

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

The Prevention and the Cure for Sunburn

SOJOURNERS at the seashore always return to their winter haunts with really heartrending tales of sunburn and the sufferings it has caused, particularly among little children. It would seem that even the most careful and thoughtful of mothers forget that the first few days by the sea are needed to acclimate the newcomer, and that, during these days, if the sun is allowed to have its way, the worst burns may ensue. Even when this has happened—when baby legs and arms are raw and sore—some mothers do not think it necessary to cure the burns. They regard it as natural that the skin should peel; yet this is not the case at all, for bad attacks of sunburn have been known to end in blood poisoning, surely a result that every one would fain avoid.

So this summer, if you are at the seashore, or if you are intending to go there with the children, I want to tell you of several remedies that you may use, both to prevent and to cure painful burns made by old King Sol, our best friend in the winter and very nearly our enemy in the summer.

SHOULD BE SEASONED

When you arrive by the sea let the children wear long stockings at first, as their skin may become accustomed to salt breezes and slightly hardened to their briny force. After this put them in short socks, if you want to, but watch them carefully that, at the first sign of a burn, they may receive attention.

Burns that hurt slightly, yet where the skin is not broken, may be covered with a paste of bicarbonate of soda and water or vaseline. This will relieve the pain at once and will soon cure the burn, too. But for a more severe burn, when the skin is broken and the surface is raw, a more effective balm is needed, and the best is linseed oil and lime-water, to be mopped on with absorbent cotton. This may sting for a moment, but the fever will be banished by the lime-water, while the linseed oil will soon form a new skin. This is a safe remedy, and one that will save much future suffering.

For burns which are blistered and almost bleeding, a bandage is absolutely necessary, as the wounds must be kept clean or some germ of septicemia might find a tiny foothold. Cover all the afflicted parts carefully with the linseed oil and lime-water, and then bandage them thoroughly but loosely. If the legs are burnt badly it is safest to keep the patient lying in some cool spot, for sometimes the result of a comparatively simple case of sunburn is quite serious.

So much for the care of the children during the first days at the sea. But mother, too, must come in for her share of advice, for while she may not burn so severely she will dread the increasing tan even more. To protect her face from burning and freckling a re-



Linseed oil and lime-water will cure open burns.

A paste of bicarbonate of soda and water will relieve the pain.

low chiffon veil is most useful, and, even on cloudy, though windy, days, some prevention is required. Buttermilk, applied twice daily, is a very good whitener for the face. With this the encroaching tan may be driven back. When the face is already marked, however, the buttermilk will be hardly so effective, although it is still worth using. During the transition stage, if you are annoyed by a line around your throat where your high collar ends and the burn begins, you may hide it with a band of black velvet. This will make the complexion seem whiter and the ugly line will be entirely hidden from view.

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 Unwelcome Guest.

THE treatment of the guest who is neither expected nor welcome is a matter which every hostess must think of, even if she does not expect this unpleasant experience to be her own. When we speak of the unwelcome guest we mean the really unwelcome guest, who is undesirable even as an acquaintance, and who forces a way into the house without seeming to care how much the hostess may object. And besides this objectionable person, there is the blundering soul who rushes into the middle of card parties and luncheons to which she has not been invited, and generally becomes an affliction to all who know her.

It is safe to say, I think, that the majority of the first class are masculine, while the latter are mostly feminine, although we may find many undesirable women and numbers of blundering men. But the woman who entertains even on a small scale must be prepared to face either of these annoying possibilities.

There is a story of a wife who, against her husband's wishes, entertained a woman of her acquaintance. One afternoon the husband returned to find the undesired guest in the drawing room with his wife, and he felt that he was in a position where he must either accept the situation or take a decided stand. Yet it was his home. Could he break the laws of hospitality? With only a moment's hesitation he stepped forward, kissed his wife and, turning toward the guest, said: "I'm so sorry you must go. May I hold your coat?" This he took from the chair, and when the astonished woman was ready he escorted her to her waiting carriage.

This was really cleverly done, because in not a detail was he impolite. His attitude was solicitous and respectful, and the guest was too surprised to say a word in protest. In this respect he might serve, I think, as a model for all unwilling hostesses and hosts. This was a case when the undesirable guest was a woman and the host took the initiative. Had it been a man the hostess could have carried the day with equal success by calmly showing hands with him and saying, "Good-bye."

