

CONCERNING HEALTH and BEAUTY
By MRS. HENRY SYMES

Clean Hands for the Housekeeper



Moist Corn Meal is an Effectual Whitener

Pumpkin is a General Cleaner

Ironing in Old Loose Gloves

Fumes from Sulphur Candle Remove Fruit Stains

WHEN we consider how much in evidence our hands are; how in our indoor life, they are probably used more than other parts of the body; how attractive a pretty, white hand is, and how unattractive a rough, stained hand appears, it seems necessary that a few suggestions be given to housekeepers. In this vocation there are no many opportunities for disfiguring the hands that many women accept what they regard as the inevitable, and apologize for the condition of their hands, feeling that they have done all that is expected.

But this need not be. It is possible for a housekeeper who does most of the cooking, ironing and washing to retain clean hands.

After paring fruit, which is an enemy to white skin, allow the fumes of a sulphur candle to pass over the fingers or any surface that has come in contact with the fruit. This special friend of

the housekeeper can be purchased at most large stores. The efficacy of sulphur in this form is sure.

As a general cleanser raw pumpkin is excellent. Cut small pieces of this and rub over the hands, allowing the moisture of the vegetable to be absorbed by the skin. All little stains of unknown origin will disappear before persistent treatment.

There is another whitener of skin probably within reach of most workers. Cornmeal, when moistened and rubbed over the hands, bleaches and smooths the surface. Of course, there are many little formulas which may be had for the asking, if more thorough treatment be decided upon.

Every one is familiar with dry and red hands which result from a morning cover the washbasin. Soaps that lighten the burden of labor generally rob the hands of natural oil, which produces the pretty gloss on well-kept skin. To a

small quantity of spirits of camphor add a few drops of vinegar and apply to the hands after the morning's washing. This combination will restore the soft luster to the hands.

When ironing day arrives use a pair of loose gloves while holding the irons. These prevent roughness and redness. Every one knows that a rough hand has a wonderful ability to collect dirt, and the gloves are a prevention rather than a cure.

If these few suggestions are followed each day—and they really require only a few minutes' time—any woman may preserve, scrub, iron or do the hundred and one little things in the house and still retain soft, white hands. If you have neglected your hands, begin tomorrow to treat them kindly. You will be surprised at the improvement, and I feel confident that you will not stop a treatment which gives such palpable results.

Vinegar and Spirits of Camphor Bring Back the Gloss

It is proper for a girl of 14 to go home from parties and entertainments with young men. BUT EYES.
1. Your dresses should just cover the calf of your leg.
2. Yes.
3. She is chaperoned by some one several years older than herself.

Very Much in Love

I am very much in love with two girls. Both of them write me daily and confess they love me. I am a student and it interferes with my work very much. Should I continue to write to them daily, or how should I act? I am loveluck. JOHN B.
I think the best thing for you to do is to give up writing to the girls, for I believe you are deluding both girls and in the end will make them both unhappy and miserable. Then, another reason why you should stop the correspondence is that it interferes with your studies. You are

Three Proposals

Dear Mrs. Adams:
I have had three proposals during the last month, and to each suit I have said, "Give me a month. The time is nearly up now, and I am undecided which to accept. I would very much like your advice on this subject." CABRILE.
I do not think you are much in love with any one of them or you would not have given each one slight hope by asking him to wait for an answer. If you do not know which one you would care to accept, I really cannot select him for you. Uncertainty is rarely felt by one who loves deeply.

From a Party

Dear Mrs. Adams:
I am 11 years old and 4 feet 8 inches tall; how long should I wear my dresses?

Improper Conduct

Dear Mrs. Adams:
1. It is improper for a girl of 15 to allow a boy to hold her hands in order to keep them warm when she has one tablespoonful of fat on her arms.
2. Also, is it proper for a girl to allow a boy to put his arm around her waist when skating?
3. Should I allow a boy to take me home from a party, or should my parents call for me?
4. Would it be proper for a crowd of girls to go out skating with a boy about two years younger? DOROTHY D.
1. Four or five inches below the knees. The latter arrangement would be better.
2. If they are properly chaperoned.

