

CONCERNING HEALTH AND BEAUTY

By MRS. HENRY SYMES

ANSWERS TO BEAUTY QUERIES

FOR SCALDS AND BURNS

THINK that to every one of us there comes a time when a good, sensible knowledge of the proper treatment of scalds or burns helps materially in the alleviation of pain and the prevention of subsequent trouble. I have seen children suffer agony for hours when the remedy was within the reach of their ignorant elders; and some grown-ups are carrying scars that are ugly reminders of a lack of care in this painful trial by fire.

Of course, there are certain general rules to keep clearly in your mind. It seems almost unnecessary to emphasize the fact that, if clothing be on fire, the person should be placed quickly on the floor and covered with a woolen rug or coat. The flat position prevents the rising of the flames to the head. Serious harm results from the inhalation of fire or fumes. Much injury can be prevented by a cool head and a clear idea of what to do.

In cases of burns and scalds the clothing must be removed in the most careful way. If torn off, there will also come the skin, and that means a longer time for the healing process. Blisters should not be broken. Cut away any material that surrounds the injured parts. Never mind about the dress; there are other things more important at this time.

A slight burn can be treated with a solution of baking soda, using a heaping tablespoonful to a cup of water. Soft linen soaked in this solution should be applied in bandage form. This is very effective in cases of scalds, where the skin is not broken.

Pain is felt when the injured parts come in contact with the air. Any saline that excludes the air from the wound should be applied. You will find that vaseline is excellent, at the same time hastening the healing. Place it upon the skin before bandaging with linen strips.

If burns or scalds are deep enough to affect the cells of the true skin, there is a liability of disfiguring scars. Extensive or intense burns should be carefully watched. Of course, medical advice is best in extreme cases. A daily massage with a good cold cream will prevent scars from slighter cases. This keeps up the circulation and its consequent repair of the tissues and prevents the wrinkling and puckering of the skin.

There is a mass of information in every home. It is known as Carron oil, and is made of equal parts of linseed oil and linseed oil. Great value of this wonderful preparation are always kept in factories and foundries; a large bottle



Carefully cut away the clothing

should be in every household. This mixture should be thoroughly washed before applying. When its appearance is creamy, soak absorbent cotton in it and place upon the skin. I have felt its soothing, cooling effect, and, when young, have welcomed any repetition of the dose.

There are other kinds of burns upon which I can but touch here. I refer to chemical burns. The thing to remember is to neutralize the effect by applying the opposite kind of liquid. An acid must be treated with an alkaline fluid, such as a strong soda solution, or diluted ammonia. Then treat the wound as for any other burn.

When a burn is caused by alkalies, as caustic potash or lime, then the application of acid is the proper treatment. Water and vinegar or diluted lemon juice is a neutralizing agent.

Great care should always be exercised throughout the slow process of healing. Do not attempt to hurry nature, but let it go its own way. Let it be every possible intelligent way.

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.

In a Nervous Condition

Dear Mrs. Symes: Could you kindly tell me if, when one is very nervous, she is likely to be dizzy, too? I am troubled with poor circulation; would that have anything to do with it?

The three troubles of which you complain have a very close connection; that is, the one has its effect on the other. The best thing for you to do is to consult your family physician. You should give prompt attention to the matter, so that the trouble will not seriously affect your system.

Rosy Lips and Cheeks

Dear Mrs. Symes: What can I do to make my lips and cheeks rosy?

What is good to use to cleanse the teeth so that they will not look yellow? What will make my arms, legs and bust larger?

Give your lips and cheeks a healthy hue by your exercise in the fresh air as much as possible, get sufficient sleep and eat wholesome food. Of course, you can gain an artificial color by using rouge.

The following recipe will make up into a very good tooth powder, which I advise you to use. Cleansing the teeth with table salt about once a week will keep them white. It might prove injurious to the enamel to use it any oftener.

Violet Tooth Powder

Precipitated chalk..... 3 ounces
Powdered coral root..... 3 ounces
Crush and mix to a fine powder.

To develop the arms, legs and bust take plenty of exercise and massage with olive oil or cocoa butter.

Proprietary Article

Dear Mrs. Symes: I was told to use the inclosed recipe to reduce my flesh. Do you advise me to use it, and how much would it cost? MARRIS.

The recipe you inclosed is for a proprietary article, and I am not at liberty to recommend or condemn it.

To Improve the Elbowes

Dear Mrs. Symes: The skin on my elbowes is dark and loose. I would like to know if I can make it white and plump by some treatment. My

THE GIRL FROM CANADA.

To lighten the elbows apply a solution of peroxide and water. To make the elbows plump massage them with cocoa butter. To whiten the neck apply the solution of peroxide and water.

