

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

HELP THE CHILD TO FORGET THE HEAT

Tenpins on the Lawn is Fun

DOG days spell danger for the small child. Then it is, during the humid days and nights of the summer, that child mortality is highest—breathless nights and "sizzling" days strike terror to the heart of every mother worthy of the name. In summer, if ever, she must guard her baby from the ravages of "summer complaint," cholera infantum and diseases that are sudden and sure in their dread results.

The problem, then, of how to keep the child robust and cool in hot weather confronts every mother of children, and it is a serious one. First of all, let the baby be comfortably attired. A specialist in children's diseases says that "more children die as a direct result of too much clothing than of too little." Therefore, let us impress upon you mothers to clothe your children in as little as the law allows when the thermometer darts with the hundred mark.

A thin little gauze shirt, diaper and a pair of rompers covering them with sandals on the feet, is all the clothing any healthy child requires in hot weather. If he has grown old enough to wear muslin drawers, then leave

off the shirt and put the little waist with buttons on it next to his skin, the thinnest drawers you can find, and the rompers over them.

Don't even think of making him uncomfortable with a flannel petticoat. It is an old-fashioned notion that a child must wear a petticoat of thick flannel no matter what the weather. If he has any stomach or intestinal trouble, and requires a piece of flannel next his abdomen, it can be supplied by basting a square piece of flannel inside the little shirt, and thus do away with the hot folds of a thick skirt.

Let the children run barefooted whenever it is comfortable for them, and in a place where they will not injure their tender little feet on rough stones or a hard pavement.

A sand pile in a shaded corner is an unending source of delight, and in that he can dispense with stockings and shoes. Most parents, ever dwellers in the crowded parts of the large cities, can afford to have a load of two of sand from the seashore, or a builder's dump in their back yard where little Tommy and Tot will spend hours of real fun, making sand pies and letting their imagination carry them through many adventures on the shores of the

rolling sea. A lawn swing, placed in the shade of the trees, will be not only a delightful plaything, but a means of gaining excellent exercise.

Two little children, one on each seat of the swing, push on the baseboard to start the swing and keep it going and in that way strengthen the muscles of their legs and back.

By all means provide them with games to play out of doors. Croquet brings into active use muscles of the back, arms and wrists; all do their part toward keeping baby strong, while the spirit of the game keeps them happy, and happiness, you know, is one of the main factors in keeping good health.

Tenpins on the lawn give beautiful exercise to all parts of the body. The game requires a steady hand and quick eye, besides being fun for everybody in the game.

Keeping the children out in the fresh air, clothed in a sensible manner and occupied with healthful play are some of the secrets of keeping them robust in summer.

What shall they eat? That is the subject which should be solved by each mother under the advice of the family physician.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends
to bring to her home
Sherry and Champagne
by letter at any time

[If a personal reply is desired, a self-addressed stamped envelope should be inclosed.]

THE WEDDING RECEPTION

IF YOU are conversant with the forms of a big reception, a wedding reception will not trouble you in its details, as it resembles the former except in a few minor points. For the benefit of those who wish to refresh their memories I shall give a little talk on the reception after the wedding.

It may be held in the afternoon or the evening after the ceremony, and either the home of the bride or her nearest relative, or a drawing room of a hotel hired for the occasion, can be the scene of the reception. Flowers or green shrubs and palms make a lovely setting for the receiving party. Blossoms in huge bunches placed in all places make a simple, effective decoration. For the bride, the maid of honor and bridesmaids stand in a curved line and receive the wedding guests after the bride and groom have greeted them.

At the door, the host and hostess, who are the father and mother of the bride, or any relatives who have announced the wedding, should stand and be the ones to greet first all the guests. The father and mother of the groom are also in the room at some other point.

The bride should extend her hand and voice her thanks for the good wishes of the guests. She should introduce her husband to any one to whom he is unknown. By no means should the bride detain any guest too long, forgetting the others waiting in the line. The exchange of greetings should be short, courteous and gracious. The bride and groom should not leave their places

while there are still guests arriving. The mother of the bride must also be in the room while there is any possibility of the arrival of guests. The father, however, after remaining for a half hour or so, may leave his wife's side and attend to his own affairs in other parts of the house, looking after the comfort of his guests and seeing that all things run smoothly.

