CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes



to work for her, which, after all, turned out to be her ten pink little fingers? Well, you may be sure that you have two willing, uncomplaining and efficient servants always at your beck and call —your two very usful feet. To keep these servants in health, to beautify them and to give them proper attention should be the aim of every woman who cares at all for her feelings or har appearance.

Few feet are beautiful naturally; shoe wearing has stopped all that; and if we all went back to the barefoot fad, instead of only a few of us, one shudders to think of the esthetic consequences. But there is no reason why the feet which nature has given us should not be kept as well shaped and smooth of skin as possible, even if no one but oursalves is aware of their attractiveness.

First of all, never wear shoes too short or too tight or with too high Nothing so effectually ruins a foot. If your feet are too long, wear a short-vamped, laced shoe; if too short or laced at the side. White shoes make your feet look larger; black, smaller. If your ankles are stout, wear highclocked stockings. Try, always to have colored elippers at least one shade darker than the gown with which they are worn.

When the feet are tired and ache and burn, bathe them in hot salt water (the sea, salt which comes in bags at about 10 cents each is best). Soak the feet and dash the water upon them, drying aft-

erward with a Turkish towel. Either alum, berax or lemon julce in the water will do almost as well as the salt. It is just when your feet are most tired—in the evening—by the way, that you should try on new shoes. The feet are then as large as they ever are going to be (for walking increases their size), and the shoes that fit then will be confortable always.

ing to be (for walking increases their size), and the shoes that fit then will be comfortable always.

It is hardly necessary to arge strict cleanliness, I hope. Still, a woman I know to be refined and well aducated said to me the other day, when I praised the comfort and wearing qualities of may suede pumps. "Oh, I never wear pumps; they make your feet so dirty that you have to wash them every day." A remark like that ought to be relegated to the dark ages.

Callous spots are most common of foot sile. The best thing to do is to tub well with clean sandpaper. Do not be afraid of burting your foot; callous skin is thick, and you will not reach the true skin, which contains the nerves. Sandpaper will also remove the hard ridges formed over the instep by too tightly laced shoes; and be careful not to let it occur again when once cured.

For a soft corn, sprinkle powdered alum on lint or some such soft material as an old handkerchief, and hind loosely overnight. If the corn is between the toes, put the alum on absorbent cotton, lightly but firmly wedged into the afflicted spot. Cotton soaked in turpentine is also good.

Bunions are usually caused by an illifiting shoe, and the cause must be removed before the cure can be complete. This done, brush the bunion every day

Mrs Chester Adams

most cordially enview harfunds to bring to her they Docial Bolloms and Perplexities

PEOPLE WHO IMPOSE

force with such alarming rate that it

is one of the prevalent types of minor

People who impose are perhaps among

your friends. You know the person

who uses your telephone as if it were a

public convenience, and does not hest-

tate to rout the owner out of slumber to convey a message of slight impor-tance to a friend a few blocks away. A few of these favors are all right, but when the habit of inconveniencing others

evils that mar our social happiness.

HE habit of allowing others to

furnish amusement, entertain-ment and some of the neces-

saries of everyday life is one that is so easily formed and grows in

by letter at any time



Cocor Butter Heals Tissures

Annoying actions that come under our notice.

Now, my friends, what is the proper thing to do when you awaken to the fact that others are so far lackling in a well-bred consideration that impositions amount to absolute injustice? I advise that you, first of all, make yourself certain of the truth that the imposing habit is there. The short, decisive dictum of Captain Smith, years ago, that "those who will not work cannot eat," settled the impostors in the southern colony. The same idea holds good now in a slightly altered form.

Bring to mind that in a gathering there are obligations to be met by all, and show a firm but civil disapprobation of people who impose. If they are unaware of the fact, they should be told.

If they are cognizant of their imposition,

there is but one course to follow. They

must be excluded from any function'

that will give them opportunity to show

their lack of what is known in politics

In parting, let me ask that each of

you ask yourself if this habit of imposing on others is one of your faults.
And remember that it is never too late to reform.

SOLUTIONS TO SOCIAL

PROBLEMS

Anxious for Her Address

O FRIENDLESS: Some time ago

your letter and my reply to it

were published in these columns, I have been very disappointed not to receive your name and address, and urge you now to send them to me at once, for many readers have seen your appeal and are anxious to communicate with you. Won't you write to me, so that you may gain some friends who are anxious to help you?

were published in these columns.

as the "square deal."

