

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

DEVELOPING the YOUTHFUL FIGURE

The young girl's corset should be loosely fitted

OFTEN and often I receive letters from girls and women asking me if their measurements are correct and giving them to me in detail. These letters I answer, of course, as I answer all letters; but I am sorry to say that few of them happen to mention the most requisite information: Are your measurements taken over the corsets or not? Is it an artificial or a natural figure that I am asked to judge? You can see how important these details are.

The original standard for the perfect figure—Venus de Milo—was of an age when corsets were not known. Therefore, she is represented as having a figure perfect at every point. The representations to us a type that had never rendered her muscles tender and flabby by steels, nor had she hindered her growth by confining corset. She was free and graceful, like all the women of Greece are said to have been. Her carriage was perfection, her walk was the poetry of motion.

Does not this seem to be an ideal worth striving for? I think it does; and therefore I want to address young girls particularly and tell them how they may develop along healthful lines, yet without entirely ignoring the dictates of stern fashion. Every young girl wants to look like every other girl; but when the end may be attained with perfect health and comfort, why not find the way? The wise mother will never put her daughter into corsets too early. She should never wear them until she has reached her full height—at perhaps the age of 16. Up to that time, particularly if she is a little inclined to stoutness, she may wear one of the many youthful substitutes for corsets which are provided in profusion. These have the shoulder straps, which carry all the weight of the skirts and save the young girl many an hour of suffering in later life. But her first real corset may be boned in quite the usual way, though the wise mother will see that it is so large that there will be no opportunity for lacing—a practice dear to the heart of the young girl. The bones can do no harm if the curve of the corset is not too pronounced, and they may be very useful in supporting the figure and teaching the girl the value and the beauty of an erect carriage.

Here the moulding of the figure must begin, but these first corsets should be carefully bought. They should be loosely fitted, and the mother must be sure that the bust line is so ample that there is plenty of room left for development. Hips must not be laced and the waist line should be left as nearly as possible the natural size. In a short time the cut of the corset should be changed to suit the shape of the figure, but this must not be too abruptly brought about. There can be no excuse, in these days of knowledge, for a really bad carriage; and the mother who allows her daughter to hold herself badly during the first years of her teens will have a difficult task in remaking that daughter after she begins to care for her appearance. Lay all the foundations for health early in life and a good figure will be the reward.

I cannot put it with too much emphasis. No mother should allow her daughter to spend for support upon her corset. Let her muscles have room to gain strength and to depend upon themselves. In this way only may perfect development be attained.



ADVICE ON SOCIAL CUSTOMS

*Most chattering women
most cordially invited to
bring to her their Social
Problems and Perplexities
by letter at anytime*

The Untruths of Society.

THE polite lies of modern society are no more numerous than they were in the same society several years ago. As a matter of fact, they have more or less fallen into disuse since it has grown the fashion to be brusque and honest, sometimes far beyond the point of politeness. Nevertheless, some little white lies are used almost hourly; indeed, they pave the way of human intercourse. Without them it would be, indeed, a stony road. But in spite of their necessity it cannot be advised to sacrifice sincerity to hypocrisy any oftener than necessity requires.

Mrs. Robinson need never make it a point to rush across the street to congratulate Mrs. Brown when she really does not mean all she says; but if she meets Mrs. Brown on her side of the street, then decency demands that she be polite and say the usual courteous things.

If Mrs. Black goes to a party at Mrs. White's, she cannot say when leaving: "Good night. I had such a horrid time." She must in common decency say that it was a most lovely entertainment, even if she has the strength of mind to refrain from mentioning whether she enjoyed it or not. In this way part of the truth, at least, may be told and the other part left to the imagination.

There is a story of a certain lady who developed a mania for truth, who even avoided any subject about which she could not tell the whole truth and nothing but the truth. On one occasion, she was the hostess in a farewell party, she murmured: "My dear, good night. I had so much better

time than I expected." In this case her remark, while startling, was not as rude as it might have been. Suppose she had not had a good time at all!

A certain man of my acquaintance never commits himself for fear of telling an untruth. He will say, for instance: "It is going to rain—at least I think so. I am not positive it is going to rain, but the paper says so—I think it does," and so on until one could wish that he would just take a chance.

A polite lie is not really a lie; it is the concession every kind person must make in his dealings with others. We cannot all go around brutally telling the truth regardless of others' feelings, nor need we intentionally seek to tell a falsehood. A happy blending of the two—a compromise—whenever necessary will help to make life more pleasant.

The older generation, with their elaborate compliments, made the way

through life almost too pleasant. This excess of pleasantness amounted to hypocrisy, which was an undesirable as overdone sincerity. It is not advisable to go about saying to one: "How badly you dress!" and to another, "How ugly you are!" But neither may one in good taste pay too many compliments without being marked as too insincere to be worthy of consideration.

No matter what one may do personally, it is well not to ask others to forsake the truth. If madam is lying down with a headache and she instructs Mary to tell all callers she is out, then she is asking Mary to tell a falsehood when the truth would be just as effective. If from caprice she wishes to be excused, Mary may admit the truth at the door, for it would be sufficient to send any caller away. By this procedure you can see that Mary may be spared the necessity of telling any untruth.

PERPLEXITIES SOLVED

Should I Apologize?