Use of Cocoa Butter

Dear Mrs. Adams:
1. I have been wanting to enlarge my face. I would like something creamy, but I do not know how to use it, and would be grateful for any advice.
2. I sleep out of doors, and yet do not seem to grow fat. What can I do?
3. I would like to have the recipe for a good skin food. (Mrs.) KNOW LITTLE.
1. You must heat the cocoa butter and take a little of it in your hands and then massage with it.
2. A very good way to increase the flesh is to eat butter and other rich dishes, stop it and come down to plain, substantial food.
3. The following is the recipe for an excellent skin food:
Orange-Flower Cream.
(A Skin Food.)
Oil of sweet almonds..... 4 ounces
White wax..... 2 ounces
Spermaceti..... 2 ounces
Glycerin..... 1 ounce
Orange-flower water..... 2 ounces
Oil of bergamot..... 1 ounce
Melt the wax, then add the oil of almonds and the oil of bergamot and mix thoroughly. Pour it slowly into the blended fat, stirring continuously.

Answers to Beauty Queries

OWING to the great amount of space 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.

Insufficient Information

Dear Mrs. Adams:
I am 5 feet 3 inches tall. Do you think a 52-inch waist is large for a girl of that height? What is good to make the hair red without coloring it? What is good to make the hair blue and purple without coloring it? I would be very glad to tell you if your waist is too large and if you have the proper size.
Here is the recipe for a salve which will make your lips red without injuring them:
Cherry Lip Salve.
Spermaceti ointment..... 1 ounce
Essence of peppermint..... 15 grains
Alkanet root..... 15 grains
Heat the alkanet in the spermaceti ointment until the latter melts and the whole is deep red color. Pass through a strainer, then slightly cool, stirring in the balsam. It settles for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

Cosmetic Glove Paste

Ground barley, the white of an egg, a small amount of glycerin and one ounce of honey, the last three ingredients and add enough barley to form a paste.
Use soft, large, leather gloves, three or four, and rub the mixture on the inside and spread the inside with the preparation; then sew up the inside. A person ought to be able to break himself of the habit of biting his finger nails by exercising with gloves. Exercise gives me a complexion, however, some bitter aloes might be put on the nails.

Broad, Fat Nose

Dear Mrs. Adams:
Will you kindly tell me what will reduce the size of my nose? It is small at the base, but is very fat at the end and sides. Can I use any cream or ointment to reduce the fat on the nose? I have used camphor and camphor have both been tried. Please give me a recipe which will rapidly improve same; also tell me if massaging will cure a fat nose.
Here is a recipe to get dimples when they are directly in front is a large, flat bump, which gives it the appearance of a bridge.
MARRY ANN.
I do not know of anything you can do to reduce the size of your nose. Possibly the bump in the front of your nose is a pimple, and you might paint it every night with colorless salve. If it is a bump, it would be best to consult a physician.

Hair is Striked

Dear Mrs. Adams:
1. My hair is light and quite streaked. Can you tell me something harmless that will make it darker?
2. I will you kindly tell me how to make my hair wavy?
3. My eyes are very small. Is there any way that I can make them appear larger?
4. It is impossible to get dimples when they are not naturally. If so, how?
5. How can I improve my complexion?
6. I am giving below the recipe for a very good tonic. This tonic will have a tendency to darken the hair.
Jaborandi Tonic.
Quinine sulphate..... 20 grains
Tincture of cantharides..... 3 fluid ounces
Acetic acid of balsam..... 1 fluid ounce
Alcohol..... 1 fluid ounce
Glycerin..... 2 ounces
Rose-water..... 16 fluid ounces
The quinine sulphate and the rose-water should be dissolved in the alcohol, and the other ingredients added and the whole filtered. Rub into the roots of the hair every night.
7. Massage your hands every day with a good skin food.
8. The only way you can make your eyes appear larger is by darkening their outlines with a black pencil. You will be able to purchase one pencil at any drug store or beauty shop.
9. I do not know of any method.

