CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

ROWING for EXERCISE

Reach well forward

Let the blades catch the Water

Swing back with hands one over the other

A Bad Finish

A Good Finish

WHEN any one asks me what is the best and most beneficial exercise to take, I have but one answer: rowing. It is one of the few exercises that will bring into play all the muscles in arms, back, shoulders and even legs. With every stroke the rower must involuntarily exercise, and, indeed, it is in itself a joy. In no more pleasant way may one spend an afternoon than in rowing lazily on lake or river. The sun may be warm, but there are always great shade trees that grow beside fresh water, and the heat is seldom really excessive. And then, when the rower has become pleasantly heated, he may begin to think of the bath that awaits him when this journey is ended. Surely this is a pleasant pastime.

Women need not and should not leave rowing to the men. It is too healthful and health-giving an exercise to pass by with the complaint that it is hot, hard working or unbecoming. It is none of these things, and, when you have mastered the art, you will find that your happiest hours are spent propelling your own shell or rowboat. Canoeing is an accomplishment in itself, and one that I will try to talk about some other day.

To learn to row you will have to take your oars and your boat and practice in water that is not so deep as to be dangerous; but I can review with you the stroke, so you may not feel "all at sea" when you get the oars in your hands.

The pictures have been taken of a single-oared racing shell because in this the positions of the body are more easily seen, but in a plain rowboat the principle is the same. Flat-bottomed boats are practically impossible to upset, but they make the heaviest rowing. After a shell the most pleasant boat to row is a round-bottomed canvas boat built on the same general lines as the "sneak-box" used for ducking.

To row, settle firmly in your seat and put your oars in the rowlocks, allowing the ends that you handle to reach about two inches from each other as you hold them in front of you. Then reach well forward, holding the blades of the oars just above the water. It is difficult to prevent their touching, but this is a difficulty that practice overcomes. Then, having reached forward and forced the blades back of you, let them dip in and catch the water, but do not let them become entirely submerged. Then swing back and pull the oars back with you, allowing your hands to cross one over the other, for at a certain point in the backward motion they will overlap. At the finish of the stroke the hands will be held in much the same position as they were when you began your stroke, but the body will be bent slightly backward, for to propel the boat you need the longest swing you can get.

A bad finish is where your oars are pulled so far back that they strike the body and you are not in a position to immediately begin another stroke. The motion should be slow and continuous, and there should be no irregularity at any time. If you faithfully practice you will soon become so expert that you may save time and effort by exactly gauging the height from the water the oars must be held on the reach and by knowing just how far to dip them when you catch.

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 Inexperienced Hostess.

FEW women hold a more unenviable social position than the inexperienced hostess. When others may get some vicarious pleasure from their own entertainments, they are to her agonizing. She is usually too worried to notice anything, right or wrong, and, therefore, takes the wrong for granted. She is too anxious about her guests to know who has come and who has not, and in anticipation of the event she has fussed so much that she is really too tired to receive even the first arrival. Her position is most certainly very uncomfortable, and she suffers for her ignorance to the fullest extent.

It is a pity that women inexperienced in entertaining do not appoint, as major domo, some one who really knows and then relinquish all responsibility. There are many in this big land of ours who do not need to economize at all, yet they are unwilling to invest their authority elsewhere.

The ideal hostess is never hurried or flurried; she is restful and cool and possesses all her wits. When Mrs. Jones arrives she knows exactly what to say and how to say it. When Mr. Robinson shakes hands with her she will know which of her guests he will wish to see, and she will casually mention in which corner they may be found. She knows that no arriving guest must be neglected and that the proper salutation must be given each. Further, when our hostess tells Mr. Robinson where to find his friends, or when she makes the appropriate remark to Mrs. Jones, she neither giggles nor gushes.

