

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## Keeping Our Graduates a Girl



*The simple, girlish hat.*

**S**HE is so charming, our sweet girl graduate! Why can't she be content to be for a little while just a girl? JUST a girl! There is no lovelier thing in the world than "just a girl." Yet half the time her seventeenth year sees either an overgrown child or a premature young woman.

This far from beautifying tendency she shows in various ways—in manner, either hoydenish or prim; in speech, either babyish, or precociously worldly wise; but most of all in dress and appearance. Of the two, the prolonged little-girl stage is better than the too-early young woman; but really there is little to choose between them. The girl with her hair flying down her back, with a big floppy hat, clumsy boots, an aversion to gloves and a dress that ends at an awkward line just above her shoe-tops—in other words, the normal girl of 13 or 14, what the English call a "flapper" and the Germans "backfisch"—is far from pleasing at 17 or 18. At the worst, however, there is hope for her. She can grow up. There is seemingly nothing ahead of the premature adult but an equally early second childhood.

It is all so silly! I remember, when I was a sophomore in high school, all of us who wore spectacles were obsessed with a longing for nose-glasses as a mark of achieved "grownupness." I was so proud of mine that I wore them in the bathtub and in bed. When I think what a "figure of fun" I must have cut with them I laugh aloud, and I think of it every time I see a girl in her teens similarly equipped and proud of it.

That reminds me of another incident of my own "backfisch" stage—the Hal-

*Quite too old for her years.*

loween party at which we all "put up" our hair—and at 15, save the marks!—kept your hair down in a simple part and knot, with a plain

*The should not dress as a mere child.*

bow at the back, just as long as you can, little girls. You remember the once-popular song with the refrain, "You will be a long time dead?" Well, you will be a long time grown up. Stay it is just the same with your clothes. Elaborate dresses reaching to the ground, "fussy" hats,

*Not as a young lady.*

vells, jewelry—do you think these make you beautiful? Far from it; on the other hand, they will spoil your beauty, if you have any, and not at all produce it if you haven't. The only way to be really beautiful is to be natural in dress and look like a young girl.

So, for your own sweet sake, stay young, little Miss Graduate, stay young!

*The hair naturally arranged.*

but that doesn't seem to have any effect. Possibly you do not walk rapidly. A brisk walk or, better still, running will reduce the superfluous flesh.

**Sage Tea**

Dear Mrs. Symes: My hair was formerly a dark brown shadow (the now turning gray) to place. Will sage tea darken it? How is it made and how often should it be applied? BARBARA.

I think it is advisable for you to use the brown hair stain rather than the sage tea. Try a little on a strand of hair first to see if you like the color. It should be applied with a brush.

**Brown Hair Stain**

Green walnut shells ..... 2 ounces  
Alum ..... 4 ounces  
Pure oil ..... 2 ounces

Heat together fast with hair until the water has been completely evaporated. Then express, filter and perfume.

**Peroxide**

Dear Mrs. Symes: Please tell me if peroxide is good for spots left by pimples? SPOTS.

Yes; it will bleach them.

**Desires Broad Shoulders**

Dear Mrs. Symes: Please publish an exercise that will broaden the shoulders. I have tried many exercises, but none seem to do the trick. I am a young girl, but very pale. How can I gain color?

1. Please give me a good complexion cream that will not cause hair to grow. I have tried many, but none seem to do the trick. I am a young girl, but very pale. How can I gain color?

2. To prevent the pores from becoming clogged it is necessary to keep the skin well cleansed. No one should retire at night before washing the face thoroughly with soap and warm water to remove dirt and dirt which has collected during the day.

3. To have a good complexion there must be evidence of good circulation of the blood and plenty of outdoor exercise.

4. Apply a good quality of vaseline to them with a camel's-hair brush every day.

5. Here is the recipe for a splendid cream which will meet your requirements:

**Kentucky Cold Cream**

Rosewater ..... 4 ounces  
Almond oil ..... 4 ounces  
Spermaceti ..... 1 ounce  
White wax ..... 1 ounce

**To Remove a Goiter**

I am a young girl of 18 and have a goiter. I never saw a low-neck dress on account of it. What can I do to get rid of it? BLONDE.

No one should undertake to treat a goiter without a reliable doctor's advice. One can never tell how serious the growth may be.

**Oily Hair**

Dear Mrs. Symes: Will you kindly advise me what lotion is good for oily hair? G. C. B.

Here is the recipe for a lotion which will make the hair less oily:

**Formula for Oily Hair**

Alcohol ..... 2 ounces  
Witch hazel ..... 2 ounces  
Resorcin ..... 2 grains

Use daily, rubbing well into the scalp.

