# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## DIFFERENT USES for DIFFERENT OILS

Almond Oil Whitens and Softens

Sweet Oil Prevents Scars

Cocoa Butter Fills Out Hollows

After the Crude Oil Massage

Olive Oil Moistens the Skin

TO THE inexperienced the numberless uses of oils are unknown, so today I want to reveal the wonderful things that can be accomplished by using the fluid.

First of all, the girl who is in deadly fear of a scar after she has had the misfortune of cutting or scratching herself, will be glad to learn that sweet oil applied to the abrasion will prevent an ugly mark. When applying the oil be most careful to use a clean bit of absorbent cotton every time, for it is necessary to prevent infection if one wishes to avoid serious trouble.

A dry skin is an annoying and uncomfortable thing to possess. Soap should be used very sparingly on skin in this condition, and after it has been used the face requires much rinsing. Olive oil rubbed into the skin will moisten it to a great extent. Apply it until the pores refuse to absorb one drop more. It is necessary to cleanse the skin frequently during the day, however, so, instead of using soap every time, substitute a cream made of:

| | |
|---|---|
| White wax | 2 ounces |
| Spermaceti | 2 ounces |
| Sweet almond oil | 12 ounces |
| Distilled water | 2 ounces |
| Glycerin | 2 ounces |
| Salicylic acid | 90 grains |

For developing a full chest and neck cocoa butter or cocoanut oil will be found most effectual. Before applying it, bathe the parts mentioned with warm water so that the pores will be in a proper condition to receive the oil. Rub it into the skin with a gentle rotary motion. To prevent the oil from ruining any garments it may be well to put a piece of oiled silk between the body and the clothing. The oil acts as a lubricant to the tissues and keeps the skin soft and smooth.

Of course the oil alone will not develop the chest and throat. In connection with it the individual must breathe properly so that the lungs are well filled. Singing, whistling and laughter make it necessary for one to breathe deeply.

It is the desire of every one to have well rounded, white arms. Almond oil makes it possible for each person to boast of pretty arms if it is applied daily. A liberal amount of the oil should be put on the elbows. Rough elbows will spoil the appearance of any well-shaped arms. To prevent the skin at this point from becoming rough and ugly one should be most mindful of the fact that leaning on the elbows is the cause of most trouble. The roughness can also be attributed to the lack of a thorough drying of the skin. This carelessness is usually the cause of chapped and sore skin. After bathing one should spend much time in drying the skin. Too many people depend upon the clothing to absorb the water which the towel should take up.

If you would have well-developed arms, follow the footsteps of your sisters who indulge in tennis, rowing and various other outdoor sports which necessitate the use of the arms.

Crude oil used on a dry scalp will soon put the hair in a fine condition. To make the odor of the oil more agreeable have the druggist who sells it to you add oil of lavender to the liquid. A machine oilcan or a medicine dropper will prove most convenient for the application of the oil. Apply the tonic every day until the hair becomes sufficiently oily and then let the applications be made less often. After the oil has been used comb the hair to remove the tangles and give the hair a thorough brushing.

The constant use of oil on the scalp will cure dandruff and will prevent the hair from turning gray prematurely.

For the hair which is inclined to be too oily and yet refuses to grow thick and luxuriant I prescribe the tonic made of the following:

| | |
|---|---|
| Sulphate of quinine | 1 dram |
| Rosewater | 8 ounces |
| Diluted sulphuric acid | 15 minims |
| Rectified spirits | 2 ounces |

Mix, then further add: Glycerin, ¼ ounce; essence of royale or essence musk, 5 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

Paste these hints under their proper letters in your scrapbook so that you may know what to do in time of need.

## 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.

### *Too Much Blood*

Dear Mrs. Symes.
I have too much blood in my system and should like to know what to do to get rid of it.
My skin is so tender that I am seldom able to use hot water and soap on it. The pores around my nose are too large in spite of the fact that I always rinse my face thoroughly in cold water after using hot water. What can I do to reduce them?
EIGHTEEN.

You should go to your physician and get a prescription especially suited to your case. The thinning of the blood must be done carefully and under rules given by one who knows his business.

If hot water irritates your face discontinue using it. You should be most careful to select an agreeable soap. To reduce the size of the pores ice compresses are advised. Bathing the face in water to which a little benzoin has been added will help also.

