

CONCERNING HEALTH AND BEAUTY

By MRS. HENRY SYMES



Lift One Ducter Over the Other

As a general rule, women do not take enough exercise. So many of them are employed indoors all day long that they never get a chance to breathe in fresh air; or, I should say, they never make it possible to get all the advantages of the pure air. Consequently, we have before us women with pale faces, flabby muscles and a generally ill-nourished appearance.

A certain amount of exercise along with the fresh air is necessary if you wish to keep your joints limber and your muscles in a healthy condition. I advise all women to keep up gymnastic exercises and outdoor sports, no matter if they have reached the time where they no longer tell their ages.

However, there are just as many of the younger set who are as inactive as their elders. Sometimes I think it is lack of ambition that keeps them from indulging in vigorous exercises; but I am sure that once they enter the active field they would become so fascinated with the work and its results that they would regret the days they had lost.

I must not dwell long on the necessity and benefits of exercise, for I am anxious to help today those persons who are troubled with weak backs. Very frequently the attention of a physician is necessary in such cases, but the patient can do a great deal for herself in the way of exercise. The various motions will strengthen the muscles and put them in a healthy condition. The trunk is kept from falling forward by the action of the muscles of the back; therefore, you see the necessity for keeping them up to the mark.

With two ordinary buckets a very beneficial exercise can be practiced. At the start have the buckets empty. Place one in front of the other and stand with the toes touching the bucket nearest you. Now bend at the waist line and raise the first bucket high enough to place it over the one furthest from you. Put it down on the floor without changing the position of your

feet. This requires a great deal of practice, because it requires a certain amount of poise. As you become more efficient fill the buckets partially with water.

If you have not been in the habit of taking exercise, do not tire yourself by practicing too long. The sudden exertion on the heart will do more harm than good if it is prolonged.

The back is greatly rested by stretching the body straight out on the floor, and it can be further rested by going through the following movements: While lying on the back place the arms along the sides of the body, hold the feet together and let the toes point straight ahead. Now arch the back so that the weight is entirely supported by the heels and the shoulders. I know you will find this hard at first, but many attempts will soon bring success. You will derive more benefit by doing an exercise thoroughly and intelligently once or twice than if you do it a number of times in a slipshod manner.

A chair affords as much opportunity for gymnastic feats as any apparatus in the gymnasium. Try the one I am about to describe and see if you do not derive a great deal of fun and strength from it.

Place a chair with the back toward you; then step on the lower rung of the chair, lean forward and grasp the edge of the seat. Bend the left leg and extend the toes. Then raise the

right leg and throw the shoulders and the weight of the body well forward so that the legs can be placed together on top of the chair's back. Your position should be so that the body is in a straight line.

When you look at the pictures illustrating the exercises you may feel that you can't do them, but just give them a trial and experience the glory of doing the things which seem impossible.



Lie Flat and Arch the Body



Step On Chair Rung and Elevate the Body

very weak solution of carbonic acid and water. Sterilize the media before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the media is thoroughly cleaned, is always dangerous.

Enlarged Pores
Dear Mrs. Symes, tell me what I can do to make my pores less visible? EDNA.

I advise you to use the lotion for which I am giving the recipe:
Boric acid..... 1 dram
Distilled witch hazel..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

A Skin Food
Dear Mrs. Symes, what can I use to increase the thickness of my eyebrows and to darken them? MISS W.

Here is the recipe to which you refer:
Orange-Flower Cream
(A Skin Food)
Oil of sweet almonds..... 6 ounces
White wax..... 6 drams
Spermaceti..... 8 drams
Orange-flower water..... 1 ounce
Glycerin..... 14 ounces
Oil of bergamot (orange skin)..... 1 ounce
Oil of pimento..... 1/2 drop

A Cleansing Cream
Dear Mrs. Symes, tell me what I can do to remove blackheads from my forehead? MISS W.

Walking Proves Tiring
Dear Mrs. Symes, I have to do a great deal of walking, but I find that I soon grow tired. Can you suggest any remedy? MISS W.

Obstinate Freckles
Dear Mrs. Symes, I have a very good recipe for removing freckles. It contains about three or four ingredients. Will you please publish it? SARAH.

