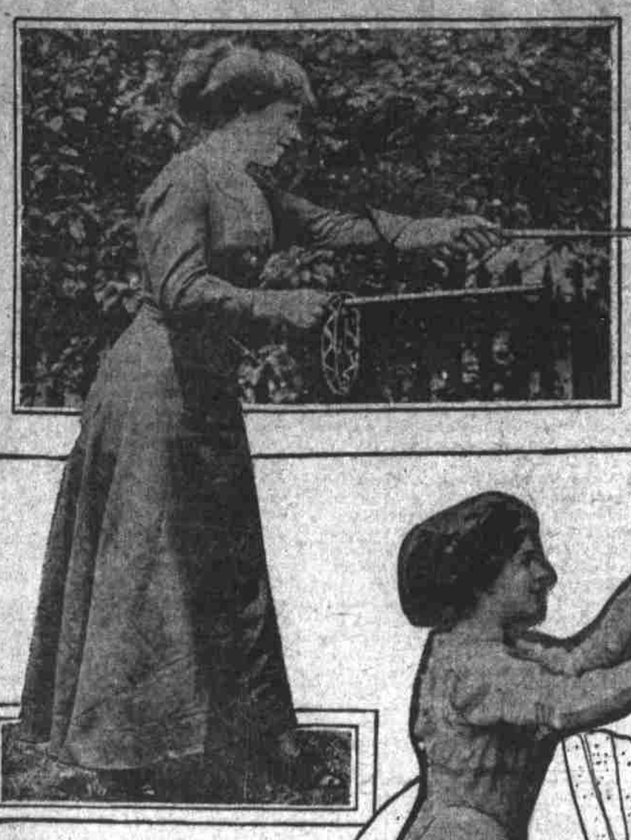
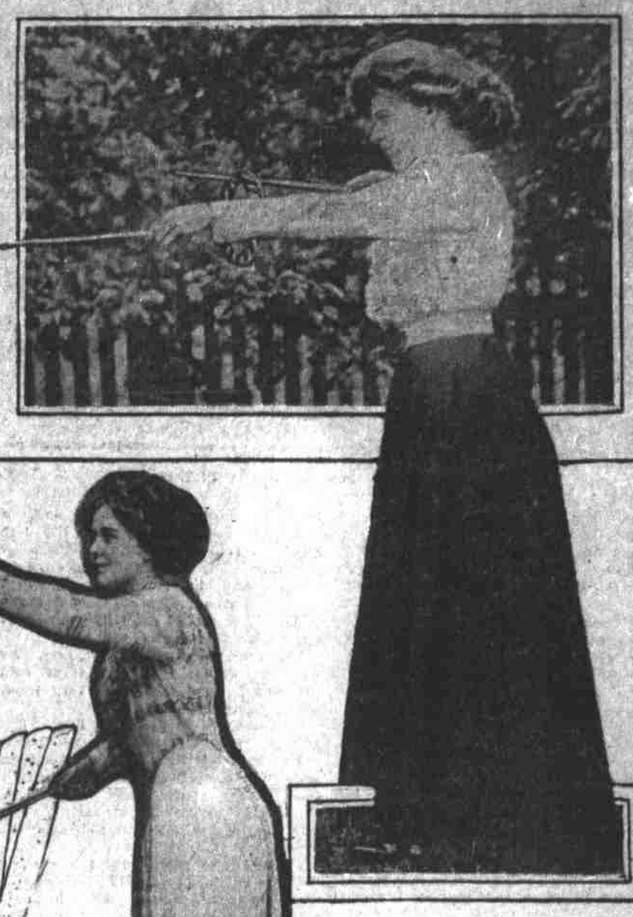
CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES





IT IS the duty of every woman to be graceful. Some are gifted with a natural grace and some acquire grace as they pass from the tomboy stage, but others never seem to lose their youthful awkwardness without the aid of grace-teaching exercises.