Young Girl's Measurements

Dear Mrs. Adams:
Will you kindly tell me if my measurements are in proportion? I am 15 years old, five feet 10 inches tall, 36 inches around the hips, 28 inches around the waist and 34 inches around the chest. Don't you think my measurements are too large? Some of the girls I go with is as well developed as I.
Your hip measurement is too small to be in proportion with your bust measurement. The latter is not too large, and I shall not advise you to do anything to increase or decrease your measurements, for you are not yet fully developed, and it is better to let nature work its own way in such cases.

Offensive Breath

Dear Mrs. Adams:
I am a girl, 14 years old, and would like to know how to get rid of the offensive breath.
GRATEFUL.
First of all, you had better find the cause of the bad breath; it may come from many things such as decayed teeth, the mouth and stomach, neglected teeth, tartar of the abuse of rich dishes. When the cause is situated in the stomach, or a sore mouth, the best

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.

MANNERS AND MARRIED LIFE

WHY is it that a man will liberally sprinkle his conversation with "thank you," and "I beg your pardon" before marriage, and when the glamour of the honeymoon has faded into the past, forget to assist his wife with her coat? What is the reason that a woman will spend an hour at her toilette before meeting her fiancé, and when married will appear positively unattractive?

I fear that the answer is in the fact that somewhere in either person's conduct there is a lack of good breeding. Just because a person is married is certainly no excuse for a neglect of the ordinary social customs. Indeed, a lapse of good manners in the behavior of married people always fills me with disappointment and dread for the years in the far-away future.

It is the first step that counts. Never let yourself forget that you owe to your husband a consideration and politeness equal to, if not surpassing, that given to others; check your first impulse to answer him rudely; think twice before you set once when a wish to be impolite arises.

There are many little rocks upon which the happiness of married life comes to grief. First, there is the question of letters. Now, a letter which your husband receives belongs to two persons; to him and to the writer. His marriage has nothing to do with this, and the conventional understanding must not be unduly insisted upon by a wife reading her husband's correspondence when the fancy strikes her. This embarrassing propensity is ill bred. The wife who complains that her husband never tells her anything will never win his confidence by reading his letters unasked.

Frequently there is an exchange of confidences in the first weeks of married life in which every memory, every past love affair and all friends and relatives are discussed. And frequently these easily made confidences are returned under the guise of chaff in moments of irritation. A sufficient amount of reserve is lacking in this mode of action, and reserve is the sign of good breeding. Every little thing should not be told to the husband or wife. Remember that an account of past affairs involves the other person. Bad temper is an evidence of bad manners in an aggravated form. Married people should exercise self-control just as carefully as those in "single blessedness."

In closing, let me urge that politeness be emphasized in married life with the same care that occurs in the days before. A pardon should be asked of one's husband just as quickly as of the grocer; an entrance to his dressing room should be preceded by a knock just as surely as that to a guest's room. The great wheels of married life will move infinitely more smoothly if urbanity be the guiding thought. Be polite, even to your husband! Consider his feelings and his opinions as carefully as you do those of his nephews. Let there be an amiable manner at breakfast when alone with him as well as at dinner when guests are present. Never allow the familiarity of married life to breed a contempt for good manners.

She should, of course, show appreciation for the kindness you bestow upon her.

Skating and Sledding

Dear Mrs. Adams:
I am a girl of 15 years and would like to know if it is proper to go sledding and skating with a crowd of girls and boys. It is proper for a boy to take a girl to and from a party?

SCHOOLGIRL.
It will be all right for you to go out with the crowd of boys and girls, provided there is an older person to chaperon the crowd. It is proper for a boy to escort a girl to and from a party if he or older sister or a reliable friend accompanies her also.