I presume this is the recipe you have in mind:
Obstinate Freckles
Oxide of zinc..... 1/4 dram
Sublimed sulphur..... 1/4 dram
Dextrine..... 1/4 dram
Glycerin..... 1/4 dram
Benzoin..... 1/4 dram
Essence of rose..... 1/4 drop

To Relieve the Hips
Dear Mrs. Symes, I feel the most effectual and quickest method of relieving the hips and legs. Also tell me what will enlarge the bust? G. F. S.

Exercises will reduce the hips and legs. A very effective one for the former is to lie on the back and raise the legs until they form a right angle with the body. Then lower them slowly. Repeat this movement several times and do not let your arms assist you at all.

Dark Circles
Dear Mrs. Symes, can you please tell me the cause of and a remedy for dark circles under the eyes? I am 17 years old and have them all the time. What can I do to make the eyelashes curly? G.

Sometimes dark circles beneath the eyes are an inherited tendency and nothing can be done to remove them. Or they may be due to some internal trouble. When a person is anemic and there is an impurification of the blood, the circles will very often appear.

Cucumber Wash
Dear Mrs. Symes, you published a recipe containing cucumbers and alcohol. This lotion was to be used to whiten the skin. Will you please publish the recipe again? ANKIDOU.

To make the lotion to which you refer cut one or two cucumbers into rather small cubes without peeling. Put these into a mortar and pound with a pestle for use a heavy potato masher

and a heavy earthenware bowl) until the mass is pulplike in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can. Now put the refuse and filtered juice into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Face Powder
Dear Mrs. Symes, I would like to publish a recipe for a liquid face powder? Also a recipe for a sandruff cure. SUSAN M.

Following are the recipes you desire:
For Whitening the Skin—A Liquid Powder
Pure oxide of zinc..... 1 ounce
Bismuth..... 1 dram
Essence of rose..... 1/4 drop

A Remedy for Dandruff
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 it every morning, and in a few weeks every trace of the dandruff will have disappeared.

For the Hands
Dear Mrs. Symes, I shall be very grateful if you will tell me how to keep my hands in a good condition. I have three children and do all the housework. BUBY MOTTER.

A Clothing Cream
Dear Mrs. Symes, do you think a massage cream used daily will develop my bust? If so, kindly tell me what kind of a cream to use. D. J. K.

Disappoints Her
Dear Mrs. Adams, I have been engaged to a man for over a year. He is a resident of this city and nearly all of his relatives live here, but he has never taken me in his arms, nor have they ever called on me. He seldom takes me out and comes to see me only

ADVICE ON SOCIAL CUSTOMS

THE WEDDING RECEPTION
If a church wedding has been held, there is generally a reception at the home of the bride or at a large hotel in its ball or drawing room. This is an excellent way to receive a number of friends and acquaintances, and especially good is the idea of the reception if the ceremony be private.

Mrs. Victor Adams
most cordially requests her friends to bring to her they should bring and they should bring by letter and by telegram

This allows for the entertainment of friends who are too numerous to attend at the church. Above all, the bride and groom should not forget the waiting guests when a very intimate one is made. It is no time for lengthy conversation. Only the shortest exchange of greetings should be made.

The father of the bride need not remain in the room during the entire reception. After half an hour or so he is at liberty to leave and see that guests are being properly cared for in other parts of the house.

If the bride enters the dining room at all it should be with her husband. This is done sometimes to cut the bride's cake or when guests drink a toast to her happiness.

At buffet dinner, with sandwiches, salad, olives, celery, candy, ices and coffee on the dining table, is a very easy way to solve the problem. A friend can preside at the coffee urn, and one of two maids can relieve guests of plates and pass coffee, ices, etc., to waiting ones. A caterer will furnish a menu and waiters, if a more elaborate feast is wished.

After all guests have arrived, or after the hour stipulated on the announcement card at the end of the reception, the bride should, with a near friend or relative, go to a dressing room, change her dress for a traveling suit, meet the groom, who has done likewise, and the two should depart for the honeymoon.

No practical jokes or dangerous tricks should be contemplated by the hostess or the guests. It is very commonplace for the jokers and disarrangers for the newly wedded pair. There is no humor in the embarrassment of a guest, actual discomfort of others. Fortunately, the jests of this type at weddings are becoming fewer, due to the mighty force of public opinion.

Providing the Carriage
Dear Mrs. Adams, if a girl asks a young man to go to a dance, is it proper for the man to hire the carriage? If not, what should he do? ALABAMA.

