

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## THE ART OF TAKING a HOLIDAY

**H**AVE you ever thought of the importance of the holiday in relation to good health? By holiday, I do not mean the two weeks' vacation that is the privilege of almost every man and woman employed in the business world, but the single day spent in the woods or on the water—just a day's respite from the grind of business or the monotony of housework.

Foreigners say that we Americans live too rapidly, that we do not spend enough time in caring for our health, and that is the reason why we must have institutions and resorts for the treatment of nervous diseases. In our strenuous living and rush of work we use up an enormous amount of vitality and nerve force, losing sight entirely of the fact that a day of complete relaxation now and then would restore the vital forces and perhaps save us long weeks of illness and suffering from prostration induced by worn-out nerves.

But when the average woman takes a holiday she works harder than she would at home in her own kitchen. Rising earlier than usual in the morning, a lunch must be packed, a lunch that she has labored long to prepare the day before. Then she must dress the children, if there are children to be taken along, dress herself and start out for a day in the park or in the country, where, in her eagerness to get every particle of fun from the day's outing, she bustles about from place to place in stiffly starched, uncomfortable clothes, returning home in the evening far more tired than she would have been had she stayed at home.

If that is the way you have been accustomed to taking a holiday, you will be glad to know that you can spend a day in the woods and come home refreshed and rested, ready to take up your daily tasks with renewed vigor.

If possible, include a water trip in this day of pleasure. Row or canoe to your destination and you will be benefited by the exercise of the muscles of your arms, back and hips. But remember not to row the boat as if you were a contestant in a race; row slowly, with long, steady strokes, resting every little while so as not to overexert yourself before the day is well begun.

When you have reached the ideal spot under the trees, it pays to be a star gazer—at least to lie flat on your back in the shade, with the soft sweet grass for bed and pillow, with your arms raised, resting the back of your head on your hands. This will relax all the muscles and will give a complete rest from the exertion of rowing or walking to the picnic ground.

Why bother with an elaborate luncheon? Take with you a simple, dainty, nourishing lunch, packed in boxes that can be thrown away when you are through with them, and partake of the noonday meal under the shade of a big tree. Eat slowly, chatting the while of pleasant topics that will bring joy to your heart and a smile to your lips, and enjoy every morsel of food.



Stop at a Farm House for Milk

Rest after eating. Either lie down on the grass or be seated with the trunk of the tree for a back rest. Read from the pages of your favorite book or read aloud to your companion.

The afternoon can be spent in a ramble through the surrounding country, gathering wild flowers and listening to the bird calls. Walk slowly, with head erect, shoulders thrown back, with the chest expanded, and breathe deeply and regularly as you go.

Should you be unfortunate enough to come in contact with the vines of the poison ivy or oak, all danger of discomfort can be eliminated by brushing a few plantain leaves until the juice runs, then rubbing the exposed portion of your arms and hands with the leaf, allowing the juice to dry on the skin. You will find the broad, smooth plantain leaves in the grass almost anywhere in the country.

If you are passing a farmhouse, stop in for a glass of fresh milk, and perhaps the farmer's wife will give you a biscuit to eat with it for a nourishing mid-afternoon lunch. Be sure to return home before it grows late, making the trip as quietly and serenely as the journey to the woods, and you will find that the art in taking a holiday is to forget all worry, and rest, relax and go slowly. These things will bring you home refreshed in mind and body, with calm and steady nerves, ready to take up life on the morrow with renewed strength and vitality.

Let me advise every woman to take as many holidays as she possibly can during the heated months.



