zinc oxide, 1/2 ounce of castor oil. Apply to each wart, continuing the treatment several days. Then the warts dry up and drop off."
Miss ANNIE H.
I think before you apply anything to

the "lumps" you had better consult some reputable doctor and find out what they really are, and then let him give you something to remove them. The formula that you quote contains two rather severe acids.

Light Over Left Shoulder

Kindly tell me why one should have the light falling over the left shoulder when reading and writing. CAROLYN.

The reason for sitting so that the light falls over the left shoulder is because of the shadow that is otherwise cast by the hand or pencil while one reads or writes.

Rosy and Plump Cheeks

You do not know how grateful I would be if you would publish what exercises to use to make the face and neck plump, and what food to eat to make the cheeks rosy and plump. A FRIEND AND READER.

The best way to make the neck plump is to massage it with a good cream. To make the cheeks rosy and plump take lots of exercise in the open air—walk a great deal, don't keep late hours. As to food, I advise you not to eat too many fat, greasy and rich things.

Open Pores

Can you tell me anything through the paper that will close the pores on the nose and chin? I have a very good skin, only these open pores make it very coarse looking, as they are starting to come on my face. I use soap once a day, at night, and