

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

CALISTHENICS for MOTHER and CHILD

Support the body at the waist line



Mother's horizontal bar



The knee should be raised at right angles



To encourage deep breathing



Forward bend

ANSWERS TO BEAUTY QUERIES

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.

only an experienced and reliable person performs the operation?

I would not advise you to use any kind of cream on your face, but to remove the freckles usually made of half water and half peroxide. To get rid of the wrinkles you must not worry and should get plenty of sleep. You may use the following recipe:

Milk of White Roses.

(A cure for wrinkles.)
Rosewater..... 1/2 pint
Simple perfume of benzoin..... 1 ounce
A few drops of rose oil..... 1 drop
Put the rosewater in a basin. Add the perfume of benzoin a drop at a time. Add a few drops of rose oil. Apply with cotton at night.

Dandruff and Thin Hair

Dear Mrs. Symes:
My hair is full of dandruff, which bothers me very much, and it is very thin and lifeless. Is there anything that will cure this? Is there anything that will make the hair soft and wavy?
The following recipe is a sure cure for dandruff. To a quart of boiled water add one ounce of sulphur, allow the mixture to stand for several days, stirring it occasionally. After the sulphur has settled to the bottom of the vessel, pour off the clear liquid and then apply it to the scalp every morning. In a few weeks the dandruff will have disappeared. After this treatment (which will darken the hair somewhat) you should apply a hair tonic to increase the growth of your hair and to give it new life. Here is the recipe for a splendid one:

Hair Tonic.

Resorcin..... 3 drams
Tincture cantharides..... 1 ounce
Oil ricin..... 4 drams
Oil rosemary..... 10 drops
Bay rum, add sufficient to make 8 ounces
If the hair is naturally coarse, nothing can be done to make it soft. To give your hair a pretty wave use the fluid for which I am giving the recipe:

Curling Fluid for the Hair

Is made of a tablespoonful of bruised quince seed in a pint of hot water. The water is poured over the seeds and the whole allowed to stand for several hours. The resultant mixture is then strained with a few drops of essence of violet. The hair is moistened with the fluid before curling.

Will Not Produce Hair

Dear Mrs. Symes:
1. Will you kindly tell me if cocoa butter, when applied to the face, will cause hair to grow?
2. Does olive oil or vasoline make the eyelashes grow?
3. Will you tell me if the lotion you recommend for enlarged pores, boric acid and distilled water, will cause the hair to grow?
4. Will candeline leaves remove the hair permanently?
5. The one is as good as the other. If you are not pleased with the results of the olive oil, why don't you try the vasoline? After the test you can then decide which has the better effect on you.
6. Once the pores are reduced, the effect is permanent.
7. No. The electric needle is the only thing which will.

Puffiness and Freckles

Dear Mrs. Symes:
I am troubled with puffiness under my eyes a great deal, and it makes me look older than my age, which is 35. I am taking a tonic and am in good health. I get a moderate amount of sleep and was a great deal in the open air, so I don't know what the cause can be. Can you suggest a harmless remedy?
Your formula for enlarged pores has proved very beneficial.
Will lemon juice cure an obstinate case of freckles?
Use externally the remedy I am giving you, and ask a physician the direct cause.
Apply by means of a brush or a bit of cotton to the baggy skin night and morning.
I am glad the lotion for enlarged pores helped you.
The constant use of lemon juice about the freckles, if it has no effect in your case, you might try a lotion made of half water and half peroxide.
No Recipe
Dear Mrs. Symes:
1. Is there anything that will make the hair curly without doing it up at night?
2. If one wears bangs, will the hair grow down on the forehead?
3. I know of nothing which will curl the hair besides the curlers or irons.
4. No.
5. You may show your appreciation by telling him you had a very pleasant evening, but do not thank him, as he is the one to be grateful for having the privilege of your company.

