

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Music As a Beautifier



The flute for the command chest.

"MUSIC hath charms to soothe a savage breast," and it hath other charms as well. It is distinctly, and quite apart from any effect via mental suggestion, etc., a beautifier. There is no instrument, no form of music-making, that has not a direct effect on the health and beauty of the performer, and an effect most beneficial.

A few years ago a certain young French girl was told by her physician that she was in the first stages of tuberculosis; that she must stop work and devote all her time and attention to regaining her health. To while away her time she took up the study of the flute. In a few months she noticed a startling improvement in her general condition; her chest seemed expanded, she breathed with less difficulty, all her symptoms subsided. The doctor told her it was the flute that had done the good work.

Of course, flute playing is not a panacea for consumption. It would be nonsense to claim any such thing as that. But it is a good thing for the sufferer from asthma, chronic bronchitis and chronic influenza to look into. And the healthy woman has much to gain from the same accomplishment. She will see, as she continues playing the flute, her neck and throat round out and become beautiful, her chin take on the pretty oval that some have called the "flute-player's curve" and her hands learn grace through the agility of her fingers.

And the violin! Did you ever see a violinist—even a man—without beautiful arms? It is well-directed, rhythmic exercise that develops any portion of the body, and this is obtained to the superlative degree in violin playing. It is not only the right arm that is thus developed, but the left also, since the task of holding the instrument in the correct position is a delicate one, requiring nice adjustment and regulation of the muscles and producing just sufficient strain for exercise and development. The fingers also share in the general improvement.

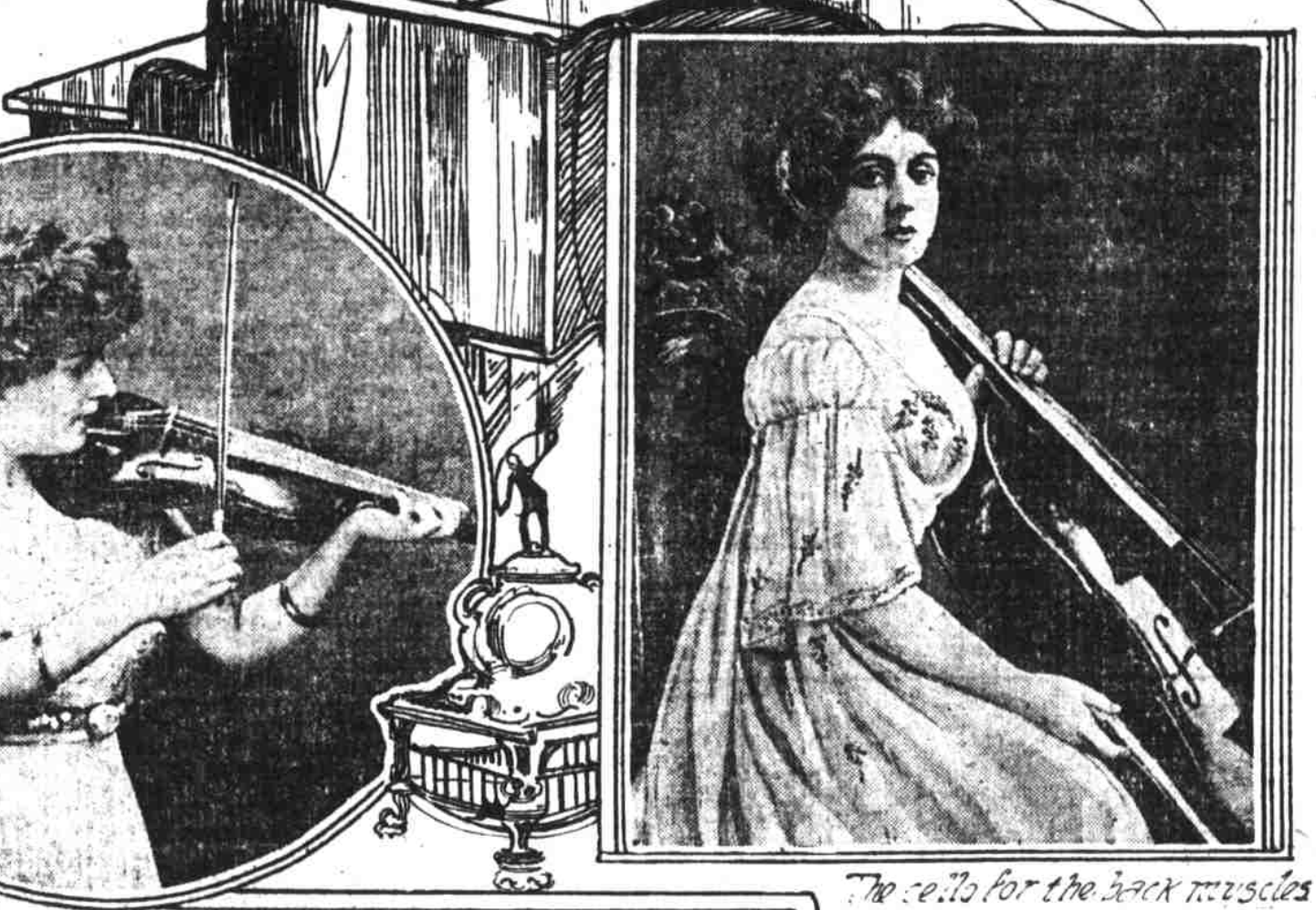
But the real finger beautifier is the piano. Watch a pianist's fingers; they

