

# REGULAR HEALTH AND BEAUTY

By MRS. HENRY SYMES



Rub With a Silk Kerchief

Single for Split Ends

Massage and a Tonic

Bright Night and Morning

**H**OW much depends upon the early care of the hair! Every one is entitled to thick, glistening hair, and many attractive growths, or otherwise, can be attributed to the careful attention bestowed in youth or to the utter lack and disregard of this important agent in beauty.

Good, healthy hair means beautiful hair. Natural coloring, of course, is the only reasonable shade to consider. Nothing is more reprehensible than bleaching or dyeing a child's hair, and I always hope that any foolish mother will be punished as much in her mind as her little girl will in appearance. Nature rarely makes a mistake in the color of one's hair. She cunningly contrives to match our hair, eyes, complexion and general coloring, and any interference with her scheme is usually very palpable. All bleaching or dyeing is detrimental to the general health of the hair, and insanity experts will quote cases of mental derangement traceable to either of these processes.

If you do not care for the color of your little girl's hair, overcome it by good grooming, becoming hairdressing and an excellent condition brought about by following the suggestions that I am giving you.

If the little girl's hair line at the temples is high and you prefer to lower it, you can stimulate the growth of hair at each side by applying vaseline. Place a small quantity on the tips of the fingers and rub with a circular motion each temple. Massage is just as necessary as the petroleum. You will notice that tiny hairs appear, and it needs only faithful treatment to bring them to

a length that decidedly change the line at the forehead.

Look carefully at your little girl's hair, examining the ends. Are they split? If so, the hair will not grow until this condition is changed. Singeing will do this. If you are the least bit awkward or uncertain, have it done at any hairdresser's; but, really, it is a simple process. Divide the hair into strands quite thin. Roll them into tight ropes. You will notice that many little ends stick out, and these are the things which will disappear by applying a flame. A long wax taper will do this. If the hair is wound tightly there is no cause for worrying. Only the ends will burn. The split portions will disappear and the hair will be allowed to grow as nature intended it.

After this it should be washed. I am giving a shampoo that is very good and easily made at home.

**Egg Shampoo**

To half a cake of pure white castile soap add a pint of hot rainwater. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, stirring it into the mixture with the beater to prevent curdling. Add 1-2 of a teaspoonful of borax and 1 teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray, if you have one.

A soap made from vegetable oil is best for shampooing. Castile soap is excellent. Remember that a thorough

washing is more important than a thorough soaping. Gradually cool the water, thus closing the pores of the head and preventing the little one from catching cold. A sun bath is wonderful for light hair. The air should be allowed to dry hair, rather than any artificial heat.

After thoroughly cleaning the hair from the burnt ends and other dust and dirt, apply a tonic. Massage here is half of the important work. Place the thumbs on the top of the head to get a firm "purchase." Work the fingers of the hands so that every part of the head receives massage. Circulation will be stimulated and improved. The extra blood supply to the roots will increase the growth of the hair, and its beauty also. Use this very excellent tonic for



Vaseline at the Temples

the daily or weekly massage. You will notice a decided improvement.

**Jaborandi Tonic**

Quinine sulphate ..... 20 grains  
Tincture of cantharides ..... 2 fluid ounces  
Fluid extract of jaborandi ..... 2 fluid ounces  
Alcohol ..... 2 fluid ounces  
Glycerin ..... 2 ounces  
Bay rum ..... 2 fluid ounces  
Rosewater ..... 16 fluid ounces

The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added and the whole filtered into the roots of the hair every night.

A daily application is necessary for hair in a very poor condition. Once a week will not be too often for healthy hair.

Brushing accomplishes two things: It frees the hair from dust and stimulates the circulation of the blood and the

natural flow of oil that insures gloss and brilliance. Part the hair carefully in the center and brush down at the sides and back. Change the part to the side and repeat. Vigorous strokes should be used, but never should they be painful. Let the bristles of the brush be tempered to the tender scalp. And, above all, keep brushes and combs absolutely clean! Many cases of dandruff are traceable to dirty brushes indiscriminately used.

If dandruff be one of the diseases of your little girl's scalp, any one of the simple remedies is generally effective. An old remedy given by Doctor Walker is: Bay rum, 5 ounces; tincture of cantharides, 1 ounce; olive oil, 1 ounce.

Another cure is the following:

**To Remove Dandruff**

Tincture of cantharides ..... 1 ounce  
Liquid ammonia ..... 1 dram  
Sassafras ..... 2 ounces  
Oil of thyme ..... 4 ounces  
Rosemary oil ..... 4 dram

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

Remember that dandruff is the result of a dry and scaly scalp, and treat accordingly.