When it is time for leaving, the bride goes quietly upstairs with one or two of the bridesmaids, and after changing her dress for a traveling suit meets the groom, who has been taken to a dressing room for the same purpose, and when the two are ready they depart.

Confetti can be supplied by the host. Rice, old shoes and any other of the customary misdeeds that may injure a person are no longer considered good form. There should be placed a ban on all practical jokes by relatives or friends, and an insistence on a refined, dignified observance of wedding customs.

SOLUTIONS TO SOCIAL PROBLEMS

Invited to Call on His Mother

DEAR Mrs. Adams,
A man friend has asked me to call on his mother. Would it be proper for me to do so?
Yes, if the invitation comes from his mother and the son is acting as her messenger.

Inviting Correspondence

DEAR Mrs. Adams,
When a boy goes away from his home town may a girl ask him to write to her while he is absent?
RUTH.
It would be better to let the boy ask permission to carry on a correspondence with the girl.

Postponing a Dinner Party

DEAR Mrs. Adams,
When it is necessary to postpone a dinner party what action should be taken?
If it is 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 be written either in the first or third person, and should state the reason and express regrets.

The Meaning of a Phrase

DEAR Mrs. Adams,
Please tell me what "to the manner born" means.
ELISE.
"To the manner born" means that the fashion of one's speech and behavior has grown with one since childhood.

First Calls

DEAR Mrs. Adams,
Kindly give me a hint as to when first calls are made.
IGNORANCE.
New neighbors and brides are called upon first.
After a country visit, the visitor should call first upon the hostess when the latter returns to town.
The younger or unmarried woman calls first upon the older or married woman.
A woman returning to town before

another one would make the first call. If one woman issues her at home card before another, she should receive the first call.

The Number of Cards

DEAR Mrs. Adams,
When a husband and wife have issued invitations to a reception how many cards should a man leave or send? HORACE.
He should leave or send two of his cards.

A Wife's Men Friends

DEAR Mrs. Adams,
Before I was married I had quite a number of men friends in whose success I am deeply interested. My husband objects to my corresponding with them. Do you think he should do this? A BRIDE.
It is always comfortable when husband and wife accept each other's friends jointly. However, if your husband through jealousy does not care to have you correspond with other men, it would be better to discontinue if you wish to maintain home happiness. How unhappy would you feel if you knew he was corresponding with other girls? This is usually a good test to make one understand the situation.

Two Callers

DEAR Mrs. Adams,
When I am calling on a girl and another man calls, which one should leave first?
JACK.
The first caller should leave first, unless the conversation so includes him that he feels sure of his welcome, when he may remain for a brief time.

On Silver

DEAR Mrs. Adams,
A friend has been married two years. I am having a piece of silver engraved for her. Should I bear the initial of her husband's surname or her maiden surname?
DOUBTFUL.
It should be marked with the initial of her husband's name.

An Old Acquaintance

DEAR Mrs. Adams,
I have a girl friend who is in much better circumstances than I. We lived in the same town for years, but later were separated. She went to college, while I found employment in an office. She is now in my city and I should like to see her. I am always very fond of her and she likes to see me, but I do not want her to think I am trying to get in her social standing. I have a friend who I advise you to call on the girl. Her

treatment of you during your visit should be enough to convince you whether she is desirous of renewing the acquaintance.

The Proper Suit

DEAR Mrs. Adams,
When a bride is married in a coat suit, what should the bridegroom wear?
JENNIE.
The bridegroom should wear a business suit of some dark cloth. The coat may be a cutaway, or a sack cloth. With this should be worn a fold or wing collar, four-in-hand tie, tan or gray gloves and black shoes.

The Ring Bearer

DEAR Mrs. Adams,
Please tell me how a ring is presented at a wedding when a ringbearer carries it instead of the best man.
ROSE.
At a signal from the best man the little ring-bearer approaches the bridegroom, carrying the ring on a white satin cushion. This he holds out to the bridegroom, who takes the ring from it.