are long, tapering and slender. Do you think that they must necessarily be so if she is to learn to play—that there is a "pianist's hand"? No; that is an exploded theory. Her fingers were just like yours before she started, my stubby-fingered friend; but she lengthened them and tapered them and made them slender by her playing. Isn't there a hint there for you?

Do you want to have beautiful shoulders and a lovely back? Then, if for no other reason, learn to play the violinello. A French magazine recently took up the question of whether a woman can properly play the cello, and decided that she certainly can do so, if she will hold the instrument in front of her knees and not between her legs, in the ugly, sprawling attitude that men assume. The constant stooping, combined with rhythmic movement of the bow, is as good as a course of beauty treatments for the back. The



Singing for the throat and neck.



The cello for the back muscles.



The piano for the fingers.

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 self-addressed envelope.

Lines Around the Mouth

Dear Mrs. Symes,
I have two lines of wrinkles around my mouth, and I feel as though every one notices them. Can you give me a simple but effective remedy for it—something that will not make hair grow on the face nor harm my complexion in any way?
MARGARET.

First of all, apply a liberal amount of cold cream and then massage the lines in an upward and outward stroke with the tips of the fingers. This treatment will do more than do for the nourishment which it lacks.

Nose Is Large

Dear Mrs. Symes,
Will you kindly tell me if there is anything to reduce the size of the nose? Mine is very fleshy.
How is cocoa butter applied to the cheeks?
I do not think you can do anything to reduce the size of the nose. Apply the cocoa butter to your cheeks with the tips of the fingers and rub them in a rotary motion.

To Develop the Bust

Dear Mrs. Symes,
Dear Mrs. Symes, tell me if olive oil will develop the bust, and if it will injure the flesh?
READER.

I think you will find that cocoa butter will do much better than olive oil. Along with this I advise you to practice deep breathing, as it will develop the bust and fill out the chest.

Anxious for the Natural Color

Dear Mrs. Symes,
About three years ago I found that my hair was becoming darker. I put just a little peroxide in the rinse water and now it seems to be lighter after each shampoo. It is still trying to grow dark at the roots.

How can I darken it gradually so as to allow nature to take her course? Some suggest henna leaves, but they reddens hair too much.
FANNIE.

