

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

THROUGH the HOOP to BEAUTY



Touch Small Hoops in Back

"COME, have a game of grace hoops with me. Stand over there and catch the hoop on these sticks when I toss it to you from mine."

"Why play grace hoops? It's such a silly, childish game. Let's have a game of bridge."

"This is my hour for exercise; I cannot neglect it, even for bridge. You, too, would do well to take more healthful exercise. You are really getting too stout."

"Too stout! Horror! Do tell me what I can do to keep myself slender, yet in good physical condition."

"It's really quite simple. I have found a way that, for me at least, takes the place of any expensive 'exerciser' I could buy. Watch while I give you a demonstration of the many splendid

exercises that can be practiced with a child's hoop."

"Every day I take what time I can for this—sometimes it's an hour, sometimes less—but always twenty minutes or more."

"For agility I begin and conclude with the grace hoops. Yes, it does give grace, for if one is light on her feet, agile, she is pretty sure to possess a fair amount of grace. I toss the hoop into the air from the points of the sticks, then catch it on them again as it descends. If any one will play with me, we enjoy an active game, tossing the hoop from one to the other, trying not to let it fall, for that would count a point against the one who did."

"Then I take this large hoop and use it as a jumping rope. That keeps the muscles of my fingers, forearm, shoulder

and lower limbs in good condition. I started by jumping through the hoop five times, but now I can do it twenty-five times without trouble."

"After a great deal of practice I have learned to balance the hoop on the stick—this for steadiness of nerve and poise. That is an excellent exercise, but quite difficult to accomplish; but it is worth the trouble to learn in the beneficial results obtained."

"I use these two embroidery hoops in place of dumbbells. You know the weight of dumbbells has very little effect upon the muscular development—they only serve as a means of exercise. One can get the same results with these little hoops, or with any other article that can be conveniently held in the hands, for that matter. If one will imagine they are heavy dumbbells and lift them with all the force necessary to employ with the real article."

"I let my arms hang loosely at the sides, grasping the hoops firmly in each hand, then raise them even with the shoulders and lower them five times, lifting them slowly, as if their weight were great; then five times over my head, in front of my body, where they touch each time; then I bend and touch the floor, and last touch them behind my back. Oh, it's a fine general exercise; it limbers up my muscles and sets the blood circulating through my body splendidly."

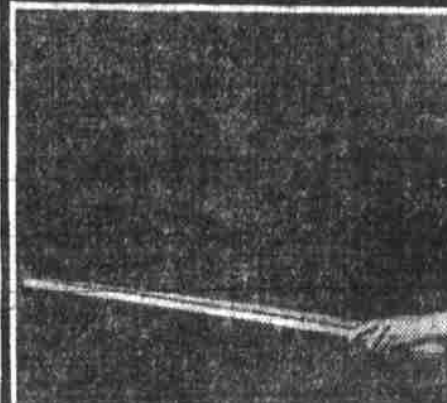
"To strengthen my back, reduce my abdomen and lengthen my waist line, I raise the hoop high above my head, then bring it slowly to the floor, holding

it as far away from the body as possible. It is then raised again and carried as far back of my head as possible, stretching all the muscles brought into action just as much as I can. This was repeated five times at first, but the number increased as I became accustomed to the exercise."

"Next, I step into the hoop, then raise it from the floor high above my head, lower it to the floor and step out again. That, you see, brings into play all the larger muscles in my body, and is the very best way to keep down the superfluous flesh."

"See how easy it all is? And yet the benefits derived are worth far more than the time it takes for these exercises, while the cost of the hoops—50 cents covers that, and they last for years."

"Why not come with me, then, on this pleasant journey Through the Hoop to Beauty?"



Bring the Hoop Down With Arm Straight

Large Hoop As a Jumping Rope

ADVICE ON SOCIAL CUSTOMS

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

A WEDDING RECEPTION

A WEDDING that takes place in the afternoon or evening may be followed by a reception held at the home of the bride's parents, or at a hotel that is engaged for the event.

The rooms should be decorated, and at this season the autumn leaves of the woods can be gathered and made to furnish the attractive decorations for the rooms.

There are many little ideas that can be introduced. There can be a specially designed bride's cake and numerous white-boxes with the interwoven monogram of the bride and groom. A bride's register of white can be filled in with each guest's signature. Refreshing punch can be placed in each room on pretty tables, the punch bowl wreathed with flowers.

The bride should go at once to the main room, accompanied by the groom, her parents and the wedding attendants. Any special decoration in the form of a floral wedding bell, a high arch or a screen of green and flowers may be made. The bridesmaids form a line

at the left of the bride and groom. The parents of the bride stand near the door. They are the host and hostess and should be in the receiving party. In the room the groom's mother and father should also be, but they need not be in the line of the receiving party.