If, on the other hand, the hair is too oily, you can treat for that by massage, brushing the oil to the very ends of the

hair and bringing about a natural distribution of the oils secreted by the glands of the scalp. Apply the following:

**Formula for Oily Hair**

Alcohol ..... 2 ounces  
Which hazel ..... 2 ounces  
Benzoin ..... 11 grains

Use daily, rubbing well into the scalp.

After the brushing night and morning, give a finishing touch and a brilliance to the hair by rubbing down with a silk handkerchief. This is a Japanese method that is easy and it were well to copy.

If, as is frequently the case, parasites are found in the head in spite of the utmost care, follow this suggestion:

**Cure for Parasites**

Cut a cake of bichloride of mercury soap into halves and shave one hair into the hair. Dissolve it in boiling water. Every time I comb it, I get a comb full of a gentle heat if you choose. You should have the water form a jelly-like substance when you are ready to use it. The following lotion may be used after the shampooing:

Tincture of salicylic acid ..... 2 ounces  
Bay rum ..... 2 ounces

Above all, let the arrangement of hair be simple. The block cut is still in vogue for little girls. Curls, when natural, are always childish and becoming. Long hair can be braided and wound around the head in a simple coronet, with a rosette at the side.

By taking care of the hair early in life you can give your daughter or little sister a crown of glory that she will gladly keep shining by her own attention as soon as she is able.

## ADVICE ON SOCIAL CUSTOMS

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

**THE DEBUTANTE DANCE**

The dance is a convenient way to announce the young woman's bow to society. Frequently it can be quite simple, and generally one scheme of decoration is followed. Especially easy is it to carry out a flower idea if the debutante be named Rose, Violet, Daisy, Lillian, etc. Naturally the flowers and favors would be of the same variety.

A debutante should stand beside her mother at her coming-out dance, and receive each guest who presents his or her compliments. A pretty custom growing in favor is the asking of four or five intimate friends to help in the receiving. In this case, the receiving party should stand in the drawing room or the dancing salon, and should extend a hearty welcome to the guests.

The debutante should provide each of her receiving party with a bouquet, which can either be sent to the home of each on the day or evening of the

dance or presented when the honored ones have arrived.

The mother should introduce her daughter to any of the guests who do not already enjoy the acquaintance. The debutante in turn introduces to her assisting friends. In acknowledging introductions or in greeting guests, the young woman who is bowing to society should offer her right hand.

When the dancing begins every number for which the young lady is engaged should be honored. Between the dance numbers she should return to her mother's side as long as there are guests arriving.

This is not demanded of the members of the receiving party. They are free to mingle with the dancers after the first dance is in order. They should keep watchful eyes on the guests, however, to see that no one is neglected, that introductions are given and that a general good time results.

A debutante dance may have a cotillion as its feature, during which favors can be distributed. The debutante and a man friend who is clever as a leader of this kind of dance lead the cotillion to a successful finish.

At the conclusion of the evening the young lady, who has been admitted to society and is now to be acknowledged in all invitations extended to her mother, should stand by her mother's side and receive the congratulatory farewells of the guests.

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2. Is it proper for the bride couple to wear gloves?

3. During the wedding dinner is it customary for the members of the bridal party to keep their hats, coats and gloves on when one is married in a traveling suit?

4. When one is to have favors, which is the most correct way to wear or carry them?

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2. Yes.

3. The hats are kept on, but the coats and gloves may be removed.

4. One may do as she pleases about this matter. Some persons dislike to wear gloves and, therefore, they carry them.

**How to Catch It**

Dear Mrs. Adams,  
Please tell me what I should do with the dog that has been biting the children when serving tea. I dislike to see it fall to the tablecloth. M. K.

Catch it with a teaspoon or napkin.

**Form of Invitation**

Dear Mrs. Adams,  
When I wish to invite several friends to a luncheon to meet a friend, how should I word the invitation? I do not want it to be too formal. L. B.

The following note may be written to each of your friends:

Dear Miss Blank,  
I should be very pleased if you would drop me on Monday next, the 14th at half-past 1 o'clock, to meet my friend. Trusting there is no prior engagement to prevent your coming. I am, etc.

**Introductions**

Dear Mrs. Adams,  
Please let me know what form is best to use when introducing a woman to a group of four or more. L. P.

It would be proper to say: "Miss Smith, let me present Miss Brown, Miss White, Doctor Jones and Mr. Blank."

**Selecting the Bridesmaids**

Dear Mrs. Adams,  
Will you please tell me just when a bride may select her bridesmaids? Should she write a note inviting them to assist her?