If you want nature to take her course, I advise you to try no artificial means to put her on the road. From this time on do not use anything but soap and water to shampoo your hair. To keep the hair in good condition massage the scalp every day and brush the hair thoroughly.

Vaseline for Eyebrows

Dear Mrs. Symes,
Please let me use the best vaseline for making eyebrows grow.
I am 20 years old, five feet four inches tall. Do you think I shall grow any more, and do you call me tall?
Please give me a bleaching cream for the face.
If green soap is used on the face every day, will it injure it?
I have liver blotches. Do you think (cosmet) will clear them? How often should I be taken?
I weigh 110 pounds. Can you tell me how to gain weight?
HANKFUL.

1. I cannot mention any one brand of vaseline, but I am sure the drug-gist will give you the best.
2. It is impossible for me to say whether you will grow more or not. There is no age limit, so there may be some chance for you. However, you come within one inch of being the standard height.
3. Here is the recipe for a very good bleaching cream:
Perotinum 1 ounce av.
Lanolin anhydrous 1 ounce av.
Hydrogen peroxide 1 fluid ounce
Acetic acid 1 fluid dram

4. If your skin is very tender, I do not think you will be able to use the green soap daily.
5. Many persons take calomel, and it is very fine; but I think you had better consult a physician.
6. To gain weight I advise you to take an egg in a glass of milk three times a day. Exercise freely in the open air and sleep nine hours out of every twenty-four. Eat plenty of nourishing food. Avoid excitement and worry.

Pomade to Reduce

Dear Mrs. Symes,
Is there anything which can be rubbed on the feet to reduce them? My arms, neck and bust are too large for the rest of my body. I am 20 years of age and meas-

ure five feet two inches tall and weigh 105 pounds. I fear that dieting would reduce my hips as quickly as the other portions, and that would not better my situation any.
PIRIATE.

Following is the recipe for a pomade which you may find helpful. Your weight is very light in proportion to your height. The normal weight for one of your height is 124 pounds.

Cure for Bald Spots

Dear Mrs. Symes,
My hair is becoming scarce at the temples. Can you tell me what to do to cover the bald spots?
NERA.

A very efficient remedy for bald spots is made of the following:
Salicylic acid 10 grains
Resorcin 15 grains
Glycerin 15 grains
Phenol 1 drop
Lanolin (or vaseline) 1 ounce
Rub into the part night and morning.

Peroxide on the Face

Dear Mrs. Symes,
Would like you to advise me about the use of peroxide. Will it whiten the face, or does it do anything else? My complexion is not at all clear, and I have a few freckles and pimples. I have been advised to use peroxide, but would not without consulting you. Should it be used at night and must it be diluted?
My hair is turning lighter. Can you tell me what I must use to make it darker? My hair is almost black—some might call it dark brown.
FRECKLES.

Peroxide will whiten the face, but the constant use of it will give the skin a dry and rough appearance. To remove the freckles I advise you to use the following recipe:
Oxide of zinc 5 dram
Sulfuric acid of biemuth 5 dram
Dextrin 15 grains
Glycerin 15 grains

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.
To get rid of the pimples, bathe them in very hot water, and do not pick them, for very often the finger nails prove poisonous. Keep your blood in good condition and the skin clean and you will not be troubled with the eruptions.

Here is a recipe for a stain which I advise you to use on your braids to darken it.
Green walnut shells 2 ounces
Amm 4 ounces
Pure oil 4 ounces

Heat together in a water bath until the water has been completely evaporated, then express, filter and perfume.

The Vaucaire Tablets

Dear Mrs. Symes,
Will the Vaucaire tablets develop the bust? If so, how long will they have to be taken?
ANNA.

Yes, the Vaucaire tablets will develop the bust, but it is impossible to say just how long they will have to be taken, for it all depends upon the individual.

To Remove a Mole

Dear Mrs. Symes,
Will you please state whether a mole can be successfully removed and in what way?
A READER.

