CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Incentives for Exercise

Amateur Base Ball

A Summer Blossom

Jumping Rope Developes the Figure

Journeys End in Dainty Luncheons

Leap Frog is a Fascinating Game

NEXT to cleanliness, exercise in the open air is most important to health. No one who remains indoors may possess true strength. Outside are the sun and the light and the fresh breezes, but many people are so constituted that they are unwilling to walk unless they have an objective point; they are unwilling to remain out of doors without an incentive. This is one of the peculiarities of civilization, one of the strange changes which has come over mankind since the time of the tree men and cave men.

It is said by the wise that four deep breaths a day, taken slowly, so the air may reach the furthermost corner of the lungs, will preserve the health and make pneumonia, consumption and blood diseases impossible. Surely, this is very good and very cheap medicine. Ought we not to be thankful that the plain fresh air that may be had for the taking is possessed of such life-giving properties? And, knowing this, there yet are foolish people who stay cooped up in the house with the windows all shut and still expect to remain young and strong.

To these unwise ones who do not love the fresh air for its own sake, and who do not care for exercise taken under its own true name, I want to mention a few interesting incentives, and I am sure they will suggest others, to make the daily dose of air more attractive.

During the spring and early summer walking is a fascinating occupation, and when the trip ends in the search for flowers it is made doubly delightful. Perhaps you do not know very much about the blossoms—very few people do—yet why not take this opportunity, when the weather is good and the wild flowers are in bloom, to learn all you can—to become an amateur botanist? You would like it, I know, and getting close to nature is so good for your looks and general health.

If you live in the city, and the country is not easily accessible, why not take up the youthful sport of jumping rope? Of course, it must not be done to excess, as it is too violent an exercise for a tired heart, yet in moderation it develops the figure and teaches grace. You may jump alone or with others; in fact, you might organize in your neighborhood a society of jumpers, so that after the day's work you may all get the full benefit of deep breathing in the air.

Amateur baseball, too, played with a racquet and a tennis ball, is good exercise and adapted to the business girl. It may be played in the late afternoon, and you cannot fail to enjoy it, while leapfrog is a sport that is really fascinating, and certainly for the exercising of every muscle no better game could be devised. Perhaps you must have a secluded spot for this, but on Saturday when you take your lunch out to the nearest bit of country, leapfrog cannot fail to appeal.

But if you are opposed to such violent exercise choose a place some distance off and walk there to eat your luncheon. This alone is a sufficiently alluring prospect for the average girl.

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.

Broad Nose

Dear Madam.
Seeing and trying your advice in the paper, I want to ask you if you can tell me what to do for a broad pug nose.
KATHERIN.

The only thing you can do is to rub your nose frequently with the thumb and first finger from the bridge downward, pinching it slightly as you do so.

Freckles

Dear Mrs. Symes.
Will you please tell me what to do for my freckles?
Miss S. B.

I am giving below two recipes, either of which you may use to remove your freckles.

Whitening Paste for Freckles and Brown Spots.

Salicylic acid........................ 60 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 subdued 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.

Request for Addresses

My Dear Mrs. Symes.
I would be very grateful if you would please put in the paper some names and addresses of several poor people living in Philadelphia.
K. M.

It is impossible to print such names as you desire in these columns, but if you send me a stamped and addressed envelope I will try to comply with your request. Surely, you would not have anybody be so inconsiderate as to publish any one's name in this connection.

Eyebrows Grow Low

Dear Mrs. Symes.
My eyebrows grow so low over my eyes that it gives me a sullen expression, so that I have formed the habit of raising them, and, although I am only a young girl, it has caused deep wrinkles across my forehead and the skin seems stretched. Can you suggest anything for the wrinkles, also, anything that will help the brows to grow higher? Would a strong astringent help?
JESSICA.

I am afraid an astringent would do no good in your case, and the only thing I can suggest is to brush your eyebrows upward; this may train them to grow higher. Do not wrinkle your forehead. Don't you think it would be better to have the low eyebrows than a wrinkled forehead? I am giving you a recipe for a wrinkle cure which I hope you will find helpful.

Milk of White Roses.
(A Cure for Wrinkles.)

Rosewater.............................. ½ pint
Simple tincture of benzoin.......... ¼ ounce
Attar of roses........................ 3 drops

Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses and bottle. Apply with cotton at night.

The Vaucaire Tablets

Dear Mrs. Symes.
Before taking Dr. Vaucaire's tablets I would like your advice as to how to take them and when?
A FAITHFUL READER.

