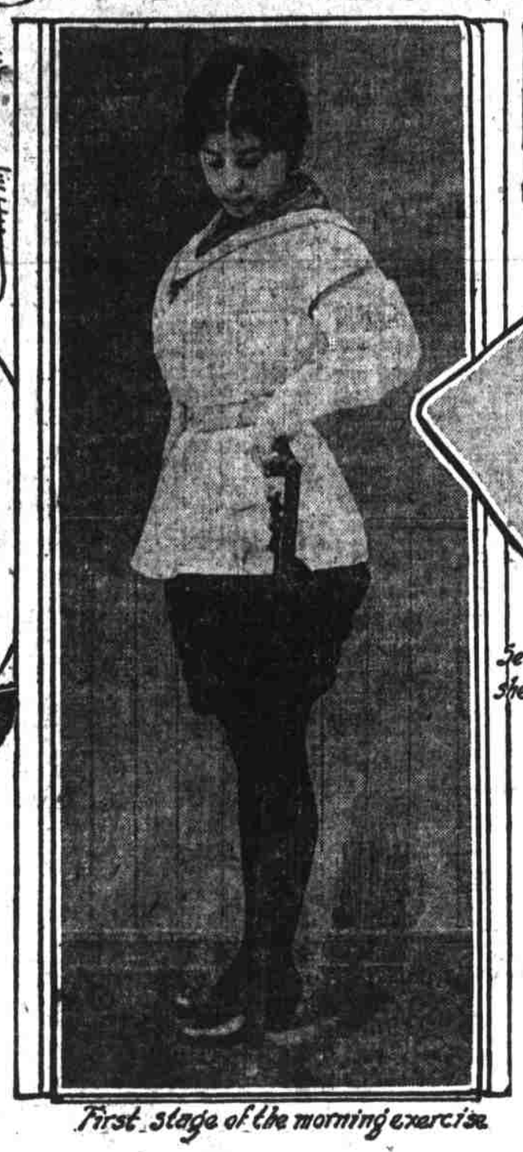
CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

The Wonders of Co-ordination

How not to rise from a chair.

This position insures proper rising.



First stage of the morning exercise.

Second Stage. She stoops to conquer.

Balancing brings muscular harmony.

DO YOU know how to make your muscles work together? If you have learned that secret of muscular co-ordination, you are by necessity graceful and sylphlike. If you have not learned it, come now and drink of the fount of wisdom.

How do you sit in a chair? So that when you arise the center of gravity is thrown forward and you are forced to bend almost double to gain your foothold? "Up, up, my friend," as Wordsworth says, and learn how to sit without discomfort and rise without disgrace. Take the second position, with the back bent very slightly forward and the upper portion of the legs in a straight, horizontal line. Then you cannot help arising with the minimum of effort and the maximum of litheness.

Use this facility of correct sitting and rising as the gauge, so to speak, of your progress in grace. In proportion as you can do this properly you are approaching the beauty of motion and appearance which only muscular co-ordination and symmetry, dependent on co-ordination, can bring. For it is not strength, but harmonious muscular action, that results in ease and suppleness.

Of course you will want an exercise to help you on the upward path. And here it is—an excellent one, vouched for by one of the best-known physical training institutes.

First of all, stand perfectly straight, estimating your position with that nicety of judgment which will give you the military poise without self-consciousness. Place your right hand on your hip and with the left clasp lightly a yardstick or a willow wand. Heels are together.

Tilt the cane back to just beyond the vertical line and let it drop. As it falls, stoop and catch it at the end nearer the floor, just before it touches.

Then rise, with head erect and eyes straight forward. Without bending the back, regain the center of balance.

As a further exercise—for you will find five or six experiments on each side quite enough of the first one for one day—try balancing the rod, making a fist and holding the wand on the side of the first finger, as shown in the photograph. This will bring a keenness of eye and a sureness and swiftness of action that will finally assure and continue muscular control and co-ordination.

Advice on Social Customs

Mrs Chester Adams most cordially invites her friends to bring to her these Social Problems and Perplexities by letter at any time

CONSISTENCY IN DRESS

THE other day I saw a woman who was in mourning for her husband. She thought that she was paying the proper formal respect to the departed. In truth, she was defying every rule of good taste, because she was inconsistent. On the black dress there was too much crepe, in the first place. It looked as if she wished to see how expensively black she could have it. Then, my dears, she had the most glittering kind of jet, which, you know, is not mourning if it is not dull. Her fingers were bejeweled and a bright gold watch was pinned on her bodice by a black pansy set with diamonds. Her gloves were not dull, and silver buckles ornamented her low shoes, above which were very attractively embroidered silk stockings. Yet that woman thought she was in deep mourning!