Many years ago, when the schooling of maidens included all the arts and accomplishments of the drawing room, grace was taught in the seminaries and by the resident governesses. Then it was that grace hoops became extremely popular. The handling of the sticks, the catching of the hoops and even the reaching for them, when lack of skill at the game caused them to fall, all were found useful in teaching the player control of every muscle. It was unfortunate that when tennis, golf and other more strenuous games came into fashion grace hoops were forgotten. But is it too late to revive them? Is it not entirely sensible to again cultivate a game which teaches such admirable lessons in muscular control and which at the same time affords the best of healthful exercise and contributes toward much-needed grace?

Grace hoops are played by beginners with one stick apiece and one hoop. The object is to toss the hoop into the air with the sticks and to keep it in motion without any assistance from the hands. You can easily see this requires agility; that the arms in the handling of the sticks must be free and quick and that the reaching for the hoop will give the shoulder and back muscles ample opportunity for development. Then when the hoop falls to the ground the player must stoop to recover it, but she need not bend her knees while stooping. Bending to the floor, as I have often told you, is the best exercise I know for making the waist long and small and supple. When playing grace hoops you must bend over many times. Be sure, then, that you get all the good you may from the game.

How pleasantly may two girls spend the afternoon tossing this colored ring from one to the other, poising on tiptoes to catch, bending forward, jumping back—each motion an opportunity for the cultivation of catlike grace and for the more perfect development of the figure! The game is not strenuous, for the hoops are light and easily tossed and caught. The whole art lies in the ease with which the game is played. One could hardly play a pretty game and yet walk heavily and clumsily. Neither could shoulders be bowed and waist too large if the figure is held erect, as it must be to see the flying hoop.

One of the chief beauties, to my mind, of the old-fashioned game is that the player need not wear frocks of unattractive type. Experts may easily manage the two sticks and play in dainty evening frocks. And what a charming picture it would make!

If you wish the best advice I know, practice grace hoops in the open air now while the weather is fine. Later, when colder days come, you will be glad to have a game that you can play in the house.

Night Lights

NOTHING could be more harmful to the eyes of a growing child than light in the room where it is sleeping. While it may not disturb the rest, it is a great strain upon the muscles of the eyes and nerves, and is the cause of much trouble in after life.

The child should become accustomed to sleeping in a perfectly dark room from his earliest infancy, and no amount of pleading should procure for him the night light. It is not only detrimental to the general health, but also very harmful.

Sleep is more refreshing in a darkened room, and the wise woman who wishes bright eyes will see that her bedroom is furnished with green holland shades under the ordinary shades. These are very easily adjusted, and the woman will find them no trouble to use, even if she expects to rest but a short half hour.

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.

YOUNG GIRLS' MANNERS

TO A young girl just beginning to go out and about among men and women there are many little points of etiquette which seem obscure. Childish manners are not those of grown-ups, and the young girl must have manners midway between the two. Where she formerly stood at the entrance of every older person she may, when she has arrived at the age of young girlhood, remain seated except in the case of an older woman or a man who has reached the age of her grandfather.

There is a country, about which little is known, where each man has a name added to his family name to show his generation. In this way any one can tell if the stranger that he meets is of his own generation, of his father's or his grandfather's. There, too, the children are never allowed to sit in the presence of a generation older than their own, so you see there could be no question of disrespect, no doubt about the proper way to behave.

A young girl cannot be too deferential to her mother and her father. This is not childish nor unbecoming in even a grown woman. She must be polite, of course, to any girl that she meets, and she must always rise to greet a hostess, no matter how young she may be. On the other hand, there is no necessity to make particular effort for any man of her own generation. He may stand and talk to her while she sits down. She need not shake hands with the man she has just met; it is better to reserve that for the sealing of friendship. The mistake most girls make is in being too polite to men and too rude to women.

This is not only at variance with all accepted rules of etiquette, which always take the woman and place her upon a pedestal for man to care for, but it is also a great social blunder, for a girl who is disliked by women, as I have told you before, cannot hope to be an acknowledged favorite. Any man will say that he likes a boyish woman, a good sport, yet when it comes to marrying he will invariably pick out the womanly woman, whose manners are pleasant and who is not lacking in deference and respect to women as well as men.

