CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes



Hot Water on the Sprained Wrist.

N CASES of emergency the best thing to do first should be known by every woman, as well as every man and child, in the 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.

Here are a few simple rules to follow in cases that are apt to occur any day-things to do first, before the doctor arrives, if it is necessary to send for

For a burn, rub sweet oil over the surface. Olive oil or linseed is good. If you cannot get either, cover the surface of the burn with blearbonate of soda (baking soda) that has been dampened with water or witch hazel, if

water as hot as can be borne, let the injured part soak in hot water and bandage it very tightly to keep the swelling down. When bandaging, use that is possible to obtain. long strips of muslin or antiseptio Keep the burn covered from the air, gauze; wind around the sprained memand if it be very severe go at once or send for a physician. ber, overlapping the edges and pulling it as tight and firm as possible. Fainting or losing consciousness is an-

For nosebleed or a hemorrhage from the pose, bend the head back as far as possible, raise both arms and place ice or very cold compresses on the fore-

Should the hemorrhage continue, get the doctor as quickly as possible. Children very often suffer from nosebleed. This is caused by too much blood being suddenly forced to the head, or a sud-

Such cases do not last very long, for as soon as the pressure of blood igeremoved the bleeding stops. In any case have the patient keep the mouth closed and breathe through the nose. The blood inside will coagulate and the hemorrhage cease.

Hiccoughs can be stopped by taking a drink of water without breathing between the swallows,

An old rule for this is to take nine swallows of water without taking a breath. This is a reasonably sure cure, but not infallible. Should the spasms continue, summon a physician,

trips he may catch her. In ascending the steps she precedes.

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 versa?

what is proper when entering a church, both at home and in a strange town?

SUBSCRIBER.

town? 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. 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 ANXIOUS. On the occasion of a second marriage bride must not be dressed in pure Cover the Burn With Oil.

ANSWERS TO BEAUTY **QUERIES**

DEPLIES to letters sent to the writer of this department willbe 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. Symes.
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?
BEATRICE.

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.

There is no way to reduce the size of the ears; but with the present style of hair dressing you can make them less conspicuous by covering them with the hair.

Spots on Nails

Dear Mrs. Symes.
Please tell me what makes me have so many white spots on my fingerhalls. How ean I remove them?

A bruise, lack of care or ill health can 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. Symes.

Will you tell me what I can do to rid
my face of enlarged pores and blackheads?

My face is in an awful state of irritation
all the time. This seems to be caused by
large pimples and ingrowing hairs, which
are very painful.

RED WING. 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

Massage with cold cream, and the above treatment will remove the epidermis, 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 oream for which I am giving the recipe:

cream for which I am giving the recipe: Fosatti Cream for Pimples Extract of violet ... 19 drops
Sweet almond oil ... 1½ drams
Sulphur precipitate ... 75 grains
Lanolin ... 75 grains
Oxide of zinc ... 2 scruples

Tea

Dear Mrs. Symes.

Will tea harm the complexion any? I never drink coffee or cocoa, consequently I drink a great deal of tea. Is there anything else I could drink that would be more beneficial?

ALICE.

The amount of harm done by tea depends to a great extent on the way in which it is made and the quantity which is taken.

Tea improperly made is so capable of doing a great amount of harm to the digestive and nervous systems that emphasis must be laid on the necessity of

phasis must be laid on the necessity of making it properly.

The water should be freshly boiled; the teapot heated so that the water will be maintained at the boiling point; 1 teaspoonful of tea is allowed to the cup-

teaspoonful of tea is allowed to the cup. The tea is measured out, put in the teapot and the requisite amount of hoiling water poured over it. It is then allowed to stand on the kitchen table, not the range, for two minutes, and should then be strained into the teapot for the table and served. Unless the tea leaves are strained off, the infusion continues for seme time. This extracts the tannic acid and the bitter principles. In addition the prolonged infusion dissipates the volatile off to which much of the fragrance of a good cup of tea is due. ten is due.

A cup of hot water may be substituted for tea occasionally.

