CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes



An Opines 1 Bog For a Wash Cloth

EW of us return from our vaca-tions without bringing a coat of tan, a bad case of sunburn or a skin marred with freckles. Those who are not afflicted with any of the three have skins which are not susceptible to the sun and wind or else they took great precaution be-

fore exposing their faces. The latter is a good plan to follow if we will but take the time and the proper articles along with us on our trip. All that one needs is a jar or tube of cold cream and a good brand of talcum powder. The former should be rubbed into the skin, the surplus rubbed off with a soft handkerchief and then a thin layer of talcum powder should be sprinkled over the face. Remember to do this

the next time. The face readily inflames during the summer months, especially if one has a sensitive skin. It is, therefore, to every girl's advantage if she will try to keep in mind that she should not wash the face immediately upon entering the house after playing tennis, rowing or a little cream into the skin, and after ten-minutes wash the face in tepid water. One should not shirk exercise in hot weather. Exercise gets rid of the

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

Correspondents desiring immediate

replies to queries may get them by in-

closing a stamped self-addressed en-

velope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

Reducing the Abdomen

Dear Mrs. Symes.
Will you please tell me how so reduce the stdomen?

Bodomen? Frances.
Following are directions for an exercise which will reduce the abdomen:
In standing position, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Reach by mixing three deep breaths between each exercise.

To Reduce the Hips

Dear Mrs. Symes.
Will you please tell me what exercises to practice to reduce the hips? ELLEN.

Following are the directions for hip-educing exercises:

Following are the directions for hipreducing exercises:

First — Raise the outstratched arms
above the head, the body retaining its
erect position; then bend slowly forward
from the waist so that the fingers come
as near touching the floor as possible,
without straining in any way. This is
done without bending the knees. In recovering position, let the arms relax and
sink down as the body straightens up,
Second—With hands placed lightly on the
hips, the fingers pointing forward, let the
body drop forward easily, so that it is
bent at the waist. This must be done
gently, as by jerking more harm than
good is done. From this bent position
roll the body round to the right counting four for it to reach the position of
being bent over the side; then to the
back—being careful to do it very easily
at first. I'll the muscles have gained
strength, for an exaggeration of the
movement may cause real pain—then on
to the left and back to the front. Practice again, only start toward the left.
The waist note as a pivot on which the
trunk swings, and the head is easily relaxed. Third—In this exercise the hands
have the same position, but now the body
is bent forward from the waist; then
hack; then to the right and left. Each
movement should occupy four courts.
Take these exercises gently, but let the
movements should be worn while practicing
them.

Cleansing Cream

Deer Mrs. Symes.

Please tell me what ingredients are used in your deansing cream. D. F.

Following is the list of ingredients used in the cream to which you refer:

White wax | 2 ounces spermaceti | 5 ounces sweet almond oil | 11 ounces | 11 ounces | 12 ounces | 13 ounces | 14 ounces | 15 o

Sage and Sulphur

Dear Mrs. Symes.

1. I should like to know if sags and subplur will make the half light or dark.

2. What will ingrease the size of my less and arms?

3. What causes the whites of the eyes to be red?

4. In it injudious to the skin to bathe the lace in water as hot as one can bear? What causes the skin to appear rough? I have no jumples or blankbeads, but my pores are bery large.

1. Sage and subplur darken the half.

three or four weeks.

polsons which cause pimples and blotches on the skin.

Cold drinks taken with the meal are injurious. But don't forget that pure cold water at the proper time is a spien-did cleanser of the system. Take a tumblerful of water half an hour before each meal if you wish to enjoy your food. If you are one who arises with a feeling of nausea, a little lemon juice added to the water taken before breakfast will cleanse the stomach and create an appetite.

I have several remedies to prescribe for my readers who are not cautious during their holiday.

As a rule, the skin is extremely tender after exposure to the sun and air, and for this reason it is often advisable to refrain from using soap for a while. Instead of using the ordinary wash-cloth to cleanse the skin, make a bag of fine muslin and fill it with oatmeal. This will have a wonderfully softening and healing effect on the skin. Or, if you do not care to use the bag, you can apply an oatmeal paste to the face. Make a thin paste of catmeal by stirring together the meal and cold water. After straining through a fine sieve, the face and hands may be bathed with the mixture. Sometimes the paste is left to

2. Mikesage with cocon butter will develop the legs and arms. Walking will also increase the size of the legs. Rowing, tennis playing, beanbag, baseball and all other games and sports which require movements of the arms will develop these members of the body.

3. You should consult a reliable oculist about this trouble.

4. There are some persons who can use very hot water on their faces with good results, and there are others who can use only tepid water for bathing. In your case, the enlarged pores and the roughness of the skin are probably due to the use of hot water and the fallure to use cold water to contract the pores and to make the skin less susceptible to the wind. Never fail to follow the hot water with many dashes of cold water.

