CONGERNING HEALTH and BEAUTY By Mrs. Henry Symes

AVE you ever noticed how few women have graceful feet and

Just look at the feet of the women who sit opposite you in the trulley 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 fift. who have really goodlooking feet and toin, graceful ankies, "Why is this?" you ask.

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

If women would only realize the impertance 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

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 att with the

kness crossed or the feet turned sideways with the sole of the shoe plainly

To make the ankles sitm and graceful, practice for ten minutes each day twisting the foot around in a rotary motion. using the ankie as an axie. 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 ach ing 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

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

Every woman likes to wear goodlooking 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 bunlons to form, corns to grow, nails to grow in and pushes all the toes out of places. Always choose a long, narrow shob 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.



IN 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 airings of the feet, as well as to their bathing. The feet should be bathed twice daily.

If making the totlet for the evening dinner, both shoes and stockings should be changed, the stockings hand 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 shoebag to remain there until the next morning. An sloobel rub will be found very refreshing to weary feet. For profuse perspiration of the feet, borio acid or talcum powder may be used, dusting the powder

Care of the Feet



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

ADVICE ON SOCIAL **CUSTOMS**

Mrs Chester Adams most cordially envilse herfus to fring to his their Bocal Problems and Perplexies by lotter at any time

HOW TO RECEIVE

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 place 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 teg 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 be call for them?

2. In what order should they be seated?

PERPLEXED.

1. He may call for them, or he may send the tickets to his guests, so that they find their seats and thus be saved the unpleasant situation of waiting in the lobby for their host. the lobby for their host.

2. If the three enter the seats together, the woman is given precedence, and then the host, so that both husband and wife may share his company.

A Fickle Person

Dear Mrs. Adams.
Can you tell me what is good for a fickle 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?

Is it customary for a woman traveling alone to tip the porter who carries her suitense to her room?

Should a woman use the "Miss" or "Mrs." when signing a hotel register?

C. J.

The right hand.
Yes.
The prefix Miss or Mrs. should be in parentheses before her name.

His Mother Objects

Dear Mra. Adama.

I am a young girl is years of age and have been keeping company with a young man one year my senior for a few months. He helps care for his widowed mother, and shy is opposed to his attention to any girl. Will you please inform me if it is proper to keep going with him against her wishes?

Is it proper for a girl to go with more than one young man at a time?

Is it proper for a girl to get a young man a present on his birthday? If so, what is the most appropriate thing?

AN INTERESTED READER.

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. 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 tea on hand every afternoon in readiness for any chance caller?

Is it proper for a bride to wear a white satin gown at a morning wedding?

M. K. N.

It is not necessary for one to prepare refreshments for every afternoon. A better plan is to select a certain day of the week when you will be at home to all your friends. Then you may have a beverage and some cakes to serve.

Table Etiquette

Dear Mrs. Adams.

Which is the proper way to eat sandwiches, with the knife and fork or with the fingers?

When vegetables are served in side dishes, should a portion be taken on the plate or eaten from the various dishes? Should a portion of meat be cut and taken on the plate? Is the napkin used to wipe only the fin-gers, or the mouth also? A READER. It is necessary to use a knife and fork when eating some kinds of sandwiches, while others may be gracefully taken in

Vegetables served in side dishes are not transferred to the plate. If an individual portion of meat is served, your part of it should be placed on your plate. It may be used for the mouth also

Disappointed in Her Fiance

Dear Mrs. Adams.
I am engaged to a young man, but not long age 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 I be doing wrong to go and try to forget?

WORNIED. If your love for the young man has grown cold, I suggest that you break

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 3 years, should she write Mr. before the name?

Thanking you in advance for any information, I remain,

A CONSTANT READER.

A small girl should have the prefix "Miss" before her name, while the small boy may be addressed as "Master So-and-So."

Colored Stationery

Dear Mrs. Adams.

I intend to join a club of girls and boys in the near future, and my mother will act as chaperon. Will it be proper for me to let the boys escort me home if mother has no objections?

Is it necessary for me to tell the gentleman when he asks permission to escort me home that I am chaperoned?

When and to whom is it proper to use pink stationery?

X. Y. Z.

Yes.
To let him know that you have company you may say, "Mother and I shall be very glad to have your company."
Colored stationery is never in good taste. Plain white is the approved color for all correspondence.

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?

What should I say when a girl thanks me for a present?

You may say, "I am glad you enjoyed the drive. It was quite a pleasure for me to have your company."

You are entirely welcome," would be sufficient to say. sufficient to say.

Other Men Friends

Desr 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 friends call on me and take me_to places of entertainment? My engagement is well known in this town, and have friends who wish to call for friend-

ship'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. One was heard to say that he couldn't care for me or he wouldn't consent to my going with another.

ONE WHO WISHES TO DO RIGHT.

If your finice is willing for you to have men callers, why should you care for the criticism of others? He is evidently a very broad-minded man and has implicit faith and trust in you.

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?

When we go to dances, shouldn't he dance the first dance with me?

M. V. C.

Such familiarity is certainly not proper. Yes.

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.

It was right for your mother to forbid you to correspond with a boy who is almost an entire stranger. One cannot be too careful of the friends she chooses. chooses.