Face is Sagged

Dear Mrs. Symes.

My face has a decidedly dragged appearance, that is, droops at the eyes, sides of nose and sides of mouth. Also, have two deep lines between the eyes. I hardly think my face should have such an aged look, as I am but 30 years old. I have had a great deal of trouble and worry in my life, which probably accounts for it. If you should suggest massage, will you kindly give me detailed instructions, as massaging improperly may do more harm than good?

There is nothing like worry to dethan good?

There is nothing like worry to destroy one's youth. If you wish to get rid of the "drawn look" you must stop worrying. What good does it do you, anyhow? Do not live in the past, but live in the present. Count your blessings of today.

I think massage with socos butter will

do a lot for your face. The massage is do a lot for your face. The massage is most effective when it follows a washing of the face in hot water. The tips of the fingers should be dipped into cocoa butter, which may be melted, and the face pressed in firm, slow strokes. Begin by placing the fingers on the faw and drawing the skin upward in a slanting direction to the surs, the movements being continued for about two minutes. Another beneficial movement is made by placing the fingers at the outer point of placing the fingers at the outer point of each eye and drawing them alowly upward and outward to the roots of the hair, so that they cross the temples in a slanting direction.

Superfluous Hair

Dear Mrs. Symes.

1. Please tell me some causes of super-fluous hair.

2. Does constant face steaming produce a growth of hair?

3. Will peroxide of hydrogen used on the face tend to incresse the growth of hair? 1. Friction, animal fat and the appli-cation of oils to the skin will product superfluous hair.

2. No. Peroxide is used to bleach the

Large Veins

Dear Mrs. Symes.

Can you tell me if cocca butter will make my face plump if it is massaged well into it? My cheeks are very thin. Will it cause hair to grow?

Is there anything to be done for a nose that gots red all the time? My nose is the trial of my life. If I drink hot tea or eat a hearty meal or come in from the cool air to a warm room, my nose gats very red and burns until I can feel it throbbing.

What can be done for large veins in the hands? If I get nervous it seems that all my blood must cun to my hands, for the veins stand out like cords. They are not big all the time.

Yes, cocca butter will fatten the cheeks. It will not cause hair to grow. Indigestion and poor circulation of the blood are evidently the cause of your red nose. I advise you to drink a cup of hot water one hour before each meal. Eat less food, but chew every morsel of it thoroughly. Avoid alcoholic drinks. To stimulate the circulation of the blood, massage the nose gently several times a day.

I prescribe massaging for your hands.

a day.

I prescribe massaging for your hands.
It would be well for you to join a symnasium, where your system will be toned up and your blood will circulate properly.

Face Is Fat

Dear Mrs. Symes.
Will you kindly tell me how to reduce the flesh on my face? It is entirely too Will you kindly tell me how to reduce the flesh on my face? It is entirely too fat.

Also suggest something good for enlarged pores in the skin. A READEM.

It is never advisable to get rid of the flesh on the face, for when the flesh is gone the skin is usually left wrinkled and the person looks about ten years older. older.

To prevent the pores from becoming too large you should always remember to rinse the face in clear cold water after cleansing it in hot water. The following recipe should help you:

Lotion for Enlarged Pores

Large Pores

Dear Mrs. Symes.

I have very large pores over my forehead, nose and chis, which are filled with
a hard yellow substance. The more I
squeeze out the more rapidly it grows.
I am very particular about my face and
always use a complexion brush.

A DESPICATE GIRL. A DESPERATE GIRL.

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 lotlon for which I am giving the recipe:

Astringent Lotion

For the Hair

Dear Mrs. Symes.

Will you please tell me something to oil and soften my hair, as it is very day and hard?

ANXIOUS.

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

Scars From Pimples

Dear Mrs. Symps.

Will you kindly engined a treatment for my face, which has sworn but our left from pingles?

The scars will gradually dissiples. The following recipe will help to not them quickly:

ADVICE ON SOCIAL **CUSTOMS**

Mrs Chester Adams most conductly invites her friends to bring to her their Boccal Bolloms and Perplexities by letter at any times

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 ow, how important!

