

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

TEN MINUTES WITH A CHAIR

EVERY day I see numbers of unhealthy, weak-looking women on the streets and in the cars, and I cannot help wondering why it is that they allow themselves to become round-shouldered, hollow-chested and crooked of back when it is in every woman's power to keep herself in good physical condition if she will give ten minutes every day to the proper exercise.

Not long ago I ventured to ask a little woman who had allowed herself to become run down and round-shouldered from neglect, why she did not brace up and do something to improve her appearance. The answer I received amused, while it also disgusted me. She said:

ADVICE ON SOCIAL CUSTOMS

Mrs. Clara Adams
could cordially advise her friends to buy to her Social Customs and Etiquette by letter at any home.

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

PUNCTUALITY
SOME one has called punctuality "the politeness of princes." It also belongs to all who would pride themselves on an adherence to rules that have the consideration of others for their basis. That is the important thing, my dear readers—there must be a guiding star of unselfishness if your conduct is to be of the highest type.

How often have I seen an entire room full of guests kept waiting for a delinquent one who has a habit of arriving late. The habit of being behind an appointed time is unpardonable. If you are addicted to this expression of thoughtlessness and carelessness, it is time you begin to reform.

At a formal dinner party at which a certain hour has been mentioned, the guests should arrange to arrive ten or fifteen minutes beforehand, to remove wraps, be introduced to others and to have a short talk with the host and hostess. The dinner should be announced on the minute and guests who are late should join the party at the table after being greeted by the hostess and extending an excuse that, of course, must be

a very strong one. Usually, lateness at any formal affair of this kind is inexcusable.

If an invitation be extended to you by a gentleman to take you to a dance or to the theater you should arrange to be ready when he arrives. He, of course, should plan his time to arrive conveniently early. He should certainly not be kept waiting very long while a woman sees how late she can be.

If you arrange to have a friend call on you at half-past 8 o'clock, be ready for him. He should not be allowed to sit alone in the room where you entertain friends while you are adding a few touches to your toilette. You should be ready to receive a caller, to introduce him to your mother and father and to extend to him a punctual hospitality. Punctuality in letter writing is also an important thing. When a letter is received asking you for information, answer it immediately. When a question is asked, give a polite, punctual reply. It is a sign of consideration. Stay out of bed a few minutes later in order to do this, or rise a little earlier in the morning. Do not let delinquency be one of your bad habits.

SOLUTIONS TO SOCIAL PROBLEMS

Wearing Mourning
Dear Mrs. Adams,
How long should a widow and daughter wear mourning?
Do you think one should go to a picture theater while in mourning?
NELLIE L.

A widow who wishes to follow the conventional rules of mourning should wear the widow's bonnet and long veil, and crepe de chine, lusterless silk, etc., may be worn, with hair trimmed with black ribbon, black flowers, black chiffon or dull jet ornaments. When eighteen months have passed, white and lilac touches may be added to relieve the black, and after two years have expired colors may be resumed.

If the daughter is extremely young she should not wear heavy mourning. For her a black hat trimmed with crepe and a small face veil of plain black net with a broad border of crepe, a black dress, gloves, etc., are proper for the first six months or year. After that, the crepe should be removed and white worn with the black. In the summer all white may be worn during the mourning period by young women.

While wearing deep mourning it would hardly be appropriate to attend places of amusement.

The Ushers
Dear Mrs. Adams,
Is it the bride's duty to appoint the ushers at a church wedding?
It is customary for the bridegroom to appoint the ushers from among his own friends, but frequently he also invites the bride's friends or some male relative to act as usher.

The Engagement Ring
Dear Mrs. Adams,
Is it a man's duty in moderate circumstances and should like to know what kind of an engagement ring I should give to a girl who has promised to marry?
WILLIAM.

You should not tax your resources to buy the ring. A ring set with your sweetheart's birthstone or her favorite stone or a plain band ring would be very much appreciated by her.

Kissing Is Not Necessary
Dear Mrs. Adams,
Kindly inform me whether it is necessary for the groom to kiss the bride at the ceremony and before the audience in the church?
This custom is not observed any more. Such expressions of affection are reserved for private delectation.