At a wedding reception there is no announcement of the guests. They join the line of guests that first greet the bride's father and mother and then the happy couple.

The bride should greet every one with an outstretched hand, and a genial short reply to all wishes for happiness is all that is necessary. Remember that happiness is wished to the bride, and the bridegroom is the one to be congratulated.

If a guest is unknown, he should be introduced by the bride to her husband or vice versa. A bride should not detain any one for more than a short verbal acknowledgment when there is a line of guests waiting to greet her.

The father of the bride need not remain in the receiving party throughout the reception. He should stay for a half hour or so, and then should see that everything is running smoothly in the dining room and other parts of the house. The mother, however, is the hostess and should stay at her daughter's side until the last guest has been received.

If the bride enters the dining room at all, she should be accompanied by her husband. Sometimes the bride opens the dance by dancing with her husband

or the best man. In the latter case the groom dances with the maid of honor. This is for an evening reception. A very pretty old custom is to have a double set of lancers, danced only by the wedding party, the other guests looking on.

The buffet supper is served at large receptions. This is in charge of waiters or maids and is served to guests who stand and hold their plates. It is not very elaborate, consisting of oysters, clams, etc., either in cocktail form, broiled or on the shell. An entrée in the form of a patty or croquette is the next course, followed by a salad, ice cream and coffee. Nuts, olives and bonbons are passed around during the meal.

As soon as a guest has finished, he should leave the room and allow another to take his place.

The reception lasts as long as a dinner mentioned on the cards. The bride quietly slips away, puts on her traveling gown and with the groom leaves the home for her journey.

Confetti can be thrown. The old shoe, the dangerous rice and any one of the cruel, practical jokes should be strictly forbidden, and as they are evidences of a lack of consideration and good breeding, I hope I need not voice the disapproval that we feel.

Solutions to Social Problems

The Arm to Offer

DEAR Mrs. Adams, Will you please tell me which arm a man should offer when escorting a woman to dinner? Please give me a simple form of introducing a man to a woman. FRANK R.

The simplest form is to say, "Miss Black, may I present Mr. Smith?"

Answer to Informal Invitation

DEAR Mrs. Adams, How should a reply to an invitation written on a visiting card be made? BLANCH M.

Response may be made in the form of a personal note, briefly but cordially worded.

Keeps Him Waiting

DEAR Mrs. Adams, A young girl on whom I often call has a habit of keeping me waiting from fifteen minutes to half an hour before she makes her appearance after I enter her home. This delay often causes me to be late for any entertainment to which we may be going. What would you advise me to do about the matter? R. M.

You should ask the girl if she could

Grace Hoops for Agility

not be more punctual in the future. If she pays no attention to your request and her tardiness displeases you, look for another companion. When a girl makes an engagement for a certain hour she should do her best to keep the appointment.

The Ushers' Hats

DEAR Mrs. Adams, Please tell me what the ushers should do with their hats while on duty at a church wedding.

The ushers should leave their hats near the church door, in the sexton's care, and take them again at the close of the ceremony.

Sending a Wedding Gift

DEAR Mrs. Adams, Is it necessary to send a wedding gift to the bride when one has been invited to the church ceremony, and not to the reception held at the bride's home? INQUISITIVE.

Under the circumstances you state, you need not feel obliged to send a wedding gift to the bride.

The Proper Form of Invitation

DEAR Mrs. Adams, Will you kindly tell me what would be the proper form of invitation to an informal luncheon? A BRIDE.

You may use your visiting cards for the invitations, writing beneath your name, "Luncheon at one o'clock, November third," or you may send the invitation in note form, as:

Dear Gertrude, Will you lunch with me next Tuesday, the seventh, at half past one o'clock, to meet my friend, Miss Smith, of Greenville? Wishing there is no prior engagement to prevent your coming, I am, Sincerely yours, etc., GONGLANT.

His Duty

DEAR Mrs. Adams, When a man has been a guest at a dinner preceding a dance is it necessary for him to dance with the girls who were present at the dinner as possible.

Yes; he should be sure to dance with the hostess for as many of the girls who were present at the dinner as possible.

The Number of Cards

DEAR Mrs. Adams, Will you please tell me what a married woman, how many cards should I have? MRS. K. L. P.

You should leave one of your cards and one of your husband's for each woman upon whom you call. One of your husband's cards should also be left for each man of the household.

Extending Thanks

DEAR Mrs. Adams, When a man takes me to an entertainment is it proper for me to thank him?

EMILY.

You should express your thanks to him when he leaves. An easy way to do this is to say, "Thank you for a very pleasant evening."

