

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



TODAY I want to tell my readers what can be done with the little grains of salt which lie in jars and boxes their cupboards. It is worth your while to pay attention to the hints for the salt treatments are very inexpensive, and the cost of a cure is always an important item to most of us.

One of the common troubles of my many correspondents is a red nose. This condition of the nose can be traced to several causes—impeded circulation of the blood, erysipelas or alcoholism. Tight gloves, corsets and other wearing apparel will produce a red nose. Indigestion will often cause one. Like most other ailments, the cause must be located and removed before there can be any improvement. When the circulation of the blood is at fault exercise in the fresh air will help. A massage with salt is one of the best local treatments. The roughness of the salt sends the blood on its way. After rubbing, it is wise to allay any possible irritation by bathing the nose with witch hazel.

In catarrhal troubles salt gives great relief if it is put in water and used as a spray. A tablespoonful of salt can be added to a pint of tepid water. If this solution proves too strong, more water should be added.

Colds in the head are often cured by spraying the nose with the salt-water solution. The salt tends to clear away the mucus and makes breathing easier.

An irritating cough can often be stopped by putting a pinch of salt on the tip of the tongue. Saliva is induced to flow after the salt has been taken, and the dryness of the throat is relieved. There are many simple remedies for tickling in the throat, coughing and hoarseness. One good remedy is glycerin heated and rubbed hot as can be borne over the throat and chest, covering with warm dannel.

A glassful of plain milk heated to the boiling point and sipped very slowly from a spoon often stops the inclination to cough. If milk is not on hand, hot water will sometimes prove effective.

Salt is a very good whitener for the teeth if it is used not too frequently. Once a week is often enough to substitute it for the usual powder.

I can never refrain from warning my friends about using powders which are not of a fine nature. A rough powder will do much damage to the enamel of the teeth. If you are in doubt, you can avoid any trouble by using a fine castile soap and precipitate chalk to



The salt bag is a great remedy for a variety of ailments. It is made of cotton and filled with salt. It can be used to relieve a sore throat, a headache, a stiff neck, and a tired foot. It is also a good remedy for a variety of skin conditions, such as eczema and psoriasis.

Stimulates Blood Circulation

cleanse the teeth. To cleanse the mouth and sweeten the breath the lotion for which the recipe is here printed may be used:

Myrrh and Borax Mouth Wash
Rub together in a mortar 1/2 ounce each of pulverized borax and strained honey then add gradually 1 pint pure alcohol and 1/2 ounce each of gum myrrh and red sanders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Pass through a filtering paper and it is ready for use.

Have you ever felt the comforts of a warm salt bag when suffering with a toothache or neuralgia? Of course the salt will not cure, but it will give relief, and that means a great deal when one's feelings are all located in the face and head for the time being.

If you have an old rubber water bag which cannot hold water, cover the holes with adhesive plaster and use it for a receptacle into which warmed salt may be poured when a hot application is needed.

A poor condition of the hair is often due to the improper circulation of the blood through the scalp. To start the blood flowing correctly massage is advised; and if salt is rubbed into the scalp, the circulation will soon be stimulated. The salt massage need not be given more than once a month, and then the head should be shampooed after the treatment. But do not neglect the daily massage and brushing of the hair.

A salt-water solution is very soothing to the skin. When the affected skin starts to itch, bathe it with the solution, using the same proportion of salt and water prescribed for the nasal douche.

Moistened baking powder applied to the hives will make them less irritating.

When afflicted with the hives, one should be most careful to avoid those foods which heat the blood. It is well to take a course of a few grains of cream of tartar in a tumbler of water



Good for Tired Feet

once or twice a day to keep the body cool.

A salt-water bath will be found most soothing to tired feet. After a long tramp or after standing for many hours on the feet, they feel tired, and burn and itch. Remove the shoes and stockings and soak the feet in a basin of water to which three tablespoonfuls of salt have been added. The frequent changing of stockings and shoes is necessary if the feet are to be at all comfortable.

Mild cases of constipation can be cured by taking a teaspoonful of salt in a glass of water every morning upon rising.

Fortunately, salt is something which is usually on hand in every household; therefore, no one should be at a loss for a cure for the minor troubles which are kept in mind or within sight.



A Shiny Face

Dear Mrs. Symes, On my face, which is shiny after I wash it, D. C.

In the first place, you should be careful to rinse the soap entirely from your face. After drying the skin thoroughly apply a lotion made of: Boric acid..... 1 dram Rosewater..... 4 ounces Wiping the face with a chamomile skin will often remove the shine.