Asking a Man to Call
Dear Mrs. Adams,
Is it proper for a young woman to invite a man to call on her, or should the man ask to call, or how many meetings may she ask him?
ELEANOR.

It is proper for a young woman to take the initiative in asking a man to call, but this invitation should not be given until after two or more meetings. Many girls, however, dislike to take this step and wait for the man to ask permission to call.

Desires Popularity
Dear Mrs. Adams,
Please tell me how I could become popular. People never seem to care for my opinion about things, and when I am at parties I am not popular. I am not bashful, but greatly enjoy the society of older people. I do not care especially for people of my own age.
I expect to go to Germany and study music for about three months. I have a decided talent. How may I secure instruction from an expert teacher?
I fear you are a little bit too sensitive and imagine you are less popular

than you really are. It is not meant that every one of us should be a social belle, but we can make ourselves so amiable that our presence will always be desired. Possibly you do not express your opinions in a modest way. You will find that people do not care for the person who has decided opinions and has no time for the opinions of others. Be a good listener and be willing to join in any fun proposed.

Marriage of the Employer
Dear Mrs. Adams,
I have been employed for one month as a stenographer for a man who is going to be married very soon. Shall I give him a wedding present?
Under such conditions it would not be advisable to give a wedding gift. As you are dealing with the affairs of a business nature it is better not to introduce the social element.

A Call of Condolence
Dear Mrs. Adams,
What is the proper time to call on a friend who has lost her father? I left my card as soon as the funeral was announced.
MARIE.

A call of condolence should be made ten days or three weeks after the funeral.

A Man's Card
Dear Mrs. Adams,
Is it proper for a man to have his nickname printed on a visiting card? Should the address be mentioned?
A READER.

Nicknames and contractions of names should not be engraved on a man's visiting card. The home address, but not a business address, may appear on a visiting card.

Breaking an Engagement
Dear Mrs. Adams,
Do you think it is proper for a girl who has promised to go to a place of amusement with a young man to break the engagement if the wedding dress has been made and the parents are not willing for the girl to go?
SARAH K.

Quite proper under such circumstances. I am sure the young man will understand the situation if you give the reason for breaking the engagement.

A Home Wedding
Dear Mrs. Adams,
In planning for a simple home wedding to take place in the evening, are there any things of which I am ignorant? Will you kindly give me the answers to the following questions?
1. Is it correct for the mother of the bride to wear black silk when a veil is worn by the bride?
2. What is an attractive way to wear the veil?
3. What is the correct dress for the groom?
4. No. The low neck and short sleeves are more in evidence in the wedding gown than the high neck and long sleeves. However, a bride is at liberty to wear whichever is most becoming to her.
5. Send wedding invitations two weeks before the date of the ceremony.

In the first place, it is important to stand erect, with the chest high, the abdomen held in and the hips in a straight line with your shoulders. Grasp the chairback and, holding it with both hands at arm's length straight out in front of you, swing it around from left to right, right to left, keeping the feet firmly on the floor. Then take one step forward with the right foot as you swing the chair, then with the left foot, until you have made five sweeping circles with the chair.

Unless you are very strong, you will not be able to do this the first or second time you try it. It will very likely take several days' exercise to accomplish this feat, but once getting it, you will very soon be aware of the great benefit the exercise is doing you in the way of strengthening the muscles of your back and arms.

For the arms, shoulders and wrists, stand erect and lift the chair from the floor until it is straight out in front of you. Lower it to the floor and lift it again. Repeat five times. That, too, will not be easy at first, but you can do it if you try persistently.

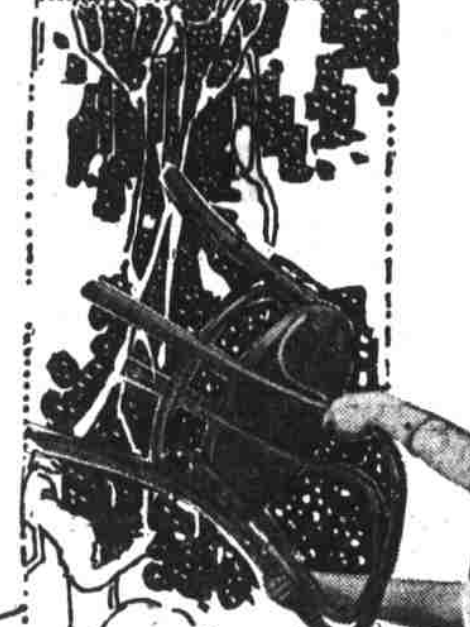
Another exercise that gives poise to the entire body is to lift the chair shoulder high at arm's length straight out from the side of the body. Repeat five times with each arm. At once you will feel the muscles of your back and neck, as well as those of your arms, wrists and hands, being brought into play and strengthened.