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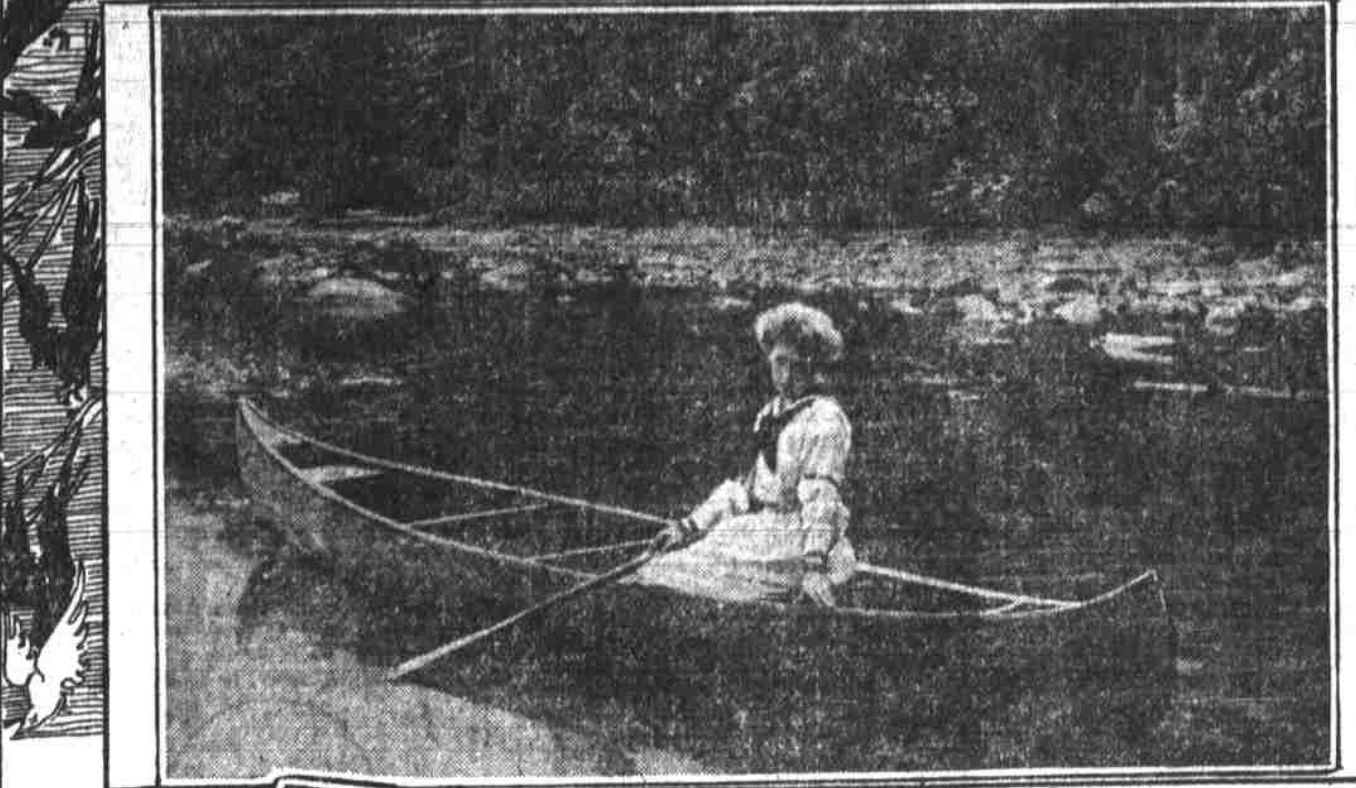
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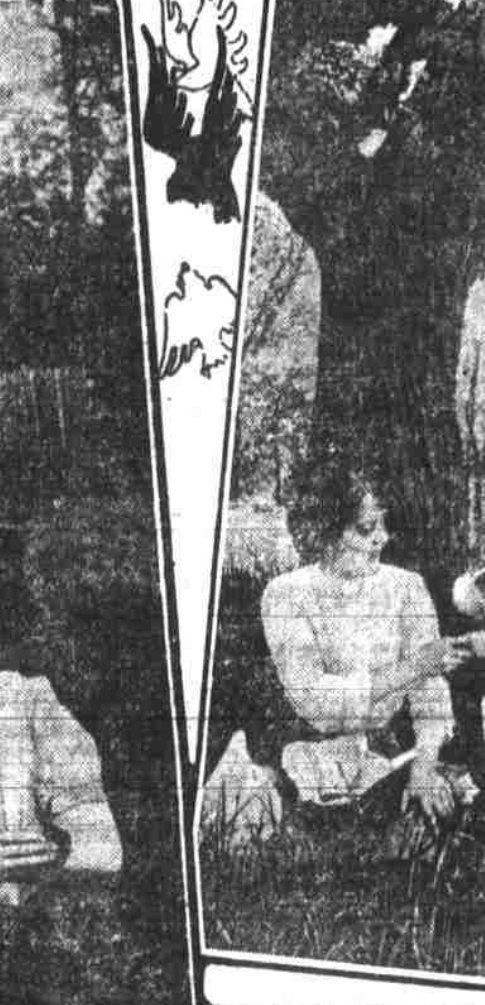
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Row or Canoe to Your Destination



Lunch Under the Trees

head backward at the same time. Bathe the chin and throat frequently with cold water.

**For Superfluous Hair**  
Dear Mrs. Symes: Will you please tell me if peroxide is the best bleach for superfluous hair? If so, what strength should be used?  
AN INTERESTED READER.  
Peroxide and ammonia combined make an excellent bleach for superfluous

**When to Go**  
ONE of the most embarrassing forms of ignorance that I have noticed is the uncertain grasp of social affairs evinced by many in staying on and on and overstaying a welcome, whether it be a visit of many days or a short call.