Many women are inconsistent in their dress. They overdress at informal occasions, and then, to balance things, do not dress enough at very formal affairs. One young girl whom I see going to work often dresses in the most ornate lingerie blouses, with yards of lace "desertion," as the office boys call it. The style is not appropriate for a stenographer in an office filled with men. Then, at an evening musicale I have seen her without gloves.

Jewels are one of the points in dress at which astonishing inconsistency is shown. Diamonds are worn to market; pearl necklaces adorn tailored shirtwaists; sapphires and emeralds are mixed with rubies and topazes, and the jewel box is left empty.

Now, as a matter of fact, jewels ought to supplement beautiful evening or afternoon dress. They should never be worn in the morning. The plain signet rings or simple chains and pins are good, but the glittering, ornamental stones must be kept for formal occasions.

With a tailored suit a certain severe style of hat is appropriate; with a soft, fluffy type of dress you may wear a more ornamental hat. High-heeled shoes or slippers should not be worn on the street. Much elaborate underwear, trimmed with colored ribbons, should not be seen (and heard) in the streets.

And so the story goes. A woman's dress proclaims much to the observer. It shows whether she is an extremist. It tells of her refinement or her lack of it. Undeniably does it speak of a well-bred balance or appropriateness to the occasion which we call consistency.

Are you working in a business office? Are you dressed for an afternoon tea? Change your mind and your dress tomorrow.

SOLUTIONS TO SOCIAL PROBLEMS

Grandmother's Habits

DEAR Mrs. Adams.

I would like so much for you to help me just a little. I do believe I am wicked. You see, it's this way: My grandmother lives with me, and she is very old—77 years. She is not quite so neat and clean as she might be, and does many little things that are so queer.

First, she has a terrible cough, which racks her poor old body, and I do feel so sorry for her; but she coughs directly into the food she helps always to prepare, and I'm afraid of the germs. Oh, I'm so afraid of them!

She is so good she would give away the very last thing she had to help some one, and is always doing something for me. What shall I do? She wants so much to be of help, and works so hard about the kitchen, but I'm just so afraid that I don't know what to do. I wouldn't hurt her feelings for anything on earth, for she is old, and this is her only home, and she hasn't many years to stay. But I'm afraid of getting tuberculosis—although the physicians say she has no sign of it.

What shall I do, and still by all means be very kind to the dear old soul?

A. D. S.

My dear little friend, I appreciate the feeling with regard to the little things that your grandmother does. They are probably the result of habits that were formed years ago, and I hardly see how you can radically change them at this time of her life. However, why not suggest in a very gentle, considerate manner that people nowadays are very careful about coughing, and in a general way hint at the more hygienic and safer manner of doing things. As for tuberculosis, let me suggest that you have no fear whatever on the subject. If you keep your strength up to a fighting force there is no danger at all even in associating with one who has it. I think you are rather foolish to allow these fears to make your days uncomfortable. Just breathe the plenty of fresh air and eat nourishing food and Mother Nature will take care of you. I hope that the little plan that I have suggested will be successful. When you consider that your grandmother has but few years to live, it were well to make her days as happy as possible. You are so young that it is unnecessary for me to suggest that yours be as carefree as any one could wish.

Elbows on the Table

Dear Mrs. Adams.

Is it permissible for a person to lean her elbows on the table during a meal?

INQUISITIVE.

It is a breach of good manners to do so. A glance at a person in this attitude will show you that it is a most ungraceful one.

Announcing an Engagement

Dear Mrs. Adams.

What is considered the proper way to announce an engagement? MOLLY.

There are several ways to inform the friends of the engagement. One is by inserting a notice in the newspaper. Another way which is quite popular is to write brief notes, the man to his friends and the girl to hers, to tell them the good news. Still another way is for the parents or some near relative of the future bride to give a dinner or some other entertainment in her honor. Then the host may arise and announce the betrothal, or unique place cards may bear the news.

Attractive to Men

To Mrs. S. H. D.—Unless you were looking at the men you would not be conscious of their stare. I suggest that you look straight ahead and pay no attention to the passersby. As to the peddlers at your door, no harm can come from the full measure which they give for your money. Try to forget your power of attracting attention and keep your mind on other subjects. By doing this you will not be made uncomfortable any more.