### *To Decrease the Weight*

Dear Mrs. Symes.
Will you please tell me how to make the face thinner? Do you think Epsom salts are good, and if so, how should they be used? I weigh 122 pounds and am 5 feet 2 inches tall. My age is 16. Do I weigh too much? Will vigorous swimming make one thinner?
A READER.

You do weigh several pounds too heavy for one of your age and height, but exercise will soon reduce you. It is said that Epsom salts, taken internally, will reduce the weight, but I do not advise any one to take the dose for this purpose, without a physician's advice. The stomach may be ruined if the laxative is taken too regularly. Swimming is a splendid exercise to remove superfluous fat and makes firm, solid muscle. Exercises which reduce the general weight will have effect on the face.

### *A Skin Food*

Dear Mrs. Symes.
My skin is in a very bad condition and I thought a good cold cream might tone it up. Will you please give me the recipe for one?
KATIE.

A very good cream for nourishing the skin is made as follows:

| | |
|---|---|
| Sweet oil of almonds | 2 ounces |
| Orange-flower water | 2 ounces |
| White wax | 2 drams |
| Oil of sweet orange | 1 dram |
| Spermaceti | 9 drams |

Half fill a saucepan with boiling water. Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water; add to it half a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucepan. Beat mixture with the whisk. Heat and add oil of sweet oranges. Whisk cream until it is cold. Put in pots and cover with parchment.

Rub the cream into the skin every night.

### *Removing Moles*

Dear Mrs. Symes.
When having moles removed by the electric needle, will scars be left?
What can I do to remove tan from my neck and arms?
A READER.

If the work is properly done no scars should remain.

To remove the tan from the skin lemon juice or peroxide of hydrogen should be used.

### *To Remove Blackheads*

Dear Mrs. Symes.
I should like you to tell me how to go about removing blackheads from the face. I work all day, so it will be necessary to care for my skin at night.
S. A. F.

To get rid of the blackheads apply at night hot cloths to the face, renewing them constantly by wringing freshly out of very hot water as they cool. Then scrub the face with a good face brush and after wiping it dry, massage with the cream for which here is the recipe:

**Kentucky Cold Cream**

| | |
|---|---|
| Rosewater | 4 ounces |
| Almond oil | 4 ounces |
| Spermaceti | 1 ounce |
| White wax | 1 ounce |

Add the rosewater slowly, so that it will mix well.

Now remove all traces of the cream with a soft cloth. Bathe the face with hot water and rinse with cold. If this treatment is given to the face every night the blemishes will soon disappear.

### *Time for Bathing*

Dear Mrs. Symes.
Will you kindly tell me why it is wrong to take a bath soon after eating?
Q. L.

No bath should be taken within two hours after eating, as the bath draws the blood from the stomach toward the surface of the body and so interferes with digestion.

In winter a hot bath must never be taken immediately before going out of doors, because the pores of the skin are more or less open and there is great danger of chilling.

### *Polishing the Nails*

Dear Mrs. Symes.
Kindly tell me what is the best way to polish the finger nails.
BARBARA.

The best way to polish the nails is to bend the fingers at the first joint and rub the nails briskly on the palm of the other hand. This not only polishes the nails, but massages the skin at the root, so that the blood supply of the nails is improved and the growth of the nails is strengthened.

Many persons prefer to polish their nails with a buffer after applying a polishing paste or powder. This should be followed with the above treatment.

### *Brilliantine for the Hair*

Dear Mrs. Symes.
Will you kindly give me a good recipe for brilliantine?
GRACE.

A very satisfactory brilliantine is made of:

| | |
|---|---|
| Sweet almond oil | 8 fluid ounces |
| Alcohol | 4 fluid ounces |
| Glycerin | 1 fluid ounce |
| Oil of rose geranium | 12 drops |

### *Callous Skin*

Dear Mrs. Symes.
The bottom of my feet are callous. What can I do to soften the skin, as its present condition is painful?
BERTHA.

Bathe the feet with warm water and after drying them scrape the soles with a piece of pumice stone. Brush away the loose skin and then rub vaseline into the troublesome spot. Do not wear the same pair of shoes and stockings two days in succession.