**To Sweeten the Breath**

Dear Mrs. Symes: Will you tell me what can be done for a person who has a very strong breath? A. M. READER.

There is no way to keep the breath sweet if the general health is not good. Indigestion, constipation, liver troubles will cause bad breath. Decayed teeth are very often at the seat of the trouble. Unless the cause is removed you cannot expect a cure.

**Corns and Bunions**

Dear Mrs. Symes: Please publish a remedy for corns and bunions. Here are the recipes you desire. I am a young girl, but very pale. How can I gain color?

**Bunion Cure**

Carbolic acid ..... 2 fluid drams  
Tincture of iodine ..... 2 fluid drams  
Glycerin ..... 2 fluid drams

Apply with a camel's-hair brush daily.

**Corn Cure**

Salicylic acid ..... 1 dram  
Collodion ..... 4 ounces

Paint over the corn once a day and across away for superfluous growth at the end of three or four days.

**Bust Is Large**

Dear Mrs. Symes: Will you kindly tell me through the columns how I may reduce an excessively large bust, which is out of proportion with the rest of my figure? A. M. READER.

### Advice on Social Customs

*Mrs. Christa Adams*  
most cordially invites persons to bring to her their social problems and perplexities by letter at any time

#### WHEN SCHOOL CLOSES

**J**UST a little talk, my dear girls, about the end of school days and the beginning of other work a little less serious.

You will come through the last term and stand now at the parting of the ways. I wish to speak about the road that lies before you. There will be some strong, rough places on that road. It will not be a straight, easy one to travel. You will have to climb hills, surmount obstacles and overcome difficulties—that is, if you intend to go onward and march forward.

There are some persons who never move beyond the fork in the roads. With the excellent background of a good education they never attempt to cut their teeth on the rougher side of life. Now, some one has said that in life if you do not go forward you inevitably go back. Therefore, keep well informed or thoroughly trained to require no further self-development.

Keep up the friendships that have

been profitable and inspiring. Some, through force of circumstances, must be dropped, but others should be encouraged, so that the matured outlook will ripen them. You cannot have too many friends.

The best friend of all, who has been with you for many years, is your mother. Do not forget that, girls. She has given up many things willingly, to be sure—so that you could greet the last of school with a smile. Now is the time for you to make sacrifices in order that she may be happy, and that she may enjoy life. So, why not frequently walk in sweet companionship with your mother along the new road? She will enjoy your confidences, your point of view, and you cannot but profit from her mature experience.

Never neglect any opportunity to better conditions and to improve yourself. Work is a great tester of ability and the most interesting thing on earth. If you are willing to make them so, accept the lessons of the school of experience with an open, willing mind. In this way you will never stop growing.

### SOLUTIONS TO SOCIAL PROBLEMS

#### Shaking Hands

**D**EAR Mrs. Adams: Please tell me if it is proper for young girls and boys, 18 and 19 years of age, to shake hands on being introduced. Also, should young girls shake hands or just bow and make a pleasant remark? 2. If a girl after meeting a young man is the first to leave, should she inform him that she is glad to have met him? 3. Is it considered a lack of courtesy to shake hands with a girl on, and is it necessary to apologize if she refuses, should she thank him? X. Y. Z.

1. It is proper but not necessary to shake hands when being introduced unless the man is acting as hostess. The young man should allow the woman to take the initiative in this case and the younger woman should wait for the older woman to show such a cordial welcome of the acquaintance.

2. No; it would be more delicate to allow him to express such pleasure.

3. A woman needs never to make an apology for offering a gloved hand, but a man is obliged to do so, for, if possible, he should remove his glove before shaking hands.

4. No; he is supposed to pay her carriage if he is acting as her escort.

#### Not Sure

**D**EAR Mrs. Adams: 1. If you are always thinking of some one, do you wish to be in his company and even dreaming of him, are you in love with him? 2. What are the leading colors in this summer? 3. What small or large hats be worn this summer? 4. You are evidently very fond of the person, but when one is in love one is never in doubt. 5. Blue, green, black and white and cerise. 6. Both.

#### Book on Etiquette

**D**EAR Mrs. Adams: Please tell me where I can get the latest book on etiquette and what it is called. Such a book can be purchased at any bookstore. I am not at liberty to mention any one, but you will have no trouble finding a good edition.

#### When to Go

**D**EAR Mrs. Adams: When invited out to dine at a certain hour, how many minutes before should I arrive and when should I leave? I have recently met to and from the theater in the evening, should I offer my arm or should I simply grasp her elbow to assist her across the street? I am desirous of showing her due attention, but do not wish to overdo the thing.