Not Well Acquainted

Dear Mrs. Adams.

Kindly advise me whether or not it is customary to send a wedding present to a couple from whom I have received a wedding announcement. I am not very well acquainted with either one.

UNDECIDED.

Since you are not very intimate with either person, I think it would be better not to send a gift. If convenient, you should call on the bride any time after she is "at home." Should you be living in a distant city, you can acknowledge the announcement by sending a note of congratulation and best wishes, addressed to the bride or groom.

Sent Him a Letter

Dear Mrs. Adams.

I have a friend whom I have known six months. He moved to another town and sent me three or four cards. When the last card came I wrote him a letter. That has been two months ago, and I have not heard from him since. Do you think I did right in sending the letter? Would you advise me to answer should he send me a letter? I think a great deal of him.

Should one say "How do you do?" when introduced to any one?

Should cereals be eaten before or after the morning meal? BLUE-EYED BETTY.

It is always considered best to allow a man to start letter writing; but if you had anything important to say you committed no crime by sending the young man a letter. Certainly you should reply to his letter if you wish to carry on a correspondence with the man.

Yes; or some similar phrase by way of recognizing the introduction.

Cereal is usually served after the fruit course and before the main course of breakfast.

A Jealous Disposition

Dear Mrs. Adams.

I have just had a quarrel with my sweetheart and it has broken my heart. I have a very jealous disposition and that is what caused the disturbance. He says he still loves me, but cannot go with me until I get over my jealousy. Is he doing right by me? Will you advise me what to do in order to win back his affection?

A READER.

I think the young man has told you very plainly what to do. You really should try to curb your jealous feelings. No one with such a nature can be happy and therefore she can make no one else happy. If you will think over each matter seriously, you will generally find that there is no reason for you to be at all jealous.

Doesn't Like His Method

To B. B. B.—I do not know the man's reasons for his actions, but he no doubt has a very good one. If you wish to keep his friendship, I advise you not to ask him to change his method.

A Very Bashful One

Dear Mrs. Adams.

I am a young man 23 years of age and very bashful. I am very unfortunate in making friends among the fair sex. Can this be a reason, and how can I overcome this perplexity?

I do not desire the company of girls who do not appeal to me. Is this wrong and am I too particular? I feel as though I could love the right one, but as yet have not found her.

WORRIED AND BASHFUL J.

Your bashfulness is undoubtedly keeping you from meeting desirable young women. To overcome it you must learn to forget yourself. Self-consciousness is at the seat of the trouble. Unless you become acquainted you will never meet the right one. Strike out now and try to be interesting and entertaining, and I am sure you will get along all right.

Finger Foods

Dear Mrs. Adams.

Please advise me on the following perplexing problems:

1. If while accompanying a young lady we perchance meet another young lady, who is only acquainted with the young lady I am escorting, and they recognize each other, is it proper for me to doff my hat, even though I am not known to this lady?

2. Will you please give me a list of the different finger foods? Also advise whether a frankfurter is eaten with the fingers. Is a napkin furnished for the purpose of wiping the fingers after the meal?

3. Could you inform me the conduct a young man should show while dining after the theater? What is the proper routine he should go through? INCOGNITO.

1. Yes; this courtesy is due your companion.

2. Celery, radishes, olives, salted nuts, crystallized fruits, bonbons, all raw fruits (except berries, melons and grapefruit), artichokes and corn on the cob are finger foods. Frankfurters are eaten with a fork. A napkin is used to protect the clothing and to wipe the fingers after the finger bowl has been used.

3. Arriving at the restaurant, escort the young woman to the ladies' room, where she may remove her coat, and umbrella and overshoes, should she be burdened with the latter. In the meantime, the man retires to the gentleman's room to check his wraps. He then proceeds to meet his companion at the door of the first room and they enter the dining room. There he consults the fair one as to the dishes she prefers; but let me say that it is always less embarrassing if the man will make a few suggestions. After finishing the repast each returns to the retiring rooms to claim the wraps deposited.

Announcing a Birth

Dear Mrs. Adams.

Will you please publish the proper form in which to announce the birth of a child?

JEANNE.

The birth of a child is announced by sending cards to friends and acquaintances. A large square of bristol board bearing the name and address of the parents is used. To the upper half of this card is tied with narrow white ribbon a much smaller card bearing the child's full name without any prefix and with the date of birth in one corner.

