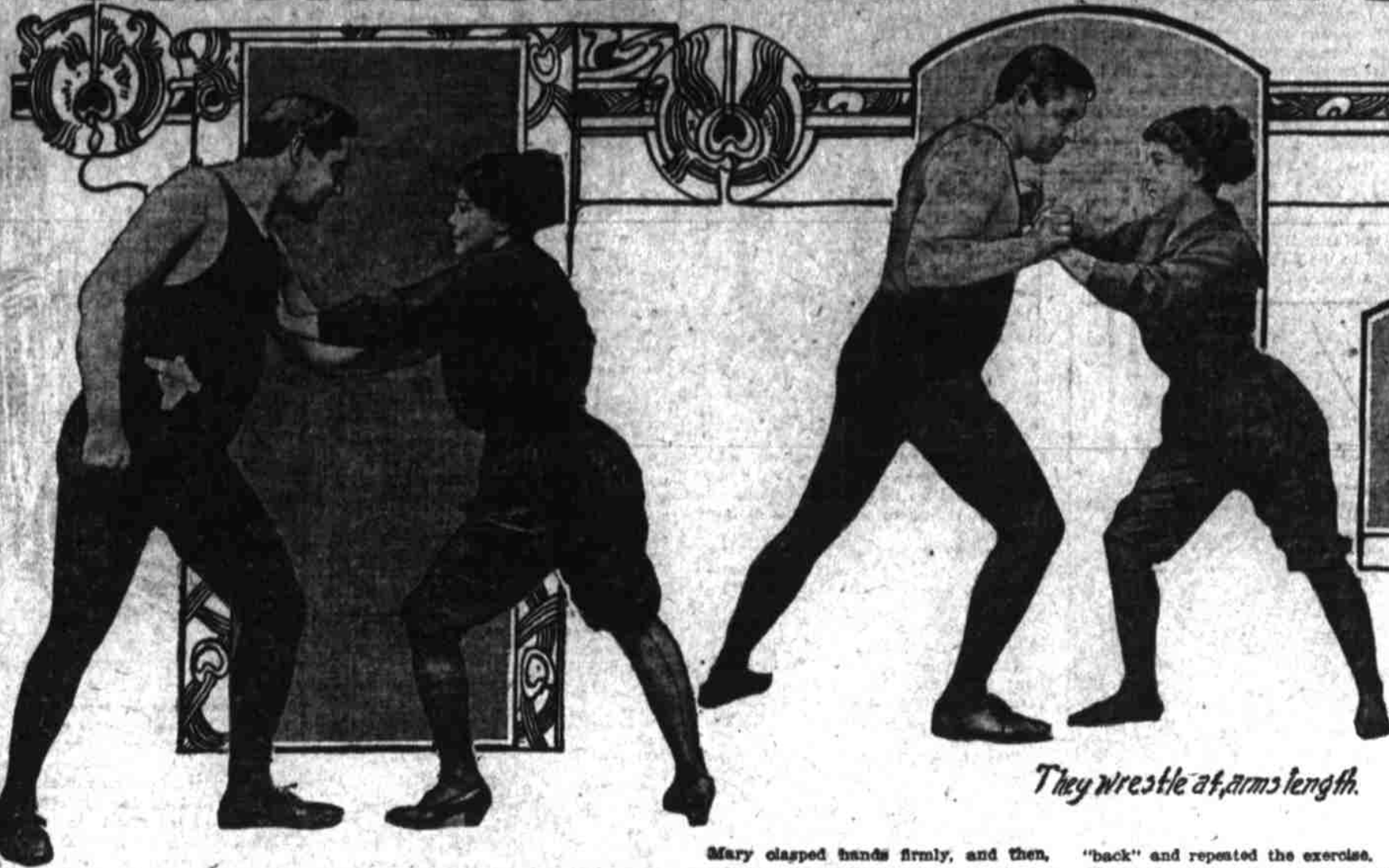


CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

SHORT EXERCISES for TEAM WORK



They wrestle at arms length.

They push each other alternately.

ON THE appointed day for the third exhibition of the three which John and Mary were giving me, I found that they had a number of little exercises to show.

"These are for VERY busy people," explained John, "who cannot spare more than five minutes a day. They are all easily done, and perhaps some of your readers would like to try them before the harder ones."

The first exercise was, said Mary, a good way of getting up the circulation when one is still sleepy, or later on, on winter mornings, when one is cold.

(That sounds like a joke now—but wait!) She and John, their right arms locked by holding their hands tightly against each other's chests, pushed alternately backward and forward. After a few minutes they reversed, and used instead the left arms. A very little of this exercise, they said, set the blood in a glow. "Gives you an appetite for breakfast," added John; and, "Even if you have to cook it!" said Mary.