Giving Daughter Away

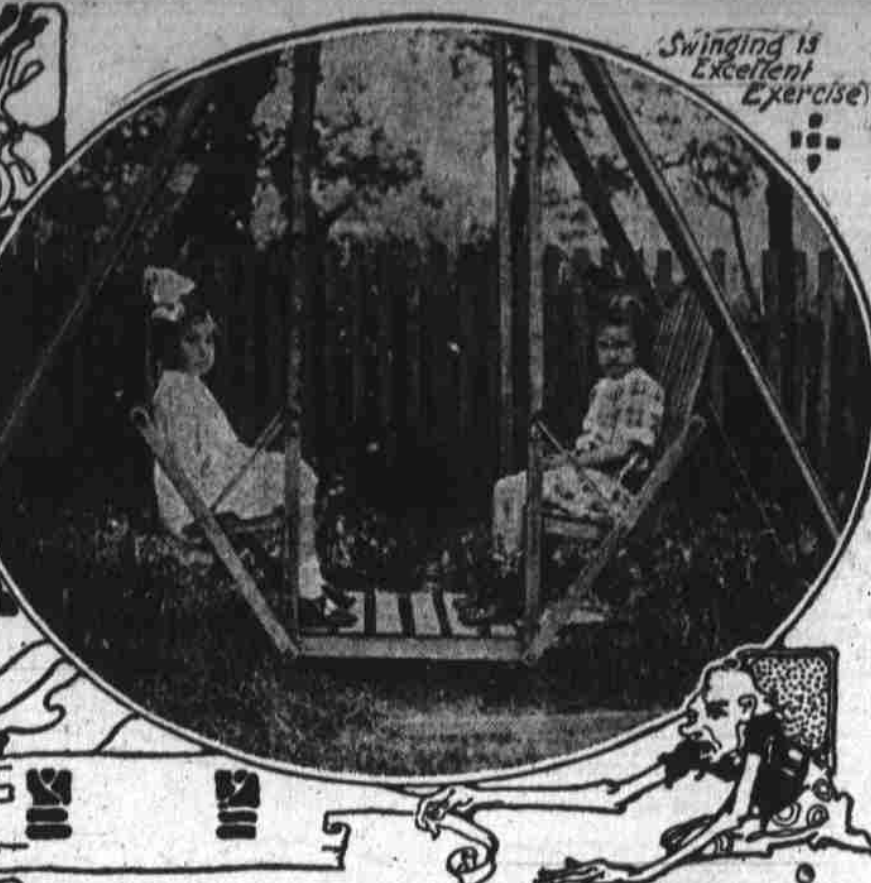
DEAR Mrs. Adams,
My daughter is to be married in a church. Her father is dead and so I wish to be the one to give her away. Kindly tell me how this is done.
MOTHER.
Your daughter may come up the aisle on the arm of some male relative, or, if she prefers, she may walk alone. You should occupy one of the front pews, and when the minister asks who gives the bride away, you should rise and bow your acquiescence and then be seated.

The Bridegroom's Dress

DEAR Mrs. Adams,
Kindly tell me if it is proper for a bridegroom to wear full dress at a four o'clock wedding.
IRIS.
No; the correct dress for the bridegroom at an afternoon wedding consists of a frock coat, white waistcoat, gray or black trousers, light gray necktie and light gloves.

The Bride's Bouquet

DEAR Mrs. Adams,
Will you kindly tell me what the bride does with her bouquet?
MYELIN.
Just before the bride and bridegroom start on their wedding trip and as they are about to descend the stairs, the bride throws her bouquet to those assembled at the foot of the stairs. It is supposed that the girl who catches it will be the next married.



Swinging is
Excellent
Exercise



Have a Sand Pile in the Shade

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 self-addressed envelope.

Dandruff Cure

DEAR Mrs. Symes,
Will you kindly publish a recipe for a dandruff cure?
J. P.
Alcohol applied several times a week to the scalp will cure dandruff. If you find that this makes the scalp and hair too dry, add six teaspoonfuls of castor oil to one pint of alcohol.

No one should neglect curing dandruff once it has appeared. If allowed to continue the hair will become very thin and baldness may result. It is very necessary to keep the scalp clean while it is thus diseased. Dandruff is infectious, so be very careful that no one uses your comb and brush or wears your hat. These are the things that usually spread the disease.

For Perspiring Hands

DEAR Mrs. Symes,
Will you give me the recipe for a lotion which I may use on my hands, which perspire freely?
AGNES.
A very simple lotion for your trouble is made of:

Boric acid 50 grains
Borax 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 heated, it will increase the solubility of the preparation.