#### A Theater Party

**D**EAR Mrs. Adams: I am giving a rather informal theater party. Tell me if it is necessary to send carriage for each guest and what should I do about the tickets? I am not a person with unlimited means. A READER.

It is not necessary for you to provide a conveyance for the guests. You can either wait in the theater lobby with the tickets and send them to the parents invited. The latter plan is best, I think.

#### A Stork Party

**D**EAR Mrs. Adams: Would it be proper for a mother to give a "stork party" for her married daughter? MOTHER.

Yes; but only the most intimate friends should be invited.

#### A Tactless Child

**D**EAR Mrs. Adams: What can be said to a young child when she persists in staying with my children until mealtime? I do not wish to hurt her feelings, but I know her mother does not wish her to stay for meals all the time. WORRIED.

If the child fails to obey the directions which her mother probably gives her before leaving, you should tell her that you believe her mother will be anxious about her daughter, and for that reason you cannot invite her to stay for dinner.

#### Men's Gloves

**D**EAR Mrs. Adams: I know it is proper for women to retain their gloves when entering the dining room, but I should like to know if it is necessary for a man to do likewise? FRED.

No; men do not wear gloves in the drawing room or dining room in the event of a dinner.

#### Wedding Anniversaries

**D**EAR Mrs. Adams: Will you kindly print what each year stands for in wedding anniversaries? F. H. K.

First year—Cotton.  
Second year—Paper.  
Third year—Leather.  
Fifth year—Wooden.  
Tenth year—Tin.  
Twelfth year—Linen.  
Fifteenth year—Crystal.  
Twentieth year—China.  
Twenty-fifth year—Silver.  
Thirtieth year—Pearl.  
Fortieth year—Ruby.  
Fiftieth year—Golden.  
Seventy-fifth year—Diamond.

#### Exchanging Love Letters

**T**o a Childwife—If you have proof that your husband and the young girl have been exchanging love letters, I advise you to appeal to him and then, if necessary, go to the girl and have a quiet and dignified talk with her. Ask her to imagine herself in your position. This may cause her to think, and when she realizes how unkind she has been to you and how she has been trifling with her reputation she may cease all further action.

#### At the Wedding

**D**EAR Mrs. Adams: 1. What is the proper dress for the groom, best man, ushers and the bride's father at a church wedding? There is to be a reception after the ceremony. 2. What is the order of procession to and from the altar? 3. Do all the bridesmaids and the maid of honor carry flowers? G. M. Mc.

1. The correct dress for the men at an afternoon wedding consists of a dark-blue or black frock coat, a single-breasted white waistcoat, or one to match the coat, gray trousers, white shirt and cuffs, white or wing collar, and a high-colored ascot or four-

#### In a Train

**D**EAR Mrs. Adams: If when traveling on a train a man friend should ask me to go into the dining room, should I offer to pay for the dinner? DOUBTFUL.

Under such circumstances a woman should regard the man as the host of the occasion and not offer to pay her share of the expenses incurred.

#### At the Fountain

**D**EAR Mrs. Adams: When one gives a reception in her home, should one provide dressing rooms for the men and women? Should the women keep on their hats? L. M.

A dressing room is provided for women and another for men. A servant should be in attendance in each case. The women retain their hats throughout the reception. If every one could be made to do this, the spread of disease would not be so great. However, if it is absolutely necessary for you to use the cup provided, you need not offer to the man.

#### The Bridegroom

**D**EAR Mrs. Adams: In what order does the bridegroom walk to the altar at a church wedding? INQUISITIVE.

When the signal is given that the bride is at the church door, the bridegroom walks out from the vestry room behind the ushers, followed by the best man. He stands facing the congregation until the bride appears. As she extends his right hand, and leads her before the clergyman.

#### Carfare and Collection

**D**EAR Mrs. Adams: When a young man accompanies me to church should I allow him to pay my carfare, and should he be allowed to give me money for the collection box? MARY.

It is quite proper for you to allow him to pay your fare, but you should provide your own collection money.

#### Wedding Announcements

**D**EAR Mrs. Adams: Is it permissible to send out wedding announcements unsealed, thereby using a 1-cent stamp only? MARY.

The outside envelope inclosing the announcement card should always be sealed and a 2-cent stamp placed thereon.

#### Endearing Terms

**D**EAR Mrs. Adams: When should the words affectionately, devotedly and fondly be used at the end of letters? SOPHIE.

Such endearing subscriptions are proper only between relatives or intimate friends.

### Beauty Queries Answered

#### To Remove Tartar

**D**EAR Mrs. Symes: 1. I should like to know what I shall use to darken my eyelashes and eyebrows. 2. What shall I use to keep tartar from collecting on my teeth? 3. Can you tell me anything that will prevent me from biting my nails? I simply cannot stop the habit. L. M.