A very excellent general exercise, that which brings into action all the muscles of the body, especially those of the shoulders, back and hips, is to lie flat on an ordinary kitchen table and, with your arms above your head, grasp the back of the chair firmly with both

hands, then slowly lift it above your head, over the body until it rests on the knees. At the same time raise the feet until the legs are in a straight line with the body.

This, too, is a rather difficult exercise, but when once accomplished will give strength to every muscle in the body. If all the muscles are strong and well-developed, the body will naturally be erect and in perfect harmony with the lines of beauty and grace.

You may vary the exercises each day by giving the time to one or two of them, then the next day practicing the others. Then you have the ways and means of developing all the muscles of your body with no expense and by giving only a few minutes a day to this most important self-improvement.



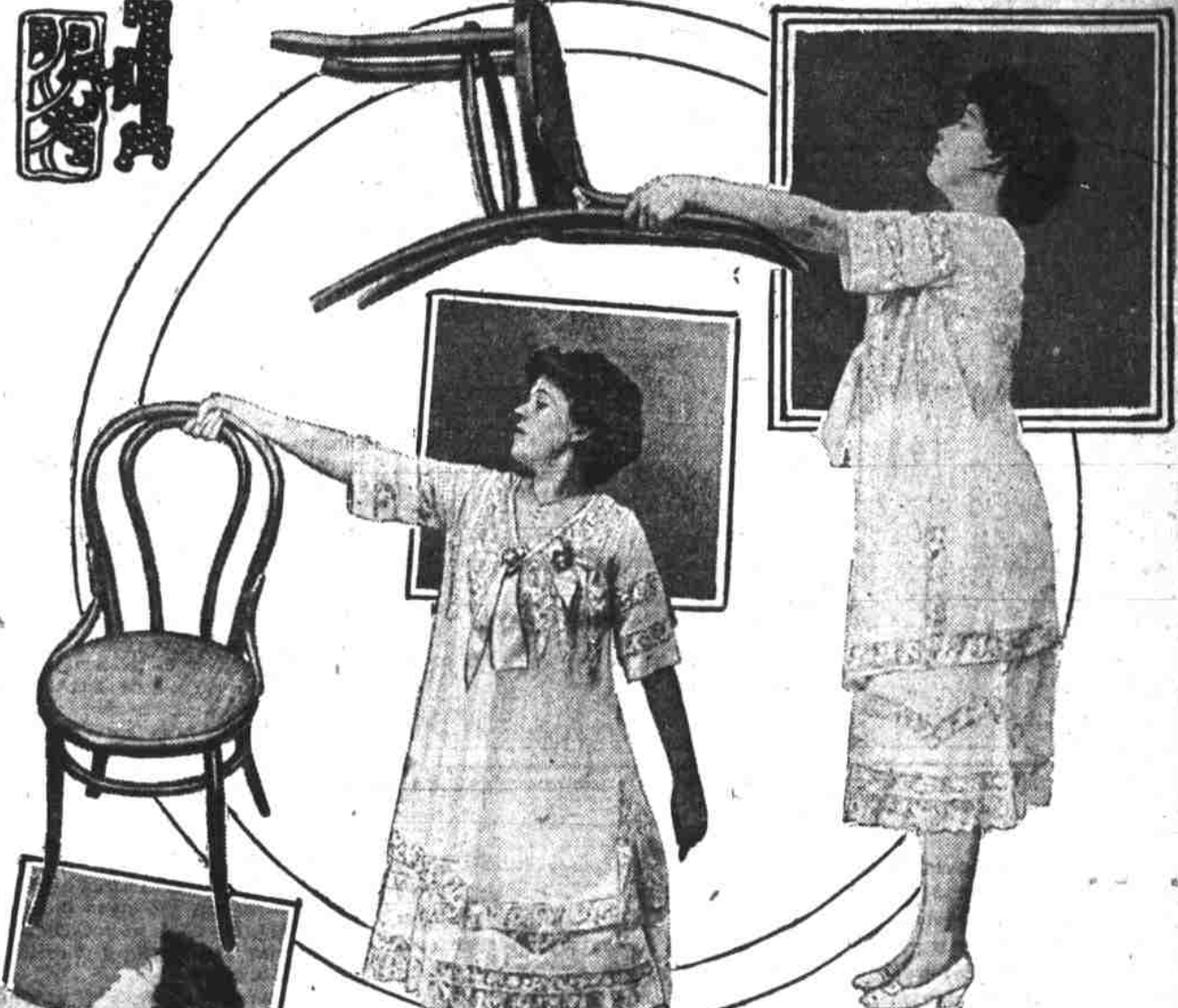
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It strengthens the arms



