

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Bathroom Preliminaries



EVERY ONE enjoys a dip in the sea or the river, but many of us dislike the effects the sport sometimes leaves behind. But never let these interfere with your pleasure, for there are many precautions one may take that will offset the disagreeable features.

A satisfactory and sure way to keep the water from reaching the hair is to make a cap of a stocking by twisting it round and round and passing it around the head. It is easy to fasten the stocking to the hair by means of hairpins. If you fear that the knot will fall to hold securely.

Every year there is something new offered in the line of bathing caps, but sometimes their beauty detracts from their protective powers, so it is well always to slip a plain tight cap over the caps before donning the fancy cap.

If you are a person who must needs save your cap from one year to another, let me whisper that if you sprinkle talcum powder all over the cap before putting it away, there will be little danger of its rotting or splitting.

A woman must have well-defined features if she is to look attractive in a bathing cap, under which all her pretty tresses are tucked. It is not every one's good fortune to have a cameo face, so to enhance the beauty, make garbed in the bathing costume, it would be well to don artificial bangs. These can be bought by the yard at any establishment where hair goods

are sold. If you like, you can buy ounces of a different color from your natural hair, and thereby conceal your identity. This would be a good fact to bear in mind when dressing as the bathing girl for a masquerade party.

Some of the worst after-bathing effects are sunburned neck and shoulders. These can prove most painful if they chafe. To save yourself unnecessary aches, it might be well to wear a rather heavy lawn gump or chemise with a collar with your bathing suit. An ounce of prevention is surely worth a pound of cure in this case.

There are some persons whose figures, through lack of exercise or indulgence in good things to eat, are most unattractive when clothed only in a bathing suit. Persons who are vulgarly fat should wear corsets, but those who are somewhat slimmer, and yet do not have firm muscles, can substitute brassieres for corsets.

It is absurd for any one whose skin is affected by the sun and water to go into the sea or river without applying cream and powder to the face and arms if the latter are exposed. Put a liberal application of the cream on the skin. Repeated exposures of the skin to the sun for a great length of time tend to make coarse the texture of the skin.

When the skin has been burned, frequent applications of a dusting powder will prove cooling. If the irritation is severe apply cloths wet with cool water or water containing a tablespoon-

ful of alcohol to the part, if the surface is not broken. These cool compresses must not be allowed to grow warm, therefore it is necessary to change them frequently. After they have been continued for fifteen to twenty minutes the surface should be dried by dabbing, and not rubbing, with a soft towel, and dusted with a toilet powder. Following is the recipe for a powder which you may use:

Hygienic Talcum Powder
Talcum powder..... 10 grains
Powdered talcum..... 10 grains
Powdered zinc oxide..... 10 grains
Essence of violet..... 10 grains

Grassing the skin with cold cream will often prove soothing, and a cream which is particularly healing to sore skin is made of:

White wax..... 1 ounce
Spermaceti..... 1 ounce
Oil of almond..... 1 pint
Melt pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 1 ounce of rosewater and 1 ounce of witch hazel, and cautiously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

If you will follow the above advice it will not be necessary for you to "hang your clothes on a Hickory limb and not go near the water."



Always wear a Tight Cap

Cold Cream Protects the Skin

or when pausing in the process of eating, refrain from resting the tip of the knife and fork on the plate's edge and their handles on the cloth. When these utensils are not in use, they must remain wholly on the plate, and at the conclusion of a course they should be placed together, their points touching at the center of the plate, their handles resting on the plate's edge.

The Best Man
Dear Mrs. Adams.
Does the best man make his own arrangements about going to and from the church on the day of the wedding?
What are the bride's expenses?
T. K. L.

The best man leads the question of conveyance to and from the church in the hands of the groom. The latter may wish the former to drive with him to the ceremony, after they have luncheoned together, and if this is not the case, the best man will find a carriage at his disposal.
The bride or her parents have the following expenses: The engraving, addressing and posting of invitations or announcements; every detail of the bride's wedding dress; the music and flowers and awning at the church; the carriage that conveys the bride and bridesmaids to the church, and the reception, or breakfast following the church ceremony.

The Maid of Honor
Dear Mrs. Adams.
Please tell me what are the duties of a maid of honor?
The maid of honor holds the bride's bouquet and glove when the ring is to be placed on her finger, and these she restores at the close of the service. When the service is finished she advances a little to meet the best man, who offers her his arm. In 1918 she places her left hand, and the two follow the bride and bridegroom out of the church.