Gushing, by the way, is a very inexcusable habit and one that should be strenuously avoided. Only very nervous and inexperienced women adopt this method of trying to make themselves agreeable, and with it they defeat their own ends. The most attractive women are those who are quiet and dignified, not overly enthusiastic. The hostess may make her welcome more acceptable by expressing genuine pleasure than by employing affected blandishments and compliments.

For the inexperienced hostess, either the older woman who has never formally entertained or the young bride who has just started housekeeping, there are a few points that I would like to explain, for I think they will prove helpful.

In the first place, she would be wise to try her hand at entertaining at a large tea. She need then only put the serving of the usual things in the hands of a capable caterer, or she may have her own maid lay the sandwiches, cakes and ices upon the table, with the tea things at one end. The hostess usually invites some friend or relative to pour, in which case the maid need only see that the teapot and the dishes which hold the eatables are kept filled and that the soiled plates are removed. There should also be plates, spoons, forks, napkins and glasses for the ices upon the table, and then the guests may help themselves. At such an entertainment the guests are expected either to stand around the dining room and hallways or to find chairs as best they may wherever they are placed against the wall.

The table at a reception is never used to rest one's plate upon while eating. It is only there so that the food may be conveniently within reach and so the guests may put their plates upon it when they are finished. The maids must watch for this and remove them promptly, for soiled plates should never be in evidence.

If the hostess will have a caterer and leave all these details to him, she will feel far more comfortable. If she wishes maids, and more than fifty guests are expected, she should arrange for one maid to remain in the dining room and direct two others. These may remove soiled dishes and bring clean ones continuously. The maid in the room will prevent any confusion.

At receptions there should always be either a maid, boy or man to stand at the front door. He should open the door as soon as people arrive, to prevent the clanging of the bell, and he should hold a salver in his hand to receive the cards. He also directs the arriving guests to the dressing room.

If there are many carriages expected, a man should be stationed in the street to tell the coachmen where to wait and to call them when they are required for departure. A man trained for this purpose may be found at almost any livery stable of a city. The man to stand at the front door should be provided by the caterer.

Upstairs two rooms should be set apart for dressing rooms, one for the men, another for the women. It is customary to have no attendant in the gentlemen's room, but there should always be a maid in the women's room to help when wraps must be removed. The men usually leave hats and overcoats upstairs. Women leave their heavy outer wraps, if they prefer, but they wear their hats and gloves down to the reception room.

At the appointed hour the hostess and those invited to receive with her take their places in the drawing room. It is customary for the hostess to stand at the right of the door, so the entering guests may keep to the right. This position, too, enables the hostess to have those who are receiving with her on her right; then she may easily offer her right hand to the approaching guest and pass him along, as it were, with an introduction. During the arrival of the first few guests, however, it is better to forsake the formal position and to group in the center of the room. Then the first arrivals need not feel that they are unwelcome, and the time may pass in pleasant conversation until the rush of guests begins. The hostess must on no account leave the room, and if she is not standing by the door, she must constantly watch it, so that she may step forward to welcome any new arrival.

After the first guest appears the wise hostess will dismiss the dining room and all her other arrangements from her mind and concentrate all her energies on being pleasant and tactful. It is rather like playing tenpins. Once the ball is set rolling nothing may stop it, and one might as well smile and allow it to roll smoothly along, trusting that the aim was good.

PERPLEXITIES SOLVED

Length of Dresses

DEAR Mrs. Adams.
How long should a girl of 14 wear her dresses?
If a boy about my age living where we used toake me if he may write to me, what shall I answer him? If another girl, who is jealous, keeps saying things, such as he was going to stop writing to me, and he speaks about it in his letters, what should I say? A. Z. B.

If you are of the average size for a girl of 14, you should wear your dresses long enough to cover the calf of the leg.

You may consent to write to your boy friend if you care to do so. It would be the more dignified to ignore entirely the remarks of the jealous girl.

Would It Be Proper to Write?

Dear Mrs. Adams.
I met a young lady at a dance some time ago and have not seen her since. Would it be all right for me to write her a note asking if I might call? RAYMOND.