An Auburn Tint

DEAR Mrs. Symes,
I should like to give my hair an auburn tint and will appreciate it very much if you will publish the recipe for a stain which I may use.
F. P.
Here is the recipe for a stain which you may apply to your hair:

Henna Hair Stain

Steep one ounce of henna leaves in a pint of boiling water for twenty minutes. Strain and add to the liquid a few drops of lemon juice. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the skin, but the stain can easily be removed by soap and water.

Olive Oil on the Face

DEAR Mrs. Symes,
I have heard that olive oil will cleanse the face. Is this so, and how often should it be used?
KATHARINE.
The occasional anointing of the face with the oil will thoroughly cleanse the face. It is not necessary to apply it more than once a week. Always remove the oil, wiping the face with a soft cloth. If the skin is not a dry one, the application may be followed by a good washing with soap and water.

A Red Nose

DEAR Mrs. Symes,
I am very much annoyed by having a red nose. Please tell me what causes it and what to do to cure it.
INDIGESTION is usually to blame for a red nose. Until the cause is removed there can be no improvement in the nose. Local treatment, such as bathing the nose with witch hazel, will help to hasten good results.

Outstanding Ears

DEAR Mrs. Symes,
I can outstanding ears be made to lie close to the head?
I have developed the fingers between my knuckles? The skin on my knuckles is dry. What will soften it?
I have been massaging them, but see no improvement.

How can I make the finger nails grow even with the fingers? There is one nail that is small. It never grows out, but looks black and ugly. Can anything be done for this?
I have a small wart over my eye. The skin appears to be drawn together. Can anything be done to remove it?
I have used your sulphur recipe for dandruff and have found it very satisfactory. The dandruff on my head disappeared and my hair became glossy.

White Spots

DEAR Mrs. Symes,
I have white spots on my face and have heard that you have helped many people. Will you kindly advise me? The spots are on the nose and cheeks, and are very white, which makes my face look spotted. How shall I cure it?
BELLE L. M.
I am over 40 years old, but my hair is turning gray. I have a great many things to worry me. Do you think this is the cause of the spots on my face?

My hands are very rough. Please tell me how I may keep my hair in good condition.

1. The long slender hand is considered the beautiful one, so do not try to make yours fat. You can give your fingers graceful lines and can soften the skin by rubbing olive oil into them every day.

2. To make the ends of your fingers taper you should continue to massage them and, if possible, wear finger clips.

3. By filing the nails when they grow out to prevent the fingers from becoming the length you desire. I do not think you can do anything for the discolored nail.

4. When the true skin is scarred nothing can be done to remove the blemish.

To Reduce the Weight

DEAR Mrs. Symes,
I am too fleshy for my height. Please tell me what to do to reduce my weight.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it is pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids.

Add a little of the juice of lemons or lemons to it if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

5. To soften your hands massage them daily, rubbing into the skin olive oil.

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Bust Is Too Large

DEAR Mrs. Symes,
Will you kindly publish a remedy for reducing the bust?
AN ANXIOUS GIRL.
Dieting and exercising are the safest measures to take to reduce the bust. Of course, these will decrease the weight generally. Many girls become discouraged when they have tried the treatment for two weeks or more, and throw it aside forever. It should be

remembered that it took some time for the fat to form and it will take a longer time for it to disappear. I advise you to eat three scant meals a day, and avoid the rich and starchy foods. Do not partake of food between meals. The green vegetables and "fresh fruits" should be the main items on your menu.

Rolling exercises will reduce one, and so will rapid walking.

Bloom of Roses

DEAR Mrs. Symes,
Will you kindly give me the recipe for a rouge?
Following is the recipe you desired:

Bloom of Roses
Rouge 77 grains
White wax 14 ounces
Spermaceti 14 ounces
White petrolatum 50 grains
Alcohol 4 fluid drams
Perfume to suit.

Dissolve the dye in alcohol, add the spermaceti, isoint and again mix well and stir. A few drops of essence of musk or other perfume can be added.

A Dry Scalp

DEAR Mrs. Symes,
My scalp is very dry. Will you please tell me what I may do to relieve this condition?
MARTHA.

You can improve the condition of your scalp by applying castor oil to it several times a week, or you can use the lotion for which I am giving the recipe:

Lotion for Dry Scalp
Glycerin 1 ounce
Bau de Cologne 1 pint
Liquid ammonia 1 dram
Oil of bergamot 1 dram
Oil of rosemary 1 dram
Tincture of cantharides 1 ounce

Briskly agitate for ten minutes, then add camphor, isoint and again mix well and stir. A few drops of essence of musk or other perfume can be added.