Sending Invitations
Dear Mrs. Adams.
Is an invitation to a formal dance enclosed in one or two envelopes?
A written invitation is forwarded by post or messenger, sealed, and under cover of one envelope. An engraved invitation, if delivered by a messenger, is also sent under a single cover. In the case of the former, the first bears the name only of the person for whom it is intended and is left unsealed; and the second is sealed and bears the recipient's full name and address.

Hot Food
Dear Mrs. Adams.
Will you please tell me what is the proper thing to do when one gets burnt or scalded food in the mouth?
The most graceful thing to do is to quietly eject the morsel on the fork or spoon, whence it can be quietly laid on the plate or into a corner of the napkin.

Not at Home
Dear Mrs. Adams.
Please tell me what is the proper thing to do when one calls on a man and finds he is not at home?
One should leave the requisite number at the residence with the person giving the information.

When Calling
Dear Mrs. Adams.
Please tell me what is the proper thing to do when one calls on a man and he is not at home?
No; he should retain his overcoat until the maid brings him an answer. If her reply is favorable, he may then remove his coat, putting it in the hall, and wait in the drawing room for the young lady's arrival. When she enters, she should go forward to meet her, and stand until she has seated herself.

Not a Friend
Dear Mrs. Adams.
What should one do when at an evening reception one is introduced to a man with whom one has not been friendly for some time?
It would be most impolite to refuse to shake hands with the man, but one should bow politely as if meeting the young man for the first time. Further intercourse can be tactfully avoided.

Before a Funeral
Dear Mrs. Adams.
When calling at a home where death has visited, should the caller leave black beads or flowers?
Not unless the caller is in mourning.

Entering the Dining Room
Dear Mrs. Adams.
When a dinner party is given in celebration of a wedding, should the husband and wife enter the dining room together?
Because of the sentiment of the occasion it is quite proper for the husband to lead the way to the dining room with his wife on his arm, and for her to occupy a seat at his right hand, as she may have done at their wedding feast of long ago. However, this is not compulsory if the husband and wife wish to carry out the usual precedence at dinner parties.

Opening the Gift
Dear Mrs. Adams.
When a young man brings a gift to a woman, should she open it in his presence?
Yes, and invite him to share its contents.

Bones
Dear Mrs. Adams.
Will you kindly advise me if it is proper to eat bones?
It is quite improper to eat bones, as a guest should be out from the house.



Bangs Add Beauty

The Guimpe Prevents Sunburn

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 self-addressed envelope.

Superfluous Hairs
Dear Mrs. Symes.
Will you kindly tell me what I can do to remove superfluous hairs from my lip?

Following is the recipe for a depilatory which you can use:
A Depilatory
Sulphide of soda or calcium sulphide..... 100 grains
Chalk..... 100 grains
Mix thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to cover the part to be denuded and add warm water by it until the proper consistency is secured. Spread over the hairy surface and allow to remain for ten to fifteen minutes. Wash with warm water and a cold cream or a bland oil applied to prevent irritation.

This depilatory, however, will remove the hairs for only a short time, when they will return again. The electric treatment is the only thing which will remove them permanently.

Gray Hair
Dear Mrs. Symes.
What is the matter with my hair? It is nearly turning gray and I am very much troubled.
What is a sure for watery eyes?
Your hair may be in need of nourishment. I advise you to massage the scalp daily, rubbing into it a little castor oil and then brushing the hair to evenly distribute the oil.

You should consult a reliable oculist and have your eyes examined. They are most likely in a weak condition.

A Disinfectant
Dear Mrs. Symes.
Please tell me the best disinfectant for a sick room?
A saucer of carbolic acid placed near an open window will disinfect the room to some extent. This, of course, should be labeled in some way so that it will not be mistaken for anything else. The board of health in your city will attend to a thorough disinfection of the house after a contagious disease.

A Dry Shampoo
Dear Mrs. Symes.
I kindly tell me what is a dry shampoo?
I bought a switch a year ago and

paid for it. It is turning a little red now. Is there a brown dye I could use on it?
1. Orris root and cornmeal, equal parts of each, make a splendid dry shampoo. Sprinkle the mixture over the hair and then brush the hair thoroughly.
2. Following is the recipe for a dye which can be used on your switch:
Brown Hair Stain
Green walnut..... 1 ounce
Alum..... 1 ounce
Fure oil..... 4 ounces
Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.

Fluffy Hair
Dear Mrs. Symes.
Will you please tell me how to make my hair fluffy?
Your face and arms are sunburned. What will you do to get rid of the sunburn?
The only thing you can do to make your hair fluffy is to arrange it on curlers for a time. If your hair is lifeless, you can improve this condition by changing the scalp and brushing the hair thoroughly every day.
Lemon juice or diluted peroxide of hydrogen rubbed on your face and arms will bleach the skin.