ADVICE ON SOCIAL CUSTOMS

position, runs short herself in a much

At social affairs-picnies, bazars or

gatherings of a like nature-did you ever

notice that a few women or men sit

calmly in the background and let others

They offer no helping hand, but in-

crease the labor of willing workers by imposing on good nature. I do not know whether these people feel any

discomfiture far down below the surface;

I fear not. The habit has become sec-ond nature, and they unknowingly de-lude others into doing more than their

share of work.
Guests are sometimes guilty of im

positions, Staying too long, expecting too extensive entertainment, disrupting plans of a household or showing an utter disregard for the feelings of the kind host or hostess are just a few of the annoying actions that come under our notice.

more urgent case.

do the work?

with a mixture of equal parts of tincwith a mixture of equal parts of the-ture of iodine, carbolic acid and glyc-erin. An equal mixture of spirits of turpentine and lard is another good cure: and a bunson plaster should be worn, with a bit of felt between the great and second toes. Everybody, it seems to me, either has

corns now or is doomed to have them in the future. For this hard, conclike spot, reaching far below the skin, there are many cures. A hard corn just formed can be removed by means of pumice; for one of longer standing one of the collodion and salicylic acid preparations is best. Here are two excellent ones:

Alum on a Soft

Or, in simpler form: Salicylic acid Either of these should be dusted on the corn once a day, and after a week

the foot should be scaked in water as not as can be borne and the softened corn cut away with a knife which has been immersed in carbolic acid and dried with a clean piece of absorbent cotton. Blood noisoning is the penalty of lack of care in dealing with a corn. For a not-too-obstinate corn, wool soaked in castor oil, or a poultice of breadcrumbs soaked in vinegar thirty minutes is an excellent cure. They are especially good if the corn is tender to the touch.

to harden them, rubbed dry and mop-ped with a solution of a half ounce of salicylic acid to 4 ounces of alcohol. Dry by dusting with rice powder, which does not clog up the pores like talcum

powder.
Ingrowing toenalls are a painful source of irritation. They may be prevented by cutting the nails square instead of in a rounded shape. To cure the evil already present, try applying to the infected parts a solution of ten parts of guttapercha to eighty parts of chloroform. Use about four times the first day, and then gradually less often until the flesh is hardened and forced back. Another cure is to loosen the flesh, cut

other can and mossive e nail and mossive ereliorate of from.

Many persons have feet the feet to freely. Bathe the feet to freely. Bathe the feet to freely. cum, 45 grams of subnitrate of bismuth.

13 grams of permanganate of potash and 2 grams of salicylate of soda.

An occasional rub in cologne or pure alcohol refreshes the feet wonderfully, and should be given after a long, hard walk. Try wearing allopers in the house; that also relieves tired feet and is but a fitting reward to the slaves who have served you so well.

were married and I promised. My parents asked whose ring it was, and I told them it belonged to a girl friend. The next night my fiance called and asked my parents for their consent to our marriage. They grew very angry and forbade him to ever speak to me again, and commanded me to give back the ring, which I have not done. Would you advise us to marry without their consent?

I certainly do not advise you to go against your parents' wishes. The fact that you were not candid and truth-ful about the whole affair is enough to arouse their anger. Why don't you ask their forgiveness for your disloyalty to them and then ask their consent to your marriage? You are young, and it is better to weigh the matter carefully than to repent when it is too late. The outlook of a mother or father is generally a sensible, sane one, and no daughter can afford to do without a parent's ad-

Meeting Several Times

Dear Mrs. Adams.

1. When one is walking on the street and has met and spoken to a friend, either man or woman, with whom one is not intimate, what would be the proper thing to do or say upon meeting either the second or third time within a few minutes?
2. In a small town where everybody knows everybody elsa and where chaperons are never in evidence, whose place is it to suggest leaving when a young couple are at a dance or banquet?

ELOISE.

1. A smile or giance of recognition is sufficient when one meets the same person several times in a day.

2. The young woman makes the suggestion.

Afternoon Callers

Dear Mrs. Adams.

I have afternoon callers who sometimes remain to go to church Must I invite them to supper? What would be nice to serve? We have no servant girl and never have warm supper. If anything is served, should it be in the dining room?