To Remove a Brown Spot

Dear Mrs. Symes: Will you kindly tell me what will take a brown spot from my face? I do not know what will remove black rings from under the eyes.

An application of peroxide and water may remove the brown spot. Black rings under the eyes usually denote lack of rest or a disordered system. Local applications will be of no avail in this case; it will be necessary for you to consult a physician.

Recipe for a Pomade

Dear Mrs. Symes: Some time ago I saw in your columns a fat-reducing pomade. Will you kindly send it to me, and will it be immediately or require a month of constant use?

Following is the recipe you requested. Immediate effects will not be noticed. It will take some time for it to act; but to quicken results you should abstain from food that is fat-forming, such as cereals, potatoes, corn, beans, etc.

Salicylic acid..... 10 grains
Lard..... 1 ounce
Linseed oil..... 1 ounce
Tincture of benzoin..... 10 drops

Mix into a pomade and rub over the fatty part twice a day.

Warts, Pimples, Blackheads

Dear Mrs. Symes: Please publish a cure for warts. Also a recipe to remove pimples and blackheads. And can you tell me what is good for callous spots and corns?

The following recipe is for a wart eradicant, and if used as directed, will prove effectual:

Sublimed sulphur..... 10 grains
Acetic acid..... 1 fluid dram
Glycerine..... 1 fluid dram

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

Bathe the pimples in hot water, dry gently and apply the cream for which I am giving the recipe:

Salicylic acid..... 10 grains
Calomel..... 1 ounce
Lard..... 1 ounce

Here are the directions for the green soap treatment which I advise you to use to get rid of the blackheads:

Tincture of green soap..... 3 ounces
Distilled witch hazel..... 2 ounces

Let this mixture stay on only a few moments, then wash with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. A cold cream may be purchased at any drug store.

It is about the consistency of custard. Open each seal with the point of a fine cambric needle. The hardened mass

must be pressed or picked out. The empty side of the gland should then be bathed with a little pure vinegar and water, or with very weak solution of carbolio acid and water. Massage the neck before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the neck is thoroughly heated, is always dangerous.

The callous spots will disappear if rubbed with pumice stone.

An excellent corn cure may be made according to the following recipe:

Salicylic acid..... 10 grains
Rice powder..... 1 ounce
Colloidal..... 1 ounce

To Remove Nits

Dear Mrs. Symes: My little girl has nits in her hair. Could you suggest something to remove them?

Put a towel around the child's neck. Comb the hair thoroughly, being sure to burn all the combsings, and then wash the head in kerosene or alcohol.

Recipe Repeated

Dear Mrs. Symes: In one of your papers you give a recipe for an astringent for wrinkles or baby flesh. It contains benzoin, but I forgot to ask you if it will remove blackheads, if it again?

I think that this is the recipe to which you refer:

Milk of White Roses.
(A Cure for Wrinkles.)

Rosewater..... 1 pint
Simple tincture of benzoin..... 4 ounces
Alter of rose water..... 5 drops

Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add sugar of rose and bottle. Apply with cotton at night.

Yes, it will be permissible to charge by the lesson rather than by the course. While you are studying you have a great opportunity to learn how to conduct a class of your own. Keep your eyes open to the system which is used in the school which you are attending, and then profit by it.

It is dangerous and, I think, unreliable.

Hives—Weight

Dear Mrs. Symes: Will you kindly tell me if there is any possible way to get rid of hives? I have been troubled with them almost ten months. I have tried every possible way to get rid of them, but all in vain.

Please tell me what my weight should be? I am 17 years old. My measurements are: Bust, 36 inches; waist, 24 inches; hips, 35 inches; height, 5 feet 4 inches.

Hives are caused by an overheated condition of the blood, and something

cooling is needed to effect a cure. A dose of salts taken twice a week is often prescribed, and then the old-fashioned remedy made of sulphur and molasses is a never-failing one to purify and cool the condition of the blood.

Your weight should be about 120 pounds.

Perspiring Feet

Dear Mrs. Symes: I would like to know if you could give me a remedy for perspiring feet. I have tried bathing my feet in borax water and changing stockings every day, but I cannot do so good.

The following formula has proved helpful in many cases, so I give it to you:

Salicylic acid..... 10 scruples
Boric acid..... 1 dram
Talcum powder..... 1 ounce

If this does you no good, I advise you to consult a physician.

Liquid Face Powder

Dear Mrs. Symes: Will you please print in your columns a recipe for a liquid face powder? F. P. K.

Here is a recipe which will comply with your request:

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc..... 1 ounce
Glycerine..... 1 dram
Rosewater..... 1 ounce

Put the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine; next, the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must not be wet at the time the liquid dries, or it will be streaked.

Dandruff

Dear Mrs. Symes: Will you please give me a recipe for something that will cure dandruff and increase the growth of hair?