The Matron of Honor

DEAR Mrs. Adams, Will you please tell me what my duties are, how to conduct myself and what to wear when acting as matron of honor at a church wedding to take place in the morning?

Wishing there is no prior engagement to prevent your coming, I am, Sincerely yours, etc., GONGLANT.

What the matron of honor should wear depends upon what the bride wears. The bride's attendants should always be dressed in harmony with the bride. If she wears a traveling suit, her attendants should wear a coat suit or a one-piece tailored gown. If she wears the regular satin gown, her attendants should be enveloped in satin or elaborate lingerie gowns. The matron of honor holds the bride's bouquet and gloves when the ring is to be placed

Balance on a Stick

on her finger. These she restores at the close of the service.

In the bridal procession entering the church, the matron of honor walks alone directly before the bride, and at the altar she stands on the left and a few steps in the rear of her friend. The best man enters the church with the groom and minister from the vestry room. When the service is finished the best man offers the matron of honor his right arm, and these two follow the bride and groom out of the church.

The best man's dress depends upon the time the ceremony is performed, and upon the dress of the groom. If the wedding takes place in the morning or afternoon, they should wear a black or dark blue frock coat, a white vest or one that matches the coat in texture, gray trousers, white linen, a full-collared white shirt or satin necktie, gray suede gloves, patent leather shoes. If the wedding takes place after 4 o'clock, the proper dress for the men consists of a claw-hammer coat, black trousers, a low-cut vest, white linen, a white lawn tie around a standing collar, white gloves and patent leather shoes.

Meeting the Minister

DEAR Mrs. Adams, A friend after going to my church, with me. He has asked me several times to introduce him to our minister. Would it be proper for me to do so when the service is over or should we call on him at his home?

It would be quite proper for you to introduce your friend to the minister at the close of the evening service, since you will be there to meet the congregation at that time.

Two Wedding Rings

DEAR Mrs. Adams, I am a widow and expect to be married again. Would it be proper for me to wear my first wedding ring on the third finger of my left hand?

Only one wedding ring should be worn. Your first one should be taken off before the second is placed on your finger.

A Wedding March

DEAR Mrs. Adams, I am to be married very soon. We have a very good piano and my sister plays very well. Would it be proper for her to play the wedding march when we are to be married very quietly at home?

Quite proper. Music to suit the occasion is in good form at any time. It will give quite a festive touch to the happy event.

A Boy's Visiting Cards

DEAR Mrs. Adams, Please tell me how the visiting card of a boy 17 years old should be engraved?

Until a boy is of age his cards should bear his full name with no prefix.

A Poor Talker

DEAR Mrs. Adams, I am a young man, 19 years of age, and find it very hard to talk to a girl when in the presence of a girl. I have gone out with a girl several times, but soon tire of her because I am a poor talker.

While attending a recent concert I met a girl whom I have known for a long time and she introduced me to her friend. After speaking with them for a while I left them. I should have liked very much to have made an engagement with this girl's friend. Would it be proper?

A CONSTANT READER.

To be an interesting talker one must have something to talk about; therefore, it would be well for you to do a great amount of reading on various subjects. Keep in mind humorous stories and tell them at appropriate times.

There are some girls who approve of asking men to call to see them on the first acquaintance. There are others who are opposed to doing so, and most likely the girl to whom you refer is one of the latter class. It would have been proper for you to ask permission to call on her, and then, having made the call, you could offer her an invitation to some place of amusement.

Mourning for Fiance

DEAR Mrs. Adams, Would it be proper for a girl to go in mourning for her fiancé, who died some months before the date of the wedding?

Yes; she may wear black for a period not longer than a year.

To Postpone a Dinner

DEAR Mrs. Adams, Please tell me what is the proper way to cancel or postpone a dinner.

When it becomes necessary for a hostess to cancel or postpone a dinner, she should send, as soon as possible, either by special delivery or messenger, a letter to each guest who has accepted the invitation. The letter should state either in the first or the second sentence the reason and express regret.

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.

Hands Perspire Freely

DEAR Mrs. Adams, Will you kindly give me the recipe for a preparation which can be used on hands which perspire freely? EDITH.

A very satisfactory lotion which is used for profuse perspiration is made as follows:

Boric acid 50 grains
Benzoin 10 grains
Salicylic acid 10 grains
Glycerin 2 ounces

Rub on the hands four or five times a day. Wash the hands in warm water before applying and dry carefully. Shake well. If the glycerin is dried, it will increase the solidity of the preparation.

How to Grow Thin

DEAR Mrs. Adams, I am a young girl who is anxious to grow thin, and shall be most grateful for any information you can give me about reducing weight.