PERPLEXED.

It would be very pleasant to invite your callers to have a light supper, which you had better serve in the dining room. You might serve lettuce saind with dressing, heated crackers, fruit, cake and tea. This, of course, may be varied according to your likes and dislikes.

Addressing Invitations

Dear Mrs Adams.

1. To whom is the outside of a wedding invitation addressed when inside envelope reads Mr. and Mrs.

2. Are wedding announcements ever mailed the night before when the marriage takes place early next morning?

SYRACUSE.

1. The outside envelope is addressed in full to the matron of the house.
2. The wedding announcements should not be mailed until the ceremony has taken place. Many things can happen to prevent the ceremony, and the results might be embarrassing if too much haste is shown. Letter Not Received

Dear Mrs. Adams.

Over a moth ago we wrote you concerning problems of the utmost importance to us, and although we have waited patiently you have not yet given us an answer. We think that we are entitled to as much consideration as other correspondents. Please let us know whather you wish another copy of our questions.

FRECKLES. PINK CHEEKS, PUG NOSE. GOLD TEUTH, L'ARRABIATA.

Your letter has evidently gone astray.

Your letter has evidently gone astray, and I shall be most glad to give you the best advice possible if you will write again. Remember that the demands of hundreds of correspondents must be met, and try to be just as explicit as possible in your questions.

ANSWERS TO BEAUTY QUERIES

WING 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 oftlimes requires three or four All correspondents who desire an im-

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.

To Gain Weight

Dear Mrs. Symps.

I am a boy of 17 and weigh 114 pounds and am/about five fest seven inches tall.

Will you kindly advise me what to do to build me up and give me more weight?

ALFRED D. G. I think if you will join a gymna-sium class and enter into all exer-cises prescribed you will be greatly benefited. As you grow older your body will become developed and your weight will increase. your weight will increase.

To Color a Switch

Dear Mrs. Symes.

I have a hair switch and its color is auburn or red. My hair is a medium shade of dark brown. Please tell me how to darken it to match the color of my hair. "CHIC." I am giving the recipe for a brown hair stain and advise you to let your switch remain in the stain for a day or so until it becomes the right shade.

To Remove the Streak

Dear Mrs. Symes.

Will you kindly advise me through the paper what I can do to fatten my neck? Also what will take the streak away which is left from wearing woolen collars?

A FAITHFUL READER.

To fatten your neck massage daily with cocca butter and then practice deep breathing. This is excellent for filling out the hollows in throat and chest. To remove the streak from the neck bind slices of cucumber round the throat when retiring, or apply peroxide of hydrogen and water, allowing the sunlight to bleach it.

Toric and Massage

Dear Mrs. Symes.

I am taking Dr. Vaucaire's tonic for enlarging the bust and am also massaging with cocca butter. Will you please tell me bow many lottles of the remedy I shall have to use before there will be a change? Also if anything should be mixed with the cocca butter to be used for a massage?

A. R. T.

As the effect of the tonic depends entirely upon the individual, it is hardly possible to say just how many bottles you will be obliged to take. If you are in good health and take the tonic regularly the time will not be very long. It is not necessary to mix anything with the cocoa butter.

A Skin Disease

Dear Mrs. Symes.

Pleans tell me how to get rid of a skin disasse which I have reason to believe I contracted in a barber ahop. Simal nimbles break out on my face.

In your case the best thing to do is to consult a reliable physician, who will be able to tell just what the trouble is, and may then prescribe a

cure. In the meantime, bathe the skin in hot water to which peroxide of hydrogen has been added, and be careful to use your own towel. Anti-septic salves are good, thus destroying the disease germs and healing at the same time; but I prefer not to suggest any, for I know too little about your case.

To Remove Wrinkles

Dear Mrs. Symes.

My neck is full of deep wrinkles, so please tell me something to remove them and to make my neck white. What do you think causes so many 7 Do you advise the use of the wrinkle plaster?
ANXIOUS ANNIE "NO. 2." It may be that you have not given your neck proper attention. Instead of using plaster I advise the following recipe:

Milk of White Roses.

To whiten your neck, apply lemon juice once a day.

Using Egg on Hair

Dear Mrs. Symes.

1. Please tell me if an egg is good to use when washing the hair and how to use it.

2. My hair used to be nice and thick, but now it is getting thin. Could you tell me what to use to make it thick? Would you advise vaseline?

