CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

BEAUTY HELPS for the HOUSEKEEPER

Clouds of Dust Can Do No Harm

Ruinous to the Hair

Heat and Smoke Strike the Face

She Cares for Her Complexion

Hard on Both Hands and Figure

Considering Herself

EVERY now and then I receive a note from one of my correspondents inquiring whether she may hope to look her best even though she must attend to the domestic details of her home. "If I must cook, will my skin ever be clear and white? If I must sweep, can I keep my light hair bright looking?" And with each pathetic little note I see visions of some young bride struggling for the first time with the difficulties of doing and looking well. Today, then, I want to suggest a few ways in which even the hardest working of young housewives may yet manage to look her best on leisure evenings.

Where is the woman who does not want to preserve her looks? There is a certain restful feeling that comes to every woman who is well groomed. I think it is because after hard work tires the nerves the monotonous task of dressing rests them again. This must be it. But I must hasten to the advice for the day.

GOOD ADVICE

When you sweep down the wall don't neglect to cover your hair. The donning of a cap only takes a minute, and such little acts of care make a difference in your appearance. In fact, the cap should always be worn all through the dusting and sweeping time, and then if some one comes to call you have only to slip it off and greet them. The dust that settles on your face should be removed with cold cream, not water, or, better still, the juice of a cucumber prepared and kept as a wash for just such a contingency.

When you cook do not lean over the stove and peer into the pan. It is not necessary, and you may get the same results by stirring your concoction with a long-handled spoon that will not bring you so close to the heat. Steaming the face is all very well, but it should be done but seldom, and then the steam should not be laden with the fumes of cooking. This care saves pimples, and often fever blisters. If the face becomes red from heat, it may soon be whitened by daubing upon temples and nose a solution of peroxide. This should be kept in the kitchen and applied with absorbent cotton.

Scrubbing is, I suppose, the bane of the housewife's existence, and the question is, Should a floor be scrubbed at cost of injury to hands and figure twice a week, or should it be mopped clean once a day? I should prefer the last method; its frequency would insure cleanliness, and it is far better for the worker. A clean house may be acquired by the effort of a single day. A clear complexion and youthful appearance may not be recalled once they are lost. Which would you prefer to own?

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 ofttimes 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.

Sweet Oil to Fatten Face

Dear Madam.

Will sweet oil rubbed into the face fatten it? ANXIOUS.

I think you would get better results if you would take the sweet-oil internally—a tablespoonful after each meal.

Four Questions Asked

Dear Mrs. Symes.

I am a constant and much interested reader of your page and would be very grateful if you would answer the following questions:

1. What will reduce the size of the neck and hips?
2. What can I use to make my hands smooth? They are wrinkled dreadfully. I never do much work.
3. When a girl is corresponding with a boy and he incloses a stamp for answer, should he be thanked for it, and how?
4. What is meant by the words "love-cake"? ANXIOUS.

1. It is a rather difficult feat to reduce the size of the neck, but I think by constant and dry massage you will gain satisfactory results.

The following is an exercise to reduce the hips:

To Reduce the Hips.

Place hands on the hips, shoulders well back. The leg is raised with knee flexed. Then, after a high, quick side kick, bring the foot back again to the floor. This is to be repeated several times.

2. To improve the condition of your hands you might try wearing cosmetic gloves, directions for which I am giving you:

Cosmetic Gloves.

Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with the following preparation, then sew the closed seam up:

Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

3. When carrying on a personal correspondence, one should never inclose a stamp in his letter. You might acknowledge the receipt of the stamp, but let the boy understand it is not necessary for him to supply the postage.

4. I have never heard of "Love-cake," therefore cannot enlighten you. A German baker might answer your question.

Remedy for Freckles

Dear Mrs. Symes.

Please give me a harmless remedy for freckles. L. G.

The following is the recipe for a harmless remedy for freckles:

Lemon and Glycerine Lotion.

(For light freckles and sunburn.)

Citric acid (lemon)	2 drams
Hot water	11 ounces
Borax	2 drams
Red rose petals	1 ounce
Glycerine	1 ounce

Dissolve the acid and borax in the water, infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerine. Apply as often as agreeable.

A Red Nose

Dear Mrs. Symes.