One of the tablets is taken with water before each meal.

Spots on Nails

Dear Madam.
Will you please tell me a remedy for spots on the nails? There are a number on each one of mine.
THE AFFLICTED.

I do not think you can do anything to remove the spots from the nails. As the nail grows they will disappear. They are caused either by poor circulation of the blood or by bruises.

Bust Developer

Dear Madam.
Will you kindly print the recipe for Dr. Vaucaire's bust developer? And please tell me how to remove two wrinkles, or deep creases, in or around my neck. They are very deep. My neck is otherwise very nice.
A SUBSCRIBER.

Here is the recipe for Dr. Vaucaire's bust developer:

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goats-rue)........................ 3 fl. dr.
Lacto-phosphate of lime.......... 154 grains
Tincture of fennel................ 10 grains
Simple syrup...................... 13½ ounces

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

For the wrinkles in the neck I advise you to use the following recipe:

Milk of White Roses.

Rosewater.............................. ½ pint
Simple tincture of benzoin.......... ¼ ounce
Attar of roses........................ 3 drops

Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses and bottle. Apply with cotton at night.

A Question of Figure

Dear Mrs. Symes.
I am 19 years old and weigh 180 pounds. My waist measures twenty-five inches, bust thirty-eight inches, hips forty-two inches, and I am five feet six inches in height. What kind of a corset should I wear? I cannot afford to pay more than $2.50 for one, and I do not know if they fit that priced corset.

I am so clumsy that I would like to take something to reduce my flesh. Two years ago I weighed 140 pounds. Can you give me a recipe?

What shall I do for the callous places at the edge of my finger nails? I tried cutting, but that made them sore. On the third finger of each hand the rim of the nail extends down in the center, and I cannot make the lower edge even.

What is the least injurious way to curl the hair?

What shall I use on my face to prevent tanning? I am out of doors most all the time.
COUNTRY GIRL.

It is not usual for shops to fit corsets costing less than $2, although some shops make the exception and try to fit persons who have difficulties, in the hope of their future patronage. I should try to arouse their interest, because you cannot be helped in any other way. You should have a corset for a somewhat stout figure. Your proportions are average, and there should be no trouble in fitting you if you are strong enough to wear a corset that compresses the abdomen and hips slightly. If they will not fit the corset at the shop, have them measure your bust and hips as well as your waist.

The best way for you to reduce your weight is to take plenty of hard exercise, stop eating sweets and not take more than seven hours' sleep out of every twenty-four. Be active all the time.

Rub castor oil on the callous places on the edge of your finger nails; do not cut them.

If your nails are as peculiar as the little drawings you sent me, I advise you to consult a physician, for, very often, the condition of the nails indicates a certain state of health.

Why not put your hair up in rags or papers? Neither of these will harm the hair.

I do not think one can do anything to prevent tanning, except wear a chiffon veil.

Whitening of Teeth

My Dear Mrs. Symes.
My teeth being inclined to discolor, I have not much benefit of the usual remedy in regard to whitening and use them for cleaning only. Would you kindly give me a remedy for whitening the teeth?
Mrs. C. A. C.

I do not think my recipes for tooth powders would do you much good, so I advise you to visit a dentist. Very often table salt rubbed on the teeth will whiten them, but I do not think it wise to use it regularly.

The Celandine Leaf

Dear Mrs. Symes.
Would you please let me know where to get the celandine leaf for superfluous hair? I had hairs on the lip and cut them, but now they are coming in thicker than ever.

How long do I have to use vaseline for the lashes? I have used it three weeks, but they seem the same.
OLD READER.

It is impossible for me to give you an address where you may get the celandine leaf, but I am sure that most any drug store could supply you with it. It was very unfortunate for you to cut the hairs, for, naturally, cutting them only increases their growth.

I cannot say just how long it will take the vaseline to take effect on the eyebrows, but I know you have not given it a long enough trial.

Too Much Weight

Dear Mrs. Symes.
I would be very glad if you would give me a remedy to reduce my fat. I am but 15 years old. I would like something that is not injurious.
HELEN MAGDELIN.

I am giving you some rules for reducing the flesh which include a diet list. If you follow them carefully you will be able to see results in a short time.

Rules for the Reduction of 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 limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

MAY TAKE.

