

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Caring for Our Best Servants

Rub Sandpaper on Callous Spots

DO YOU remember, when you were a little girl, hearing the very moral tale about the child who had "ten little servants" 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 useful 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 her appearance.

Few feet are beautiful naturally; those wearing has stopped all that; and if we all went back to the barefoot era, instead of only a few of us, one shudders to think of the aesthetic 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 ourselves is aware of their attractiveness.

First of all, never wear shoes too short or too tight or with too high heels. Nothing so effectually ruins a foot. If your feet are too long, wear a short-vamped, laced shoe; if too short and fat, a long-vamped one, buttoned or laced at the side. White shoes make your feet look larger; black, smaller. If your ankles are stout, wear high-clocked stockings. Try always to have colored slippers 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 afterward with a Turkish towel. Either alum, borax or lemon juice 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 comfortable always.

It is hardly necessary to urge strict cleanliness. I hope, still, a woman I know to be refined and well educated said to me the other day, when I praised the comfort and wearing qualities of my 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 skin. The best thing to do is to rub well with clean sandpaper. Do not be afraid of hurting 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 bind 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 ill-fitting shoe, and the cause must be removed before the cure can be complete. This done, brush the bunion every day



Cocoa Butter Heals Fissures

Bathing Feet in Salt Water Soothes and Softens Them

with a mixture of equal parts of the tincture of iodine, carbolic acid and glycerine. An equal mixture of spirits of turpentine and lard is another good cure; and a bunion plaster should be worn, with a bit of felt between the great and second toes. Everybody, it seems to me, either has

Alum or Lint for a Soft Corn

corns now or is doomed to have them in the future. For this hard, conical 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:

Lemon Juice Cools Burning Feet

the foot should be soaked in water as hot 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 poisoning is the penalty of lack of care in dealing with a corn. For a hot-toe-obstinate corn, well 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.

Feet that are sensitive and easily irritated should be washed in cold water to harden them, rubbed dry and mopped 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 toenails 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 part a solution of ten parts of gutta-percha 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 the nail and mold the spot with peroxide of iron.

Many persons have feet that perspire too freely. Bathe the feet twice daily, once in mustard water, and dust on a powder consisting of 60 grams of talcum, 45 grams of sublimate of bismuth, 25 grams of permanganate of potash and 5 grams of salicylic acid 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 slippers in the house; that also relieves tired feet and is a fitting reward to the slaves who have served you so well.

ADVICE ON SOCIAL CUSTOMS

position, runs short herself in a much more urgent case. At social affairs—picnics, 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 do the work? They offer no helping hand, but increase 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 second nature, and they unknowingly delude others into doing more than their share of work.

Guests are sometimes guilty of imposing on the hostess, expecting too extensive entertainment, disrupting plans of a household or showing an utter disregard for the feelings of the kind host or hostess. A few of the 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 lacking 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.

SOLUTIONS TO SOCIAL PROBLEMS

Anxious for Her Address
TO 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?

Parents Object to Marriage
Dear Mrs. Adams: I am a young lady almost 19 years old. I have been going with a young man of about 22 for over a year without the knowledge of my parents, stealing out at nights to meet him. About two weeks ago he asked me to marry him and I consented to do so. Two nights afterward he gave me a handsome diamond ring and made me promise not to take it off until after we

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 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 truthful 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 advice.

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.

To Gain Weight
Dear Mrs. Adams: I am a boy of 17 and weigh 114 pounds and am about five feet seven inches tall. Will you kindly advise me what to do to build me up and give me weight?
ALFRED D. G.

I think if you will join a gymnasium class and enter into all exercises prescribed you will be greatly benefited. As you grow older your body will become developed and your weight will increase.

To Color a Switch
Dear Mrs. Adams: I have a hair switch and its color is of a 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. Adams: 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 a wooden collar?
A FAITHFUL READER

To fatten your neck massage daily with cocoa 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 a poultice of hydrogen and water, allowing the sunlight to bleach it.

Tonic and Massage
Dear Mrs. Adams: Vaseline's tonic for enlarging the bust and an also massage with cocoa butter. Will you please tell me how long I should use it? I shall have to use before there will be a change? Also if anything should be mixed with the cocoa 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. Adams: Please tell me how to get rid of a skin disease which I have recently contracted in a barber shop. Small pimples break out on my face. DISTRESSED.

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

ANSWERS TO BEAUTY QUERIES

hair will remain in curl, for some hair is more obstinate than others. Do not allow the hair to hang after washing in the customary manner.

To Apply Tannin
Dear Mrs. Adams: In a recent paper you stated that tannin was good for reducing the lips. Will you kindly advise me how it is applied? Is it mixed with some other substance?
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. Adams: Will you kindly publish a cure, and yet one which is not injurious to the skin, for freckles? What really causes freckles and what should be done to get rid of them? If it were not for my freckles I would have a very good complexion.
FRICKLES REPEATED

The following is a recipe for an excellent freckle cure and will not harm the skin:

Chloric acid (Lemon)..... 3 drams
Hot water..... 1 ounce
Borax..... 2 drams
Eucalypti..... 1 ounce
Glycerin..... 1 ounce

Dissolve the acid and borax in the water; infuse the petals for the eucalypti thoroughly; a jelly ball after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable to the face.

I suppose "liver freckles" is a name applied to the brown spots which appear on the skin, caused by a disordered liver.

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 either one on the skin is what heightens the pigments that are present.

To Remove Warts
Dear Mrs. Adams: Will you please tell me some way that I may take off warts? (UNBRIGHTENED)

Here is the recipe for a wart cure: Mix one grain of platina with nine parts of flexible collodion, and apply to wart three times a day. After two or three days the epidermal parts off and the wart will come with it.

To Cover a Mole
Dear Mrs. Adams: Will you please print in your columns an inexpensive recipe for a flesh-colored paste which will protect the face from the sun and wind, as the action of either one on the skin is what heightens the pigments that are present.

Dr. Vaucaire's Remedy
Dear Mrs. Adams: Please print the recipe for Dr. Vaucaire's hair remedy. How long must one take it to show results?
A CONSTANT READER

I am here with giving the recipe you desire, but it is not possible to say when results will be noticeable, for the effect depends entirely upon the individual taking the tonic.

Dr. Vaucaire's Remedy for the Bust
Fruit extract of red raspberries..... 1/2 ounce
Fruit extract of blackberries..... 1/2 ounce
Fruit extract of blueberries..... 1/2 ounce
Fruit extract of strawberries..... 1/2 ounce
Fruit extract of raspberries..... 1/2 ounce
Fruit extract of blackberries..... 1/2 ounce
Fruit extract of blueberries..... 1/2 ounce
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