Will you please tell me what to do for a red nose? It is not continually red, but as soon as I get out in the cold, and even when I stay indoors, it burns and becomes red, and then it is some time before the redness disappears. I never used to have my nose that way until the last few years, and it seems to be getting worse. I am a girl of 23. CONSTANT READER.

The redness of your nose may be produced by poor circulation. Try massaging it from tip to bridge, and see if this treatment will not improve it. Here is a recipe for a lotion which you may mop on it:

Lotion for Red Nose.

Powdered calamine	1 dram
Zinc oxide	30 grains
Glycerine	½ dram
Cherry laurel water	4 ounces

This lotion should be well shaken before it is mopped on the nose. It may be used both morning and evening.

Superfluous Hair

Dear Mrs. Symes.

Please let me know through your columns a formula for removing superfluous hair from the upper lip and across the bridge of the nose. PATIENT.

The following is a recipe for a depilatory which, if used as directed, will remove superfluous hair:

Sulphide of soda or calcium sulphide	10 grains
Chalk	10 grains

Mix thoroughly, and keep dry in well-corked bottle until wanted for use. Take enough to make a paste, and add warm water to it until the proper consistency is secured. Spread over the hairy surface, and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Dr. Vaucaire's Tonic

Dear Mrs. Symes.

Will you kindly inform me where I may obtain Dr. Vaucaire's bust developer? Does it come in form of a liquid or tablets? L. S.

I cannot give you the address of any one who sells the Dr. Vaucaire tonic, but I am sure you can get it at most any drug store. It comes in both liquid and tablet form, but I advise the liquid.

Walnut Stain

Dear Mrs. Symes.

I have read that the walnut stain is made with sixteen ounces of pure water, and then again I saw it was made with sixteen ounces of pure alcohol, which is correct? S. D. A.

Sixteen ounces of pure alcohol is correct. Following is the formula for the walnut stain:

Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, sixteen ounces.

Let stand eight days and strain. Then apply to the hair with a small brush.

Poor Complexion

Dear Mrs. Symes.

My face is broken out nearly all the time. Please advise me what to do for it. GRATEFULLY FOURTEEN.

It must be that your blood is in a very poor condition, and if this is the case the best thing to do is to take some good tonic—one containing iron. Be sure, however, to take it through a straw, for it is very hard on the teeth.

To Remove an Unpleasant Odor

Dear Mrs. Symes.

Please print something as soon as possible that will take a nasty odor from the body. ANXIOUS.

One cannot be too careful about his or her body in the matter of keeping it sweet, clean and healthy. And to do this one should take a bath daily, take plenty of exercise in the fresh air. It is also important that the clothing be changed quite frequently.

Use Gasoline

Dear Mrs. Symes.

Will you kindly give me a remedy for lice and nits—something that will not injure the hair? Is gasoline good? If so, how should it be used? This is very important, and I would like to hear from you promptly. A SUBSCRIBER.

Yes, indeed, gasoline is the best thing to use for such a trouble. Simply wash the head in the gasoline as you would in water, being very careful, however, not to be near any fire or heat.

Cure for Chilblains

Dear Mrs. Symes.

Some time ago you published a cure for chilblains. I have misplaced the recipe and would appreciate it very much if you would reprint it. HANNAH.

I believe the following is the recipe to which you refer:

Zinc oxide	60 grains
Camphor powder	30 grains
Myrrh powder	30 grains
Opium powder	30 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 this 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 consequence of violent friction.

Egg Shampoo

Dear Mrs. Symes.

Is it good to use egg on the scalp? If so, how is it applied? STUDENT.

The yolk of an egg cleans the head thoroughly and causes the hair to grow. Only the scalp should be rubbed with the yolk, and the head rinsed in hot water. The beaten white of eggs is also recommended as a simple and efficacious preparation for cleansing the hair. Rub on the scalp and rinse in hot water.

Troubled With Indigestion

Dear Mrs. Symes.

I suffer dreadfully with indigestion. Do you think cocoa would cause it? I drink a cup of cocoa every day at lunch. ELEANOR.

You had better stop drinking so much cocoa; when taken once in awhile it is very nutritious, but when taken to excess it will cause dyspepsia. Instead of drinking the sweet beverage try a cup of hot water.

Pale Lips

Dear Mrs. Symes.

My lips are very pale. Do you think biting them would cause them to be so?

Will you please give me your recipe for quinine hair tonic? K. L. J.

Biting the lips will make them colorless, and will also make them thick, hard and callous.

