

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## THE FIRST THING TO DO



Hot Water on the Sprained Wrist.

IN CASES of emergency the best thing to do first should be known by every woman, as well as every man and child, in this country. Visits from the doctor could be avoided, suffering lessened and lives saved if we all knew what to do first when an accident occurs. People, women especially, become panic-stricken when there is an accident; they do not know what to do; they lose their heads, and very often in their effort to help do the wrong thing—something that causes great suffering and often results in serious injury.



For Nosebleed Ice on the Forehead.

that is possible to obtain. Keep the burn covered from the air, and if it be very severe go to a doctor or send for a physician. Fainting or losing consciousness is another common occurrence. It is caused by the blood leaving the brain, and is sometimes quite serious. The first thing to do is to lay the patient flat, with the head down, so the blood will naturally run back into the brain. If the patient is standing and faints, lay her on the floor or on a couch. If she be seated, tip the chair back until her head rests on the floor, then apply cold water to the forehead and across the eyes, smelling salts or camphor to nostrils and get her to drink a little aromatic spirits of ammonia, twenty drops in a tablespoonful of water, or some mild stimulant. Bathe the wrists with cold water and loosen the clothing. Give the patient plenty of fresh air.



Nine Swallows without Stopping.

trips he may catch her. In ascending it is true that in many houses the men forget to show the respect due to the wife, mother and sisters. No one can afford to do the injustice to his better self of allowing himself to become careless toward those with whom he lives, or to neglect the small sweet courtesies that should be found in the home, if anywhere. It is the home etiquette that makes the public etiquette what it should be.

**Precedence**  
Dear Mrs. Adams: When entering the theater, does the lady precede the gentleman or vice versa?  
Also, what is proper when entering a church, both at home and in a strange town?  
S. W. M. A. SUBSCRIBER.

The lady precedes. When there is an usher present, the woman precedes; otherwise the man walks ahead of the woman if the aisle is not wide enough to permit them to walk together. Of course, in one's own church an usher will not escort you to a seat, and in this case the woman may be given precedence.

**A Second Marriage**  
Dear Mrs. Adams: I have been a widow for five years, and expect to be married next month. Would it be proper for me to have my white satin wedding dress made over for the occasion?  
A. H. B.

On the occasion of a second marriage a bride must not be dressed in pure



Cover the Blemish with Oil.

**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.

**Large Ears**  
Dear Mrs. Adams: Will you kindly tell me whether butter-milk is good for freckles? If so, how is it used?  
Is there any remedy for large ears?  
S. W. M. A. BEATRICE.

Buttermilk is excellent for bleaching the skin and fading freckles. Bathe the face with it the same as you would with water twice a day. Allow it to dry on the skin.

**Superfluous Hair**  
Dear Mrs. Adams: Tell me some causes of superfluous hair.  
1. Does constant face steaming produce a growth of hair?  
2. Will peroxide of hydrogen used on the face tend to increase the growth of hair?  
3. Friction, animal fat and the application of oils to the skin will produce superfluous hair.  
4. No.  
5. No. Peroxide is used to bleach the hair.

**Spots on Nails**  
Dear Mrs. Adams: Please tell me what makes me have so many white spots on my fingernails. How can I remove them?  
M. R. W.

A bruise, lack of care or ill health often be traced as the cause of white spots on the nails. You cannot remove them until they have reached the end of the nail, when you can file them away.

**To Improve the Complexion**  
Dear Mrs. Adams: Will you tell me what I can do to rid my face of enlarged pores and blackheads? My face is in a awful state of impurity. I have white spots on the nose, and a large pimple on the cheek. I have tried everything, but nothing seems to help. Can you give me a recipe?  
A. W. W.

By diligent treatment you will be able to improve your complexion. Cleanse your skin thoroughly every night before retiring with a pure soap, hot water and a complexion brush, but be sure to rinse thoroughly with cold water, so that the pores will not be left open. After drying the face, mop it with witch hazel. Massage with cold cream, and the above treatment will remove the pimples, or the outer skin, which has grown over the hairs.

As soon as a pimple appears bathe it with hot water and after patting the skin dry with a soft towel, apply the cream for which I am giving the recipe:

- Fosatti Cream for Pimples**

Extract of violet.....	10 drops
Sulfur precipitate.....	15 grains
Lanolin.....	75 grains
Oxide of zinc.....	5 scruples
- Tea**  
Dear Mrs. Adams: Will tea harm the complexion? I never drink coffee or cocoa, consequently I have a great deal of pimples on my face. The amount of harm done by it depends to a great extent on the quantity which it is made and the quantity used.  
I improperly made is so capable of doing a great amount of harm to the digestive and nervous systems that ammonia must be laid after putting on the table and served. Unless the tea leaves are strained off, the infusion continues for some time. This extracts the tannin and other bitter principles. In addition, the prolonged infusion disspates the volatile oil to which much of the fragrance of a good cup of tea is due.  
A cup of hot water may be substituted for tea occasionally.
- Face is Sagged**  
Dear Mrs. Adams: My face has a decidedly dragged appearance. It has deep lines between the eyes and sides of mouth. Also, have two deep lines between the eyes. I hardly think I should have such an aged look as I am but 35 years old. I have had a great deal of trouble and worry in my life, which probably accounts for it. If you could suggest a massage, or any kind of facial treatment, it would be most appreciated. I am a widow.  
V. A.
- Scars From Pimples**  
Dear Mrs. Adams: Will you suggest a treatment for the scars left from pimples? The scars will gradually disappear. The following recipe will help to keep the skin from sagging. Apply before retiring.

## ADVICE ON SOCIAL CUSTOMS

*Mrs. Chester Adams most cordially invites her friends to bring to her their special Problems and Difficulties by letter at any time.*

**A LITTLE THING**  
THE other day a friend of mine met me. She was very hoarse and explained, or whispered, that she caught cold while standing at her door talking to a "hasty visitor." She said that she was only going to talk a minute—she refused to come in—and she stayed twenty! It is a very little thing to keep your word, but how important!

Will you please drop in for a minute and stay an hour? Do you say that you are going and then stay and stay?  
Let me emphasize this little thing to you. If you are running over the road to return a book and are invited in, go in. It is only right that you should not keep a friend standing unprotected even for a minute. It is not right for you to chill a house while you thoughtlessly continue a conversation.

Oh, I'm going to stay only a minute," you will say. Your friend believes you, and gives no order for deterring dinner or luncheon. Then you stay and stay. The soup grows cold, the roast dries up and the ice cream becomes warm. In the mind of your friend there is a slight uneasiness. She is polite and invites you to dinner.

"No, thank you, I am just going," is the reply, and then you just don't go. I have cited this one and I am sure that my readers will recall similar instances.

There is another case which requires promptness in word and action. If you are visiting friends or relatives for a few days, go when you said you would. You have no idea how an uncertainty or a postponement of a departure will disarrange plans. Little matters around the house, other arrangements of your hostess or her family are greatly affected by your stay and departure. Go when you say you will.

In other words, my dears, keep your word. It really amounts to that. Perhaps it requires a little disconcertion on your part to suggest a departure. And right here let me say that many hesitating ones stay because they are half urged by others. But the lack of a decided plan or schedule, to me, speaks for a haphazard way of living. This is not successful in the long run.

It is such a little thing. Your word can be made to count for nothing or for much. Which shall it be?



A Flat Position for Fainting.

recalling the invitations or announcing at a wedding breakfast; but if such is the case, the bride makes the first cut and the slices are given first to those at the bridal table.

**Breaking an Engagement**  
Dear Mrs. Adams: When it is absolutely necessary to do so, how is a dinner engagement broken?  
A. M. N.

A letter should be sent as soon as possible to the hostess, either by special delivery or messenger, giving the reason and expressing regrets.

**Desires New Friends**  
Dear Mrs. Adams: Some time ago I read one of your answers to a girl who had written and you asked her to send you her name and address, so that you could make her acquainted with some. Would you also be kind enough to do that for me if I should send in my name? I shall soon be 15 years of age and would like very much to meet some nice new people.  
A. W. F. FLOWER.

The case to which you refer was a specific one, which I do not care to discuss.

I cannot take the responsibility of finding new friends for my readers; that depends entirely upon personal effort. Surely, you come in contact with new friends through business, church or your own home.

**The Engagement Ring**  
Dear Mrs. Adams: Will you please tell me upon which finger the engagement ring should be placed?  
Also, state whether a plain or set ring should be used for such a purpose.  
A. B.

The engagement ring is placed on the third finger of the left hand. Either a plain or a set ring is used for the purpose, but as a rule the latter is given.

**Calling on Several**  
Dear Mrs. Adams: Is it perfectly proper for a young man to call on several ladies on the same evening at their homes?  
If it would be proper to do so if the women reside in the house where you call.

**Hat and Coat for Afternoon**  
Dear Mrs. Adams: Is a silk hat and a frock coat worn by a man to a formal afternoon function?  
F. S.

**Gifts for Baby**  
Dear Mrs. Adams: Will you kindly tell a young man what gift would be suitable for a new baby?  
R. E. W.

The gift may be a dainty dress, a cloak, cap or tiny bit of jewelry. Very frequently an intimate friend or a relative starts a bank account for the little one.

**The Use of a Napkin**  
Dear Mrs. Adams: Will you kindly say something about the use of a napkin, so that I may show it to a friend who is not so careful as he might be?  
A. G.