Blackheads and Oily Skin

Desc Mrs. Symes.

I should like to have recipes for removing blackheads; also for making the skin less cily.

Following are the recipes you desire:

Obstinate Blackheads of the Skin

Ether 2 ounces

Rub into the spot affected, and as soon as the mixture burns wash the surface with hot water.

For Oily Skin

Banish all rich and greasy foods, for diet has a great influence on the condition of the akin. Wiping off the face occasionally with diluted slochol (25 per cent strength) is benedicial in the case of ammonds, or a pinch of bowar in the water with which the face is washed is very helpful.

Hair and Freckles

Hair and Freckles

Dear Mrs. Symes.

Will you please tell me what to do to keep my hair in its natural color? I have blonde hair, but it is beginning to turn dark. Which is the better to take freckles away, buttermilk or lemon juice? I have tried the latter for some time, but with no results.

A READER.

Lemon juice applied to blonde hair will keep it light. The juice is put on the hair after a shampoo and before the final rinsing.

Both the milk and the temon juice are good in particular cases. If the latter falled to help you, you should try the buttermilk. Should this prove ineffective, try the remedy for which the racipe is here given:

Obstinate Freckles

Obstinate Freckles

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Rosemary Tea

Hair Is Turning Dark

ANSWERS TO BEAUTY

The wearing of a mask will be val-uable to the girl who is at business all day and is, therefore, prevented from treating her face during those hours. mask is made of fine lines, from which are cut out pieces for the eyes, nose and mouth. Spread on the inside of the mask a paste made of olive oil and almond meal. Allow this to remain on the face for several hours or moved, bathe the face with tepid water and you will be surprised at the soft-ness of the skin. The mask applied several nights in succession will soon bleach the skin and leave no trace of sunburn or tan.

A very simple procedure which has helped many girls to bleach and soften the skin is to bathe the face on rising in warm milk and sulphur. Add a tablespoonful of the latter to a quart

When the arms are covered with a coat of tan they can be bleached by applying to them peroxide and water. Another successful remedy for whitening the arms and the face and neck, for that matter, is to bathe daily with buttermilk. This will also make the skin as smooth as welvet.

If the neck is suffering from the sun's kisses, rub it with a cucumber lotion. which can be made by the following directions:

The same remedy will not prove effective in every case, but, as a rule, a very efficacious cure for freckles is lemon juice used alone or in connection with other ingredients. If, after you have tried lemon juice, you find the freckles are obstinate and refuse to leave you, try either of the two recipes printed below:

Lemon and Glycerin Lotion Red ross petals ... I ounce Glyceris ... I ounce Glyceris ... I ounce Dissolve the sold and borax is the water; infuse the petals for an hour; strain through a Jelly bag after twenty-four hours; decant the clear portion and add the giycerin. Apply as often as agreeable.

How can they be removed?

To what causes a "coated" tongue and how can it be remedied?

ANNA MARIE.

In many cases the hair turns dark as one grows older. Lemon juice applied to blonde hair, however, will do much to keep it light. The juice, after being strained, is applied to the hair after it has been shampooed and before the final trinsing. To prevent the hair from falling out you should massage the scalp and british the hair for a centain length of time every day.

You should weigh from five to seven pounds more. This increase can be made by eating easily digested and nourishing food, by drinking milk and by securing plenty of sleep.

Deep breathing and a massage with cocoa batter will develop the bust.

Tou should consult a physician about this trouble.

Tou should consult a physician about this trouble.

Test To cure the trouble pay strict attention to the diet, eat fruit and green vegetables; drink water freely during the day and exercise. Do not get into the habit of taking drugs.

To remove the wrinkles apply a liberal quantity of cocoa butter to the lines and then stroke upward toward the temples.

To remove the coated tongue. If you follow closely the advice given in answer No. 6, the tongue will be clear once again.

For the Neck and Chest

Deer Mrs. Symes.

Please tell me how I may make my neck face and arms soft.

Also let me know what to do to fill out the chast and make the neck plump.

EARBARA.

Massaging the neck, face and arms with cocoa butter or clive oil will soften the skin.

Either one of these will also fill out the hollow places, and in connection with this treatment you should practice deep broathing.

Following are directions for an exercise which will tend to develop the chest:

Chest Expansion

Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Haise and lower the chest in this way eight times.

For the Hair



Gift From a Married Couple

Weer a Most of Linea

The Wedding Kiss

Addressing the Doctor's Wife Dear Mrs. Adams.
Do you consider it proper to address a envelope to a doctor's wife thus: MARIL

No; she sould be addressed "Mrs. Robert White." She has no right to use her husband's degree.