Superfluous Hair

Dear Mrs. Symes:
I am greatly worried, as I am only 18 years old and have a growth of superfluous hair on my face. Will candeline leaves remove it permanently? Please give me a cream for freckles and wrinkles that will not hurt the skin.
The candeline leaves, I am sorry to say, will not remove the hair permanently. Why not have them removed with the electric needle, being sure that

Superfluous Flesh

Dear Mrs. Symes:
Will you kindly tell me how to reduce my face? It is getting fatter every day. Can I reduce my face?
1. What do you advise me to do to make my hands soft, white and narrow?
2. What do you think is the best thing to use to curl the hair?
3. What can I do to lighten the color of my hair?
4. Do not try to get rid of the flesh on your face, for if you do the skin will sag and wrinkles will appear.
5. I strongly disapprove of any medicine for this purpose. Diet and exercise are the only safe methods to employ. Use very fat-forming foods and do not drink a great quantity of water nor milk.
6. Wash your hands often and whiten your hands use the lotion made by the following recipe:

Put into a bottle two ounces of glycerine, two ounces of water, four tablespoons 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.
Nothing can be done to narrow your hands if they are naturally large.
4. I do not advocate the constant use of hot curling irons, for they rob the hair of its natural oil. The hair curls, whether of kid, rag or paper, after all the best. It will be well for you to use the hair curling lotion recipe which often appears in these columns. The lotion will keep the hair in curl longer and thus obviate the necessity for putting it up every night.
5. A bleach is the only thing you can use to make your hair light, but this I do not like to advise, for once you start to use it, you must continue to do so indefinitely, and the constant use of any bleach is sure to ruin the hair in time.

Using the Complexion Brush

Dear Mrs. Symes:
When using the complexion brush should one use cold water, and should one use it every night?
I have used witch hazel and boric acid, but to no avail.
Yes; but do not use anything without consulting the advice of a reliable physician.
Girls mature so unevenly that there is no standard for them to reach.
Diet is the only safe means to use to reduce the bust.

Astringent Lotion.

Alum..... 10 grains
Almond milk (thick)..... 1 1/2 ounces
Rosewater..... 4 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.

Moles on the Face

Dear Mrs. Symes:
Is there anything that will take moles from the face without using the electric needle?
What should a girl 18 years, 5 feet 7 inches tall, measure at the waist and bust?
Is there anything that will reduce the bust?
Yes; but do not use anything without consulting the advice of a reliable physician.
Girls mature so unevenly that there is no standard for them to reach.
Diet is the only safe means to use to reduce the bust.

Cold or Lukewarm Baths?

Dear Mrs. Symes:
Will cold or lukewarm baths taken daily reduce the flesh?
From my shoulder to my elbow it is rather fleshy, and from my elbow to my wrist it is rather slender. It looks out of proportion. What can I do to reduce the upper part of my arm?
X. Y. Z.

Vaseline on Hair

Will rubbing the scalp with vasoline take the curl out? I have curly hair, but it is thin and short. Will you tell me some way to wear it?
If you do not use too much of the vasoline as that the hair is made very greasy, it will not take the curl out of it. I cannot advise a way of arranging the hair without a description.

REGULAR and systematic exercise cannot be instituted too early in the training of little children, and the results will be doubly beneficial if the enjoyment of play can be associated with the daily drill. There will never be any difficulty in securing the child's enthusiastic co-operation, for it is natural for the little one to be active, and when mother joins in the gymnastics the result is foreseen.

I advise these light gymnastics, or calisthenics, to be taken in the early morning hours for about ten minutes each day. The clothing should be comfortably loose and there should be paid strict attention to the order and work. Do not allow any foolishness to enter into the exercise, and insist upon a concentration of the mind, which is always beneficial in this kind of action.

The first exercise should be taken after the command of "Forward, bend" is given. Over the strong arm of the mother the little child should bend until the hands touch the floor. This is not difficult for the soft, flexible bones of a little one. Have this movement repeated four or five times. The balancing movement should then be taken. With hands on hips, a

backward movement should be taken. Be sure to support the body at the waist line, as this will prevent any straining of the muscles of the child, and will also give the little gymnast a feeling of security.