1. Here is the recipe for a stain which will darken the eyebrows and eyelashes:

**Chinese Eyelash Stain**

Gum arabic ..... 1 dram  
Indigo ..... 1 dram  
Rosewater ..... 4 ounces

Powder the ink and gum and triturate with the rosetwater until you get a uniform black liquid in a powder, and then add the remainder.

#### To Remove Tartar

2. Two or three times a year you should visit your dentist and have him remove the tartar which collects on the teeth. Between visits you should use chalk or milk of magnesia freely. A curved toothbrush is better than a straight one. The bristles should not be too stiff.

#### Sulphur for Dandruff

**D**EAR Mrs. Symes: I am interested in your sulphur cure. My hair is black. Would the sulphur change the color of my hair? M. C. C.

Not at all. Sulphur has a tendency to darken the hair; therefore, it is perfectly safe for you to use it.

#### To Reduce the Hips

**D**EAR Mrs. Symes: Will you please let me know of an exercise to reduce the hips? I should like to do something for my only child. MABELLE G.

The following exercise, if persevered with, will reduce flesh round the hips: First, raise the outstretched arms above the head, the body retaining its erect position; then bend slowly forward from the waist, so that the fingers come as near touching the floor as possible, without straining in any way. This is done without bending the knees. In recovering position let the arms raise up. Second, with hands placed lightly on the hips, the fingers pointing forward, then to the back, being careful to do it very easily at first, till the muscles have gained strength, for an exaggerated movement may cause real pain. Then on to the left, and back to the front. Practice again, only start toward the left. The waist acts as a pivot on which the trunk swings, and the head is easily relaxed. Third, in this exercise the hands have the same

#### Liver Spots

**D**EAR Mrs. Symes: I have had liver trouble for some time, and am better now, but it has left me with ugly liver spots. I have tried out-ward remedies without any results. I am told that the only way to remove them permanently is to have the electric needle used. Will you refer me to some one doing that kind of work? FRIDAY.

#### Blackheads

**D**EAR Mrs. Symes: Will you please tell me a good cure for blackheads and enlarged pores on the nose? FRIDAY.

I shall first advise you not to use powder on your skin if you wish to cure the two blemishes. Every night before retiring cleanse your skin with a good soap, warm water and cream. One would not have blackheads if the pores were thoroughly cleansed every day. After the face has been rinsed and dried, apply the lotion for which I am giving the recipe:

**Blackheads**

Distilled witch hazel ..... 1 dram  
Alcohol ..... 4 ounces

Apply with a piece of old linen or a bit of absorbent cotton.

#### Skin is Dry

**D**EAR Mrs. Symes: I have tried using different soaps for my skin, but I find that it is always stiff after washing, and I am sure that I rinse the soap off.

I have used tannin, but it does not help. How can I keep my feet from perspiring? BODDY.

I advise you not to use soap for a while, but to cleanse the skin with the cream for which I am giving the recipe:

**Cleansing Cream**

White wax ..... 2 ounces  
Spermaceti ..... 2 ounces  
Sweet almond oil ..... 2 ounces  
Dissolved water ..... 2 ounces  
Glycerin ..... 2 ounces  
Salicylic acid ..... 50 grains

If the lips are naturally thick, nothing can be done to reduce their size. It would not be wise to check the perspiration entirely, for it is necessary that the skin should throw off a certain amount of waste matter in the form of sweat. To gain comfort, however, the feet should be bathed twice a day in lukewarm water and then rubbed with alcohol, after which the powder made by the following recipe should be applied.

**Legs Are Fleeshy**

**D**EAR Mrs. Symes: My legs from the knees down are too fleshy; also my ankles. Can you tell me how to reduce them? I walk a good deal.

**Bunion Cure**

Carbolic acid ..... 2 fluid drams  
Tincture of iodine ..... 2 fluid drams  
Glycerin ..... 2 fluid drams

Apply with a camel's-hair brush daily.

**Corn Cure**

Salicylic acid ..... 1 dram  
Collodion ..... 4 ounces

Paint over the corn once a day and across away for superfluous growth at the end of three or four days.

**Bust Is Large**

**D**EAR Mrs. Symes: Will you kindly tell me through the columns how I may reduce an excessively large bust, which is out of proportion with the rest of my figure? A. M. READER.

If you are willing, and have sufficient strength, to live on a diet you will be able to decrease the bust. First, it is very small quantities should be eaten once a day. Sweet or starchy foods should be avoided. No fluids should be taken with the meals, and only water may be drunk between meals.