The knowledge of when to go is most important. If a woman does not know this she is in danger of branding herself as lacking in the essentials of etiquette. Remember that it is better to go too soon than to stay beyond the accepted time. It is much better to be wanted to come again than to leave a hostess bored and disgusted.

If you are invited to a little house party, find out clearly the length of your stay, and when the time arrives, go. It may happen that your hostess might suggest an extension of your visit; but considering everything, not the least of which is the outfit that you have brought for the allotted time, it were better to go when you first expected.

At the first call on newcomers,

**A Wrinkle Cure**  
Dear Mrs. Symes: If you have one, I should like to have the recipe for a lotion to be used on wrinkles.  
AN EXCELLENT WRINKLE LOTION IS MADE OF:  
Alum, powdered..... 1/2 ounce  
Almond milk thickener..... 1/2 ounce  
Rosewater..... 1/2 ounce  
Dissolve the alum in the rosewater, then pour gently into the almond milk with constant agitation. Apply with a soft linen cloth every night before retiring.

**Corns on the Hands**  
Dear Mrs. Symes: What can be done to remove corns from the hands? They are caused by a...  
Bathe the hardened skin with hot water and then rub a good cold cream into it. A pumice stone should now be used to remove the hard skin. If you will do this every day the corns will soon disappear.

**Perspiration of the Feet**  
Dear Mrs. Symes: Will you please tell me what can be done for the hardened skin with hot water and then rub a good cold cream into it. A pumice stone should now be used to remove the hard skin. If you will do this every day the corns will soon disappear.

**Cigarette Stains**  
Dear Mrs. Symes: Do you please give me a recipe for removing cigarette stains from fingers?  
The fact that the stains will not come off when the hands are washed is proof that they are deeply ingrained. It may be possible for you to remove them if you cleanse the skin with peroxide and water after every smoke.

**Bow Legs**  
Dear Mrs. Symes: Will you kindly tell me if you know of any exercises that will straighten bow legs?  
A child can have bow legs straightened by wearing the proper kind of braces, but it is impossible to straighten legs of an older person, because the bones are not so flexible and will not yield to treatment.

**A Red Nose**  
Dear Mrs. Symes: Do you have the recipe for a lotion or anything that can easily be applied to a red nose?  
Here is the recipe for a lotion which may be conveniently used:  
Powdered calamine..... 1 dram  
Zinc oxide..... 20 grains  
Glycerin..... 4 grains  
Cherry laurel water..... 4 ounces  
This lotion should be well shaken before it is rubbed on the nose. It may be used both morning and evening.

**A Double Chin**  
Dear Mrs. Symes: Will you kindly tell me what to do to reduce a double chin?  
To reduce a double chin, massage daily, using the following movements: From point of chin, with open hand, press firmly downward, throwing the

**Depilatories**  
Dear Mrs. Symes: A few weeks ago you published two recipes for removing superfluous hair. I have lost the recipes, however, and would be extremely grateful if you would publish them again.  
Following are the recipes to which you refer:

**A Depilatory**  
Sulphide of soda or calcium sulphide..... 100 grains  
Chalk..... 100 grains  
Mix thoroughly and keep dry in well-corked bottle until wanted for use. Place enough to cover the part to be depilated and add warm water to it until the paste is consistency is secured. Spread over the hairy surface, and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example, it should be removed, as in every case with a depilatory, when the burning sensation is over. Do not touch the skin with the depilatory, and immediately after the removal of the depilatory the hairy surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

**An Eyelash Stain**  
Dear Mrs. Symes: Will you kindly publish the recipe for an eyelash stain?  
Following is the recipe you desire:

**Chinese Eyelash Stain**  
Gum arabic..... 1 dram  
India ink..... 1 dram  
Rosewater..... 1/2 ounce  
Powder the ink and gum and triturate small quantities of the powder with the rosewater until you have a uniform white liquid in a powder, and then add the remainder.

## ADVICE ON SOCIAL CUSTOMS

*Mrs. Clara Adams*  
most cordially invites her friends to bring to her their social problems and perplexities by letter at any time.

**When to Go**  
ONE of the most embarrassing forms of ignorance that I have noticed is the uncertain grasp of social affairs evinced by many in staying on and on and overstaying a welcome, whether it be a visit of many days or a short call.