At a Home Wedding Dear Mrs. Adams. At a home wedding should the moth sisters of a bride wear hate and glov

Leaving a Carriage
Dear Mrs. Adams.
When leaving a carriage should the mass or woman precede?

The man should alight and nexts; the

On a Postal

Dear Mrs. Adams.
Is it had form to address a person as "Dear Se and So" when writing on a postal card?

UNCERPAIN

No sakulation should be written on a postal card. Neither should private matters be written about on a card.

The Proper Form

Dear Mrs. Adams.
Will you please tell me what is the proper form to tellow when introducing my mother to a stranger?
You should not introduce your mother to any one. Others should be introduced to her. The proper form is to say, "Mother, may I present Mr. Jones to you?"

What to Say

You may say, "bliss White, may a have the pleasure of seeing you home?"

A. Widow's Signature

Dear Mrs. Adams.

My husband has died recently and I am carrying on his business. Should I sign his name with the prefix "Mrs." to all busness letters, etc? IN DOUBT.

No; you should sign your maid name with your husband's surner added.

A Financial Difference

Replying to an Invitation

Dear Mrs. Adams.

Please tell me how to reply to a dinner
invitation written in letter form.

EATHERINE.

wenty minutes before the time mentioned in the invitations, and the brids's mother and father, who are the hostess and host of the day, should receive m. The clergyman should be greeted, and escorted by either the father or a near relative of the family, and given a room in which he can dress, if

will mar the beauty of the service. The bridegroom and the best man are directed to a room set apart for them,

A message should be sent to the best man and bridegroom when the brids is ready, and they should proceed to the parior to wait for her. If any music has been arranged for the occasion it should be given the signal to play, and

bouquet of the bride during the core-mony.

After the service the minister offers congratulations, and leaves to remove his robes. If he has no special gar-ments, he quickly gives place to the married couple, who, with the attend-ants, face the company and receive the congratulations and best wishes of the guests.

congratulations and best wishes of the guests.

If a wedding breakfast or dinner is served, the bride and bridegroom are the guests of honor, naturally, and are the first to be served. It is customary for the bride to make the first cut in the wedding cake.

When the reception is over the bride and her maid of honor leave the company to don the traveling suit. This newly married couple leave in a carriage for the wedding trip.

Dear Mrs. Adams.

I have recently become acquainted with a family who are better off insatcially than my husband and I are. Do you think we should form any friendship hooms of this should form any friendship hooms of the p. L. P. If you and your acquaintances have so far proved congenial there is no reason why you should let the financial difference break up the friendship.

Solutions to Social Problems

The Initial to Use

A Wedding Anniversary

A Man's Card

Dear Mrs. Adams.
Should a gentlements cord be as large as his sister's visiting card in thioner and amalier than a woman's, but it should be of very fine quality and nearly singraved.

sary, for the ceremony. He should also meet the bride and the bridegroom go over the ceremony with them

where the bridegroom's traveling clothes are placed, and where he dresses for the journey after the wedding.

before the guests, who are assembled, the bride, with her father and her at-tendant, should enter and walk to the

Taking His Arm

DEAR Mrs. Adams.

Is it proper for a woman to take hold of a man's arm while they are out walking?

It is no longer the custom for a man and woman to walk along the street, arm in arm. However, it is still permissible for a man to offer his arm to a woman companion if there is any great need of his assistance.

Dear Mrs. Adams.

Please tell me what initials are used on linena silverware, etc., bufore one is married. I do not know whether it should be those of one's future husband or not.

WANT TO KNOW

The initials of the bride-to-te are used on all articles marked before the wedding day.

Dear Mrs. Adams.
Please tell me some clever way to send invitations to my friends for my first wedding anniversary.

Mrs. J. K.
Write the invitations with indelible ink on squares of fine cotton cloth.

Giving the Order

Dear Mrs. Adams.

When a man and a girl are in an los oream parior, is it proper for the former to give the order after he has consulted the girl?

A CONSTANT READER.

2. Please publish a harmless recipe that will increase the size of the bust.
4. What about be used to remove a small golier?
5. Will licorics pewder relieve constipation? This remedy, however, will darken tight hair. Should the hair continue to be oily, you can use the lotion for which this is the recipe:

Akohol Bounces
Witch hasel. Sounces
Recoxon 14 grains
Use daily, rubbing well into the scalp. Use daily, rubbing well into the scalp.

It is important to pay strict attention to the diet when one has an oily skin. All rich and greasy food should be avoided. No food should be eaten between meals. Drink plenty of water and exercise regularly in the open air

and exercise regularly in the open air every day.

Wiping the face occasionally with diluted alcohol (25 per cent strength) is
beneficial in the case of an oily skin.
A pinch of borax or a few drops of
ammonia in the water with which the
face is washed is also helpful.