As a rule, a bride appoints her attendants as soon as the marriage day has been decided. She should call upon the women she desires to so honor and ask them to serve.

**Answering Wedding Invitations**

Will you kindly explain to me in detail when it is necessary to answer wedding invitations?

It is not necessary to send a written reply to a wedding invitation unless the cards include a breakfast or luncheon at the home of the bride, or bear the letters R.S.V.P., indicating explicitly that an answer is desired. Cards to witness a large church function only need no reply. The invited guest attends or not, as the case may be, since an invitation to the church is hardly regarded as a proffer of hospitality. Cards to a church or home wedding followed by a reception need a written answer, if their recipient expects to attend; the presence of the person invited serves as

## 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 enclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

**Flabby Bust**

Dear Mrs. Adams,  
I should be advised to follow the following instructions to hold the flabby bust:

"Take a piece of muslin the size of bust measure, the width from under the arms to the top of the corset. Fasten in the front with hooks and eyes. Attach a strip over each shoulder to keep it in place."

Do you think this is dangerous? Please answer in your columns. Yours truly, ALICE.

Why not use a brassiere that has been fashioned by makers who know their business, and which surely can be better in shape and more satisfactory in adjustment than the improvised bandage mentioned? Any overbinding of the bust is dangerous. Deep breathing, systematic and regular, with all exercises will make the flesh solid and do much more good than the binding up of the fleshy parts.

**To Reduce Weight**

Dear Mrs. Adams,  
I weigh 146 pounds and am 5 feet 8 inches tall. I am 16 years old. Do I weigh too much, and how can I reduce? P. R.

You are exceedingly tall and heavy for your age, but proportionately I think that you are not too heavy. The schedule is different for women than for men. You do not give me any idea regarding your sex.

Do you are in good health. I would do nothing to reduce, of course, if our flesh is flabby and not in good condition, that is another story. Exercise, giving free regular play to all parts of the body and taken in the fresh air, will bring about a normal weight. Your diet should be well varied, with all starchy foods excluded. These are potatoes, cereals, white bread, etc.

**Blackheads**

Dear Mrs. Adams,  
Will you kindly tell me something to get rid of blackheads and a red nose? M. R. S.

One decided treatment of blackheads is to expel the dirt or dust that has clogged up the pores of the skin. Thorough cleansing with hot water, a pure white or castile soap and the application of a cream will remove the superficial dirt. After this, any deeply imbedded dirt must be forced out of the glands of the skin. This is easily done after the cleansing recommended above. With a linen cloth or perfectly clean handkerchief cover the fingers, and with the thumb and fingers of the hands press out the matter in the pores.

I am giving a recipe that will be satis-

factory if your case is aggravated:

**Obstinate Blackheads of the Skin**

Other ..... 2 ounces  
Sassafras ..... 2 ounces  
Rub into the spot affected, and as soon as the mixture burns, wash the surface with hot water.

The following treatment is excellent for clearing the complexion: Rub the face over at bed-time with 2 tea-spoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should be used a little while before it is used on the face.

**Too Much Hair**

Dear Mrs. Adams,  
I have very long and heavy hair and should like to know how to wear it in the most becoming way. There is so much of it that it is really very hard for me to get it out of my head. L. H. J.

The only suggestion that seems reasonable is to thin out your hair. Let a hairdresser remove strands of hair from different parts of your scalp. If it is very long, why not cut off some of it? Your affliction is one that most of my readers are asking for, and I consider you very fortunate in having too much rather than too little hair. Your trouble can be very easily cured.

Why not make a braid of part of your hair? Wind it around the crown and let your natural hair serve for a roll, over which you can arrange the outer layer of hair.

**Objectionable Hairs**

Dear Mrs. Adams,  
Will you please tell me how I can get treatment with an electric need for objectionable hair? X. Z.

Have your physician recommend a first-class operator to whom you may go to have the hairs removed.

**To Darken the Hair**

Dear Mrs. Adams,  
Please tell me how safe is used to keep the hair dark. I am 30 years old and it is becoming gray, and I am only 30.

What outward application can one use for graying hair? ANNE.

Make a strong brew of dried leaves, strain the liquid carefully through muslin and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

Following is the recipe for a lotion which you may use. It is also necessary that you have your physician locate and remedy the cause of the puffiness:

Tannic acid ..... 30 grains  
Glycerin ..... 1 ounce  
Apply by means of a brush, or a bit of cotton to the baggy skin night and morning.

**Freckles**

Dear Mrs. Adams,  
Please publish a recipe for something to remove freckles if you do not have one kindly tell me of a good cream that will not cost more than 25 cents a tin.