A mole can be successfully removed by electricity; but it is necessary that you go to a thoroughly reliable operator, so that the work be properly done.

For the Hair

Dear Mrs. Symes,
I have heard that cast oil is good for the hair. Kindly let me know if this is true and how it should be used. Will it injure the scalp? My hair is falling out. It is rather oily and I am troubled with dandruff. Will sulphur help?
DARLING.

Cast oil is excellent for the hair. It improves the growth, prevents it from turning gray and cures dandruff. If you use it, the sulphur cure will not be necessary. A few drops of the oil may be applied to the scalp through a medicine dropper every day. Rub the oil into the scalp and then brush the hair thoroughly.

Objects to Features

Dear Mrs. Symes,
Could you recommend something that would make the face look shorter? I have a rather long face, otherwise I should be pretty.
ANXIOUS READER.

I do not think you can do anything to change the shape of your face. However, the manner in which you dress and arrange your hair will have some effect. The latter should be arranged

in a flat pompadour or parted. Do not wear low collars and avoid the V shape in yokes, etc. Bows at the neck would have better effect than long jabots.

Wart on Knuckle

Dear Mrs. Symes,
I have a species of wart on my knuckle, which gives me no end of trouble and my height is 5 feet 2 inches. Do I weigh enough?
How should I wear my hair?
Should a girl of my age wear a corset?
I am rather slim.
W. A.

Homely Nails

Dear Mrs. Symes,
I take splendid care of my nails, but they do not grow. I mean that they are full of ridges and never have a pretty pink tint.
SUSIE.

The nails are fine indicators of the general health. My opinion is that your system is not in good order, and I suggest that you consult your physician, for by attending to the matter at once a serious illness may be avoided.

Pimples

Dear Mrs. Symes,
What can I do to prevent pimples from appearing on my face?
I am 11 years old and weigh 96 pounds. My height is 5 feet 2 inches. Do I weigh enough?
How should I wear my hair?
Should a girl of my age wear a corset?
I am rather slim.
T. J. M.

To prevent the appearance of the pimples you should pay strict attention to your diet. Eat plenty of fresh fruit and green vegetables, but avoid the rich and greasy foods. It is also important that you exercise freely. Do not neglect the daily bath.

Just Sixteen

Dear Mrs. Adams,
I am 16 years old and I have a young gentleman friend of 18. He once, not long ago, told me that he was in love with me. He has turned his attention toward other girls. Will you kindly advise me as to what course I should take in this matter?
Yours,
T. J. M.

A girl of your tender years should not be troubling her head with such affairs. Take my advice and do not let the subject of boys bother you. Why shouldn't your young friend share his time with other girls? You must not allow jealousy to enter your heart, for once you do you will never know happiness. Be liberal with your friends and let others enjoy their society.

Improper Actions

Dear Mrs. Adams,
Will you please tell me what you would consider right for me to do? Some time ago I met a married man whom I like very much. He tells me he cares for me. His wife is having a nervous breakdown and he has been seeing me another secretly, but now he wants to meet

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
Most cordially invites her friends
to sing to her every social
dinner and supper
by letter at any time.

ETIQUETTE OF DRIVING

THERE are certain broad rules of driving with which most of us are conversant, yet these should be supplemented by little niceties that, after all, make for the truly well-bred qualities which all of us admire. If a gentleman has invited a woman to drive with him, he should remember that wheels are frequently not clean and have a habit of soiling dresses. He should turn the wheels out as far as possible and stand behind his companion as she steps up, in order to guard her against danger. A gentleman, when recognizing an acquaintance on the road, should lift his hat, or if his hands be too full, should touch the brim of his hat with the stock of his whip. This form of salute is also given when the right of way has been accorded him by another driver. "When a woman is the driving hostess she can expect that a man meet her

at the door of her own home. She of course calls for a woman, and assists her guest into place.