Tell your girl friend to let her boy friend alone. If he has no will power, he is not worth bothering about.

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.

A YOUNG GIRL.

Your observation is quite true; but have you noticed that the popularity of an extremely unconventional girl soon dies? Such girls are not those for whom men live and for whom they sacrifice bad habits. They do not seek among them for a wife. The true love of a good man is worth winning, but it is not won by the girl who lowers herself to a man's level.

ANSWERS TO BEAUTY QUERIES

EPLIES 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.

Piesse 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. How often should it be applied?

Einsily give me some exercises which will preserve my good health and give me rosy cheeks.

About how much recreation daily is necessary for a high school girl of 187 She is not a robust girl, but is in good health.

K. I. B.

Here is a recipe for a cream which may be used on the face and neck. Rub it into the skin once a day. After al-lowing it to remain on for ten minutes, wipe away all traces of it with a soft cloth.

Petrolatum 1 ounce av.
Lanolin (anhydrous) ... 1 ounce av.
Hydrogen peroxide 1 fluid ounce
Acetic acid 1 fluid dram
One of the best exercises is walking. This exercise, however, must be active to 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 remedy for tired and swollen feet, as I seem to be having a great deal of trouble in that respect. Also, the balls of my feet seem to burn as though they had been scaled, which makes it very unpleasant in welking and also when stiting. I also have a small bunjon, which is very painful. It isn't very large, but it annoys me extremely. Is there anything that I can do that will remove it?

MABEL AND BERNICE.

A saft-water bath is the most helpful

A saft-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.
Following is the recipe for a bunion

Bunion Cure

To Manicure the Nails

Dear Mrs. Symes.

1. Would you please let me know, through your column, all I must have to manicure my fingernails and which way I must do it? I don't know anything about it, for I never tried it before.

2. There is a young girl I know; she is 15 years of age and bothered with corns; is there any good corn cure you know to give?

3. How is milk of magnesia used for the teeth?

A STEADY READER.

The requisites for a manicure are an orangewood stick, a flexible file, a small hallbrush and a buffer. The nalls 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 nall with an orangewood around the nall with an orangewood stick dipped into peroxide of hydrogen. Push back the skin around the nail with the spatulate end of the stick. Apply a polish and use the buffer. The girl has evidently been wearing ill-fitting shoes. If she will get shoes that fit her properly and will use the following recipe. I think she will soon be rid of the corns:

Corn Cure

A Double Chin

Dear Mrs. Symes.

I am 40 years old and am setting a doubte chin. Will you please tell me if I can pessibly get rid of it?

AN OLD MAID.

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

Exercise is also helpful, and I advise you to make use of the following directions:

1. Stand erect. in military position. Place the hands lightly on the hips. fingers forward. Drop the chin slowly

on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times.

2. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

To Cleanse the Hands

Dear Mrs. Symes.

I do my own housework and try to keep my hands in good condition, but sometimes they get rough locking. Will you kindly suggest how I may care for them?

Lemon juice will remove many stains from the hands, and if a little salt is added to this juice it is still more efficacious.

cacious.

A bit of orange or lemon skin removes tar stain. Care must be taken to wipe the hands dry immediately.

Before peeling Irish potatoes the hands should be well dried, and should not be washed immediately after. By this slight precaution they will not be stained with the juice of the tuber.

To cleanse the hands after very rough work use a good cream. The following is a recipe for a splendid cream which may be used for the purpose:

Kentucky Cold Oream

Rosewater dunos
Almond oll dunos
Spermaceti dunos
White wax dunos

To Sweeten the Breath

Dear Mrs. Symes.
Will you give me a remedy for a bad-breath?
A READER. breath?

Decayed teeth and a bad atomach will cause an offensive breath. If you are in doubt about either, you should consult a dentist and a physician. It is also important that the organs which carry off the waste of the body perform their duties properly.

I am giving you a recipe for a mouth wash which has a delightful effect:

Lotion of White Violets

Mix and bottle. Label.-A teaspoonful to

Tonic for Oily Hair

Dear Mrs. Symes.

Please tell me if tar water is as good as any hair tonic? I have used several tonics and they don't seem to do me any good. My hair is olly, thin and falls out. I need a tonic that is not olly.

Tar water or tar soap is very good for hair which is too oily. I am giving you the recipe for a splendid tonic which you may use daily, rubbing it into the

Quinine Hair Tonic

It is also important that you brush your hair daily to remove the dust and to evenly distribute the natural oil.

Sulphur, Bay Rum, Etc.

Dear Mrs. Symes.

Is sulphur good as a color restorer? If so in what proportion is it used? I want it for the hair.

What can I put in sage tonic to preserve it? Do you consider it a good tonic? Is bay rum in a hair tonic good as a restorer.

Sulphur will darken the hair, but it will not restore its color. will not restore its color.

Alcohol. It is a very good tonic for Bay rum gives life to hair, but it does not restore its color.

Cure for Pimples

Dear Mrs. Symes.

As soon as you have time will you kindly tell me what I can do for pimples? I should like to have a smooth skin once again.

M. L. P.