It is evident that you do not know the man to whom you are engaged or you would not entertain the thought that you were wanting your time with him. If you are not sure of the man's character and are not happy in your engagement, now is the time to reconsider and step you took a year or so ago.

Use of the Knife
Dear Mrs. Adams, is it proper to eat from the knife? No. The knife should be used only as a utensil for cutting food.

The Engagement Ring
Dear Mrs. Adams, I was about the engagement ring to give to a girl? ALABAMA. Soon after the proposal has been accepted.

A Card Party
Dear Mrs. Adams, I am going to give a card party and should like to know the form of invitation to have answers to the invitations. How shall I let this man be invited? MISS W.

To Secure Assistants
Dear Mrs. Adams, I expect to hold a reception, but as I do not have any maids I should like to know what I shall do for assistance? This is my first experience. H. K. C.

Wedding Invitations
Dear Mrs. Adams, does the groom pay for the invitations which are sent to his relatives and friends? JACK.

group at one time in a home, for the guests of a reception should come and go, thus keeping a crowd comfortably large yet not too big to handle in serving refreshments and entertaining.

The decorations, especially now, can be of brilliant foliage. A bow of evergreens and autumn leaves is as beautiful a setting as inexpensive flowers. Here and there you can mass a bunch of roses, asters or bright flowers. Simplicity counts for much in the decoration of a small home.

When the guests arrive they should be met in the main room by the mother and father of the bride. These two are the hostess and host, respectively, and should not be overlooked in the formal greeting of the guests. The father and mother of the groom are also included in the bridal party. The host and hostess should stand near the door and be the first to greet the guests.

Around the bride and groom are the

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.

A Complexion Brush
Dear Mrs. Symes, I have been presented with a complexion brush. Will you please tell me how to use it? MISS W.

A complexion brush is used to cleanse the skin. It is splendid for removing blackheads and for stimulating the blood circulation. Use hot water, a pure soap and the brush and then scrub the skin thoroughly but gently enough so that the skin will not be injured. Rinse the face well with clear water so that no soap remains on the skin. It is important to keep the complexion brush, as well as all other toilet articles, clean if you wish to have a clear, attractive complexion.

To Cure a Double Chin
Dear Mrs. Symes, kindly tell me what I can do to get rid of a double chin. UNBIONED.

To cure double chin, massage daily, using the following movements: From point of chin, with open hand, press firmly downward, throwing the head backward at the same time. Baste the chin and throat frequently with cold water.

An Olive Complexion
Dear Mrs. Symes, will you tell me what will whiten the skin in a very short time? MISS W.

skin, but it is an olive color; and I should like to have a pink and white complexion.

Corn Cure
Dear Mrs. Symes, I have two corns and should like to know what to use to remove them. MISS W.

Following are two recipes for which you can choose:
Oven Cure
Salicylic acid..... 10 grains
Strictly carbolic iodine..... 10 grains
Colocynth..... 1/2 ounce

Bran Bags
Dear Mrs. Symes, I wish you would tell me, please, how to make the bran bags to be used in the water when bathing. A READER.

For Blackheads
Dear Mrs. Symes, will you please tell me what to do to remove blackheads from my forehead? MISS W.

Green Soap Treatment for Blackheads
The theory of green soap is to cleanse the skin with the soap, then wash with hot water. If the green soap irritates the skin, use a milder soap.

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SOLUTIONS TO SOCIAL PROBLEMS

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attendants arranged so that any one who is a stranger to one of the married couple can be quickly introduced without embarrassment. It is the duty of the usher or a maid of honor to find out tactfully whether the advancing guest knows both bride and groom.

The bride receives all wishes for happiness with a gracious smile. She should greet each guest with outstretched hand. Her dear friends are privileged to kiss her. This, however, is very tiring if every one in a long line takes advantage. It is rather inane if acquaintances presume. I must tell you right here of an awkward, shy young man who in his embarrassment stammered, "Is it customary to kiss the bride?"

Congratulations are extended to the groom for his good fortune in getting such a wife. He should accept all congratulations in a dignified manner.

If a guest be unknown to the groom, it is very easy for the bride to introduce him.

Above all, the bride and groom should not forget the waiting guests when a very intimate one is made. It is no time for lengthy conversation. Only the shortest exchange of greetings should be made.

The father of the bride need not remain in the room during the entire reception. After half an hour or so he is at liberty to leave and see that guests are being properly cared for in other parts of the house.

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