The napkin must not be spread out to its full extent over the lap or chest, and tucking it in the top of the waistcoat is the most reprehensible act. To unfold the napkin once and lay it across the knees is enough. At the conclusion of a meal in a restaurant or at the table of a friend the napkin should be placed unfolded on the table when rising. This rule is not followed when visiting for a day or two in a friend's house. Then the guest should do as the hostess does.

**A Friend's Guest**  
Dear Mrs. Adams: I should like to know if it is proper to call on a friend's guest without an invitation from the friend to do so. M. B. S. L.

If a guest is a friend of yours, you may call without an invitation; otherwise, you should wait for one to be given.

**At the Wedding Breakfast**  
Dear Mrs. Adams: At our daughter's wedding shall we have small tables for the breakfast? Will you tell me which one the bride and bridesmaid should occupy?  
Should the bride cut the cake?  
M. T. P. A. FATHER.

The bride and groom and their attendants should occupy the center one of the small tables. It is not usual to have the bride cake

**Formal and Informal Invitations**  
Dear Mrs. Adams: Will you please tell me how to answer formal and informal invitations?  
M. R. A. W.

Every invitation should be answered in the same form as that in which it is written. If the invitation is in the first person, an informal, friendly note, the answer should be informal and, in the first person; if written in the third person, the answer, likewise, should be in the third person, as should the answer to any invitation that is engraved.

**Traveling the Stairs**  
Dear Mrs. Adams: Is a silk hat and a frock coat worn by a man and woman go up or down the stairs?  
Would you please say something about the courtesy a man owes his wife?  
E. P.

Going down a flight of stairs the man precedes so that in case the woman

**Face is Fat**  
Dear Mrs. Adams: Will you tell me how to reduce the flesh on my face? It is entirely too fat.  
A. M. B. B.

What can be done for large veins in the hands? I get no rest at night. My blood is evidently the cause of my red nose. I advise you to drink a cup of hot water one hour before each meal. Eat a hearty meal or some in from the cool air to a warm room. My nose gets very red and burns until I can feel it throbbing.

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**Large Pores**  
Dear Mrs. Adams: I have very large pores over my forehead, nose and chin, which are filled with a hard yellow substance. The more I squeeze them, the more they grow. I am very particular about my face and always use a complexion brush.  
A. D. S. G. M. A.

Cleanse your face every night before retiring with a pure soap, hot water and the complexion brush. Be sure that you rinse the face thoroughly. After drying the skin use the lotion for which I am giving the recipe:

**Astringent Lotion**  
Alum..... 10 grains  
Rosewater..... 1 ounce  
Dissolve the alum in the rosewater, then pour gently into the alcohol mix, with constant agitation.

**For the Hair**  
Dear Mrs. Adams: Will you please tell me something to oil and soften my hair, as it is very dry and harsh?  
A. M. B. B.

I suggest that you use brilliantine for the hair. You can buy it already prepared or you can have it made up according to the following recipe:

Sweet almond oil..... 1 fluid ounce  
Alcohol..... 1 fluid ounce  
Glycerin..... 1 fluid ounce  
Oil of rose geranium..... 1 drop

**Scars From Pimples**  
Dear Mrs. Adams: Will you suggest a treatment for the scars left from pimples?  
The scars will gradually disappear. The following recipe will help to keep the skin from sagging. Apply before retiring.

## SOLUTIONS TO SOCIAL PROBLEMS

**The Salvation**  
DEAR Mrs. Adams: In corresponding with a woman friend I it proper to address her "Dear friend"?  
The term used depends upon your relation with the woman. If you are a mere friend, you may address her as "Dear Miss Blank." Should you be very intimate, "Dear Edith" would be a proper form.

**Desires a Position**  
Dear Mrs. Adams: Will you please tell me what to do? I am a girl 27 years old and have no parents or brothers or sisters in the world. I want to do something, but I don't know what to do. I would like to see a telephone office. Do you think I could keep a position as a telephone operator? I have had very little schooling, as my mother died when I was very small. A. P. O. H. R. L.

I feel sure that you could obtain and keep the kind of position you desire. You will never know what you can do until you try, so I advise you to start right away to seek for employment. If you are anxious for more education, you should attend a night school, and in that way your chances for a better position will be greater.

**Giving a Dinner**  
Dear Mrs. Adams: I am a widow with a home. Many young girls in this vicinity have been extremely kind to me, and to show my appreciation, I should like to entertain them at a dinner. It is not convenient for me to give it in my rooms. Would it be all right to take them to a hotel?  
You could show your appreciation in no better way. However, it is necessary that you have a chaperon if the party is to be made up of unmarried persons.

It is your place to escort the chaperon to the hotel and to seat her at your right.

**Recalling Invitations**  
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