Do you Just 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 out unprotected even for a minute. It is not right for you to chill a house while you thoughtlessly continue a conversa-

"Oh, I'm going to stay only a min-ute," you will say. Your friend believes you, and gives no order for deferring

dinner or luncheos. Then you stay and stay. The sonp 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

other common occurrence. It is caused

by the blood leaving the brain, and is

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

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 cam-

phor 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. In case of a sprain, bathe it with

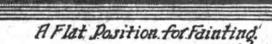
sometimes quite serious.

polite and invites you to dinner. "No, thank you, I am just going," in the reply; and then you just don't go. I have cited this one and I am sure that my readers will recall similar in-

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?



SOLUTIONS TO SOCIAL PROBLEMS

The Salutation

DEAR Mrs. Adams.
In corresponding with a woman friend is it proper to address her "Dear friend"? "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

Desires a Position

Dear Mrs. Adams.

Will you please tell me what to do? I am a gir! If years old and have no parents or brothers or sisters. I live with my cousin, but she is so unkind to me. I want to get some work, and the only thing I want to do is to work in a telephone office. Do you think I could keep a position as telephone operator? I have had very little schoeling, as my mother died when I was very small. A POOR GIRL.

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 man who is without 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 hote!

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.

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

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 as careful as he might be?

The napkin must not be spread out to its full extent over the lap or chest, and tucking it in the top of the waist-coat is a 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.

Reculting Invitations

Recalling Invitations

Dear Mrs. Adams.

If there has been an illness in a family, is it proper to recall wedding invitations? If so, how is this done? EUGENIA.

When a death, an illness or an accident necessitates the cancellation or postponement of a wedding celebration for which invitations have been issued, the parents of the bride notify the invited guests of the change in the program by promptly issuing printed cards

recalling the invitations or announcing the postponement of the wedding. Such announcements can be put out by a stationer, who, in simple lettering, prints on cards, the size of those used in correspondence, the terms of recall, as follows:

Owing to the sudden death of Mr. Thomas Blank's father, Mr. and Mrs. Thomas Blank beg to recall the cards issued for their daughter's wedding.

Enemies

Dear Mrs. Adams.

What should be done in a case like this?
A woman invited two persons along with other quests to her home. On the night of the entertainment, she, not knowing the first two women were acquainted, introduced them. Now it happens that they had been enemies for some time and were not on speaking terms.

A guest is not at liberty to refuse recognition of an introduction made by the host or hosters, though the person presented should be an enemy. It will injure no one's dignity to bow politely, as if meeting for the first time a total stranger; and then any further intercourse can be tactfully avoided.

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. MABSL.

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 bridegroom should occupy?
Should the bride cut the cake?
MOTHER AND FATHER.
The bride and groom and their attendants should occupy the center one of the small tables.
It is not usual to have the bridal cake.

white. She may wear a traveling gown, or, if her wedding is to be elaborately celebrated in church, a handsome reception costume is suitable. A toilet of silver-gray or mauve cloth, silk, satin or velvet would be most appropriate. 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 MAN.

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

Acknowledging a Gift

Dear Mrs. Adams.

I have read that it is proper to acknowledge gifts; as soon as they have been received. Now, suppose one arrives just as the bride is departing for her honeymoon. What should be done then? IN DOUBT.

As soon as convenient after reaching her destination, the bride should acknowledge the gift.

Formal and Informal Invitations Dear Mrs. Adams. Will you please tell me how to answer formal and informal invitations? MARIA ANN.

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. Please tell me who precedes when a man and woman go up or down the stairs? Won't you please any something about the courtesy a man owes his wife? P. P. Going down a flight of stairs the man precedes so that in case the woman

Desires New Friends Dear Mrs. Adams.

Some time ago I read one of your answers to a girl who had no friends 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 is years of age and would like very much to meet some nice new people.

A WALLFLOWER.

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

cuss. 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

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 home? It would be proper to do so if the women reside in the house where you

Hat and Coat for Afternoon