Answers to Beauty Queries

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 inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Buttermilk for the Complexion

Dear Mrs. Symes.

Please tell me if the inclosed measurements are in proportion?

Is buttermilk good for the complexion? How should it be applied, in rotary motion?

How can one reduce the wrists and ankles? FINOLA.

Your measurements are in very good proportion, but your weight is about ten pounds too heavy. If you will diet and exercise, you will be able to bring it down.

Buttermilk is excellent for the complexion. It should be used just as though it were water. Wash the face in it.

If there is an excessive amount of fat on the ankles and wrists, it can be removed by massage; but if the largeness is due to the size of the bones, nothing can be done to reduce them.

Brittle Nails

Dear Mrs. Symes.

Please tell me what can be done to make the finger nails less brittle. PUG NOSE.

Anoint the nails at the roots every night with vaseline or dip them in warm sweet oil. This will cause them to grow better and they will not split.

Egg Shampoo

Dear Mrs. Symes.

Have you the recipe for an egg shampoo? If so, kindly publish it as soon as possible.

IDA P. L.

This is the recipe for an egg shampoo:

To ¼ cake of pure white castile soap add 1 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 egg beater, stirring it into the mixture with the beater to prevent curdling. Add 1-3 teaspoonful of borax and 1 teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray if you have one.

A Scrawny Neck

Dear Mrs. Symes.

What can be done to prevent my neck from looking scrawny? I am just 23 years of age and surely am not old enough to have an ugly neck. UNMARRIED.

Lack of care is usually the cause of a scrawny neck. Exercise and a good skin nourisher applied two or three times a week and a daily cleansing with a cold cream is the proper treatment.

Eyebrows Are Scant

Dear Mrs. Symes.

Will you kindly tell me if I can do anything to increase the growth of my eyebrows? I know I should be much better looking if my brows were a little heavier.

SUSAN.

The growth of the eyebrows is stimulated and increased by gently rubbing them with warm oil or ointment. Either preparation may be conveniently heated by standing a small pot or jar of it in a basin of boiling water.

Painful Corns

Dear Mrs. Symes.

I suffer very much with my feet. I have two corns on each foot and sometimes the pain shoots through my body so that I can hardly refrain from screaming. Please tell me what to do for them.

SOUTHERN GIRL.

First of all, I ask you to see that you are wearing shoes that fit. A shoe which is too large or too small for you will cause much discomfort. Next, let me suggest that you do not wear the same pair of shoes on two successive days. The following is the recipe for a very good corn cure:

Corn Cure

Borate of sodium	1 dram
Extract of cannabis	1 scruple
Collodion	1 ounce

Paint over the corn once or twice a day and scrape away superficial growth in three or four days.

Benefits of Swimming

Dear Mrs. Symes.

Do you think swimming benefits a girl? I have been advised to take lessons, but do not know whether it will prove worth while. ETHEL.

Every person should know how to swim as a self-protection, if for no other reason; but the benefits of swimming are many. It develops the muscles of the arms, legs, back and chest and is fine for straightening round shoulders and for correcting faults of carriage which come from a weak back. The lungs also benefit by swimming, as the necessity for deep breathing is imperative.

Remember that you should never swim sooner than an hour and a half after eating, and never stay in the water when you feel cold or tired.

Dandruff Cure

Dear Mrs. Symes.

Will you kindly give me your recipe for a dandruff cure? It contained cantharides, glycerin and two or three other ingredients, but I have forgotten just what they were. MAUD.

Here is the recipe you desire:

To Remove Dandruff

Tincture of cantharides	1 ounce
Liquid ammonia	1 dram
Glycerin	½ ounce
Oil of thyme	½ ounce
Rosemary oil	½ dram

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

To Massage the Arms

Dear Mrs. Symes.

Please tell me what is the proper way to massage the arms.

I should like to have your recipe for your violet sachet. EDITH P.

The proper way is to first apply a liberal amount of cold cream and then massage from the wrist up. The flesh must not collect around the wrist nor must it be too superfluous just below the elbow. A swift and persistent massage will mold the arm to its right shape.

Here is the recipe you desire:

Violet Sachet Powder

Powdered orris	1 ounce
Powdered bergamot peel	¼ ounce
Powdered acacia	¼ ounce
Musk	20 grains

Mix thoroughly. Bottle for ten days, when it is ready for use.

Too Much for the Baby

Dear Mrs. Symes.