The Laborandi Tonic

Dear Mrs. Symes, A friend of mine recently advised me to use your laborandi tonic on my hair. Will you please publish the recipe, E. F.

Following is the recipe you desire: **Jaborandi Tonic**

Quinine sulphate..... 20 grains Tincture of castor oil..... 2 fluid ounces Fluid extract of jaborandi..... 2 fluid ounces Alcohol..... 2 fluid ounces Glycerin..... 1 ounce Bay rum..... 1/2 fluid ounce Rosewater..... 10 fluid ounces

The quinine should be dissolved in the alcoholic liquid by warming slightly, then the other ingredients added and the whole stirred. Rub into the roots of the hair every night.

To Fatten the Neck

Dear Mrs. Symes, I desire a great measure of mine to make my neck more round and beautiful. Please tell me how to do this, ROSIE.

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



ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends to her home for a social gathering by letter at any time.

request the honor of your presence at the marriage of their daughter Janet on Monday evening October the fifth at eight o'clock St. Catherine's Church

Another form has a dotted line on which is to be written by hand the name of the guest.

Sometimes when a church wedding is in danger of having uninvited strangers filling the pews, to the exclusion of the guests, a card of admission is inclosed with the invitation. It is a small white slip and has on it:

Please present this card at St. Catherine's Church, on Monday, October the fifth. If the bride lives in the country, the city guests are notified of the train, etc., by special cards, engraved.

Train leaves Grand Central Station for Boston and returns to New York at 10 P. M.

Very rarely do we use R. S. V. P. on a wedding card. These letters stand for the words of a French phrase and means, "Reply, if you please." They indicate that an acceptance or declination is requested. These letters are never added to an invitation to a church ceremony only. They are used when provision must be made for guests and the number to be entertained must be known in order to insure comfort to all.

Those brides-elect that do not wish to go to the expense of wedding stationery, especially if they are to be a simple one and witnessed by a very few, are now writing personal, informal notes, inviting their friends to share the happiness of their wedding. Invitations can be ordered and sent to all friends and relations. This plan simplifies matters, and I think is growing in favor with women. It is well that the wedding day must be shared only with the few dearest ones.

WEDDING STATIONERY

BOVE all, the invitation cards and announcements should be elegant, dignified and according to the accepted conventional style, which any first-class stationer will be glad to show to you when you are deciding in this matter.

White or cream paper, with black engraving, is always in good taste. The exact proportions vary, but you can decide that from the various samples offered to you.

Plain script or block lettering is used, and if any crest or initials of the bride be added to the top, it is embossed in white. This is really unnecessary. Monograms and other devices in colors or metals are not correct.

When you order your wedding stationery, after choosing the style, you will find that one invitation has two envelopes, one a little larger than the other. The smaller one is not sealed; the larger one is the outer one, on which the postal address is written.

Cards announcing the date and time of the wedding and the address of the bride and bridegroom and their new address are ordered and inclosed with the invitations. It is well that the accepted form of an invitation is quite simple. It is arranged like this:

The Second Marriage

Dear Mrs. Adams, I don't it in accordance with the rules of etiquette for a woman to wear a white gown when married the second time? INQUIRER.

At her second marriage a woman does not wear white. Lilac, gray or a delicate shade of pink or blue may be worn.

The Party Call

Dear Mrs. Adams, A young man and myself were invited to a party. We attended the entertainment, and now I want to know if it would be proper for us to make a party call together. Yes it is proper for you to call together.

When Visiting

Dear Mrs. Adams, When one goes to spend a night with a girl friend, is it necessary to take one's own bed? ALICE.

How are olives eaten? ALICE.

The Proper Gifts

Dear Mrs. Adams, What are proper gifts to give to a person who is going abroad? B. D.

Boquets, baskets of fruit, boxes of candy or personal gifts are usually among the presents given to the person about to sail.

The Married Woman's Signature

Dear Mrs. Adams, Will you kindly tell me what is the correct way for a married woman to sign her name? O. P. L.

All letters and checks should be signed with her maiden name plus her husband's surname. Her visiting cards and invitations should bear her husband's full name preceded by "Mrs." She should use the latter when signing a hotel register.

Escorted Her Home

Dear Mrs. Adams, The other evening I met a man at the home of a girl friend. When I got ready to go home he asked permission to escort me there. Was it proper for me to allow him to do so? S. D. F.