A gentleman invariably offers assistance to a woman with whom he is riding on horseback. He sees that her foot is properly placed in the stirrup and her skirt properly adjusted. He makes a quick inspection of the saddle girths. After she is fully mounted and started, he mounts. He should keep to her right when riding.

A woman should wait for her escort to dismount, and with one hand on his shoulder and the other in his right hand, she should make her descent to the ground.

Riding dress for women is, first of all, simple. The skirt should be in summer be of light-weight cloth or khaki cloth, and a simple blouse or shirt, with a soft stock of linen or pique. For cross-saddle riding the skirt should be walking length and divided.

A straw hat, either in sailor or derby shape, should be worn, with an elastic band to keep it securely on the head. The hair should be braided and tied, at the nape of the neck with a black ribbon.

Puttees or riding boots are worn. No jewels should be worn. And this, with a consideration of others, a courtesy for all kindnesses, will insure correct conduct while "on the road."

SOLUTIONS TO SOCIAL PROBLEMS

Postals and Souvenirs

DEAR Mrs. Adams,
When a young man takes a lady on a pleasure trip, is it proper for him to pay for her souvenirs, etc.? The young lady suggests waiting until the young man returns, and then she asks to talk with him, and if necessary, go away from your present surroundings. Can you see that you are doing the family, as well as yourself, a great injustice? Just now you feel that everything is bound to turn out all right, but such cases never have a happy ending. Do heed my warning!

Religious Differences

To Deeply in Love: The religious question is a most important one when marriage is being considered. Many times the difference makes no trouble whatever, and then again it causes much unhappiness. It is not for me to decide what you should do. You and not each would be willing and liberal-minded enough to allow the other to go his or her way, since neither one wishes to give up his religion, I advise you to weigh the matter thoroughly.

Anxious to Get in the Crowd

DEAR Mrs. Adams,
I am a young man 18 years of age and would like to know how I could get in with a crowd of young men and young girls my age. I have been introduced to a lot of girls and boys, but have never seen them again. A READER OF YOUR COLUMN.

If you have an opportunity to talk with the girl after meeting her, you could ask permission to call, if your presence is welcomed, you can make arrangements to meet her at a place of entertainment. Then she in turn can introduce you to her friends, and in this way you will soon form a large circle of acquaintances.

I should think it would be an easy matter to have boy friends. As soon as you meet a boy or two, make arrangements to go out with them and you will soon become acquainted.

No Relatives to Make Announcement

DEAR Mrs. Adams,
Please advise me how I should go about having a marriage announcement published. I am an orphan, with no near relatives, and am board of my father's mother to send my friends and family to the wedding. Should they be invited? Or should I have the people with whom I am boarding, who are my friends, to send out the invitations? And in this case how should the invitation be worded?
I have a low hair, how should I do with no relative to take my parents' place, and I do want to send out invitations.
M. M. T.

Instead of allowing your fiancée's mother or your friends to issue the invitations, you should send them out in the following form:

The honor of your presence is requested at the marriage of
Miss Mary J. White
to
Mr. John C. Smith,
on Wednesday, the 15th
at eight o'clock,
Holy Trinity Church.

If you wish to send announcements to the friends to whom no invitations have been sent, they may be worded thus:

Mr. John C. Smith
Miss Mary J. White
have the honor of announcing their marriage,
on Wednesday, the 15th,
Nineteen hundred and eleven, at the Holy Trinity Church.

Using the Napkin

DEAR Mrs. Adams,
Should a napkin be entirely unfolded when using it?
When the guests are standing, from which side of the chair should each one sit down?
TOODLES.

No; unfold it until it is creased in half.
If you mean that the guests are standing before sitting at a table, each one should draw out the chair. If it is not pulled out for him, and approach it from the front.

