

# CONCERNING HEALTH AND BEAUTY

By MRS. HELEN SYMES

## GRACEFUL FEET AND ANKLES



Avoid Tight Shoes  
The Long Narrow Shoe is Correct

Bothe's Hair Oil

**H**AVE you ever noticed how few women have graceful feet and ankles?

Just look at the feet of the women who sit opposite you in the trolley car some morning when you are riding down town, and I wager you will not find more than one, or at the most two, out of fifty who have really good-looking feet and taut, graceful ankles.

Why is this? you ask.

Simply because the average woman takes no thought of her feet, excepting to try to make them fit into shoes that are a size too small, perhaps.

If women would only realize the importance of a pretty foot and ankle, especially in these days when short skirts are the fashion, they would be keen to improve their looks as much as possible.

This is not hard to do—it only takes a little time every day, and if certain exercises are carefully followed and persisted in, a few months' time will show wonderful improvement in the thick ankles and heavy, clumsy-looking feet.

In the first place, when you are sitting in a street car or a public place where the feet show plainly, always keep them both firmly on the floor. It is a mark of ill-breeding to sit with the

knees crossed or the feet turned sideways with the sole of the shoe plainly in sight.

To make the ankles slim and graceful, practice for ten minutes each day twisting the foot around in a rotary motion, using the ankle as an axis. Use one foot at a time for five minutes.

The correct way to walk is to let the toes strike the floor first and then to bring the heel down gently. Practice walking slowly around the room several times every day, taking each step carefully and all the while holding the body erect. This not only gives strength and grace to the foot and ankle, but brings into play the leg muscles, develops them and helps to give poise to the body.

When the feet are tired, hot and aching from a long walk, bathe them with warm milk. If possible, have enough milk in a basin to immerse both feet and let them soak for twenty minutes or half an hour.

Milk and water, or water softened with baking soda, makes a splendid foot bath to ease tired muscles. Milk softens the callous skin and will be found a great aid in keeping the feet

in good condition if used as a bath once or twice a week.

Every woman likes to wear good-looking shoes. And oh, how prone we are to take a pair of shoes that are too small just because they are pretty and our feet look well in them! A too short shoe will cause untold agony to the wearer. It causes bunions to form, corns to grow, nails to grow in and pushes all the toes out of place. Always choose a long, narrow shoe rather than a short, wide one, for two reasons: First, because it is much better looking on the foot, and second, because it gives the foot room to lie in its natural position, giving a graceful appearance to both foot and ankle.

### Care of the Feet

**I**N THE care of the feet it must be remembered that the leather of the closely fitting boot allows very little ventilation, and so more attention must be paid to the airing of the feet, as well as to their bathing. The feet should be bathed twice daily.

On making the toilet for the evening dinner, both shoes and stockings should be changed, the stockings hung up in the room and the shoes left out to air and dry, instead of being stuffed into the shoebag, to remain there until the next morning.

An alcohol rub will be found very refreshing to weary feet. For profuse perspiration of the feet, borax acid or talcum powder may be used, dusting the powder over the feet both night and morning.

Walk Slowly Around a Room Letting Ball of Foot Touch Floor Then the Heel.



Sit Gracefully With Both Feet Touching the Floor. Ankle Exercise-Rotary Motion.

## ANSWERS TO BEAUTY QUERIES

**R**ESPONSES 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.

### A Bleaching Cream

Dear Mrs. Symes: Please give me a recipe for a good bleaching cream for the face, something that will not promote the slightest growth of hair. State whether it may be used for the neck. I've often used a very good one, but it gives me some eruptions which will not go away. I am a young girl, but I am in good health.

Here is a recipe for a cream which will hasten the circulation. All athletic sports are to be recommended for the growing girl.

She should have at least two hours' recreation a day. This should be varied, spending some time in walking, sports and anything which will divert her mind from her studies.

### Feet Troubles

Dear Mrs. Symes: Kindly give me a remedy for tired and swollen feet. My feet are so sore and I have so much trouble in that respect. Also, the balls of my feet seem to burn and tingle. I have tried many things, but nothing seems to help. I am a young girl, but I am in good health.

A salt-water bath is the most helpful thing for tired, swollen and burning feet. After drying them, rub on some alcohol. This treatment will prove very refreshing.

### Bunion Cure

Carbolic acid..... 2 fluid drams  
Tincture of iodine..... 2 fluid drams  
Glycerin..... 1 fluid dram  
Apply with a camel-hair brush daily.

### To Manicure the Nails

Dear Mrs. Symes: I would you please tell me how to manicure my fingernails and which way I must do it? I don't know anything about it. I have never tried it before. I am a young girl, but I am in good health.

The requisites for a manicure are an orangewood stick, a flexible file, a small ballerin and buffer. The nails should be filed when they are dry, after which they are held in warm soapsuds and scrubbed with the brush. Dry them and cleanse the skin beneath and around the nail with an orangewood stick dipped into peroxide of hydrogen.

### Corn Cure

Salicylic acid..... 1 dram  
Collodion..... 1 ounce  
Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

### A Double Chin

Dear Mrs. Symes: I am 40 years old and am getting a double chin. Can you give me a remedy for it? I am a young girl, but I am in good health.

To cure double chin, massage daily, using the following movements: Press point of chin, with open hand press firmly downward, throwing the head backward at the same time. Rub the chin and throat frequently with cold water.

### Cure for Pimples

Dear Mrs. Symes: I have a very bad case of pimples on my face. Can you give me a remedy for it? I am a young girl, but I am in good health.

Pimples come from disordered blood, due to wrong diet, insufficient air, etc., and from clogged pores, which is a polite way of saying dirt. The attack on pimples should be from two points and equally vigorous from each. The blood must be purified and the skin must be cleaned and kept clean.