Swing at arm's length



Hold aloft for the shoulders



For the back

ANSWERS TO BEAUTY QUERIES

REPLIES to letters 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.

For the Elbows
Dear Mrs. Syms,
Will you kindly tell me what I can do to improve my elbows?
HANNAH.

Scrub the elbows with a fleshbrush and use plenty of soap and water. Rub the skin and rub into it cocoa butter. Do not form the habit of leaning on them is sure to harden the skin and make it coarse and red.

The Effect of Brushing
Dear Mrs. Syms,
Do you think that brushing the hair will help to keep it clean?
KATHERINE.

The daily brushing of the hair will help to keep it clean and in a healthy condition. Separate the hair in strands and brush down the seam made by the separation. Then with a silk handkerchief rub the scalp and the hair. The handkerchief will remove much of the dirt and will give a pretty gloss to the hair.

It is quite necessary to keep the hairbrush in a clean condition if the

hair is to be kept so. Once a week cleanse the brush in water to which ammonia has been added. Rinse the bristles thoroughly and place the brush bristles down to dry.

To Whiten the Teeth
Dear Mrs. Syms,
My teeth look very yellow, and occasionally my breath has an awful odor. Please advise me what to do.
A READER.

It may be that your teeth are covered with tartar. If this is the case you need look no further for the cause of the bad breath. You should cleanse the teeth with diluted peroxide and rinse the mouth with it. Another good mouthwash that will sweeten the breath is made of:

Phenol..... 15 grains
Boric acid..... 5 grains
Thymol (in crystals)..... 15 grains
Essence of menthol..... 20 drops
Tincture of anise..... 25 drops
Distilled water..... 2 pints

Rinse the mouth with the above, which should be diluted for use in the proportion of one-half teaspoonful to some quantity of clear water. Use after each meal and at any time required. Visit the dentist twice a year.

nine hours every night. Too little sleep is often responsible for pallor.

A plain simple diet should be followed. Avoid the rich foods and eat those that digest well and give nourishment.

A Curling Lotion
Dear Mrs. Syms,
Will you please give me the recipe for a hair-curling lotion? Also give me the recipe for a tonic to be used on hair which is very dry.
WINIFRED.

Here are the recipes you desire:
Hair-Curling Lotion
Potassium carbonate..... 10 grains
Ammonia water..... 1 fluid dram
Alcohol..... 1 fluid dram
Rosewater enough to make 1 fluid ounce. In using, moisten the hair, adjust it loosely, and it will curl upon drying.

Oil of Sweet Jasmine
(A Hair-Oil.)
Scentless castor oil..... 2 ounces
Coconut oil..... 2 ounces
Oil of rosemary..... 1/2 ounce
Oil of jasmine..... 1/2 dram

Mix oils with gentle heat. Bottle. Shake for five minutes.

A Hair Tonic
Dear Mrs. Syms,
Will you please give me the recipe for a hair-curling lotion? Also give me the recipe for a tonic to be used on hair which is very dry.
WINIFRED.