Most girls, when they first go about, seem to find a certain frankness of manner necessary. Perhaps this is because they are slightly embarrassed and adopt this most unpleasant way of hiding their true feelings; perhaps they are trying to grow old more rapidly than nature intended. In any case, they give strangers an entirely wrong impression. A married woman, even of 19, may say much that a girl of the same age or older would be severely criticised for even thinking. This is not a matter of logic. It is so, and has always been so, and the girl who realizes it is the happiest in the end.

Young girls, too, should always make it a point to be thoughtful of their chaperons. They should not impose too much upon their good nature nor should they neglect to see to their comfort. Furthermore, considerate girls always encourage men to care for the older women. This is a matter of kindness, as well as the proper thing to do.

Lately I have received several letters asking me about the propriety of corresponding with young men. The fewer letters the young girl writes the better it will be. The written word is often misconstrued and trouble sometimes follows; added to that, it is not necessary to arrange a real correspondence. If the man wishes to write, he will do so, and the girl can reply to his note if she cares to. But it is well not to be too eager about it.

Men often ask girls to write to them while they are away, and they mean it at the time of asking, though in the press of other business they often forget. If the girl writes under these circumstances she often puts herself in the position of seeking the man. Better leave all the advances to him. From the beginning of things man has sought woman, and it is foolish to try to reverse the order at this late date.

PERPLEXITIES SOLVED

When a Guest Entertains

DEAR Mrs. Adams.
Next month I expect to have a girl 20 years of age to visit me. Should I remain in the room during the whole time she entertains visitors? AUNTIE.

When a guest stays in the house receives visitors the hostess should always greet them, but she need not stay in the room the whole time unless she feels like doing so.

In the Dining Room

Dear Mrs. Adams.
1. Is it wrong or vulgar to place new unwashed linen on the table for a meal?
2. What is the latest way for folding linen napkins, and where are they placed?
3. Are water glasses placed at each plate and the pitcher at the hostess' place, and does she pour the water after the guests are seated? Are coffee or tea be poured into the cups in the kitchen and brought into the dining room on a waiter or how?
4. When serving fresh berries, are they served with or without sugar?
5. Everything is served from the left, but in placing dessert or vegetable dishes are they not placed on the right side?
6. Where are the teaspoons properly placed?
7. Is it proper to put toothpicks on the table?
INEXPERIENCED NEWLYWED.

1. New table linen should be laundered before being used. This is more a question of housekeeping than etiquette.
2. Linen napkins are usually folded in three, then in three. They are placed at the right side of the plate.
3. Water glasses are placed at the right of each person's place and they may be filled before the guests are seated. It is sometimes more convenient to have the coffee or tea poured in the kitchen and then passed on a tray to the guests, although the hostess may do the pouring herself at the end of the table, if she prefers.
4. When serving fresh berries they are served without sugar. Each guest sweetens them to suit himself.
5. Yes, the waitress puts things in front of each person from the right.
6. Teaspoons are placed at the right of the plate.
7. It is most improper to have toothpicks on the table.

The Proper Way

Dear Mrs. Adams.
Which is the proper thing for a young man to do after going home with a young lady after church at night—to stop at the gate, or go in and stop at the foot of the steps, or go up to the door and then say good-night? A. B. C.

A man should see that the lady whom he is escorting reaches the door of her home safely. If it is not too late she may ask him in.

Another Correspondence Query

Dear Mrs. Adams.
I would very much appreciate your advice on the following matter:
I have been visiting in a distant state and have been nicely entertained by the young people of the locality. Upon arriving at home I wrote to the young girls expressing my appreciation of their kindness.
When I spoke of returning home a gentleman who had been very attentive expressed a desire to hear from me. Would it be proper for me to begin the correspondence? LUCILLE.

No; I think it would be better to allow the young man to start the correspondence.