PERPLEXITIES SOLVED

Taking His Arm

DEAR Mrs. Adams: When a man brings me home from a party should he hold my arm all the way? VERY INQUIRIOUS.

A man should never take hold of a woman's arm, but if necessary the woman may take hold of his.

When Visiting

DEAR Mrs. Adams: I am going visiting in a few weeks' time, and would like to know a few etiquette rules. What do you do when one does with her napkin when a meal is finished? Also, should she always enter with her hostess before accepting an invitation?

W. R. T.
When making a visit of a day or more, follow the example of your hostess. If you are taking a single meal at a house, do not fold the napkin, but lay it beside your plate upon rising from the table.
So that your plans will not conflict with any arrangement your hostess has made, you should confer with her before accepting any invitations.

Serving a Course Dinner

DEAR Mrs. Adams: Will you kindly explain in full detail the mode of serving a course dinner; also the placing of the silver at the separate plates? Is the silver for the first course placed next to the plate or further away from it, and do you begin using from the outside toward the plate or vice versa? MISS B. B.

The first course, oysters or cantaloupes, is on the table when the guests

nified attitude, and if she allows no glint of humor or sympathy to show in her expression, the abnoxious guest will soon take his leave, with mental thanks that the host has not been called upon to insist upon his departure.

The guest who blunders in at inconvenient times is really only tactless, and it is the duty of the hostess to be as polite as possible and to treat her with every consideration. If the guest stays to luncheon or dinner and often repeats the offense, any hostess would be justified in refusing her admittance at the door, or else by a cooler manner showing that she was not overjoyed at the intrusion.

A certain amount of kindness and hospitality is due from every hostess, but no one need be imposed upon. I think that the guest who wilfully and often comes uninvited to an entertainment and stays, or who forces herself when she is not wanted, should really be quite frankly told of her shortcomings. Should others be present, etiquette demands that at the moment the situation be saved by composure, at least. Afterward the offense should be discussed with candor and as much good will as one may bring to bear upon a really difficult situation.

Paying the Chaperon's Fare

DEAR Mrs. Adams: When my mother acts as chaperon should the young man who takes me to a dance pay her carriage as well as mine? YES, he should. The chaperon, no matter who she is, should be treated as a guest by the girl's escort.

Should He Kiss the Bride

DEAR Mrs. Adams: Is it customary for the bridegroom to kiss the bride before leaving the church after the ceremony has been performed? MAMIE P.

No, that custom is not observed any more. Demonstrations of affection should not be made publicly.

Talking With the Chauffeur

DEAR Mrs. Adams: Is it all right for me to talk with father's chauffeur when it is necessary to get beside him in the car? I don't enjoy driving any great distance without saying a word. ETHEL.

It would be proper for you to speak to him of impersonal matters, but do not chat informally with him.

Broken Engagement

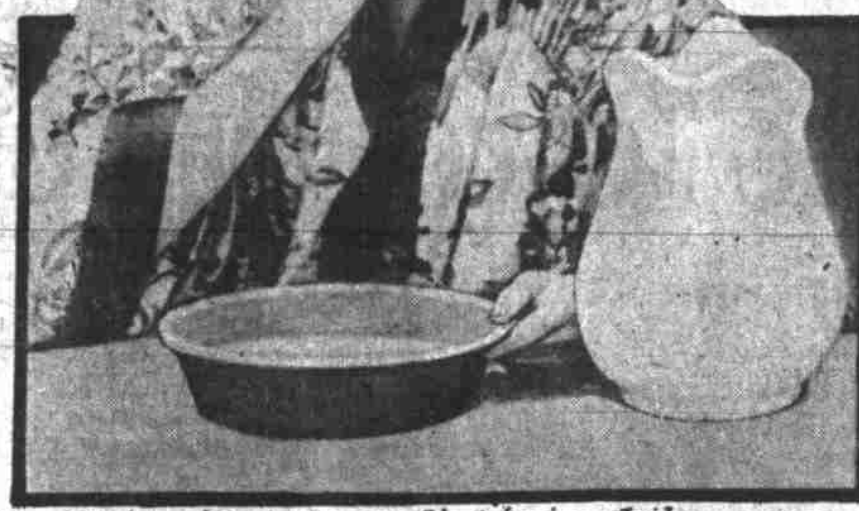
DEAR Mrs. Adams: My engagement with a young man has been broken, and I would like to know if it is necessary to return everything he gave me, including his letters? A. P. M.