The second little exercise was a sort of wrestling at arm's length. John and

Mary clasped hands firmly, and then, without either touching the other one further, wrestled back and forth in good earnest.

"Nobody ever gets thrown," said John, "but we get just as much fun out of it, and a lot more good health."

"The next is a balancing stunt, good for reducing waist lines," remarked Mary. "Get the table, John."

So John got the table and Mary climbed on it, lying on her stomach, so that the top of her legs just reached the table edge. John held her ankles firmly, and she kept her hands on her hips, and her neck straight.

Gradually she raised herself, until her head was back and her trunk was nearly upright. Then slowly she fell

"back" and repeated the exercise. "Two or three times are plenty," she said. "Besides, this is nothing at all for John. Let me show you one where he has to work."

John held her, his arms around her waist, and then, with her arms extended behind her, and her feet all ways on the ground, she leaned backward until her hands touched the floor. John DID have to work, too, for Mary is no lightweight, and his back and arm muscles came into full play.

"We've shown you all we do now," said husband and wife as I thanked them and bade them farewell. "When we think up some new stunts we'll send for you, so that you can see them and write about them."

And I am now waiting for that invitation.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams must, cordially invite her guests to her home, and she should be liberal in any case.

THE WEDDING ATTENDANTS

AFTER the bride and groom come the attendants of each and their duties, and it is about the other members of the wedding party that I wish to speak to you today.

It is a bride's privilege to decide how many persons shall be in her escort to the altar. She chooses the maid or matron of honor and her bridesmaids, and with the groom selects the ushers.

At a home wedding there is really no occasion for more than one attendant for the bride. At a church wedding there can be as many as she wishes. The maid of honor is usually the bride's sister or her most intimate friend. The flower girls or pages are usually chosen from the younger members of the bride's or groom's family.

There are many attractive ways for the wedding party to enter the church, depending on the arrangement of aisles and on the number of attendants. The best man and the ushers are the same in number as the maid of honor and the bridesmaids.

The maid of honor receives the bouquet from the bride just before the bride is given away. She also takes the glove, if it is removed. These are returned again after the ceremony.

The duties of the best man are somewhat more comprehensive. He should place at the disposal of the groom his services and time. He accompanies the groom to the church, or if he should

go alone he should arrive in the vestry a quarter of an hour before the other attendants. He has charge of the ring and the fees; and it is suggested that a last look be taken before the ceremony, to insure smooth sailing for everybody.

The best man receives the gloves and hat from the groom just before the bride arrives. He hands the ring to the groom just at the time in the ceremony when it should be adjusted. After the ceremony, the hat and gloves are handed to the groom, before he and his wife walk down the aisle.

Then the best man, with the maid of honor on his right arm, follows the bride and groom. It is the duty of the best man and the ushers to present guests to the bride and groom and to keep up the general good spirit of the reception. The arrangements for the wedding trip are made by the best man. The tickets, stateroom, luggage, etc., are attended to by this friend.

And now about the ushers. The head usher sees that the proper number of pews is reserved for the families, and it is the duty of every usher to familiarize himself with the names of the persons who are to be in the honor seats. The general rule is to seat the friends and relatives of the groom at the right of the center aisle and those of the bride at the left. The right arm is offered to the lady whom the usher escorts to a seat.

When the bride's mother appears, the head usher escorts her to her place. He also gives the order for the church doors to be opened for the married couple's exit, and with the attendants keeps the other guests from crowding too quickly after the bridal couple.

In a home wedding the duties of the attendants are similar, but less complicated. Last of all, it is the duty of every one of the wedding party to call upon the bride's mother within two weeks of the wedding.

any gain. When I met the young man he was very courteous, but since then he has passed me on the street and ignored my greetings. I could ignore him and not care, but his mother has invited me to spend a week in her home, saying that no excuse will be accepted. Please tell me what to do to retain her friendship and to avoid the son's rudeness.

Accept the invitation and then you will have opportunity to ask the young man his reasons for acting so strangely. If he should continue to be rude, ignore him entirely and explain the situation to his mother, so that she will understand your attitude.

Difference in Religion

Dear Mrs. Adams, I am a young man 19 years of age, and am deeply in love with a girl, and I know she also loves me, went with her only a few months, and on account of a difference in religion her parents objected. Now, should I find my one love or live unhappily without her?

It is very difficult for me to answer your question, for while I should like to see you win your heart's desire, I cannot see how you can overcome the serious objection which has been raised. However, you are very young and can afford to give time a chance. When you and your sweetheart grow older your minds will have broadened and you will both be better able to see things in a different light.