## ADVICE ON SOCIAL CUSTOMS

*Mrs. Helen Adams must cordially invite her friends to lunch at her house on Saturday and breakfast by letter at any time.*

### HOW TO RECEIVE

**I**AM going to talk today about the duties of the hostess and the host at a large afternoon tea or reception. If there be a hearty wish to make every one enjoy his visit, a few of the formal details can soon be mastered. First, let me emphasize punctuality. Never, under any conditions, let the first guest arrive before you are fully prepared to receive.

The position for hostess and host is at the right of the door through which the guests enter. Daughters who are being introduced to society, or any special guest of honor, stand beside the hostess.

As a guest enters the hostess should cordially offer her hand. Then should follow an introduction to those in line, if the guest be unknown to them.

When there is opportunity a hostess should talk a little with the guests as they appear. This can be done easily at the beginning of a reception. When the arrivals are more frequent there will be time for only a brief greeting and quick introductions. The hostess should stand at her first

place, and must not desert it even for food or rest. A guest receiving with her, however, need not stay so strictly in the one position.

Daughters who receive with their mother should from time to time leave her side and mingle with the guests. After perhaps the first hour of receiving this can be done. They can move about the room, introduce guests to one another, arrange for quick service in the dining room, and altogether keep persons amused and comfortable.

A husband stands beside his wife during the greater part of the afternoon offering a cordial hand and greeting. As the guests' arrivals are fewer, he may turn his attention to the entertainment. He should introduce, escort ladies to the dining room and be every ladies that needs his help. This is particularly true of a bridegroom at his first reception.

With the well-laid plan of receiving worked out efficiently, half of the work of an afternoon tea is accomplished. I shall speak again on this interesting subject.

In closing today, let me emphasize the fact that too large receptions are mistakes. Better it is to have two less pretentious teas in perfect control than one large failure. You can do this possibly with a couple of weeks between, and, naturally, your lists will be made up of different names. In this way there will be no cares, no excitement and a generally more successful entertainment.

## SOLUTIONS TO SOCIAL PROBLEMS

### Invitation to the Theater

Dear Mrs. Adams: When a gentleman invites a friend and his wife to the theater—

1. Should he call for them?
2. In what order should they be seated?
3. What should he do if the seats are not together?

### A Fickle Person

Dear Mrs. Adams: Can you tell me what is good for a sickle and nervous disposition which causes much unhappiness?

More time spent in thought will, I think, cure fickleness. Once you have decided, make up your mind that nothing can change your decision. If you are nervous, plenty of recreation, a change of occupation and a visit to a doctor will help you.

### Domestic Troubles

To a Wife: I am glad you appreciate my former reply. Although your husband's actions almost break your heart, I suggest that you try not to show your feelings. Try to take an interest in other things and keep your mind off your troubles. If he sees that you are indifferent, it may arouse him to his

sense of duty. Be as attractive and interesting as possible and do your best to make the home alluring.

### In Which Hand?

Dear Mrs. Adams: Please tell me which hand should carry the fork to the mouth after cutting meat?

### His Mother Objects

Dear Mrs. Adams: I am a young girl 18 years of age and have been keeping company with a young man one year. My mother objects to my going out with him. Can you give me any advice?

As you both are very young, it is very foolish for the mother to raise any objection to any friendships which her son may carry on. If the boy goes to see many girls, I do not see why you cannot be numbered among his friends.

Yes, it is very foolish for a young girl to limit herself to one man friend. The association with many will prove beneficial.

If the man is a very intimate friend, she may present him with a book; otherwise it would not be feasible to give him a gift.

### Chance Callers

Dear Mrs. Adams: Do you think it is necessary for a woman to have a card for every afternoon in readiness for any chance caller?

### Table Etiquette

Dear Mrs. Adams: Which is the proper way to eat sandwiches, with the knife and fork or with the fingers?

### What to Say

Dear Mrs. Adams: What is the proper thing to say to a girl when you have had her out riding and she says she enjoyed her ride very much?

### Disappointed in Her Fiance

Dear Mrs. Adams: I am engaged to a young man, but not long ago I found out something about him. I confronted him with the report, and he said it was true. It has worried me ever since and I can't be happy. I am only 19 years old, and have many chances to go out with other men. Would it be doing wrong to go and try to forget?

the engagement. Unless you do this, it would not be proper for you to accept attentions from other men.

### Addressing Children

Dear Mrs. Adams: Would you kindly inform me how a small child is addressed on a card? For instance, a Sunday school teacher, desiring to send cards to her scholars, whose ages range from 5 to 10 years, should she write Mr. before the name?

### Colored Stationery

Dear Mrs. Adams: I intend to join a club of girls and boys in the near future, and my mother will not let me use colored stationery. Is it proper to use pink stationery?

### Other Men Friends

Dear Mrs. Adams: I have been engaged to a young man for many months. He has left for the city, where a position awaits him. Do you think it would be wrong for me to have other gentlemen call on me and take me to places of entertainment? My engagement is well known in this town, and I have friends who wish to call for friends'

### Improper Actions

Dear Mrs. Adams: My husband is 34 years old and I am three years younger. Do you think it is proper for him to hug and kiss young women when we meet in company?

### The Popular Girl

Dear Mrs. Adams: Do you think that the girl who allows men certain privileges is more popular than others? It seems that the conventional girl is all alone.

she's sake and not to win me. I spoke to my fiance about it, and he said he would not mind if I had callers occasionally. He knows the small chance a girl has for entertainment in a town of this size. My sisters and friends condemn me and say I do wrong in going with others.

### Untrue Remarks

To Baby Doll: If the boy continues to make untrue remarks about you, then it is time for you or your mother to hold an interview with him. Otherwise it would be better to let the matter drop and say nothing more about it.

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