**Never Wants to Call**  
Dear Mrs. Adams: I am a girl 17 years old and have been going out with one boy for almost one year. He promised to call one evening, but he didn't come. I have met him several times on the street, but he never offers his apologies for not coming, nor does he ask to come any more, although he speaks friendly. How can I get him to call again?  
If you will think the matter over you will conclude that you do not want such an unreliable boy to make any more engagements with you. If he disappointed you once and never apologized for his behavior, he is likely to do the same thing again and cause you much embarrassment.

**Entertaining a Man**  
Dear Mrs. Adams: I am a constant reader of yours and am going to ask a little advice.  
1. When a young lady is entertaining a young man whom she has just met, what is a good way to spend the evening?  
2. What is a dainty lunch that would be all right to serve cold, to a crowd of four or six, some evening?  
3. Is it proper for a young man to put his arm about a girl's waist when walking where no one can see them?

**Duties of a Patroness**  
Dear Mrs. Adams: Will you tell me briefly what are the duties of a patroness at a dance?  
A patroness at a dance acts as one of the many hostesses. She should treat the ballroom in good time and stand in line with the other patronesses to greet the young people as they enter, she also bids them good-night as they leave. The main duty of a patroness is to introduce the young people, and if there is a young girl present who is without partners, a patroness should make an effort to help her enjoy the evening. The various patronesses should be evident in different parts of the room so that the girls will feel free to go to them after a dance has broken up.

**Parents Object**  
Dear Mrs. Adams: My folks are opposed to my going with a young man and he wants to marry me. I like him and vice versa. Do you advise me to obey my parents or to marry him? I am

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## ANSWERS TO BEAUTY QUERIES

**Replyes** 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.

**The Cuticle**  
Dear Mrs. Symes: Will you please advise me on the following:  
1. What causes a sort of white skin to adhere to the nails, and what can be done for it?  
2. Do you know a good remedy for keeping the hair light? It is real light, but is getting a little darker.  
3. I am 15 years old and weigh about 120 pounds. My bust measurement is 34 inches, waist 24 inches and hips 40 inches. Are my measurements right?  
4. I have a great deal of trouble with my eyes. Often the pupils entirely cover the eye. I already wear glasses. Do you know what causes this?  
5. Unless the cuticle is pushed back from the nail every day it will cling to it. Apply a cream to the cuticle and then with the blunt end of an orange-wood stick push the cuticle back gently, so that the "half moons" will be visible.

**Brown Spots**  
Dear Mrs. Symes: I wish you would tell me what I can do to remove brown spots which are on my nose, forehead and lips.  
What can I do to make the veins in my hands less prominent?  
The brown spots are, no doubt, caused by some disorder in the liver. I suggest that you consult a physician and have him prescribe for you. Until you are cured the spots will be evident.  
Nothing can be done to make the veins less prominent.

**Oily Hair**  
Dear Mrs. Symes: I have a lot of dandruff, and my scalp itches terribly. My hair is very oily and comes out in great quantities. Do you think a good hair tonic would help me?  
Please tell me how to take care of it. Is there any other way besides exercising and taking raw eggs to help it?  
What can I do to straighten a pug nose?  
A tonic is what your hair needs. Following is the recipe for a splendid one, which you should rub into your scalp every day. Once every two or three months cut an inch from the hair. This will increase its length:

**Quinine Hair Tonic**  
Sulphate of quinine..... 1 dram  
Rosewater..... 1 ounce  
Rochelle salt..... 1 ounce  
Mix, then further add: Glycerin, 1 ounce; essence of rovalis or essence musk, 1/2 ounce. Apply to the roots every day.  
If your complexion is in good condition, do not apply creams, powders or rouges to it. Take a daily bath and every night before retiring cleanse the skin with a pure soap and hot water, being sure to rinse it thoroughly. To have a good complexion one must be in good health, and to have excellent health it is necessary to live a systematic and sensible life.

**Dandruff**  
Dear Mrs. Symes: Will you please give me a sure cure for dandruff? My hair is very oily, and I do not care to use cedar oil.  
Following is the recipe for a dandruff cure: To an ounce of sulphur add a quart of soft water and during intervals of several days agitate the mixture repeatedly. After the sulphur has settled to the bottom of the receptacle use the clear liquid. Saturate the head with it every morning and in a few weeks every trace of the dandruff will have disappeared. The hair will become soft and glossy and there will be no return of the old trouble. This remedy, however, will darken light hair.  
A good shampoo for a head which is covered with dandruff is made of the yolk of 1 egg, 1 pint of rainwater, spirits of rosemary, 1 ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.  
This should be used once every four or five weeks.

**The Salt Cure**  
Dear Mrs. Symes: Will you kindly publish again the salt cure for color? Is colorless iodine as good as the colored?  
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**Platanus Leaves in Case of Itch**

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