Is hot water good to drink at mealtimes? A CONSTANT HEADACHE.

For removing dandruff you will find nothing to equal castor oil. Rub a few drops of the oil into the scalp three times a week. The dandruff will become loosened and may be brushed out. After getting rid of the dandruff, I advise you to use the tonic for which I am giving the recipe:

Hair Tonic.

Resorcin..... 1 dram
Tincture of cantharides..... 1 ounce
Oil of rose..... 1 ounce

Shake well and sufficient to make 1 ounce. It is better to drink a glass of hot water half an hour before each meal. Do not drink any liquids at mealtimes.

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.

MAILING YOUR CARDS

HERE are some occasions that require a visiting card to be sent by mail, and it is about this phase of card etiquette that I wish to speak today.

They should never be made to serve the purpose of notes, except between most intimate friends. They should not be sent to an invalid to inquire about his condition, as it is far more kind and complimentary to call personally.

An invalid when convalescing may acknowledge the many calls made during his or her illness by sending out cards on which is written the phrase: "Many thanks for your kind inquiries."

When you are not intimately acquainted with a person, yet wish to express your thanks for a note of sympathy for any bereavement or sorrow, a card may be mailed two or three weeks after the receipt of the letter. Your own, with a few words of appreciation, may be postmarked "I am glad to hear of your recovery." "With thanks for your kind sympathy."

Solutions to Social Problems

Should Cousins Marry?

DEAR MRS. SYMES: Will you kindly inform me if you think it advisable for cousins to marry now?

IN LOVE, BUT PERPLEXED.

It has been conceded by people who have studied this subject that it is not advisable for persons so closely related as first cousins to marry. It is done, however, and I prefer not to solve this perplexing problem for you.

A Variety of Questions

DEAR MRS. SYMES: In accepting a verbal invitation to an afternoon entertainment is it proper to leave a card?

2. Is it proper to speak to each person in a room as he or she comes in?

3. I received for a Christmas present a handsome silver tea set. Please tell me when and where to use it. In service, cake and tea to a friend, who has dropped in during the afternoon, is it better to have the tea set in evidence? Shall I use my tea set when entertaining friends at supper?

pathy" is the best thing to add beneath your name.

Cards, of course, can be engraved at a stationer's that express in a formal way your thanks for condolences, and I need not enlarge upon this point, for the best forms are always taken for models.

Remember that cards should never be made the medium for declinations or acceptances of invitations.

If you wish to invite a few friends to an informal affair, your card, with the necessary information regarding time, etc., is sufficient.

It is important to notify friends of the change of address. The old card, with a line drawn through your former address and the new one written in pencil above or opposite, is permissible.

The birth of a child is announced to friends by special cards sent by post. The mother's name and address, or both parents' names, are on one large card, and a tiny one, bearing the baby's full name, with the date of birth, is tied to the upper part of the large one. White satin ribbon is used.

If you have received cards announcing the birth of a child, and cannot call, you may mail a visiting card, with the words, "Heartiest congratulations," penciled above the name. A young girl who wishes to intimate sympathy for a mother friend should send her card, accompanied by that of her mother, in this way conforming to the demands of propriety.

After all, it is quite easy to master the conventional rules, isn't it?

4. Would it be good form to serve tea, coffee and cake at the same meal?

5. When writing letters on a silver tray, should the tray be covered with a napkin or towel?

6. I have noticed that salad is served on lettuce leaves. How can it be served if one cannot procure lettuce?

7. I received a beautiful salad bowl and its little plates to match. How are these used?

8. If the entertainment is quite informal, it would not be necessary to leave your card.

9. After you have exchanged greetings with the hostess, you should shake hands with each person who is receiving, making a pleasant remark to each one.

10. The tea set is usually put to use when entertaining afternoon callers. It should be placed on a little tea table in the drawing room or library. The tea set is most certainly in evidence; and what is more pleasing to the eye than to see a woman preside over her tea table with grace and ease? Do not use the

set when giving a supper, for as the vessels holding the hot water and tea are rather small great inconvenience may be caused if you have no maid to constantly replenish them.

4. No; one beverage is sufficient.

5. A traycloth would add daintiness.

6. If you cannot procure lettuce leaves, why not make a fruit salad and serve it in a hollowed apple, orange or fruit cake?

7. The bowl of salad, a salad spoon and a salad fork and the little plates should be set on the table before you, and as you serve, the maid should place a plate before each person seated at the table.

8. The napkin must not be tucked in at the neck; it is to be unfolded and placed across the knees.

9. The individual salt cellars are used instead of the salt shakers, or quite frequently two or more large stands filled with salt are put at convenient places on the table.

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Baking soda for slight burns

Air is excluded by vaseline

Massaging with cream to prevent scars

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