Yes, you may write asking her whether you may call, and what time would be most suitable.

Kind of Notepaper

Dear Mrs. Adams.
Is it considered bad form to use brightly colored notepaper? And may one use sealing wax on personal letters?
DOUBTFUL.

It is very bad form to use notepaper which is in any way conspicuous. All loud colors or elaborate designs should be avoided. Sealing wax may be used, but it should be of the same shade as the paper.

A Sympathetic Call

Dear Mrs. Adams.
When a person makes a call on some one who is in mourning, what should be said?
MARTHA.

If you are making a call to purposely sympathize with your friend, you might say, "You know I sympathize with you, and if there is anything I can do for you, do not hesitate to call upon me." If your friend seems disinclined to dwell on the subject, change it as soon as possible and try to bring up some interesting topics to divert her mind. It requires much tact to successfully make a condolence call.

Setting the Table

Dear Mrs. Adams.
Will you kindly tell me just where the bread and butter plate should be placed; also the tumbler? YOUNG BRIDE.

The bread and butter plate should be placed to the left of the dinner plate and the tumbler to the right.

The First to Recognize

Dear Mrs. Adams.
Who should be the first to bow, the man or woman, after they have been introduced at a reception? S. A. Z.

The man should not recognize the woman unless she takes the initiative. If she desires to continue the acquaintance she will bow.

When Introduced

Dear Mrs. Adams.
The other day I was calling on a friend and while there a friend of hers came in. When we were introduced I did not shake hands. Was that all right? X. Y. Z.

If introduced to any one while making a call, merely a bow is necessary. The hand may be shaken if the introduction is a special one or one with a view to possible future friendship.

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.

Short and Wide Feet

Dear Mrs. Symes.
I will be very grateful to you for advice on these two subjects: My feet are short and very wide, and I wear a longer shoe than my foot requires to try to make it look narrower. This compels me to wear such large shoes. Is there any remedy for this?
What can be done to make both hips the same size? One of mine is somewhat larger than the other. J. A.

The only thing you can do to make your foot look narrow is to continue wearing the long and narrow shoe. However, I think it very unwise to do this, for large shoes can do harm to you feet as well as small ones. Why be so sensitive about their width?

Probably you have a habit of allowing your whole weight to rest on one foot. This will make a difference in the size of the hips. One should learn to stand firmly on both feet if she wishes to maintain a dignified appearance and preserve a good figure. Massage treatments may be taken to develop the one hip, or exercise may be taken to decrease the size of the larger hip.

Using Buttermilk

Dear Mrs. Symes.
Will you be so kind as to publish how often I should rub buttermilk in for removing summer freckles? I have a rather dark complexion. Will it help that? Also, how long will it take to remove the freckles? A. Z. B.

The face should be washed in buttermilk night and morning. Yes, it will help to whiten the skin, but not to a very great extent. If the freckles are not of long standing, it will take a very short time for them to disappear.

Regrets Bleaching Her Hair

Dear Mrs. Symes.
Last summer I foolishly bleached my hair with peroxide and now I regret it very much. Could you give me advice as to how I may gradually darken it, so as to bring back the natural color? Would sage tea darken it?
THE BLIND SINGER.

It will take some time for your hair to resume its natural color, but if you use sage tea it will help to bring about quicker results. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

Brushing the Hair

Dear Mrs. Symes.
Do you think it is injurious to brush the hair thoroughly every night? I have started to do it, but one of my friends advised me not to. I would rather brush it than massage the scalp, for I haven't much strength. VIOLA.

It is well to brush the hair at least fifteen minutes every night until the scalp tingles and glows. Of course, the brushing must be gentle; otherwise it will prove injurious.

To Enlarge the Hips

I notice in one of your papers that you advise some one wishing to reduce hips to draw up the knee to the chest, etc. Now, I was told to practice that continuously for three or four months to enlarge the hips. Would you kindly inform me what will increase the size of the hips and thigh?
ADDIE M. J.