If you received an engagement ring from the man, it should be returned to him. The letters, too, I would return, for they will mean nothing to you any more. I do not think it is necessary to return every gift he gave you, but of course, you may do as you like about it. I would return all gifts of value.

Attending a Dance With Her Parents

DEAR Mrs. Adams: Is it right for a girl of 14 to go to a dance with her parents, and if I should get an introduction to a young man, should I speak to him when he is introduced to me? IGNORANT.

Yes, a girl of 14 may attend a dance with her parents. Certainly you should bow to the man who was introduced to you whenever you meet him.



Buttermilk to be applied twice daily

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.

A Girl of Thirteen

DEAR Mrs. Adams: I am 13 years of age, my height is 5 feet 3 1/2 inches, waist measure 25 inches, bust 23 inches and hips 38 inches. Am I well proportioned? If not, where are my faults?

Do girls of my age wear large bows of ribbon on the hair? What manner of hairdressing is appropriate for a young girl? How long should I wear my dresses? ANXIOUS.

It would be almost impossible to give correct measurements for a girl of 13. Girls of that age grow every day, and not until they are past 20 can one say if they are well proportioned or not.
Yes, girls of your age wear large bows of ribbon on their hair. I think a sweet and girlish style to arrange the hair in a soft pompadour, and with a plait hanging down the back tied at the nape of the neck with a large bow, or the plait may be turned up.

A 13-year-old girl should wear her dresses a little above the antheopoe, the number of inches being decided upon by the height and appearance of the girl.

Superfluous Hair on Neck

DEAR Mrs. Adams: Will you please publish your recipe for removing superfluous hair? My hair grows down on my neck and all the way to the front of the neck. Do you advise me to do

something to stop it, or do you think it wouldn't stay? TROUBLESOME.

If the growth of hair on your neck is not very heavy, I advise you not to use a depilatory, but mop the hairy spot with a solution of peroxide and water. This will bleach the hairs, making them hardly noticeable. However, if you prefer using my recipe, very well; but I will tell you now that, while it removes the hair, the result is not permanent, for it will have to be used about once every four or five months. It likewise causes the new hair to grow quite stiff.

A Depilatory.

Sulphide of strontium..... 2 drams
Oxide of zinc..... 1 dram
Powdered starch..... 3 drams
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 ten to fifteen 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 desolated surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

It Is Impossible

DEAR Mrs. Adams: As I am neither light nor dark complexioned, I wish that you would publish something to make the skin dark and olive. CLARA N.

I am afraid I cannot comply with your request, for I know of nothing which will make the complexion darker.

Name of the Herb

DEAR Mrs. Adams: A short time ago you named an herb which would remove hair from the face

slowly, but surely. Would you please publish the herb again? I have used peroxide quite successfully, but some say in time it will make the hair thicker. Do you think so? A. L. M.

I think you refer to thecelandine leaves and roots. Use about one ounce of the leaves and roots to a pint of boiling water. The water should be poured over them and allowed to stand for several hours; then strain and apply to the hairs.

I am glad to hear that the peroxide proved helpful. There is no danger of its making the hair grow thicker.

Request for Sage Tea

DEAR Mrs. Adams: Kindly publish the recipe for making the hair dark which contains both black tea and sage. CURIOUS.

The recipe to which you refer calls for green tea and not black. To make up the recipe, first steep the tea and sage, then measure and add the alcohol.

Alcohol..... 2 ounces
Green tea..... 2 ounces
Garden sage..... 2 ounces
After straining, keep tightly corked to prevent evaporation.

Hair Troubles

DEAR Mrs. Adams: Will you kindly give me a recipe for my hair? For nearly a year it has been falling out, and my scalp itches and I have a little dandruff. My hair is very oily. DOROTHY G.

I am giving you a tonic which will prevent the hair from falling out if you use it persistently. For the dandruff I advise you to use castor oil on the scalp about once a week, not oftener, because it would make your hair too oily. After the hair has stopped falling out and the dandruff is cured, let me hear from you again, and we will do something for the oily condition of the hair.

Quinine Hair Tonic.

Sulphate of quinine..... 1 dram
Green tea..... 2 ounces
Diluted sulphuric acid..... 15 minims
Rectified spirits..... 5 ounces
Mix, then further add: Glycerine, 14 ounces; essence rovals, or essence musk, 5 or 6 minims. Apply until solution is complete. Apply to the roots every day.