Not Engaged

Dear Mrs. Adams, I have an older sister who has accepted jewelry, including a diamond ring, from a young man, but she is not engaged. This does not seem proper. Would it advise me to remonstrate?

Will you kindly tell me if it is proper for two girls who are shopping in a large town to spend the night in the hotel?

I think it would be better to have your mother or father speak to her about the matter. She may regret having a younger sister remonstrating her actions. It would be proper if the girls have the consent of their parents, who are better able to decide a question of this kind for their daughters.

Announcements

Dear Mrs. Adams, I do not wish to send invitations for the church wedding ceremony, but after our honeymoon we expect to have a reception for our intimate friends. Would it be proper to send and receive announcements without inviting them to the reception?

When should the announcements be sent and what is the correct form for them? Should the persons who are invited to the reception be sent an announcement and may they be sent together?

Yes. The day of the wedding, after the ceremony has been performed. They should be prepared beforehand and ready to be mailed by some kind relative or friend. The proper form for the announcement is:

Mr. and Mrs. Charles W. Black have the honor of announcing the marriage of their daughter, Anna, to Mr. Frank L. Jones, on Saturday, June the third, nineteen hundred and eleven, at the First Presbyterian Church.

Those who are invited to the reception could receive announcements. The invitation to the reception should be sent separately.

Using Slang

1. Is it proper for dear friends to use slang in their correspondence? 2. Is it proper for the boy to ask permission to call? 3. Do you consider the habit of sending picture postcards good? 4. Would it be proper for me to give a party in honor of one of my girl friends? We have a large lawn. DONALD P.

1. Slang is never used by the well-bred person. 2. Yes. 3. Yes, if it is not abused. 4. Yes, your mother or your sister could act as hostess. Have the lawn decorated with lanterns, bunting and flags.

The Son is Rude

Dear Mrs. Adams, Several months ago I was introduced to a man with whom I had been frequently associated for over a year. In all that time his conduct suggested that he might care to know me. We have many intimate friends in common and his mother and sister visit me often. I am fond of them and would not sacrifice their friendship for



He holds her as she bends backward.

Beauty Queries Answered

REPLIES to letters sent to the writer of this department will be printed in regular order, but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by enclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Enlarged Joint

Dear Mrs. Symes, I have read your advice in the Sunday paper, and have tried it in many ways. I have an enlarged joint on my right leg, and this I fear, will develop into a tumor if not checked. I am only 18 years old. I have heard that painting the joint with iodine will reduce it. How long will it take to do this?

Iodine will reduce the joint, but I am not able to say just how long it will be necessary to use it. To prevent the appearance of a tumor it is also important that you wear shoes and stockings of the proper size.

Exercises for Reducing

Dear Mrs. Symes, Please suggest some way whereby I may reduce my hips, bust and abdomen. I cannot live on a diet, for I must have strength for my housework.

My hands become very red and chapped after dishwashing. What can I do to prevent this? PAULINE.

The following exercises, if persevered with, will reduce flesh around 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 relax and sink down as the body straightens up. Second, with hands placed lightly on the hips, the fingers pointing forward, let the body drop forward easily, so that it is bent at the waist. This must be done gently, as by jerking more harm than good is done. From this bent position roll the body round to the right, counting four for it to reach the position of being bent over the side; then to the back, being careful to do it very easily at first. All the muscles have gained strength, for an exaggeration of the 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 position, but now the body is bent forward from the waist, then back, then to the right and left. Each movement should occupy four counts. Take these exercises gently, but let the movements be firm and strong. Avoid the slightest strain of the muscles. No corsets should be worn while practicing them.

Rapid walking and running will reduce the bust as well as other parts of the body. Do not drink any liquids with your meals, and never drink milk or any liquid before the meal.

To reduce the abdomen, stand erect, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the

bending. Rest by taking three deep breaths between each exercise. To keep the hands in good condition rinse them in clear water after they have been in soapy water. Dry them carefully and then apply lemon juice. At night wear cosmetic gloves, three or four sizes too large. Rip them open and spread the inside with the following preparation, then sew the ripped seams up:

Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of honey. Mix the last three ingredients and add enough barley to form a paste.

Recipe Requested

Dear Mrs. Symes, Will you please put in the paper as soon as possible the recipe for the orange-flower skin food? I had it once, but have lost it. I like it very much. E. C.

Here is the recipe you desire:

Orange-Flower Cream
(A Skin Food)

Oil of sweet almonds.....	4 ounces
Spermaceti.....	6 drams
Borax.....	2 drams
Glycerin.....	15 ounces
Orange-flower water.....	3 ounces
Oil of neroli.....	15 drops
Oil of bigarade (orange skin).....	15 drops
Oil of petit grain.....	15 drops

Melt the first three ingredients, add the glycerin to the orange-flower water and dissolve the borax in the mixture; then pour it into the blended fats, stirring continuously.