Fish—Nearly all fresh fish, boiled.
Meats—Lean beef, mutton or lamb, chicken, game (sparingly).
Eggs—Boiled or poached on toast.
Farinaceous—Stale bread, dry toast or crusts (sparingly).
Vegetables — Spinach, lettuce, celery, cresses, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.
Desserts—Ripe fruits only—acid varieties preferable.
Drinks—One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water, sipped at end of the meal.

MUST NOT TAKE.

Soups, salmon, bluefish, eels, salt fish, pork, veal, sausage, made dishes, fats, potatoes, macaroni, oatmeal, hominy, spices, rice, beets, carrots, turnips, parsnips, puddings, pies, pastry, cakes, sugars, sweets, milk, cream, malt or spirituous liquors, beers, 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.

The Native Land

Dear Mrs. Symes.
1. As I was born on a ship coming from Germany which is my native land?
2. I was corresponding with a friend and wrote the last letter, but got no answer. Would it be correct to write again or not?
3. Please publish some remedy for bad-smelling breath.
BILLY POSSUM.

1. Germany.

2. Yes, I advise you to write again, explaining that you received no answer to your last letter. Very often letters go astray. This may be the case with your letter.

3. After every meal take one-half a teaspoonful of bicarbonate of soda in a glass of warm water. Visit a dentist, for very often decayed teeth are the cause of such a trouble.

The Electric Needle

Dear Mrs. Symes.
Will you kindly inform me where I can get one of those electric needles, as I am very anxious to have the superfluous hairs removed, and will you give me a remedy to make the face and hands soft and white?
ENICE M.

You can get an electric needle at a store where physicians' supplies are sold, but you cannot handle one yourself. Such work requires an experienced and reliable operator.

To make the face and hands soft and white, use the following recipe for an excellent lotion:

Lotion to Whiten and Soften Hands

Put into a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands rub a little of this mixture into them.

Measurements for a Girl

Dear Mrs. Symes.
Will you please publish in the columns of your great paper the correct measurement for a rather slight girl of 18, taking five feet six inches as the height? I would like these measurements as much in detail as possible, for I wish to have a well developed and graceful figure and do not know the requirements of one.
A SCHOOLGIRL.

The following are the correct measurements for a girl your height without corsets. She should weigh 135 pounds.

Hips	28 inches	Thigh	25 inches
Waist	24 inches	Calf	14½ inches
Bust	34 inches	Ankle	8 inches
Upper arm	13 inches		

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

The Tipping Problem.

TO THE amateur traveler or to those who are about to take a long journey for the first time there is no more perplexing problem than tipping. Many there are who say: "I do not believe at all in tipping people. They should be paid salaries and expect nothing else." This may all be very true, but if it is the custom of the age to tip, then tip we must—and do! Indeed, it is not only a custom of this age, but it has been the custom of all the ages past and gone, even before the year 1. People have always tipped, and I think they always will; but where our ancestors gallantly handed over to the servitor their purse containing gold we of more cautious disposition carefully count every nickel and reduce it to a system.

We all know that it is the custom to tip waiters in public places, and the rule is to give an amount equal to 10 per cent. of the bill; but it is a rule very often ignored, for there are many who never give less than $1. Ten per cent., however, is fair, with a little more if the service has been extraordinarily good. Certainly the very best deserves an emolument. Women as a class are very parsimonious tippers, and where they give a waiter 10 cents they will give a waitress nothing at all. This is really quite unreasonable, and they should remember that if they are unwilling to tip they should eat at counters, where fees for services are not usually expected.

Just as one must tip the waiter, the porter who carries one's luggage through the station must also have his share. To him one usually gives 10 cents a bag. Abroad, for this same service, 10 centimes, or 2 cents, is considered a sufficient tip; but when traveling in this country it is well to put all such thoughts out of your head, for all the tips must be higher to correspond with the tariff. Abroad a centime, or fifth of a cent, takes the place of 1 cent, while a franc does yeoman duty as the equivalent of $1.

In England a guest never leaves after a visit without tipping the servants of his hostess, at least all those with whom he or she has come in direct contact. In this country the custom is growing more and more; and now if you pay a visit a small gift is at least expected by the maid who attends your room. For over Sunday this sum may be 50 cents; for a week, $1, and so on in proportion. This is a very reasonable way to manage, for it is quite obvious that an extra person in the house means an increase in work.