A leg movement is the next in order. With the knee straight, it must be raised at right angles with the body, then slowly lowered. This should be repeated slowly and carefully, and the other limb given its due exercise in the same way. The next exercise is especially delightful to a little child. Upon mother's horizontal bar the girl or boy can take a firm grip and be lifted from the ground; the head must be kept well raised, and there must never be any overtaxing of the arm muscles.

Last, and very important, is the exercise to encourage deep breathing. The arms should be stretched out in front of the body and slowly moved to the sides. As this is done, the baby must take a deep breath. The exhalation naturally follows when the arms are brought together again. It is quite easy to inculcate a habit of deep breathing—one that is sadly neglected by the average woman—and I advise you to emphasize this step in the daily drill.

When the wisdom of mother is added to the earnest work of the child, the

calisthenics will give what usually results from well-directed efforts, a quick and beneficial result. Your little girl or boy is not too young for the daily drill, and ten minutes each day can certainly be spared to give the little one a systematic training.

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.

WHEN TO INTRODUCE

AN INTRODUCTION is a formal presentation of one person to another in a courteous manner. It is not a collection of words that must be hurried at two mortals without a regard for the place of meeting. It is about the time for introductions that I wish to speak today.

Introductions need not be made in public unless there is a decided restraint. Then the two strangers should be briefly introduced, merely as a matter of convenience. If a momentary halt be made on the street, the third friend need not be presented; but if there promises to be a lengthy conversation, it would be much better to make a formal presentation. At clubs, where a group of people will be thrown together for a little time, it is expedient that the name of each one be mentioned to the others by the person of most authority.

The pleasure of small affairs is greatly enhanced by general introductions. A hostess should call to her aid one or two friends who will assist her in presenting guests to each other.

At a formal dinner the hostess need not introduce every one, but must be sure to present the guests who are to go in together to dinner. Subsequent introductions can be made in the drawing room. The guest of honor should be introduced to every one some time in the course of the evening. Never interrupt a conversation to make an introduction. When a guest

in departing, it is unnecessary to introduce him to others.

At a private dance the guests are introduced by a hostess to the daughter or friend who is helping her to receive, and, as the opportunities occur, as many introductions should be made as possible. At large balls it is proper to secure the permission of the woman before a man is presented.

On a day at home the guests who are near at hand are introduced by the one who receives, but at a large reception the hostess must not leave her place to make introductions. She presents a newly arrived guest to the one beside her.

Keep in mind the comfort of your friends. The best guide is the consideration of other people's feelings. This, added to a clear idea of the customs of well-bred people, will always solve the difficulties that may present themselves.

Solutions to Social Problems

Letters of Consolation

DEAR Mrs. Adams:
After letters of consolation, received after a death in the family, to be answered, and if so long, is it time necessary to use mourning paper?
"BILLY."
Letters of condolence should be answered, but the recipient of such notes is privileged, however, to wait until she has enough self-control to reply to them. If you are living up to the rules of conventionality regarding mourning, mourning stationery should be used.

The Better Way

DEAR Mrs. Adams:
Suppose a young man asks me to dance, and I refuse because I do not care to dance with him on account of the way he swings me when dancing, would he be all right for me to dance that particular number with another young man?
JEWELS.
You could not, with courtesy, refuse one man a dance and then dance that same number with another. The better plan would be to accept, and then, while dancing, tell him that if he doesn't act properly, you will have to

stop. It may be that he does not realize how rudely he is conducting himself, and your little girl may prove helpful of course, if he will not reform his ways and you refuse to dance with him, you are not giving him the chance to reform himself. What your girl friend says is pretty true. If the young man were attentive to you, perhaps you would not care for him so much.