To Increase the Height

Dear Mrs. Symes, Please give me an exercise to increase my height?

1. Will jumping rope decrease the weight much for my age and height? 2. I am 15 years old, 5 feet tall and weigh about 110 pounds. Do you think I make my hands smooth and white? 3. How can I make my knuckles smaller? 4. I have blackheads on both sides of my nose, and pimples on my forehead and chin. Will staying my face before going to bed help any? 5. Is there any exercise that will reduce my bust? 6. Will lemon juice take freckles from my face without irritating the skin? 7. I have a large mole on my neck. How can I take it away? A. SCHOLAR.

1. Stretching exercises taken two or three times a day for a year will increase your height. Rise on the toes and stretch the tips of the fingers as far toward the ceiling as they will go, then sweep the hands in front and touch the tips of the fingers or palms of the hands to the floor. Keep the knees straight during the exercise.

2. Jumping rope will decrease the weight, but it is very hard on the heart and should not be indulged in without the permission of a doctor.

3. Your weight is in proper proportion with your height and age. 4. Apply lemon juice to them daily. 5. Nothing can be done to reduce the size of the knuckles.

6. Stretching the face by applying towels wrung from hot water will open the pores so that they may be thoroughly cleansed with soap and water and soap. To remove the pimples use the cream for which I am giving the recipe:

Fosatti Cream for Pimples

Extract of violet.....	10 drops
Sweet almond oil.....	14 drams
Sulphur precipitate.....	15 grains
Alcohol.....	3 ounces
Oil of rose.....	3 drops

7. I do not advise one of your age to reduce her bust. Wait until your body has been fully developed, so that you may treat those parts which are not in proportion.

8. Yes. 9. The safest way is to have the electric needle applied.

Large Veins

Dear Mrs. Symes, Will you please give me the address of a drug store where I can have Dr. Vauclair's

remedy for the hurt filled? I live in the country and do not know where to buy it. Can you tell me what to do for large veins on the back of the hands and arms? OUT OF NOW.

I am not at liberty to give any names and addresses, but if you will take the prescription to your nearest drug store, and you will have no difficulty in having it filled, or else finding the name of a large concern to which you could send the recipe. I do not think I can practice alone thing for this.

Using Olive Oil

Dear Mrs. Symes, Please tell me if massaging the face with olive oil every night will cause the hair to grow? I have already a few dark hairs on my temples and I want to have the hair to rid myself of these without the electric needle.

Olive oil will not produce a growth of hair, but the constant rubbing may increase the growth already started. For this reason I advise you not to massage too frequently.

Here is the recipe for a depilatory which you may use. It will remove the hairs for a time, but they will return again.

Sulphide of soda or calcium sulphide..... 100 grains
Chalk..... 100 grains
Mix thoroughly and keep dry in well-corked bottle until wanted for use. Rub enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Thick Lips

Dear Mrs. Symes, What is a good remedy for thick lips?

If the lips are naturally thick it would be useless to try to reduce them. If there is a temporary swelling, you might apply alum water or a lotion made of 1 teaspoonful of tannin to 8 ounces of water.

Wrinkles the Forehead

Dear Mrs. Symes, I have a habit of wrinkling my forehead. How can I overcome this? Could I use a liquid which will remind me? J. J. D.

It is necessary for you to call on will power to break the habit. It may be, however, that the application of cold iodine will serve as a gentle reminder.

Ankles Are Large

Dear Mrs. Symes, 1. Will you please tell me what will reduce the ankles and the ball of the foot? 2. How may my hips be reduced? 3. Is it possible to remove the electric needle that will remove the hairs from the arms? 4. What will whiten the neck and arms? FINKIE.

1. Nothing will reduce their size if they are naturally large. If there is any temporary swelling, you should bathe the foot in very hot water and then apply witch hazel. The wearing of low shoes will often cause the ankles to swell.

2. Here are several exercises that are excellent hip-reducers:

Bring the knees up to the chest, remaining perfectly erect. Practice in alternate movements.

Place hands on hips, shoulders well back. Raise the leg with knee flexed, and give a high, quick side kick, bringing the foot back again to the floor. Repeat ten times first with the right foot and then with the left.

Take standing position, hands on hips, and rotate the hips, bending the knees and keeping the feet flat on the floor. Repeat ten times first with the right foot and then with the left.

These exercises also are good. Bring the knees up to the chest, remaining perfectly erect. Practice in alternate movements.

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