### *Bites Her Nails*

Dear Mrs. Symes.
My daughter of 15 has the habit of biting her finger nails. What can I do to stop her?
P. P. L.

If she is unable to overcome the habit by will power you should paint the nails and finger tips with quassia, with is terribly bitter, but quite harmless. The taste of the quassia will remind her not to give way to such a foolish and beauty destroying inclination.

### *Housework Chaps Hands*

Dear Mrs. Symes.
I always have trouble with my hands. They chap and get so dirty that it is difficult to clean them. They are all right if I do not help with the housework.
Mrs. K.

Whenever you are engaged in housework you should wear a pair of rubber gloves. They may be bought at any of the large department stores. At night anoint your hands with the cream for which the recipe appears below and draw over them a pair of loose, clean kid gloves. By this method you will be able to keep the hands smooth and white.

**Cream for Chapped Hands**

| | |
|---|---|
| White petrolatum | 3½ ounces |
| Paraffin wax | ¼ ounce |
| Lanolin | 1 ounce |
| Water | 1½ ounces |
| Oil of rose | 2 drops |
| Alcohol | ½ dram |

Melt the paraffin wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

### *Foods to Avoid*

Dear Mrs. Symes.
What foods should a girl avoid when her skin is filled with blackheads?
BLANCHE M.

The girl or woman troubled with blackheads should abstain from all rich food, pork in every form, hot breads and sweets. She should not drink tea nor coffee, but should live principally on fresh or stewed fruit, and green vegetables. Watercresses, spinach, dandelions and lettuce are especially good. She should eat whole wheat bread and should take a great deal of outdoor exercise.

### *For Scars*

Dear Mrs. Symes.
Will you please give me the recipe for removing scars left by scratches?
D. R.

A splendid ointment for the removal of scars is made of forty-eight grains of boric acid and one ounce of lanolin. This may be applied several times a day.

### *To Develop the Neck*

Dear Mrs. Symes.
Kindly tell me of an exercise to develop the neck.
SADIE.

Bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and backward, until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.

Again, stand perfectly erect with the arms at the sides, lift them up vertically, inflating the lungs as the arms ascend. At the same time rise up on the tips of your toes and throw your head back, while touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs.

It is also well to massage the neck and shoulders with cocoa butter.

### *To Develop the Bust*

Dear Mrs. Symes.
My bust is very small for the rest of my body. Will you please tell me what I can do to increase it?
HELEN McT.

To develop the bust you should practice deep breathing. Along with this take the tonic for which I am giving the recipe:

**Dr. Vaucaire's Remedy for the Bust**

| | |
|---|---|
| Liquid extract of galega (goatsrue) | 3 fl. dr. |
| Lacto-phosphate of lime | 154 grains |
| Tincture of fennel | 10 minims |
| Simple syrup (sugar and water 2 to 1) | 13½ ounces |

The dose is 2 soupspoonfuls with water before each meal.

Doctor Vaucaire also advises the drinking of malt extract during meals.

### *The Henna Leaves*

Dear Mrs. Symes.
Will you kindly tell me where I can get henna leaves to make the henna stain?
ISABEL.

Go to the largest drug firm in your city. If they have not the henna get them to send to a wholesale establishment for some.

## ADVICE ON SOCIAL CUSTOMS

*Mrs Chester Adams most cordially invites her friends to bring to her three Social Problems and Perplexities by letter at any time*

**THE CORRECT MOURNING**

THERE is a tendency nowadays to curtail the mourning period and to wear deep mourning only for funeral services. Persons who have considered the effect of strict mourning attire on the mind, on the natures of children especially, have departed from strict black, and are using gray, black and white or lavender. But for the majority of women the accepted rules regarding dress are still observed.

Correct mourning attire has been decided by custom, and if you would follow the etiquette of this department of dress, here are some of the main points to be remembered:

A widow's first mourning is entirely black, with the exception of a white crepe ruche worn inside the closely fitted cap. Black crepe is the only trimming. It is used to edge a net veil, which is worn after a month. Before that time a regular mourning veil is draped over the hat. Crepe in narrow folds or pipings should be used with discretion. It is very reprehensible to overdo this. The extreme mourning, with very wide bands of crepe used everywhere, is not good style. White organdie or fine linen may be used for turned-over collar and cuffs, pinned with dull black pins. Dull jet is the only permissible jewelry. All gold and precious stones must be laid aside when one is in deep mourning. Diamonds are not considered appropriate, even though they are white.