To Forget Him

DEAR Mrs. Adams:
I feel quite despondent and hope you can advise me. I worked in the same department with a young man who showed every indication of caring for me, but as I have a very unfortunate characteristic of being rude to those for whom I care most I transferred to another office. He has been told he has also transferred his attention. We now meet but very seldom, and then he barely notices me. I know it is my fault, which makes it all the harder to bear. I am very sensitive, and worry gets me into a terrible physical condition. My girl friend says I merely care for the other because he is beyond my reach. Do you think this is so?
NELLIE.

The only way you can forget the young man is to keep your mind occupied with your work. You are quite unfair to your fiancé if you are cherishing thoughts of another man and are allowing him to believe you are sincere. What your girl friend says is pretty true. If the young man were attentive to you, perhaps you would not care for him so much.

Never Met Him

DEAR Mrs. Adams:
I received a postal requesting me to write, from a young man whom I have never seen nor met in some manner he got my name and address. Shall I write? If a young man calls on me regularly and I am not engaged to him, is it wrong to encourage other young men?
If it is wrong to encourage other young men, making them believe you are in love with them, then you are not doing them any good. You would be taking if you reply to his postal.
2. Until you are engaged to a man you are at liberty to accept the attentions of other young men.
3. It is wrong because it is doing yourself and the men an injustice. Have you ever thought what a reputation a young girl would win by such actions?

Paying Carfare

DEAR Mrs. Adams:
1. Is it proper for a boy to pay a girl's carfare if he is standing on the back platform when the girl enters the car and she is seated?
2. If a girl is seated in the car and a boy is standing on the back platform, is it proper for him to pay her carfare?

To encourage deep breathing.

To encourage deep breathing.

To Win Back Her Love

DEAR Mrs. Adams:
Will you kindly tell me a way to win back the love of my wife?
First of all, find out what you have done to lose her love, and then try to atone for your misconduct. She surely has some reasons for ceasing to love you, and I think a heart-to-heart talk and the turning over of a new leaf may restore peace and happiness.

A Jealous Girl

DEAR Mrs. Adams:
Would you kindly advise me what to do if a girl is jealous of me for keeping company with a young gentleman? She has a right to be jealous if she is in love with him and is always saying things about him and me which are not true.
Do not lose your dignity by doing anything to a girl who is unfortunately enough to own a jealous disposition. Persistent kindness on your part may cause her humiliation and prevent her from heralding false reports.

Name on Cards

DEAR Mrs. Adams:
1. I am 12 years old and the older of two sisters. My father has given me and my sister a year ago I had cards given to me and have used them frequently until a few days ago, when I was told they were incorrect. They are printed with my full name and are two and one-half inches by one and one-half inches. I am of moderate circumstances, and my father and mother think it would be too formal and entirely out of place for me to have them engraved with only my last name and prefix "Miss." What

do you think? When I call on girls who have no servants, should my card be handed to the girls or left unattended when I enter?

2. What type do you prefer for name cards?
3. Does lavender-colored stationery, signify anything? I heard it meant "love."

4. The color of one's stationery has no significance. It is always in better taste, however, to use white or cream.

5. Carelessness on the part of the sender.

6. Your letter is straightforward, which is one of the first requisites for good letter-writing.

A Bad Combination

DEAR Mrs. Adams:
I am troubled with a light blue evening coat with a dark brown afternoon dress. The afternoon dress, if dressed like this, should have a hat be worn.

2. What must one say if one is asked to dance when one is not in the mood for it?
3. Tell me how to express myself in thanking a man who takes me home from an entertainment.

4. Such a combination is in bad taste and would make the wearer quite conspicuous. A long, dark coat worn with the dark brown dress and an afternoon hat would be much better. Last summer the evening cloak worn over a flannel dress was quite permissible at the seashore and other summer resorts, but to adopt this style in the winter, wearing the light evening cloak over a dark dress, would be quite ridiculous.

5. "I shall be glad to," or "Yes, if the dance you desire is not already engaged," are suitable answers.

6. You may show your appreciation by telling him you had a very pleasant evening, but do not thank him, as he is the one to be grateful for having the privilege of your company.