3. I have been using vaseline on my eyebrows for over two mouths, and it doesn't grow very much. Could you tell me what to use instead?

1. The halt is often greatly bandied. 1. The half is often greatly benefited by the use of an egg, and I am giving you the recipe for a shampoo which contains egg. This should be used once every four or five weeks.

Egg Shampoo.

Egg Shampoo.

To half a cake of pure white castile soap add one pint of hot rainwater. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, stirring it into the mixture with the beater to prevent curding. Add one-third of a teaspoonful of borax and one teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp, and rings in several clear waters, using a bath spray, if you have one.

2. Yes, vaseline is very good for increasing the growth of the hair, but bear in mind the fact that the massaging of the scalp counts as much as if not more than the tonic used. Spend onemore than the tonic used. Spend one-half hour a day in caring for your hair.

2. If the vaseline has done no good for your eyebrows, I advise you to try the following recipe:

Agitate ingredients till thoroughly incorporated. Apply to the evolvows with a brush and to the lashes with a tiny camel's-hair paint brush.

Small Eyes

Dear Mrs. Symes.

1. Will you kindly tell me it there is any way to make the eyes appear large?

2. Is there any way to make dimples?

3. How long will the hair stay curied after using the recipe you gave some time ago? When I use it, should I let the hair hang until dry!

1. There is no way to enlarge the eyes. If yours are at all weak, you should go to an oculist immediately before they grow any worse.

2. It is not possible to make dimples, except by a surgical operation.

3. I cannot say just how long the

hair will remain in curl, for some hair is more obstinate than others. Do not allow the hair to hang after applying the preparation, but arrange it in the customary manner.

To Apply Tannin

Dear Mrs. Symes.

In a recent paper you stated that tanning was good for reducing the lips. Will you kindly advise me how it is applied? Is it mixed with some kind of a liquid?

A CONSTANT READER.

To one teaspoonful of tannin use eight ounces of water. Apply to the lips daily with a bit of absorbent cotton.

Cause and Cure

Dear Mrs. Symes.

Will you kindly publish a cure, and yet one which is not injurious to the skin, for freckles? Is there such a thing as "liver freckles"? What really causes freckles and what should be avoided to get rid of them? If it were not for my freckles I would have a very good complexion.

FRECKLEFACED.

The following is a recipe for an excel-lent freezie cure and will not harm the

Hot water. 11 ounces
Borax 2 drams
Red rose petals. 1 ounce
Glycerin 1 ounce Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable. I suppose "liver freekles" is a name applied to the brown spots which appear on the skin, caused by a disordered

Freckles are caused by an increase of coloring matter in the dermis, or under layer of the skin. To avoid having them, one must protect the face from the sun and wind, as the action of otther one on the skin is what heightens the pigments. that are present.

To Remove Warts

Dear Mrs. Symes.
Will you please tell me some way that I may take off warts?
UNSIGNED. Here is the recipe for a wart cure: Mix one grain of paraform with sine parts of fiexible collodion, and apply to wart three times a day. After two or three days, the epidermis peels off and the wart will come with it.

To Cover a Mole

Dear Mrs. Symes.

Will you please print in your columns an inexpensive recipe for a fiesh-colored paste which I could put on a mole to keep it from showing so plainly?

I wish to wear a low-necked dress, but I have a very large mole on my livel.

AN ANXIOUS READER. I do not have the recipe for such a paste. Why not wear a piece of firsh-colored court plaster over the mole?

Dr. Vaucaire's Remedy

Dear Mrs. Symes.

Please publish the recipe for Dr. Vaucatro's bust remedy. How long milet ene
take it to show results?

ANXIOUS READER

I am herorith giving the recipe you
desire, but he recipe you
desire, but he recipe to say
when results will be noticeable, for the
effect depends entirely upon the individual taking the lonic. Dr. Vaucaire's Remedy for the Bust

Pluid extract of galega (goats

when the habit of inconveniencing others becomes the rule, then that person at the free and, let me add, comfortable end of the wire is imposing. Then there is the woman that imposes on fier neighbor by borrowing a little sugar, a few spoonfuls of fiour and just a, little butter, and forgets to return them. The good-natured lender needs this, and through a tack of foresight pencerning the limit of neighboriy in-