An Introduction Should be Made

Dear Mrs. Adams.
I am employed as a phone operator, and occasionally convert over the line with persons unknown. Would it be improper to have a party call at the house and introduce himself by presenting his card? DOUBTFUL.

A personal introduction should be made before allowing the man to call. Yours is a dangerous method of making acquaintances.

Sweet Sixteen

Dear Mrs. Adams.
Do you think it wrong for a girl of 16 years to receive attentions from a young man?
If a young man takes two young ladies out for a car ride, is it proper for him to occupy the seat with one of the girls, or should the girls sit together?
Is it proper for a girl to ask a young man whom she meets and be accompanies her home to call again, and what should she say? ANXIOUS TWO FRIENDS.

There is no reason why a girl of 16 should not be friendly with the young men of her acquaintance, but she should never go out with any one of them unless accompanied by a chaperon.

The young man should allow the two girls to sit together and he should occupy a seat nearby.

It is always better to let the man seek permission to call. However, there would be no harm in saying you would be glad to have him call on you some time, but do not offer to set any certain date.

Boy-and-Girl Troubles

Dear Mrs. Adams.
If you would give us a little advice we would appreciate it very much. If a boy had a quarrel with a girl over nothing, and doesn't want to do anything about it, would it be correct for the girl to do anything to "make up"? If so, how should she go about it?
Both of us have a case like this, and as we do not like to have enemies we are anxious for reconciliation. R. AND S.

If there was nothing to quarrel about, why not let the aggressor restore peace?

An Engaged Girl

Dear Mrs. Adams.
1. I am to be married the first of October and as I am going to have a very quiet wedding, just relatives present, I wish to know if I may accept any kind of showers, as my mother wishes to give me such.
2. Is it proper for me to go to private lodge affairs, such as lawn socials, card parties, old-fashioned dances, they being at private homes, without my future husband? Also, while there is it wrong to dance with young men?
3. Is it right for a young engaged man to make a date with another girl just for the fun of it and not keep it? Would you call that flirting? PERPLEXED.

1. If your friends desire to give you showers, there is no reason why you should not accept them. The fact that you cannot invite your friends to the wedding should not make one bit of difference.
2. I should not think you would care to go to the entertainments you mention if your prospective husband was not to be one of the guests. In a case like this I think it is well to be guided by the Golden Rule.
3. A man who makes a date just for the fun of it certainly is flirting, and no man, whether he be engaged or not, has a right to thus belittle a girl.

Treat Him as a Friend

Dear Mrs. Adams.
A young man whom I have known for more than two years calls on me frequently, but not regularly, and sometimes asks me to go out with him. He acts differently at times. Sometimes he seems to care very much for me and sometimes he is very cool, but always very gentlemanly. Sometimes he calls on me often and at other periods seldom. I care very much for him and have tried to drop him from my thoughts, but I cannot. What would you advise me to do? Shall my father speak to him or shall I force him from my thoughts if I can? DOROTHY.

There is no reason why you should cast the young man out of your thoughts. If he is a desirable friend, allow him to come to see you, but do not show him how anxious you are to have him. Your father could not possibly speak to him, for he cannot force the young man to call.

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.

Dissatisfied With Her Appearance

Dear Mrs. Symes.
Will you kindly inform me as to what I can do to improve my appearance? I am nearly 24 years old, inclined to be stout, large of face and features, have two moles on my chin, which are beginning to grow long hairs. Which should I do, cut off the hairs or pull them out?
Is it on account of my plain face and stout figure that people take me to be old? Everywhere I go—all public places—people address me as Ma'am, Madam and Mrs. I am almost frantic from having these titles thrown at me, for I was taught that they should be given to older people. My sister, who is 35 years old, is always called Miss, but she is quite slender and very pretty. SPINSTER.

If you pull the hairs out of the moles they will only grow in again, and if you cut them off they will grow in much stiffer and thicker. Why not have the moles removed by a physician or a reliable dermatologist?

Do not think because you are given the titles you mention that people think you old. Very often people use these terms out of respect when they do not know a person's name.