To prevent emianged pores you must
rinse the face in cold water after the
use of hot water. It is advisable to
massage the face with ice. Following
is the recipe for a totion which may be
used for emianged pores:

Lotion for Enlarged Pores

Lotion for Enlarged Pores

Liver Spots

Dear Mrs. Symes.

I have liver spots on my face and write to
ask you what I can do to remove them.

AN ANXIOUS READER.

AN ANXIOUS READER. AN ANXIOUS READER.

Liver spots are sometimes due to liver disturbances, and it is necessary to consult a physician about the trouble. It is important, however, to pay strict

Dear Mrs. Symes.

Please tell me if the daily wetting of the head is good for the hair.

X. Y. Z. The daily use of water on the hair without carefully drying it is bad. Freckles and Sunburn Dear Mrs. Symes.
Will you please give me a remedy for freckles and sunburn? I do not care for anything that will cause hair to grow.
M. E. P.

Following are two recipes which will help you: Obstinate Freckles Oxide of sinc. 14 dram Subjodice of bismuth. 15 drams Dextrine 15 drams Glycerin 114 drams

attention to the diet. Foods which are easily digested and are mourishing must be eaten. Cereains pies, cakes, fried foods, hot breads, rich salads and gravies, pork and vest must be avoided.

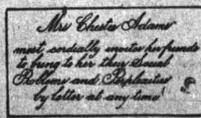
Drink a glass of hot water one hour before each meal. This will put the stomach in good condition to digest the food.

Exercise daily in the fresh air. This will give you a clear and attractive

Wetting the Hair

Sunburn

ADVICE ON SOCIAL CUSTOMS



M ANY brides-to-be feel that home and surroundings that breathe of the love and life of happy days are the most fitting set-ting for a wedding. The home wedding, unless you live in a very large house, must necessarily have fewer invited guests for the ceremony. A church ought to be filled if the best effect is wished, but a home should never be overtaxed, the guests crowded and everything in an uppet condition on account of too great numbers.

vited, besides a small bridal party. This generally consists of a maid of too. The best man for the bridegroom completes the bridal party of four, and you will find that this is a con-

venient number. The bridal procession in the moderately large home should be of the simplest, for it is not easy to have a complicated entrance or any intricate approach to the place at which the minister stands ready to receive

the pair.

The inexpensive decorations are always very good, and great masses of autumn foliage, with goldenred, chrysanthemums and cosmos, make as fine a background as any bride could wish for. The forming of a huge wedding bell over a wire frame, which you can have made by a florist and covered by leaves, is an appropriate setting. The dotting of the form with white roses or the siging of the large bell with white roses makes a very effective fluigh. This should be hung from the reiling, and strands of green radiating from it to form a carpopy are easily added.

The guests should arrive fifteen or

Dear Mrs. Cline: It gives me great pleasure to accept your kind invitation to dinner on Monday, the minth, at eight o'clock.

Binearsty yours. Inclosed With the Candy Yes, with candy or any other all the donator's card should be inclosed. A Surprise Party

Dear Mrs. Adams.

I am planning a surprise party for my daughter's twenty-founth birthday. I intend to invite her muste olub. Rindly in tend to invite her muste olub. Rindly in the know how to go shoul it and left me know how to word the faviation to the sub.

You can address the invitation to the secretary of the club and word it is this way:

the force of the lower left-hand corner the note

Addressing a Doctor

Mrs. Adams

It is necessary to note to be a necessary to note to be a necessary to note to be a necessary to note to be not a necessary to note to be not a necessary about a necessary about a necessary and the necessary and the necessary to the doctor about a necessary and the necessary and the necessary to the necessary and the necessary to necessary the necessary the necessary to necessary the necessary the necessary the necessary to necessary the necessary the necessary to necessary the ne

Deer Mrs. Symes.

My hair is very only and I have a great deal of dandriff, which causes the heir to fall out. Please tall me what to do for it. My sich is only and I have emisarged porce on my ness and cheeks. What can I do to improve my sich! MAIDEN OF TWENTY.

If you will try to get rid of the dandruff, the heir will be less ofly and will not their will be less ofly and will not their ours, for which here are directions for making and using at: ections for making and using it:

A Remedy for Dandruff
To an ounce of sulphur add a quart of
not water, and during intervals of several
lays agitate the mixture reconsistly. Liftle
the sulphur has settled to the contom of
the proeptacte use the clear liquid, flaturate
tha hand with it every morning, and in a
tow weater every trace of the dandruff will
maye disappeared. The bair will become
sett and cleary, and there will be me return
of the ald trouble. Calling on a Friend's Guest
Dear New Adams
La to proper to only on a friend's guest
without an invitation from the friend to do