The widow wears her full mourning for a year. After this, the crepe is omitted, but she still wears black crepe de chine, lusterless silks, dull jet and black chiffon.

When six months of this have passed, the white and black, gray and lilac shades are worn. When two years have passed, colors may be resumed.

For a child a married woman should wear just the same mourning for a year as she does for a husband. The widow's ruche is omitted. A mother does not wear mourning for very young babies. Indeed, the question of wearing black when there are little children in the family has been decided in favor of discarding mourning.

When a mother-in-law has died, mourning for one month is worn. This does not include crepe. After the month, gray and lilac may be worn. Mourning is not observed for other relatives of one's husband.

Young women who observe full mourning for parents do not wear draped hats or long veils. Simplicity in their black should be the rule. It is foolish to wear full mourning and to cling to jewelry and overornamentation. Crepe ought not to be worn by young girls. Six months is the time for mourning in this case. After this, white, white and black, gray and lavender should be worn. There is a tendency to wear white in the summertime, which insures comfort and is rapidly becoming the accepted style for young women.

Unmarried women of middle age wear the same mourning for parents or any of the immediate family, for the same time.

Right here I would emphasize the fact that to assume deep mourning for any one not in the immediate family is foolish. It is being discountenanced by the majority of women.

Young children should never be put in black. It is entirely uncalled for, conspicuous and cruel to the childish natures of the wearers.

Be consistent in your observance of this custom. If in full mourning, no social entertainment should be indulged in. Dances, theaters, receptions and at homes should be refused. A retirement from society is the rule. If this is not observed, mourning is a pretense and unnecessary.

### Solutions to Social Problems

### *The Proper Acknowledgment*

DEAR Mrs. Adams.
What acknowledgment should be made of a card announcing the birth of a child?
O. L. K.

A letter of congratulation should be sent to the mother, with flowers or some gift for the baby. If the child's parents are mere acquaintances a card bearing a short message of congratulation is sufficient.

### *Providing the Collection*

Dear Mrs. Adams.
When a man takes me to church should he give me the money for collection?
DOROTHEA.

No. You should provide yourself with it.

### *The Number of Dances*

Dear Mrs. Adams.
When I take a girl to a dance how many numbers should I dance with her?
TED.

You should dance the first and the last numbers and perhaps twice during the evening. Present other men to her and try to insure her having a pleasant time.

### *The Correct Dress*

Dear Mrs. Adams.
Will you please tell me what is the correct dress for a man to wear to dinner?
JOE P.

Full evening dress is the rule—black swallow-tail coat, trousers and waistcoat to match, or a waistcoat of white pique, cut open in a long graceful U in front, to show an immaculate expanse of stiffly starched white linen, ornamented with two or three small pearl studs. A high white linen collar, with white lawn or black silk or satin bow tie, light-weight patent leather ties, or pumps is the correct costume. The tailless dinner jacket, always worn with a black bow tie, is only permissible when dining at home without guests, or in the company of one or two intimates.

Men do not wear gloves in the drawing room or dining room in the event of a dinner.

### *The Wedding Veil*

Dear Mrs. Adams.
I expect to be married at 7 o'clock in the morning. Would it be proper for me to wear a veil then?
M. K.

The wedding veil may be worn at any hour of the day selected for the ceremony.

### *At the Theater*

Dear Mrs. Adams.
Please tell me whether a man should pass the ticket taker before the young woman he is taking to the theater.
BOB.

A man allows his friend to precede him in passing the ticket taker and when going down the aisle.

### *Disposing of the Napkin*

Dear Mrs. Adams.
What shall I do with my napkin at the close of a meal when visiting?
Also tell me what should be done with the knife and fork when sending one's plate for a second helping?
BELLE.

If you are taking a single meal at a friend's house do not fold your napkin, but lay it at the side of your plate upon rising from the table. But when making a stay of a day or more follow the example of your hostess.

The proper disposition of knife and fork is to leave them side by side on the plate.