A Hair Tonic
Dear Mrs. Symes.
I kindly give me the recipe for a good hair tonic for dark hair. I desire one which also gives me the color for white hair.
1. Do you advise frequent washing with warm water and a cold cream or a bland oil applied to prevent irritation.
2. This depilatory, however, will remove the hairs for only a short time, when they will return again. The electric treatment is the only thing which will remove them permanently.

Quinine Hair Tonic
Sulphate of quinine..... 1 dram
Borax..... 1 ounce
Diluted sulphuric acid..... 1 ounce
Recited spirit..... 1 ounce
Mix the further add Glycerin, 1 ounce; essence of rose, or essence of orange, 1 gr; 4 minims. Agitate until solution is complete. Apply to the roots every day.

Hair Tonic
Rhearin..... 3 grams
Extract of casbah..... 1 gram
Oil ricin..... 1 gram
Oil rosemary..... 1 drop
Essence of rose..... 1 drop
2. Frequent shampoos are very good when there is a tendency to dandruff, provided care is taken to dry the hair thoroughly. A shampoo with borax or sulphur soap will relieve the trouble.
3. The drugs usually give the dark color to the tonic.

Desires Long Hair
Dear Mrs. Symes.
I wish to know what I can do to make my hair longer?
I wish to know what I can do to increase the size of my hair?
I wish to know what I can do to prevent my hair from falling out?
1. To increase the length of your

hair brush it thoroughly for ten or fifteen minutes every day. Cutting an inch from the ends of the hair once every three months will also increase its length.
2. To increase the size of the bust I advise you to massage daily with cocoa butter and to breathe deeply. In connection with this take the Vaucaire tonic, for which I am giving you the recipe.
Dr. Vaucaire's Remedy for the Bust
Liquid extract of galega (goats-rue)..... 1 dr.
Lacto-phosphate of lime..... 10 grains
Simple syrup (sugar and water)..... 1 ounce
The dose is 10 minims with water before each meal.
Doctors Vaucaire also advises the drinking of malt extract during meals.
Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain larger for the lower limbs is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the foot.
3. A splendid way to overcome stammering is to speak slowly and pronounce each word distinctly. It is advisable to read aloud in one's own room for a certain length of time every day until the habit is broken.

Chapped Lips
Dear Mrs. Symes.
Will you kindly tell me what to do for lips which are chapped?
Before going out in any wind you should anoint the lips with cold cream. Of course, remove the superfluous cream with absorbent cotton. Every day apply cream to the lips until their softness and smoothness have been restored.

Callous Spots
Dear Mrs. Symes.
Please tell me what to do for callous spots on the feet?
First of all you must discard all shoes having thin soles. After the daily bath rub sandpaper over the hardened spot, remove the loose skin, then rub cocoa butter well into the foot.

Brilliantine
Dear Mrs. Symes.
I wish to know what I can do to give my hair a brilliantine?
I wish to know what I can do to give my hair a gloss and to keep it in place?
A very satisfactory brilliantine is made of:
Sweet almond oil..... 1 fluid ounce
Alcohol..... 4 fluid ounces
Glycerin..... 1 fluid ounce
Oil of rose geranium..... 12 drops

ADVICE ON SOCIAL CUSTOMS

Mr. Chester Adams
most cordially invites his friends to bring in their Social Problems and to publish them at any time.

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

WHEN INTRODUCED
WHEN a stranger is introduced to a woman in her own home she should rise to greet him and offer her hand. The usual acknowledgment is correct. "I am happy to meet you, Mr. Blank," or "It is indeed a great pleasure to have you with us," is easily remembered and a very graceful way to put the stranger at his ease.

A young lady need not express in any enthusiastic way her pleasure at meeting a man. It is sufficient to say, "How do you do, Mr. Blank?" The man has a greater freedom when he is introduced. He can say, "I am very happy to meet you, Miss Brown."

It is not necessary for any one but a hostess to offer a hand at an introduction at any formal affair. A slight inclination of the head, a smile and the repeating of the name will convey a formal recognition of an introduction. In a small group, especially of near friends and when the stranger will be associated with them in great degree, a woman may show her cordiality by offering a hand.

Should you rise to receive an introduction? If you are a hostess, yes. To a man or a woman this is a mark of hospitality that a hostess should extend to all who enter her home. A woman who is a guest does not rise to receive an introduction to a person considerably older or one of extreme distinction. Another instance would be if a guest is seated by her hostess. She should

rise when the hostess rises, as a mark of courtesy to her entertainer. Men, of course, should stand when others are introduced to them separately or in a group. Men usually shake hands with each other when introduced.