Superfluous Hairs

DEAR Mrs. Symes,
I should like you to give me a remedy for removing a fine growth of hair on my arms.
G. F. D.

If you refer to the fine growth of hair that covers the whole body you would be very foolish to attempt to remove the hairs. But if you mean that there is a growth of superfluous hair on your arms, then I advise you to bleach them with a lotion made of one part ammonia to six parts peroxide. If this is applied regularly and for a long time the roots of the hairs will be killed gradually.

Beneath the Eyes

DEAR Mrs. Symes,
I have used several creams and tams buldies constantly for eradicating deep wrinkles under my eyes. They have no use. Will you write to me for a different cure, and it is certainly an excellent one. Please accept my sincere thanks for same.

If the wrinkles are due to a habit of expression, such as frowning, scowling or in any way drawing up the muscles around the eyes, you must break the habit before you can expect a cure. For local treatment I advise you to use the lotion for which here is the recipe:

Milk of White Roses

(A cure for wrinkles)
Borax 1 pint
Simple tincture of benzoin 1 pint
Atar of roses 3 drops
Put the rosewater in a basin. Add the tincture of benzoin, a drop at a time, until it is white and milky. Apply with cotton at night.

I am very glad that the dandruff cure proved so satisfactory and thank you for your kind words of appreciation.

A Large Face

DEAR Mrs. Symes,
Many people have told me I am very pretty, but my mirror tells me my face is too large. Is there any way to make it look smaller?
What is a good bleach for the teeth?
What can I use to keep my hair in good condition?

1. Nothing can be done to make your face smaller, but you should be careful to arrange your hair so that it will not emphasize the fullness of your face. The same care should be taken when you select a hat. Avoid high, tight-fitting collars. These always make a stout face look stout.

2. To bleach the teeth cleanse them several times a week with equal parts of peroxide and water. You should have a dentist clean them a thorough cleaning once every six months.

3. Following is the recipe for a fluid which you may use to keep your hair in curl:

Brusard quinqueseeds 1 tablespoon
Hot water 1 pint
Pour the water over the seeds and allow the mixture to stand several hours. Strain the seeds may then be thinned with a few drops of essence of violet. Moisten the hair with the fluid before arranging it as desired.

Freckles and Pimples

DEAR Mrs. Symes,
Will you please tell me how to get rid of freckles and pimples?
A. G.
Lemon juice applied several times a day will cause the freckles to fade away. If your skin is easily spotted by the sun you should be most particular to protect it with a large hat, a sunshade or an application of cream and powder before going out.

If you are subject to pimples there is probably trouble with your digestion. Avoid rich, fatty and highly seasoned foods for a while. Exercise for at least an hour in the open air every day, and do not neglect the daily bath. Bathe the pimples with water as hot as you can stand and then apply a dry dressing. Apply the cream for which here is the recipe:

Fosatti Cream for Pimples
Extract of violet 10 drops
Sweet almond oil 14 grains
Sulphur precipitated 14 grains
Alcohol 5 grains
Olive oil 2 scruples

DEAR Mrs. Symes,
Will you please give directions for exercises that a woman of 40 can practice to decrease the weight of her bust, so that it can be taken in my room again and morning.

1. Assume that, like most women, your excessive weight is due to large hips, a large abdomen and a large waist measure. I am, therefore, giving you directions for exercises that will reduce these particular parts. Along with these it is important that you pay strict attention to your diet. Do not eat between meals, and at mealtime avoid food that contains a great deal of starch and sugar. Of course before you can go through this treatment you must be sure that your system will stand for it.

To Reduce the Hips

1. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements.

2. Place hands on hips, shoulders well back. Raise the left leg, knee flexed, give a high, quick side kick, bringing the foot back again to the floor. Repeat with the right leg. Then with both legs.

3. Take standing position, hands on hips, and rotate the hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and relax.

To Reduce the Abdomen

In standing position, draw the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips at times, keeping the knees straight. Repeat these three deep breaths between each exercise.

To Reduce the Waist Measure

Deep breathing will only reduce the waist measure and enlarge the bust. The stretching exercises, too, are stretching the muscles of the waist, not reducing the waist. The head, then, holding arms straight, lean back, bend the knees, draw the feet out as far as possible in the right, then to the left.