Here is the recipe for quinine hair tonic:

Sulphate of quinine	1 dram
Rosewater	4 ounces
Diluted sulphuric acid	15 minims
Rectified spirits	2 ounces

Mix, then further add: Glycerine, ½ ounce; essence royale or essence musk, 2 or 3 minims. Agitate until solution is complete. Apply to the roots every day.

ADVICE ON SOCIAL CUSTOMS

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

Sewing Classes.

LENT provides each woman a wondrous opportunity for gaining friends, a fact that every one does not realize. There is hardly a community, be it large or small, that does not possess a certain social clique which follows, as closely as may be, the best of the great world of society. In the penitential season it is the custom to give a certain amount of time to churchgoing and to good work, and this is the opportunity for the woman who would increase her number of friends.

It is only a very young girl who will consider a few masculine acquaintances more valuable than a large visiting list. It is true that each young man may be regarded in the light of a possible husband, but when she is married she will be forced to realize that a man, even the most devoted, will feel some chagrin if his wife can bring no women with her to make more pleasant the new life. That is a wife's part. The husband can always provide acquaintances of his own sex.

Then there is the woman who moves into a new locality and who has not yet found her place among her surroundings. She must first of all select her visiting list, and until the matter is settled she must feel an outsider. As I have said before, men alone do not make the good time that girls enjoy, nor do they satisfy the married women. Other women are necessary for advice on the thousand little household problems, for the complete enjoyment of the last bit of gossip, and, best of all, they are necessary to break the monotony of a long day when husbands are at work.

GAINING FRIENDS

To gain these friends, then, there can be no better time than during the forty days of Lent, for there are sewing circles, bazaars and hospital work to bring acquaintances together and to provide a common interest from which good friendship may spring. Social position may be for the moment almost forgotten. Money need not be considered. Results only are sought for, and the unpopular girl or the stranger in the town may then find an opportunity for showing her true worth. If she have ability, she will become the most joyfully received member of the set, and a little consideration and tact may save the position, even after Easter.

There is much to be said on the subject, but I am afraid it may not all come under the head of social usage. I can, however, mention a few details without overstepping my subject.

Tact is most essential in society. Without it one may not hope to succeed, and with it must come charity and gentleness, for all three go hand in hand. If the unpopular girl reviews her life and her conversation she will find that she is lacking in at least one of these virtues. Why not seize this opportunity to acquire it? How can any one be really unloved if she be kind and considerate, if she speak nicely of the absent? She need not be clever at repartee. She need not even be learned. To take the place of these two qualities she need only possess a good memory and learn to become a good listener. Some of the most noted entertainers of the world only knew the art of listening. If you find your friends do not love to hear you talk you need only listen to them. They will be satisfied, and you will soon begin to be yourself. Let your remarks be interesting, and speak in a gentle, low voice, and you will be astonished to see how soon you will rise in the opinion of your acquaintances. This advice may, perhaps, be difficult to follow, but I can assure you it will be worth the struggle.

I think that women who yearn for popularity, and there are many of them, imagine that hosts of men make a salon. They do not. Get the women first; the men will follow of their own accord.

BE FAIR TO ALL

Lenten sewing classes are usually held in the morning, and it is customary for each member in turn to be hostess and entertain the guests at lunch. If this is to be the rule, then it is fairer and more pleasant to make it a law that each luncheon must be limited to a certain number of courses, say four, and that they shall be simple. In this way the poorer members need feel no embarrassment, for the rich ones will have no opportunity to make them appear at a disadvantage.

If the sewing circle is held in the afternoon, it should meet at 3 o'clock, and tea should be served about 5. It is well to limit this, too, and to keep it as simple as possible. Olives and cheese sandwiches, tea and simple cakes should be sufficient.

Sometimes during the hours of sewing one member reads aloud, but I think this is better left to the discretion of the hostess of the day, for a little general conversation is a relief, and if cutting must be done, it is difficult to concentrate one's attention on anything else.

PERPLEXITIES SOLVED

A Quartette of Queries

Dear Mrs. Adams.

1. Is it proper when going with a young man to go in the room with my hat and wraps on?
2. I am five feet three inches tall and weigh 120 pounds. How long should I wear my dresses?
3. Is it proper when going with a young man for him to hold the girl's arm all the way or not?
4. If a young man calls on you or comes to take you any place and brings you a box of candy, should you open it and offer it to him or just lay it on the table or some place? RED CHEEKS.