DEAR Mrs. Adams. Please give me a little advice. I will appreciate it very much. A young gentleman and I are engaged, and I am really the cause for him being so. He has been so kind to me, and I do not want to be forced. He is 23 and I am only 17. Do you think he is too old to go with me?

It seems to me that if you have offended a friend of yours the only proper thing to do is to write a friendly note and say that you are in the wrong. It is not necessary to be forward. You need not express any desire to see him again, or even be friends with him. Merely say that you would feel better if you told him that you realized the true state of affairs, and that he was not to blame. As to your being too young to go with a man of 23 depends upon what you mean. If you are engaged to him, I do not think he is too old to be your husband. If he is merely a friend, there is no harm in that, for a girl may certainly have friends of any age she desires. If you mean you are allowing him to monopolize your time without a

proposal of marriage, then I should say that you were permitting a man to use what days he is likely to be at home and she would be glad to see him on one of them.

There is no reason why a girl of 17 should not correspond with a man of the same age. Make the letters friendly and interesting.

When a man is out with a lady or

ladies he should always walk on the curb side—never between two ladies.

A girl of thirteen

Dear Mrs. Adams. I am a girl of 13 years old and I am too young to go with one who is just 15 years old. I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

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many such invitations. If the dance objects to any one male friend, and has good reasons for doing so, I should advise you to cut the objectionable friend from your list of acquaintances.

Re-entering Society

DEAR Mrs. Adams. If a widow wishes to enter into society again, how can she make this fact known to her friends? S. D. S. When a widow wishes to re-enter society she should leave cards with her friends as an intimation of her readiness to receive visits.

Postcard Correspondence

DEAR Mrs. Adams. Kindly tell me to send the first postcard to a young man after he has written to me. I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

When Attending a Reception

DEAR Mrs. Adams. Kindly tell me if when attending a reception, the hostess introduces two ladies, should I shake hands with both of them? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Is It Proper?

DEAR Mrs. Adams. Will you kindly advise me through your columns if it is a girl's place to ask a young man to call on her? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Accepting Invitations From Other Men

DEAR Mrs. Adams. Would it be proper for a girl who is engaged to be married to accept invitations from other men? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Various Questions

DEAR Mrs. Adams. At a ball should a girl dance more than one dance straight with the same boy? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Dark Complexion

DEAR Mrs. Adams. What would you advise for a person who has a dark complexion and wishes to be lighter? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Before the Doctor Comes

DEAR Mrs. Adams. I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Be sure that the bust line is not too tight

AIDS TO CORRESPONDENTS

OWING to the great amount of mail received and the limited space given to 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 be complied with in regard to personal letters.

Bust Developer

DEAR Mrs. Adams. Will you please tell me the very best thing you know of to develop the bust? I am 19 years of age and have no bust at all.

Also tell me of something to fill out and develop my neck, as it is kind of hollow and thin.

What can I put on my face and neck to make them white? MAY Mc. I think if you take several bottles of the Vaucaire tonic, for which I am giving the recipe, your neck and bust will soon fill out.

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goats-rue)..... 3 dr. Simple syrup..... 15 grains Tincture of ferrous iodine..... 15 grains Lacto-phosphates of lime..... 15 grains The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of a little lemon juice added to the water in which you wash your face and neck will make them white. Cucumber juice is an excellent whitener.

The Freckle Cream

DEAR Mrs. Adams. Whether your freckle cream will take freckles off that have been on for four years or longer, my face and face are just covered. Also tell me whether it grows hair. The one to which I refer has to be removed with sweet oil and borax. How many times must one use it?

Yes, the cream to which you refer will remove freckles of long standing, but, of course, it will take a much longer time to show results than it would had the freckles just appeared. It will not cause a growth of hair, and should be used once a day.

Falling Hair

DEAR Mrs. Adams. What would you advise for a person who is losing hair? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

Following is the recipe for a hair tonic which will stop the hair from falling out. I do not know if this is the one to which you refer, but I can recommend it as being a sure remedy. Better see a doctor, too, in case you have some scalp disease.

Oil of rosemary..... 1 ounce Tincture of cantharides..... 1 ounce Oil of sweet almond..... 1 ounce Oil of lavender..... 1 ounce Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean, shampooed at least once a week.

Dark Complexion

DEAR Mrs. Adams. What would you advise for a person who has a dark complexion and wishes to be lighter? I am a girl of 13 years old and I am too young to go with one who is just 15 years old.

It is impossible for any person with a dark complexion to have a light complexion. It is rather difficult to increase the size of the wrist, but you may be able to accomplish this by massaging it with cocoa butter.

Cocoa butter may also be used to develop the bust, if you do not care to use either of the two methods referred to in your letter.

Recipe for Rouge

DEAR Mrs. Adams. Will you kindly inform me of some kind of rouge for the cheeks that will be harmless to the skin. Also tell me how to take out blackheads and take off freckles?

The following is the recipe for an excellent rouge: Sweet almond oil..... 1 ounce White wax (melted)..... 1 ounce Benzoin (thickly powdered)..... 1 ounce Rose powder..... 1 ounce Pure carmine..... 15 grains Blend the wax in the inside of a glass jar, add the oil and carmine while they are heating, the rose powder and carmine while cooling, and the mixture last of all. Spread

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