Following is the recipe for a very good hair tonic:

Jaborandi Tonic
Quinine sulphate..... 20 grains
Tincture of cantharides..... 1 fluid ounce
Sweet extract of laborandi..... 2 fluid ounces
Alcohol..... 2 fluid ounces
Bay rum..... 2 fluid ounces
Rosewater..... 2 fluid ounces

The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added and the whole stirred until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, stirring it into the mixture with the water to prevent curdling. Add 1-3 of a teaspoonful of borax and a teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray if you have one.

A Dry Shampoo
Dear Mrs. Syms,
Will you please tell me how often the hair should be washed, soap hair and what will root make the hair light and fluffy? How should it be washed with shampoo and how to use it?
HEATHER.

The hair should be washed as often as necessary. It is important to dry the hair thoroughly after water has been used on it.

To Reduce the Hips
Dear Mrs. Syms,
Please tell me what exercises to practice to reduce the hips.
ADA.

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 leg with knee bent, and foot back again to the floor. Repeat six times, first with the right foot, then with the left.
3. Take standing position, hands on hips and feet straight. Bend the knees, making the chest and shoulders impossible to contract. All the muscles used in bending exercise also are used.

To Reduce the Waist
Dear Mrs. Syms,
I should like very much to reduce my waist measurement. Please tell me what this can be done.
ANNA.

Deep breathing will help reduce the waist measure and enlarge the bust. The stretching exercises, too, are splendid as waist depletors. Raise the arms high above the head; then, holding knees straight, try to touch the floor with the fingertips. Stand erect, place hands on hips; bend from waist as far as possible to the right, then to the left.

A Cleansing Cream
Dear Mrs. Syms,
Will you please give me the recipe for a good harmless talcum powder?
MABEL.

A harmless and very excellent talcum powder is made of:
Rice flour..... 10 ounces
Talcum..... 10 ounces
Oxide of zinc..... 10 ounces
Mix thoroughly and pass through the bolting silk. Perfume to taste.

For Freckles
Dear Mrs. Syms,
Will you please give me a remedy for freckles?
ANITA.

Lemon juice applied to freckles will help slightly. If this does not prove satisfactory in your case, try the remedy for which I am giving the recipe:

Lemon and Glycerin Lotion
Citric acid (lemon)..... 1 dram
Hot water..... 1 ounce
Red rose petals..... 1 ounce
Glycerin..... 1 ounce

Dissolve the acid in the water; infuse the petals for an hour; strain through a silk bag after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable.

A Dandruff Cure
Dear Mrs. Syms,
Will you please give me the recipe for a dandruff cure?
UNBORN.

The sulphur cure has proved most successful in many cases. To an ounce of sulphur add a quart of soft water, and during intervals of several days, agitate the mixture repeatedly. After the sulphur has settled to the bottom of the receptacle use the clear liquid. Saturate the head with this every morning for an hour in the fresh air. Bathe the feet with cold water and then rub them well to stimulate the circulation.

For the Nails
Dear Mrs. Syms,
Can you tell me why it is that I suffer with brittle nails?
K. L. P.

A poor circulation of the blood will cause brittle nails. You should exercise daily for an hour in the fresh air. Bathe the feet with cold water and then rub them well to stimulate the circulation.

Paste for Brittle Finger Nails
Take equal parts of refined pitch and myrrh, or of turpentine and myrrh melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil. This paste will nourish the nails and make them stronger.

Oily Hair
Dear Mrs. Syms,
My hair is disagreeably oily. Will you please give me the recipe for a lotion which I may use on it?
D. G.

A very splendid recipe which you may use on your hair is made of the following:

Powered bicarbonate of soda..... 1/2 ounce
Eau de cologne..... 1 fluid ounce
Alcohol..... 2 fluid ounces
Distilled water..... 1/2 fluid ounce

Mix and agitate until solution is complete. If used daily, it tends to produce a crispy condition.

An Egg Shampoo
Dear Mrs. Syms,
Will you please tell me how to make an egg shampoo?
ALMA.

Following are the directions for making the egg shampoo: To half a cake of pure white castile soap add a pint of rainwater. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, stirring it into the mixture with the water to prevent curdling. Add 1-3 of a teaspoonful of borax and a teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray if you have one.

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