If in reality you appear to be older than 24, let me entreat you not to wear things suitable for a young girl, thinking they will make you look younger, for they don't. Of course, I don't want you to make yourself look old, but there is always a happy medium, and every individual must know just what is becoming to her.

Pimples and Blackheads

Dear Mrs. Symes.
I am 18 years of age and have many pimples and blackheads. My complexion otherwise is not very bad, as I have pink cheeks and my skin is somewhat of a creamy color. The pimples are not only very sore, but look very bad. My face never perspires, but is always very oily and greasy.
My hands and arms are very red. Could you tell me what to do to make them white? They may be red because I do most all of our work, but I would like to have nice hands like other girls, even if I do try to help mother.
My hair is very oily and lies flat because of so much oil. How can I obtain a wave in my hair? I do not like to use curling irons. I never wear "rats." FAY L.

I think if you diet for a while you will soon be rid of pimples, and I am giving you a list of foods which you may and may not eat:

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 EAT.

Soups, salmon, bluefish, eels, salt fish, pork, veal, sausage, 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.

To remove the blackheads and pimples, mix equal parts of alcohol and ether and mop this mixture on the blemishes. To counteract the drying effect of this lotion, rub some good cold cream well into the skin.

Housework should not be allowed to interfere with your having nice hands and arms. Careful attention will keep them in good condition. After you have been dusting or scrubbing, wash your hands and arms in clear water, then rub lemon on them. This will keep them white. At night wear the cosmetic gloves for which I am giving the recipe:

To Make 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 ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

Cosmetic Glove Paste.

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

If your hair is oily, rub the mixture, recipe for which I am now giving you, into the scalp daily, and to make your hair wavy put it up in papers or kid curlers at night.

Lotion for Scalp.

Alcohol	3 ounces
Witch hazel	3 ounces
Resorcin	16 grains

Would Like to Get Thin

Dear Mrs. Symes.
Will you please tell me how to get thin? I weigh 139 pounds and am only 18 years old. Please tell me what to eat and what not to eat. Is bathing good? Are oranges and bananas fattening?
What is good for freckles? N. Y.

If you had given me your measurements, including your height, I would be able to tell you whether or not you should weigh 139 pounds. However, taking it for granted that you should not, I will advise you to diet. Eat little or no white bread, drink no milk or cream, avoid all sweet and starchy foods. Bananas are fattening because they contain so much starch, but oranges and lemons may be eaten, for they have a tendency to reduce the weight.

Physical exercise is the best thing to decrease the weight. It quickens the respiration and increases the quantity of oxygen taken into the lungs. Oxygen consumes carbon, which is thus prevented from being converted into fat.

Applications of buttermilk are very good for removing freckles.

Rather Young

Dear Mrs. Symes.
Will you kindly tell me if I am too young to take Dr. Vaucaire's remedy for the bust? I am 18 years old, very tall and thin and would like to have something to develop my body. If not too young, please tell me where I can get it prepared and what price it will be.
CONSTANT READER.

I would not advise any one so young to take the Vaucaire tonic. At 18 years of age a girl is not usually fully developed, and it is unwise to use any unnatural method to hasten the development. External massage treatments will help, but I really do not think these are necessary.

To Develop Arms and Shoulders

Dear Mrs. Symes.
Will you kindly publish some method of fattening the arms and shoulders and also a way to get rid of "goose flesh" on the arms?
Is there any way to make the eyelashes grow long? CLAIRE.

To develop the arms and shoulders, massage them every night with cocoa butter, and exercise in the morning with dumbbells.

I cannot tell you what to do to get rid of goosefleshy, for in each case the cause of it may be slightly different and therefore each case may need a different treatment. Sometimes it is caused by the poor condition of the blood, and then again by improper circulation. I advise you to consult a physician and have him prescribe.

If you will apply vaseline to the edge of the eyelids it will increase the growth of the eyelashes. Be sure that the vaseline is pure, so that if any should happen to touch the eye itself no harm will be done.