To Prevent Fading

DEAR Mrs. Adams: Will you kindly inform, through your paper, how to wash a red dress safely so it will not fade? E. W. J.
If you had said what material it was, it would be easier to help you. Red woolen and turkey red cotton will wash perfectly, and there is almost no danger of red chamois or gingham fading, but as a precaution you may dip it first in strong salt water.

Hair Dye

DEAR Mrs. Adams: Will you kindly tell me of some dye that I may use on my hair? My hair is dark brown, fine and soft, and I would like it to have an auburn tint. ANXIOUS.

The best thing you can use to give your hair an auburn tint is the henna stain, for which I am giving the recipe. As I have, often said, it is better to try a little of the stain on a strand of hair than to apply it to all the hair at once, for in this way you can judge if the shade is just what you desire.

Henna Hair Stain.

Take one ounce of henna leaves, steep in



Bandaged legs are safest when burns are at their worst.



Long stockings should be worn at first

a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

The Henna Stain

DEAR Mrs. Adams: My hair is a dull shade of brown, and I would like it to have an auburn tint. Have tried henna tea without any good results. DAINITY.

The only reason I can give for the henna stain not giving your hair an auburn tinge is that you did not use a strong enough solution. Increase the quantity of henna leaves to the water and then see if you don't get the desired tinge.

Removing Moles

DEAR Mrs. Adams: Will you please tell me whether moles may be removed by a root physician, or is it necessary to have it done by a skin specialist? Is electrolysis the method used, and does it leave a scar? GRATEFUL INQUIRER.

I think it is better to go to a skin specialist to have a mole removed. Electrolysis is a method sometimes employed, and it usually leaves a little scar, although not very noticeable.

Liver Spots

DEAR Mrs. Adams: I am troubled dreadfully with liver spots, and I have tried most every kind of medicine advertised for same, with no good effect. Can you help me? S. D. M.

The best advice I can give you is not to take any more medicine without receiving the prescription for same from a perfectly reliable doctor.

Liquid Powder—For Whiten- ing the Skin

DEAR Mrs. Adams: Will you kindly publish your recipe for a liquid powder to whiten the skin? RADIE K.

Here is the recipe you desire:
Pure oxide of zinc..... 1 ounce
Glycerine..... 1 dram
Rosewater..... 1 ounce
Essence of rose..... 15 drops
Mix the zinc, dissolve it in just enough of the rosewater to cover it, then add the glycerine and then the remainder of the rosewater.
Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Parasites

DEAR Mrs. Adams: Will you please tell me what is a good thing to use to get rid of parasites? My little girl's head is full of them, and I am very anxious to clean them out. MOTHER.

Wash your child's head in plenty of gasoline or alcohol—far away from any fire—and after you are sure the head is thoroughly cleaned, wash it well with soap and water.

Four Queries

DEAR Mrs. Adams: 1. Please reprint your remedy for red hands, and please tell me the cause of the hands being red.
2. What can I do to make my feet smaller?
3. Can you tell me what will make the hair fluffy?
4. How can I stop biting my finger nails? I bite them all the time, but I don't keep them off to the quick, and I want to have pretty finger nails. VERY INQUIRIOUS.

1. Following is the recipe for whitening the hands. Red hands are caused by poor circulation of the blood, lack of care to dry them carefully or wearing the cuffs of your sleeves too tight.

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.

2. Nothing can be done to make the feet smaller. The selection of properly cut shoes will help to make the feet appear smaller.

3. To make your hair fluffy, brush it frequently, give it sun baths and use washing soda in the water when you wash your head. The last mentioned will make your hair somewhat lighter in color.

4. By exercising will power you will be able to break the habit of biting your finger nails. If one would only stop to think what an unsightly appearance he or she makes when in the act of biting the nails, I am sure there would be less inquiries for "something to make me stop biting my nails."

Home-Made Bleach

AN EXCELLENT and timely recipe to use for whitening the skin on hands and face is made of one-quarter of an ounce of white rose leaves steeped in one-quarter of a pint of fresh lemon juice and one water set a pint of brandy. Let the leaves remain in the liquid for three or four hours, and then strain and decant.

This lotion should not be used more than once a day. It is, however, perfectly harmless and very pleasant.