Gift of Jewelry

Dear Mrs. Adams:
Please advise me if it would be proper for a girl of 17 to give a boy friend of hers a watch or her bracelet. A girl's ring for either a birthday or a Christmas gift. She has known him two years and he has been sending her bouquets, flowers and candy and has shown her a very nice time. GEORGIANNA L.
A young girl should not accept from a young man nor give to a young man jewelry unless they are engaged to be married.

Is a Chaperon Necessary?

Dear Mrs. Adams:
I am 15 years of age and when I go out with a young man I would like to know if it is necessary for me to take my brother or any one else with me as a chaperon?
P.E.
A chaperon is demanded that some third person should go along, it may be your older brother or sister or your mother.

Is She Too Young?

Dear Mrs. Adams:
Is a girl of 13 or 14 too young to go out with a young man? I would like to know if it is wrong to let a boy call me? I would like to let him kiss me good night? The girl I go with says she has a boy who seemed to love her, but of late he is very cool and does not wish to go out with her. What must she do?
L.N.
1. Yes, unless she is chaperoned.
2. Do not allow a boy to call you affectionate names, and above all, do not let him kiss you.
3. A girl has no right to expect a boy to pay her attentions unless she is engaged to be married to him.

Length of Dresses

Dear Mrs. Adams:
1. I am 15 years of age and would like to know how long a girl should wear her dresses.
2. How should her hair be worn?
3. At what time of the evening should a girl of that age be at?
UNANSWERED.
1. The length of her dresses should be decided upon by her height and build.

Half a Dozen Queries

Dear Mrs. Adams:
1. Is it a proper thing to send a postal to a boy before he asks you to go?
2. I sent a postal to a boy quite a while ago and have received no answer. What shall I do?
3. How does a person know when she is in love? I think I am, but cannot feel sure.
4. How can a girl tell what the admiration of a young man?
5. Do girls of twenty ever wear ribbons in their hair? How should the hair be arranged?
6. How should a girl treat a man whom she has refused to go with?
7. There is nothing improper about it.
8. You can do nothing, for while it would have been courteous for the boy to send a postal, he is not obliged to do so.
9. If you are in doubt, you can rest assured you are not in love. A girl who is wholly in love knows it without any doubt.
10. By acting in a becoming and respectable manner.
11. If it is becoming to them; but most girls of this age arrange their hair low on the neck and parted or in a soft pompadour in the front.
12. In a friendly manner.

What He Should Say

Dear Mrs. Adams:
Will you kindly inform me through the paper whether or not it is proper for the recipient to ask the lady to take his arm? If so, what should he say? FIVELEAF.
The man should ask the lady to take his arm. He might say, "May I offer you my arm?" or "Will you allow me to assist you?" It is not considered proper, however, for two people to walk arm-in-arm unless the woman is in need of her escort's assistance.

Mourning Query

Dear Mrs. Adams:
Will you kindly tell me if it would be proper for a young lady to dress in black for her husband if she had not been living with him?
M.L.
Of course it would be proper; but if you have voluntarily been separated from your husband it is not necessary for you to wear mourning.

Girl of Fourteen

Dear Mrs. Adams:
I will confess to be 14 years old, and I feel I am a bit old. How long should I wear my dresses?
2. Is it proper for a girl of 14 to go to

Solutions to Social Problems

Wants More Attention

DEAR Mrs. Adams:
I would like very much to know what you have to say of this little thing. The boy who has been talking to me, I give her quite valuable presents for Christmas and birthday, and like her out in theaters and parties, but she does not seem to pay very much attention to me. Other fellows seem to attract her attention. How is it possible that I am not doing so well? I would like to know how to make her pay more attention to me?
ANNE F. B.
You have no right to expect special attention from the young girl if you are not engaged to be married to her.

Quinine Hair Tonic

Substance of quinine..... 1 dram
Essence of cedar..... 1 fluid ounce
Divided sulphuric acid..... 10 minims
Rubbed spirits..... 2 ounces
1. Rub the quinine with the essence of cedar and the sulphuric acid in a small bottle for a few days.
2. To which your hands you will find nothing better than the cosmetic glove paste. I am giving the recipe