Every day apply a lotion made of equal parts of peroxide and water. You should protect your face from the sun and wind if you do not wish more to appear.

**Cocoa Butter**

Dear Mrs. Adams,  
I have been using cocoa butter as a

velon the bust, and since using it I have noticed little pimples breaking out on my breast.

If you please tell me the cause of this, and tell me something to do for it?

The cocoa butter has not caused the pimples. No doubt your blood is in a bad condition and you need a tonic to clear it. I suggest that you consult a physician and have a bin give you what your system needs.

**Spots on the Nails**

Dear Mrs. Adams,  
Will you please tell me what causes white spots on finger nails, and how they can be removed? I have had them for some time, and I don't believe it is a BADER.

The saying is absolutely foolish and unfounded.

The spots are nothing more than scars on the nails, caused by a bruise or by pushing back the skin with a metal file. Nothing can be done to remove them; they will gradually grow out with the nail, and will, in turn, be filed away.

**Dry Hair**

Dear Mrs. Adams,  
Will you please advise me what to do for my hair? It is very dry, very long and thick, but it seems so very dry on top of my head and at the ends and falling hair. On top, where I part it, there are a lot of short hairs. I do not know if they are broken hairs or new ones. I also have a great deal of dandruff, which is very annoying. The last five months I have collected a large boxful of combings. I think I have lost about one-fourth of my hair. Do you think it will ever grow in again and get as thick as it was?

A MICHIGAN INTERESTED READER.

Castor oil is the very thing you need for your hair. Apply the oil to the scalp every other day, rubbing it into the skin. This will improve the growth of the hair and will remove the dandruff. It is also necessary that you brush your hair thoroughly for ten minutes every day.

**To Manicure the Nails**

**F**ORM the habit of caring for your nails. Select a certain time each day for the treatment and let nothing intrude to prevent you from carrying out your duty. A slipshod manner of treating the nails will do no good.

File the nails into the shape you like best and then soak the fingers in warm soapsuds to which a little benzoin has been added. While the nails are wet rub some vaseline around the roots. Take an orange-wood stick and gently push the flesh back all around the nails, each one in turn, and scrub about the half-moon, but the entire length of the nail.

For cleansing under the nails, an old handkerchief dipped in hot water, squeezed and passed under the nails by means of the orange-wood stick as all takes is required.

Apply a nail polish and rub it in with a brush.

If one is in perfect health, the nails will grow out in from six to eight weeks.

## SOLUTIONS TO SOCIAL PROBLEMS

**A Home Wedding**

DEAR Mrs. Adams,  
I am planning to have a quiet home wedding, and should like your advice.

1. If the bride wears her traveling gown for the wedding ceremony, which is to be performed after 5 o'clock in the evening, would it be all right for the groom to wear a street suit?

2. It will be all right to have two bridesmaids at a quiet home wedding? How should they dress?

3. How can I decorate the table prettily?

4. Should place cards be used?

5. Should each person be helped to a place or should it be put in boxes and taken home by the guests?

6. How soon before the wedding should the engagement be publicly announced?

7. How soon the parlor be prettily decorated?

8. How is it customary for the bride and bridegroom to enter the parlor where the ceremony is to be performed?

9. What color dresses will be most popular for the bride this season? R. Y. M.

1. Yes.

2. Yes. They should be dressed in keeping with the bride's costume. A coat suit or a tailored one-piece frock may be worn.

3. In the center of your table have flowers carrying out your color scheme, arranged low. For favors have slipper filled with rice candy.

4. Yes, for they add greatly to the beauty of the table. They might be bell shaped or they might be plain white cards bearing hand-painted lilies-of-the-valley.

5. The cake is prepared beforehand, in boxes, and placed in the hall, where each guest may take a box as he departs for home.

6. The engagement is usually announced six months or a year before the ceremony takes place. Many people, however, announce theirs earlier or later, just as they wish.

7. If possible, form a little bowler for the bride, and stand waiting for the bride. The bride, leaning on the arm of her father, preceded by her bridesmaids, enters the parlor.

8. No matter what colors are fashionable, a person should select the one most becoming to her.

**Wedding Queries**

Dear Mrs. Adams,  
I am very much in doubt as to the following:

1. Is it customary to send a carriage for bridesmaids, bridesmaid and the best

man when one is going to have a very quiet home wedding? The bridesmaid is to wear a coat suit.

2. Is it proper for the bride couple to wear gloves?

3. During the wedding dinner is it customary for the members of the bridal party to keep their hats, coats and gloves on when one is married in a traveling suit?

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