It is a duty to listen attentively to the name of one who is introduced. Avoid all mistakes by asking politely for the name that you have not heard or that has been mumbled by a thoughtless introducer.

"Will you tell me again your name?" I was not quick enough to hear it," is a graceful little way of correcting an error. By all means do not guess at a name, nor do not conclude that a man and woman who enter a room and are introduced together are necessarily married. This is not an unusual mistake, and I think is inexcusable.

Last of all, let me impress on my readers the fact that a guest has no right to refuse an introduction under the roof of a hostess who has invited many persons whose private feelings are naturally unknown to her. A courteous acknowledgment, even between friendly ones, is due your hostess. After the polite, formal acceptance of an introduction a separation can be effected. But don't forget to save others the embarrassment of an ill-bred display of personal feelings.

Solutions to Social Problems

The First Course
DEAR Mrs. Adams.
When a dinner begins with soup should the course be on the table before the guests are seated?
Where should the table be placed?
No. The soup is not served until the guests are seated.
At each guest's service should be

flat plate on which is folded a napkin, holding a roll. These things the guests remove when they are seated, so that the servant can see the plates containing the soup on the flat plates.

The Proper Dress
Dear Mrs. Adams.
Kindly inform me as to what is the proper costume for a woman to wear when bathing both in summer and fall.
The proper costume consists of a habit of black, dark blue or bottle green or gray Oxford mixture. The skirt is made so that it falls just a trifle over the feet when she sits in her saddle; a close-fitting waist or goods that matches the skirt, cut with short or long tails, as one may prefer, but buttoning very high and opening with small revers under the chin, to reveal a straight white linen collar and black satin or white silk tie. Frequently in place of the collar and tie a stock tie of white pique is worn. The hair is dressed low and a small derby is worn. High laced shoes or patent or soft-finished leather boots should cover the feet; heavy brown or gray gloves dress the hands. In summer a straw sailor hat is worn in place of the derby, a shirtwaist replaces the cloth bodice and a serge or light cover skirt the heavy wool or broadcloth garment. Any jewelry, save cut links and a necktie pin, are quite out of keeping with this attire.

The Proper Course
Dear Mrs. Adams.
A girl friend of mine was married not long ago and now she lives in an apartment house. She has asked me several times to call and see her and I am anxious to go. Before going I wish to know what I should do when I call on her. Should I bring her a gift? Should I call on her at her apartment? If her husband should be at home should I call on him? Should I call on her at her apartment?
You should leave your card at the desk, and it is always a sensible precaution to write on the card sent up to a friend living in a hotel or apartment house the name of the person for whom it is intended. When the clerk asks, gains whether your hostess is at home he will direct you to her apartment.
To acknowledge the introduction it is sufficient to say, "How do you do, Mr. Blank?"

Introductions
Dear Mrs. Adams.
When introducing two women or two men to each other which one should be introduced to the other?
Where there is a palpable difference in the ages of two women, the younger is introduced to the elder. Mrs. Brown, let me present Mrs. Smith. Mrs. Smith is supposedly the younger. An unmarried woman is invariably presented to a man, unless the former is very evidently much the older person. No distinction is drawn when two women are of the same age.
A young man or bachelor is presented to an elderly gentleman, and a simple citizen to a senator, governor, etc.

The Day at Home
Dear Mrs. Adams.
When a woman calls on a friend on alternate days should she leave her card?
When the call is the first of the season, a woman leaves her card, and if she and her hostess are married, the card is left in the hall. If the call is made in return for any entertainment to which she and her husband have been invited, she leaves two of his cards.

Two Calls
Dear Mrs. Adams.
A friend of mine has called to see me twice and both times I was out. Should I call on her?
No, you are under no obligation to her and should have called on her after her first call.

A Luncheon
Dear Mrs. Adams.
I expect to entertain a large number of guests at a luncheon. My dining room table will not be large enough for them all to be seated at once. At 1 o'clock I will have a table set in the dining room and living hall. When the guests are seated, what time shall I serve the meal?
Very often the small tables are used under the circumstances you mention. The hour for the luncheon may be set at 1 or 1:30 o'clock.

Using the Fork
Dear Mrs. Adams.
Kindly give me full details concerning the proper use of the fork, which hand it should be held in to convey food to the mouth?
The fork is held in the right hand to convey food to the mouth, and save for small vegetables, such as peas, beans, etc., it is not utilized separately for passing the food to the mouth. The small fork is between the prongs of the fork, and do not hold the knife and fork together in the air when the fork is passed for a second helping.