1. When going out with a young man you may enter the room with your hat and wraps on, or you may put on your hat and leave the coat until he arrives.

2. According to your weight and height I should say that your dresses should not be longer than three inches from the ground.

3. A man should not hold a girl's arm at any time. If you are going over a rough road he may offer his arm and the girl may place her hand upon it to help herself, but he should not take hold of hers.

4. If any one brings you a box of candy it would be much nicer and proper to open it in his presence and offer him some. If you are both going out, then you may leave it on the table.

I really think you are too young to consider beaux. It is all well enough for boys to come around in the afternoon to take you out. However, it may be that you are a little old for your age; but let me entreat you to be young and girlish while you may, for there will be plenty of time during the rest of your life for you to be grown up.

To Indignant Ida:

While I sympathize with Mrs. Brown in her position, I feel that she should act differently and not be so weak. Far better for her to insist upon her rights than to blame herself for selfishness when she really is the most unselfish of creatures. The woman who allows herself to be overruled in such a matter cannot hope to retain the respect of her husband and friends. There is no reason to sit at home crying, and there is no reason to allow any one to put you in a false position. Mrs. Brown should stand up and fight for herself. She may do it if she has her strength.

Mourning for Husband's Relatives

Dear Mrs. Adams.

What mourning should I wear for my husband's relatives? Mrs. G. A. S.

As husband and wife are regarded as one in the sight of law, you should wear the same mourning for your husband's relatives as you would for your own, but for a shorter time.

After Receiving a Letter of Introduction

My Dear Friend.

I have received a letter of introduction to a girl who is visiting in my town. What is the first thing to do? IGNORANT.

You should call upon the girl as soon as possible and then make a point to invite her to come see you—say for tea or an evening gathering.

The Visitor's Callers

Dear Mrs. Adams.

When the acquaintances of a friend who is visiting me come to call upon her, should I leave the room? DON'T KNOW.

You should remain in the room for ten to fifteen minutes and then excuse yourself, after expressing pleasure at having seen them and asking them to come again.

Putting on Gloves

Dear Mrs. Adams.

Is it considered bad mannered to put gloves on in the street? GRACE.

Yes. One should be entirely dressed before leaving the house.

When a Widow Marries

Dear Mrs. Adams.

Is it proper for a widow to wear white at her second marriage? Mrs. E. T. R.

No; for a bride who has been a widow, never white. Pale gray is the color usually selected. Neither does such a bride wear a veil or orange blossoms.

The Toothpick!

Dear Mrs. Adams.

Should a toothpick holder be placed on the table? ETHEL.

No. It may be placed on a side table—handy for any one who may need a toothpick, but it is considered most improper to use a toothpick in the presence of any one.

When Introducing Friends

Dear Mrs. Adams.

If a young man takes a young woman to a dance should he ask her permission to introduce men friends? S. F. G.

Yes; it may be that the woman does not care to meet certain persons, although it would be better for her to allow the introduction to take place. She need not carry things any further.

About Hair

MANY women, to save their hair, wear false fronts, a custom not without danger. Frequently false hair, though apparently clean, is a cause of contagion. Hair cut from the heads of the Chinese often spreads disease. Fortunately this hair is easily recognized, as it is always coarse, rough, black and glossy.

False hair should be frequently renewed. Taken from a living head, it retains its vitality for about two years—sometimes even longer. Afterward it becomes uneven, stiff, matted, and can no longer be used. Hair cut from the dead is never used by hairdressers of good repute. Use as few pins as possible in fastening the hair, in order not to irritate the scalp, which may be scratched by them. It is well sometimes to change the style of dressing the hair, as it is apt to grow thin when always arranged in the same way.

When the hair is worn parted, be careful to make a new part each day in order to prevent it from spreading. It is advisable to clip the hair in the first quarter of each new moon, and at the end of the year the hair will have lost nothing of its length. I cannot believe that the silent orb of night has any influence on the growth of the hair, but there may be occult, mysterious influences which science has not yet explained. It is a certain fact that hair clipped at each new moon grows thicker.

It is well to sleep from infancy with the head uncovered, as the hair thus retains its beauty longer. On retiring, the hair should be raised high above the ears, without pulling, plaited loosely in a braid or two.