I do not like to contradict what you were told, but I know that the exercise to which you refer is splendid for reducing the hips. However, you may practice it or not, as you prefer; but I am giving directions for an exercise which will enlarge your hips and thighs if practiced several times a day:

Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

Wrinkles and Insomnia

Dear Mrs. Symes.
Some time ago you published a recipe for premature wrinkles, and I would like to have you print it again as soon as you have space.
What is good for insomnia? Some nights I am too tired to sleep. GRATEFUL.

You will find herewith the recipe you desire:

Lotion for Premature Wrinkles.

Alum, powdered	70 grains
Almond milk (thick)	1½ ounces
Rosewater	6 ounces

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

Bathing the temples and the back of the neck with warm water will often produce sleep. Or sipping a glass of warm milk before retiring will have the same effect. Sometimes ice cold water applied to the spine induces sleep.

A Broad and Flat Nose

Dear Mrs. Symes.
Please tell me how I can improve the shape of my nose, as it is quite broad and flat?
My lower lip extends more than my upper one. Is there any method of correcting them?
Kindly publish a recipe to make the hair grow. KATE R.

The only way to make the nose less broad and flat is by gently pinching it and wearing a clothespin or a wire arch on it at night.

I am afraid there is no way to correct your lips.

The following is the recipe for an excellent hair tonic:

Cologne	4 ounces
Tincture of cantharides	1 ounce
Oil of English lavender	½ dram
Oil of rosemary	½ dram

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

To Remove a Wart

Dear Mrs. Symes.
Will you kindly put a recipe in your paper for removing a wart? I have one on my middle finger which I would like to get rid of. BETSIE.

The following recipe for a wart eradicator has proved efficient in many cases:

Wart Eradicator.

Sublimed sulphur	120 grains
Glycerine	6 fluid drams
Acetic acid	1 fluid dram

Apply repeatedly to the wart, continuing the treatment for several days. The wart will dry up and then drop off.

Daily application of raw potato is also said to be a cure.

A Peculiar Condition

Dear Mrs. Symes.
Can you help me along any with this trouble? About ten years ago my hair came out and left a bare spot about as large as a quarter. I had it shaved and it came in again thick. Two years ago the same thing happened on the crown of my head, and I treated it the same way with good results. Now another spot has appeared right over my ear. It is as bare as my face. Can you tell me what it is and what I can do for it? TROUBLED.

Since the trouble seems to repeat itself so often I advise you to go to the nearest hospital and get medical treatment. The condition of your hair indicates that there is something wrong with your general system.

Wants Curly Hair

Dear Mrs. Symes.
Will you please tell me what will make a baby's hair curl? ONE INTERESTED.

Many persons have succeeded in making a baby's hair curl by gently brushing it the wrong way.

Skin Bleach

Dear Mrs. Symes.
Would you please give me a skin bleach, a recipe for a face that was tanned in the sun? Could I use it at any time when I come home after being in the sun? Also give me a remedy for pimples.
A CONSTANT READER.

The following recipe for cucumber wash will help to remove the tan and bleach the skin, and you may use it when you come in from being out in the sun.

Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound with a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can from the refuse. Now put all into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Then re-strain and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day.

The alcohol should preserve the juice.

To remove the pimples use the cream for which I give you the recipe.

Cream for Pimples.

Salicylic acid	10 grains
Calomel	1 dram
Lard	1 ounce

Brown Spots

Dear Mrs. Symes.
Please tell me what to do for a brown spotted complexion caused by the gulf winds. I have tried bay rum and salicylic acid, but they did no good.
A READER.

If the salicylic acid did not remove the brown spots you had better use a solution of peroxide and water, mixing half and half of each. Should the peroxide fail to bleach them, then I think there is some cause other than the gulf winds, and you had better consult a physician.