In the same way the porter on the train, the barber, the maid and the bellboys at the hotel where you stop all expect to receive remembrances on your departure. In regard to the waiter, if the meal is a la carte, even though you are stopping at the place, the waiter must receive his 10 per cent. If you are stopping on the American plan for any length of time, you will do well to remember your waiter at least once a week, and your head waiter, too, if you wish to have the best the hotel affords. Of course, in tipping this last-named personage you must not offer him too little. Nothing but a bill would suffice.

The only other tips which we need consider are those that must be dispensed upon an ocean steamship, and these are the ones that travelers need to be careful about, for they are really quite important. Terrible stories have gone the rounds about one who, crossing on one line, forgot to sufficiently remember the deck and room stewards. On his return trip, even though he sailed on another line, both stewardess and steward forgot to make him comfortable. Of course, it is a sort of wireless or subterranean method of communication whereby all the other ships that sail the sea are warned of an unusually parsimonious traveler. Most people, however, do not tip merely because they are afraid of the consequences. They tip because they have received really good service, and they are glad to reward those who have made them comfortable.

There are only five people for the woman traveler to tip, and these are the room steward, the stewardess, the bath steward, the deck steward and the waiter. These must all be remembered, and, on the average ocean steamer, only these five will wait upon her, so she need have no haunting impression that there are others. Sometimes it is a little confusing to decide exactly which deck steward has been the most attentive; but as a rule one particular one will become distinguishable before the end of the voyage. A man will have all these to tip except the stewardess, but he will have in her place the steward of the smoking room.

As a general rule, it is customary to give each of these five $2.50 for each person in the party, although when there are four or five together it is, perhaps, just as well to reduce the amount for each, so that all of the tips together will not equal more than a certain fixed amount. If the majority of the party have remained on deck for most of their meals, then the deck steward certainly deserves more than does the dining-room steward. On the other hand, if all of the people in the party are men, then the deck steward will have little work to do. It is, after all, a matter of common sense and of the size of the traveler's pocketbook. Professional people are seldom expected to be quite as generous as those who are obviously wandering the world on pleasure bent.

Perplexities Solved

Boy and Girl Problem

DEAR Mrs. Adams.
1. If a miss of 14 wishes to grow up ladylike, should she accept the offer of lads of her age to escort her home from suppers, parties and other places of amusement, or if they happen to meet when shopping?
2. Is it a lady's place to speak first to a man?
A READER.

1. There is no reason why a girl of 14 should not allow a boy of that age to escort her home. Do not, however, assume a flirtatious manner.

2. It is a woman's place to speak to a man first.

The Host Introduces Him

Dear Mrs. Adams.
When going to a party where each girl is requested to invite a young man, is it my place to introduce him or is it the place of the hostess?
I am a girl 16 years of age. Is it proper for a young man with whom I am keeping company to kiss me good-night when he leaves?
J. D. C.

You introduce the man to the hostess, then she introduces him to the guests.

A man should never kiss a girl unless he is engaged to her or married to her.

When Writing to a Stranger

Dear Mrs. Adams.
When writing to a comparative stranger do you begin your letter "Dear Mr. Blank," or "My dear Mr. Blank"? Which is more correct?
MARTHA.

"My Dear Mr. Blank" is, perhaps, the more formal way of beginning a letter to a stranger, but really there is no great importance about the matter.

Acknowledging Presents

Dear Mrs. Adams.
I am going to be married next month and my wedding presents are beginning to come in. Ought I to write and acknowledge them at once or should I wait till nearer the wedding day?
ENGAGED.

You ought to write and acknowledge your wedding presents as soon as you receive them, the sooner the better; half the grace of writing is gone if you keep the giver waiting for an answer.

The Proper Length of Time

Dear Mrs. Adams.
I have been invited to stay with some friends in the country, and as they did not say how many days I was to spend there I want to know what I should do?
E. H. W.

Three days is the usual time to stay, and even if asked to prolong your visit by your hostess you must remember that this is done more often out of politeness than because she is really anxious. However, one can usually tell when she is really wanted.

Wedding Queries

Dear Mrs. Adams.
Would you please inform me through your paper if it is proper for the bride's father, after he has given her away, to leave the church with one of the bridesmaids after the ceremony? And also what should a bride do with her bouquet when she leaves for a long trip soon after the wedding?
"ANXIOUS."

After the bride's father gives her away he joins his wife or one of the bride's relatives in the family pew, and when the ceremony is over walks out of the church with her.

The bride usually throws her bouquet to the bridesmaids, for superstition says that she who catches it will be the first one of the circle to be married. If the bride does not care to do this, she may leave the bouquet with her mother.