An Engaged Girl

Dear Mrs. Adams, I am engaged to be married to a man, but I heard that he visited someone else after he called on me. My father told

SOLUTIONS TO SOCIAL PROBLEMS

him on several occasions and found this to be true, and reported the same to me. I was very sad, in spite of all I love him, and yet his actions hurt me. What shall I do? INQUIRER.

Why not let your father speak to the young man about his actions and ask him to do better? If he fails to change his conduct, it would be wise for you to give him up. Your life would not contain much happiness if you married him and he continued with his habits.

A Card Invitation

Dear Mrs. Adams, I have received from a married woman an invitation card, on which is written a date and the word "Cards." Please tell me what this means. IN IGNORANCE.

The card is an invitation to a party where cards are to be played. You should reply to the same as soon as possible, either on a correspondence card or note paper, using the third person.

Calling on His Mother

Dear Mrs. Adams, I have become acquainted with a young man living several blocks from my home. He has asked me several times to call on his mother. Would it be correct for me to do so? B. D.

If you have the approval of your parents and know that the young man's mother is anxious to have you call.

Two Men Friends

Dear Mrs. Adams, I am well acquainted with two young men who are very good friends. One is a while and the other is a colored man. I have a home. The one that I care for always comes to my home. I think I should not care particularly for him. I think he does this because his friend thinks very much of him. I think I should know how I can let him know I should like to see him. I think I should let him know I would like to call on him if it were not for the above. A CONSTANT READER.

You may be able to give the young man your care for "the hint" by inviting him to call upon you some evening.

When Sending Flowers

Dear Mrs. Adams, I am sending flowers for a funeral. Should one include a card and if so, what should be written on it? A floral offering should be accompanied by the sender's engraved visiting card, tied with a little narrow white ribbon to the wreath or stems. Above the engraved name an expression of sympathy should be written in ink or pencil, such as "With sincere sympathy" or "With kindest regards and sympathy."

ANSWERS TO BEAUTY QUERIES

REPPLIES 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.

Superfluous Hair

Dear Mrs. Symes, Will you kindly publish in your paper the formula for mixing peroxide and ammonia for bleaching and removing hair? PEARLETTED.

A teaspoonful of ammonia to a half cup of peroxide will bleach the hair, but will not remove it successfully. Try the following formula for removing superfluous hair:

Sulphide of soda or calcium sulphide..... 100 grains Chalk..... 100 grains Mix thoroughly and keep dry in well-corked bottle for use. Take enough to cover the part to be denuded and add warm water to it until the proper consistency is reached. Rub the hair surface, and allow to remain for from one to three minutes according to the nature of the growth. Wash the surface with the cream of tartar solution. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or bland oil applied to prevent irritation.

A Prominent Abdomen

Dear Mrs. Symes, What can I do to strengthen the muscles of the abdomen and make it less prominent? FAULTY POSITION.

First of all, learn to stand correctly. Faulty position is often the cause of a protuberant abdomen. Then exercise daily. A very good exercise is to lie flat on the back and then raise the legs, swinging them in the air. You will not be able to keep up this motion very long in the beginning, but constant practice will soon make you endure the motion for a longer time and will soon reduce the abdomen and make firm the muscles.

stand erect and then bend at the waist line and touch the floor with the palms of the hands.

Weak Eyes

1. What can be done to make the eyes larger? I can never stay up late at night because my eyes bother me. Can I do anything for this?

2. My hair is very short in front. Please tell me how to increase its length.

3. How can a person stop growing? FLORITA.

1. Your eyes are most likely in a very weak condition, and it is advisable for you to consult a reliable oculist at once before they get any worse.

2. Massage the scalp and brush the hair for ten or fifteen minutes every day.

3. Nothing can be done to stop the growth.

Ridges in Finger Nails

To A. D. G.—Ribbed nails are sometimes due to illness. Or they may be caused from lack of care. I advise you to the cutting cold cream or olive oil to the cuticle surrounding the nails and then massage them with the palm of the other hand. If you are unable to file your nails in an attractive shape, it is advisable for you to go to a competent manicure and have the nails treated. After this you will be able to care for your nails yourself.

Peroxide and Ammonia

Dear Mrs. Symes, Please tell me how many parts of peroxide are added to one part of ammonia when used to destroy superfluous hairs.

1. What will make the fingers pointed at the end? Is this shape of the rounded fingers considered most beautiful?

2. Will cold oil do any harm to the hair if it is applied once a month? UNBIONED.

them to taper at the ends. The tapering fingers are more graceful than those which are round.

Anxious to Grow

Dear Mrs. Symes, Tell me what will make my hair grow? I am 16 years old and am very small. I am very ANXIOUS.