Please give me some of your valuable advice. Do you think it does any harm to make my baby, who is just 1 year old, do "smart" things? She is so cute, and imitates everything perfectly. I have been severely criticised for teaching her these things. A YOUNG MOTHER.

Your child is at an age when the nervous tissues which compose the infant's brain are in their most critical state. To begin with, the brain grows more in the first two years than in all the rest of life, and during this period it should be carefully shielded from anything which leads to functional activity—that is, thinking or noticing or otherwise using its intelligence.

The habit of playing with the baby, making it laugh and show off its intelligence, may delight the mother, but if repeated with any frequency is simply paving the way for the child to be very nervous.

The best treatment for baby during its first year is to attend carefully to its physical wants and to almost forget that it has a mind at all. Nothing should be done to excite its mind.

Tired and Irritable

Dear Mrs. Symes.

Can you tell me what to do for myself? I grow tired soon after I reach my office and I am so cross and irritable at times that I am afraid I shall lose my friends. I suffer frequently with headache and suffer with biliousness. Please give me a cure.

GRATEFUL READER.

First of all, I advise you to go to a reliable physician and have him prescribe a tonic. Next visit the oculist, for I feel sure that your eyes are causing the most of your trouble. It has been proved by some interesting experiments that the eyes have a powerful effect on the brain and body. Attend to this matter at once, so that you may enjoy the best of health.

To Reduce the Hips

Dear Mrs. Symes.

Will you kindly tell me how I may reduce my hips? I would not look so large if my hips were smaller. FANNY.

Here is an exercise which, if persisted in, reduces the hips rapidly: Lie extended upon the floor, supporting yourself by one hand, while the other is placed upon the hip. While holding this position raise the body gradually from the floor until the whole weight is supported by the hand and feet. It is comparatively easy to get the body from the floor as far as the knees, but to bring it up to the full extent is not easy at first. It should be tried first on one side and then on the other. When beginning this exercise you should be careful to get used to it gradually.

Peroxide on Hair

Dear Mrs. Symes.

Please tell me how to use peroxide to bleach the hair. Is it used when the hair is washed or is it applied with a brush?

JUNE.

I never advise the amateur to use peroxide, for the result is never satisfactory. If you desire blonde hair, why not go to a thoroughly reliable hairdressing establishment and have yours bleached?

The Henna Stain

Dear Mrs. Symes.

Will you kindly give me the recipe for the henna hair stain and let me know if it will injure the scalp? Must it be applied every time the hair is washed? A. M. R.

The constant use of any hair dye will injure the hair in time. The henna stain is not a fast color, so that it will be necessary to apply it after the hair has been washed.

Benzoin on the Face

Dear Mrs. Symes.

Would you please tell me if tincture of benzoin will injure the skin if it is put on every night? As I have large pores, pimples and blackheads, I use the complexion brush every night, and then I put the benzoin on my face. Now, will you let me know how many drops to put in the water and if I should use it all the time? Will the brush hurt my skin?

M. M. (A Constant Reader).

The constant use of any compound is not well for the skin, but if benzoin is used occasionally it will do no harm. About half a teaspoonful may be added to a basin of water. If your skin is not of a very tender nature, it will do no harm to use the complexion brush every night. If you find that it irritates the skin, use it less often.

Trying on Shoes

IF POSSIBLE, try on your shoes in the evening. The feet are larger and more sensitive at night, because of the exercise they have had during the day. The muscles are also more tender from constant motion and the augmented flow of blood. The weight of the body so seriously affects the circulation of the blood that women obliged to stand all day suffer much from swollen feet. This, too, often causes varicose veins. When one is in good health, the feet return to their normal size after a rest. This is because they no longer have to sustain the weight of the body.

Never wear new shoes when taking a long walk. Wear them first in the house for several days, then on short walks.

In taking the precautions which I have advised, you will insure as much comfort to your feet in a new shoe as in an old one, and your boots, shoes and slippers will last a great deal longer.

Various Beautifiers

GREASY skins are benefited by washing in wine. It should be used about every fifteenth day. If the complexion is dark, red wine is preferable. The juice of fresh cucumbers is still better for the skin. Equally good is the water in which spinach flowers have been boiled. The juice of strawberries is also good.

During the sixteenth century the water in which beans were boiled was in vogue for the complexion. This farinaceous water is entitled to the fame which it possessed. Our Gaulish ancestors, whose glowing color was a subject of envy to the patrician Romans, washed their faces in the foam of beer. They also used chalk dissolved in vinegar.