Physical exercise is one of the great remedies for bringing the body back to its just proportions. It quickens the respiration and increases the quantity of oxygen taken into the lungs. Oxygen consumes carbon, which is thus prevented from being converted into fat. You should arise early in the morning and keep about all day; walk, ride, swim, etc. Never lie down during the day.

Exercise must be accompanied by extreme temperance and a strict diet; that is to say, take no nourishment which tends to produce fat, especially farinaceous foods, wheat, rye, oatmeal, rice, Irish potatoes, etc., which rapidly increase flesh. Renounce the confectioner, give up pastries and all sweets. Even bread and vegetables must be eaten sparingly. Control your appetite as much as possible. Drink nothing with your meals.

To Develop the Bust

DEAR Mrs. Adams, Please give me the recipe for a cream to be massaged into the bust to develop it. HANNAH.

Following is the recipe for a splendid cream:

Essence 1 ounce
Cocoa butter 1 ounce
Sweet almond oil 1 ounce
Put in a small bowl and set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in with the fingers in a circular direction for fifteen minutes.

Cracking Shoes

DEAR Mrs. Adams, Will you kindly let me know what can be done to stop shoes from cracking? So often when I get new shoes I am made nervous by hearing the anguishing sound. A READER.

To prevent shoes from cracking, rub the soles with linseed oil or place them on a plate full of the oil; they will absorb it. This will also prevent them from cracking.

The Eyebrows

DEAR Mrs. Adams, Are heavy eyebrows considered a mark of beauty? What can be done to improve the thickness of eyebrows? W. R. G.

Heavy eyebrows impart a brutal and rough expression to the face. Moderately thick eyebrows are an improvement to the eyes.

Scant, thin eyebrows, which form a red line above the eye, are a blemish. It stimulates the scalp. Daily brushing, more than anything else, tends to give the hair a beautiful sheen. It distrib-

Poison Ivy

DEAR Mrs. Adams, Can you tell me what to do to get rid of poison ivy? A. D.

Compound tincture of benzoin is often helpful. Frequent applications of lead water and laudanum will also give relief. If home treatment does not prove satisfactory, you should consult a physician, so that no serious trouble will result. Kerosene or hot salt water will kill the growing plant.

Paraffin Injections

DEAR Mrs. Adams, I have heard that paraffin can be injected into the skin to fill out hollow places. Is this true, and is it advisable to have it done? W. R. G.

One runs a great risk by having paraffin injected into her skin. Successful cases have been heard of, but then there is a great chance for tumors or ulcerations to result from the injection. If you wish to fill in hollow places in the skin, do so by massaging with cocoa butter and by exercising.

Group Cure

DEAR Mrs. Adams, Will you kindly tell me of a home cure for croup? A READER.

A very fine remedy for croup is turpentine. Saturate a piece of flannel with it and place the flannel on the throat and chest.

Pretty Elbows

DEAR Mrs. Adams, Will you kindly tell me how I can have pretty elbows? EDNA.

Before retiring scrub the elbows with warm soap. Rinse them with clear, warm water and after drying the skin apply a piece of absorbent cotton which has been soaked in warm sweet almond oil. Put the cotton over the elbow and wrap around it a bandage of cheesecloth or old muslin. It may be necessary to have a strip of oiled silk to prevent greasing the bed covering.

To Remove Warts

DEAR Mrs. Adams, I have some ugly warts on my finger and should like so much to get rid of them. What can I use to remove them? What will make a wart of one's own hair nutty? SIS.

To get rid of your warts, mix 1 grain of paraffin with 3 parts of flexible collodion and apply to each wart three times a day. After two or three days the wart will come off and the wart will come with it.

Dampen the hair slightly and arrange it on curlers.

To Whiten the Hands

DEAR Mrs. Adams, Please give me the recipe for a cream or lotion to whiten the hands? CLARA.

To whiten the hands, put into a bottle 2 ounces of glycerin, 2 ounces of water, 4 tablespoons of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of the mixture into them.

Enlarged Pores

DEAR Mrs. Adams, Please tell me how to make the pores of my skin small. For five years I was troubled with blackheads and pimples, which have all disappeared, but they have left enlarged pores. BROWN EYES.

Possibly you were not careful to use an astringent after getting rid of the blackheads. Bathe your face in hot water to which a little alcohol has been added. Never fail to dash cold water on the face after hot water has been used.

To Remove the Lines

DEAR Mrs. Adams, I have two lines, one each side of my mouth. Will you tell me how I may get rid of them? SADIE.

Apply a liberal amount of cream to the skin and then massage the lines with an outward rotary movement. Make tiny circles with the fingertips while moving upward and outward toward the ear.