### *The Number of Cards to Leave*

Dear Mrs. Adams.
At a young girl's debut reception how many cards should a man leave?
DICK.

He should leave three, one for the debutante, and one for each of her parents.

### *The Wedding Announcement*

Dear Mrs. Adams.
I have received a wedding announcement from a friend. Should I reply to it?
IN DOUBT.

No reply to a wedding announcement is required other than a call upon the bride. You are free, however, to send a note extending your best wishes to the bride and groom.

### *A Late Caller*

Dear Mrs. Adams.
Will you please help me? There is a certain young man who calls to see me, but he always remains so late that my father scolds me for not sending him home. What can I do to make him go home earlier? I like him very much and do not want to hurt his feelings.
ELSIE M.

You should tell the young man the next time he remains too late that you are enjoying his call very much, but your father holds a rigid rule about closing the house at such and such an hour. Then ask him if he won't call on you again.

### *Signing the Register*

Dear Mrs. Adams.
When a bride and bridegroom stop at a hotel on their honeymoon does the bride sign her name in the register?
AGNES.

The husband signs the register for both. The wife may accompany him to the desk or she may remain in the reception room until they are to be shown to their rooms.

### *Proper Positions*

Dear Mrs. Adams.
Will you kindly tell me if the man should sit at the right of a woman when driving in an open carriage?
CLARA B.

If he holds the reins he sits at her right. If another person is driving his place is determined by the side which she enters the carriage. She will naturally take the furthest seat from the entrance and leave the nearest place for her companion.

### *They Should Call First*

Dear Mrs. Adams.
I board in a village where there are many college men. Should I accept invitations from them before they have called on me?
HELEN.

They should call upon you first, but an invitation for them to do so should be given by you.

### *The Hostess Was Not at Home*

Dear Mrs. Adams.
Recently I called on a neighbor and found her out. Should I call on her again before she comes to see me?
K.

No; your duty has been done and it is now your neighbor's obligation to return your call.

### *The Man Orders*

Dear Mrs. Adams.
When dining at a restaurant with a man should I give my order to the waiter?
BLANCHE.

No; the man should always give the order to the waiter. He should, of course, consult you as to your wishes before so doing.

### *What to Say*

Dear Mrs. Adams.
Will you kindly advise me what to reply to a caller when he says that he has had a very pleasant evening? Also when a friend brings some one else whom I have never met to call, and on leaving the stranger expresses pleasure at having met me, what should be said?
VIOLA G.

You might say, "I am sure the pleasure is mutual, I enjoyed very much the delightful description you gave of your trip." Of course, in many cases this remark would not be appropriate, but always try to make some complimentary reply to such an expression.

A suitable remark in this instance would be something like this: "Thank you so much. I hope Mr. Smith will soon bring you to call again."

### *Different Religions*

Dear Mrs. Adams.
I am engaged to a young man who belongs to a church of a different denomination from mine. Should I leave my church and go to his?
VIOLA.

Not unless you thoroughly believe in the doctrines of his church. There is no religion in the person who feigns to be what he or she is not.

### *Sending Regrets*

Dear Mrs. Adams.
I have been invited to a reception given by three hostesses, but shall be unable to attend. Will you kindly tell me how to reply?
(Mrs.) L. B. Y.

You should inclose three of your visiting cards in envelopes fitting them, and address one to each hostess. Send them all in a larger envelope to the woman at whose house the reception is to be given.

### *A Friendship Broken*

Dear Mrs. Adams.
There is a young man of whom I am very fond, but one evening he informed me that his parents did not wish him to associate with me. I found out that an enemy of mine had told this young man's parents falsehoods about me. Would you advise me to meet the young man secretly and talk the matter over?
F. G. C.

If you have not yet had a chance to explain the condition of affairs, you should do so as soon as you can. Should the man refuse to believe your side of the question, do not try to argue the point further, for it may be that the young man is not anxious to resume the friendship.

### *The Lady's Maid*

Dear Mrs. Adams.
Will you kindly tell me what is the uniform worn by the lady's maid?
A READER.

The regular uniform for the lady's maid is a simple black dress with small white cap and small ornaments of lace that may have a bib, but no shoulder straps. In warm weather a black skirt and white waist are sometimes worn.