Of course, you realize that to avoid monotony, it was not intended in the great plan of things that every one should be tall; therefore, some of us remain short and must be contented with our other gifts of nature. It is possible for every one to do more than most people try to do, and that is to make the most of one's height. This can be done by practicing stretching exercises every day. A very good exercise is to stand erect, raise the hands as far forward as possible, and then bend at the waist line and touch the floor with the palms of the hands.

It is also necessary for you to stand erect and sit erect if you wish to be as tall as possible. Keep the shoulders back and the chest well expanded.

il Vermin

Dear Mrs. Symes, I recently found vermin on my head, and I cannot find out where I got them. Will you kindly tell me what I can do to get rid of them?

What is good for callous spots on the bottom of the feet? A. C.

Cleaning the head with coal oil is very often effective in removing vermin from the scalp and hair. If this should fail in your case, I advise you to use the following:

Cure for Parasites

Put a cake of bicloride of mercury soap into a bowl and shave one half into the bowl. Dissolve in boiling water. You may set the mixture on the stove over a gentle heat if you choose. You should have the water form a milky mixture when cold.

The following lotion may be used after a thorough washing with the foregoing preparation: Tincture staphisagria..... 1 ounce Bay rum..... 1 ounce To soften callous spots, rub the hardened places with toilet pumice after the feet have been washed with hot water. Brush off the loose skin and then rub cocoa butter into the feet. If you do much walking, you will find great relief by applying absorbent cotton on the

spots before putting on the shoes and stockings. The cotton can be held in place with strips of adhesive plaster.

Pimples

Dear Mrs. Symes, Will you please tell me how to remove pimples from my forehead, chin, back and chest? How can I increase the size of my bust? DISCOURAGED.

There is usually some internal trouble that causes the skin to break out in pimples. Constipation, indigestion or liver trouble are very often responsible for the eruptions. I think the best thing for you to do is to go to a reliable physician and have him prescribe suitable medicine.

To increase the size of the bust, massage daily with cocoa butter, practice deep breathing and take the Vaucaire tonic, for which I am giving the recipe:

Dr. Vaucaire's Remedy for the Bust

Liquid extract of galega (goats-rue)..... 3 fl. dr. Lactic-phosphate of lime..... 14 grains Tincture of fenel..... 10 minims Simple syrup (sugar and water 2 to 1)..... 2 1/2 ounces The dose is 2 spoonfuls with water before each meal.

For a Soft Corn

Dear Mrs. Symes, Will you kindly tell me what I may do for a soft corn which has formed between my toes? IDA L.

You should keep absorbent cotton between the toes where the corn has formed, so that a second one does not appear on the opposing surface of the adjoining toe. A very effective remedy for this is the application of sulphate of copper.

A Tooth Paste

Dear Mrs. Symes, Kindly tell me of a good tooth paste to use. Following is the recipe for a very good tooth paste:

Orris root powder..... 8 ounces Myrrh powder..... 1 ounce Oil of cloves..... 2 drams Oil of rose..... 2 drams Solution of carmine sufficient to color. Honey enough to form paste.

The Effects of Worry

Dear Mrs. Symes, Do you think that worrying weakens one as to each case? A. C.

Worry is certain to weaken the vitality and to lessen your power of resistance. Therefore, one is more

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.

Oily Hair

At times my hair gets so oily that I can hardly arrange it neatly. Is there anything I can use on it? ALICE.

A very splendid lotion to use on hair which is too oily is made of:

Powdered bicarbonate of soda..... 4 ounces Borate of soda, powdered..... 4 ounces Eau de Cologne..... 2 fluid ounces Distilled water..... 16 fluid ounces Mix and agitate until solution is complete. If used daily, it tends to produce a crisp condition.

Perspiring Hands

Dear Mrs. Symes, If you have had trouble for a long time with your hands when they perspire profusely will you please publish? CARRIE E.

A very splendid lotion is made of the following ingredients:

Boric acid..... 20 grains Borax..... 20 grains Salicylic acid..... 10 grains Alcohol..... 2 fluid 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.

To Whiten and Soften the Hands

Dear Mrs. Symes, I shall be very grateful if you will tell me what I can do to whiten and soften the hands. ANNA.

One thing to be remembered when one desires white, soft hands is that they should be well protected when doing any household work. You will find the lotion for which I am giving the recipe very beneficial:

Put into a bottle 2 ounces of glycerin, 2 ounces of water, 4 tablespoonfuls of lemon juice and a few drops of carbolio acid. Shake well, after washing and drying the hands, rub a little of the mixture into