Just Sixteen

Dear Mrs. Adams,
I am 16 years old and I have a young gentleman friend of 18. He once, not long ago, told me that he was in love with me. He has turned his attention toward other girls. Will you kindly advise me as to what course I should take in this matter?
Yours,
T. J. M.

A girl of your tender years should not be troubling her head with such affairs. Take my advice and do not let the subject of boys bother you. Why shouldn't your young friend share his time with other girls? You must not allow jealousy to enter your heart, for once you do you will never know happiness. Be liberal with your friends and let others enjoy their society.

Improper Actions

DEAR Mrs. Adams,
Will you please tell me what you would consider right for me to do? Some time ago I met a married man whom I like very much. He tells me he cares for me. His wife is having a nervous breakdown and he has been seeing me another secretly, but now he wants to meet

me in public. He is well known. I care for him too much to mind what people say. What shall I do?
M. M. T.

My dear girl, you are playing with fire. If you wish to be happy in the future, I wish you would keep away from the young man of whom you speak. Refuse to talk with him, and if necessary, go away from your present surroundings. Can you see that you are doing the family, as well as yourself, a great injustice? Just now you feel that everything is bound to turn out all right, but such cases never have a happy ending. Do heed my warning!

Deceiving Her Parents

DEAR Mrs. Adams,
Although I am still a young girl I have been married more than once. My parents, many of whom my parents have not approved. One young man I care especially for. He has been in secret for some time. My parents would disapprove of him. Will you kindly advise me in respect to whether I should proceed in this deception or not?
R. H. C.

I think your conscience troubles you, else you would not have written to me to consult me. By all means discontinue the clandestine meetings. I can assure you that your parents are better able to judge a young man's character than you are. Experience is a wonderful teacher, and very often a cruel one, so why not follow my kind advice in respect to whether I should proceed in this deception or not?
R. H. C.

Wedding Announcements

DEAR Mrs. Adams,
When one receives an announcement of a wedding, is it proper to go to the house, and when calling at a house where death has occurred, should one ring the bell or walk in?
A SUBSCRIBER.

No acknowledgment of a wedding announcement need be made, but the courteous person usually sends a note of best wishes, or, if she lives in the same town or city, has the wedding take place on the bride's day at home.

The fact that death has visited a house does not give one the right of walking into the house without ringing or knocking.

He Objects to Her Actions

DEAR Mrs. Adams,
I am a girl 18 years old and will ask you how to get on with a young man. We have been together for some time and are very much in love. He has turned his attention toward other girls. I can do right and will do right. First, he would not marry me in a hurry, and he objects to firing, which I do sometimes. I should not be a bridesmaid, should I?
DOLLY N.

Her Boy Friends

DEAR Mrs. Adams,
I am a girl 18 years old, and am going away for a visit. A boy of 17 asked me to go with him. I like him very much, but I like him better than the boys of my age. Should I not be friendly letter to a boy he should not be a bridesmaid, should I?
DOLLY N.

If your visit is to be a short one, I do not believe there is any necessity for a correspondence to be started. But if you are to be away for a long time, your friends will naturally want to hear from you. It is very much to be desired, but if you are the boy friend to take the initiative, the difference in your ages should not prevent you from claiming the boy as a friend.

Visiting Her Parents

DEAR Mrs. Adams,
I have just had my first year away from home. I am now visiting my parents, and we expect my husband to be with us in a few months. What should I do in visiting my relatives and friends? Call on my husband and me or should I call on them?
PINKIE.

Clearing the Voice

THE Arabs have a most agreeable remedy for the loss of voice. The person afflicted is nourished exclusively on the pulp of apricots until a cure is effected. They are cooked in the usual way and dried in the sunshine of the Sahara desert. A gargle of salt water is recommended for a slight irritation of the throat and vocal chords.

Inhalation vapor arising from hot milk in which ripe figs have been boiled gives sweetness to the voice.

Fumigations are excellent. Burn a little amber and pulverized myrtle through the sieve on a hot shovel and inhale the fumes.