## CONCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



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

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 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

sity 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 exerstrengthen the muscles and put them So a healthy condition. The trunk is kept from falling forward by the action of the muscles of the back; there-fore, you see the necessity for keeping them up to the mark.

With two ordinary buckets a very Place one in front of the other and stand with the toes touching the buck-et nearest you. Now bend at the waist line and raise the first sucket 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 fin the buckets partially with

If you have not been in the habit of taking exercise, do not tire your-self 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 shead. Now such the back so that the weight is entirely supported by the heels and the shoulders. I know you 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 symnasium. 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. Raise 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 tioing the things which seem impo And, besides, that weak back of yours should really not be. It it not necessary and can be conquered, with a resultant betterment of health.

ing.

The decorations, especially now, can be of brilliant foliage. A hower of evergreen 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 Fung and Elevato

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, remember, 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

escort.

It is customary for men to exchange partners for a certain dance. In this way no one is left unattended.

Offering Congratulations

Dear Mrs. Adams.
Will you kindly tell me how to congratulate the groom and also what shall I say to the bride?

MARJORIE.
To the groom you may say, "Please accept my heartlest congratulations."
To the bride you may offer best wishes for a happy married life.

Acknowledging Gifts

Dear Mrs. Adams.

I am a young mother and am anxious to know when I should write acknowledgments of gifts received by my little son.

A READER.

If some one has not written notes of thanks for you, you should do so as soon as you are physically able.

To Secure Assistants

Deer 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.

You can have your relatives or your most intimate friends to assist you in receiving and in serving refreshments.

Wedding Invitations

Dear Mrs. Adams, pay for the invitations

Does the groom pay for the invitations which are sent to his relatives and friends JACK.

Deer Mrs. Adams.

Does one retain her hat and gloves while attending a tea?

P. L.

Pores of Invitations

Dear Mrs. Adams.
If I feel that I mannot afford to have engraved invitations to guests whom I wisk to attend my wedding, how chall I invite them?

Tour mother may send informal motes to your friends and the friends of your future husband inviting them to witness the ceremony.

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 entertain-

Mrs Chata Stone

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

The bride receives all wishes for happiness with a gracious smile. She should greet cach guest with out-stretched hand. Her dear friends are privileged to kiss her. This, howeven is very tiring if every one in a long-line takes advantage. It is rather insincere if acquaintances presume. I must tell you right here of an awkward, shy young man who in his em barrassment stammered, "Is it kiss-

tomary to cuss the bride?" So Congratulations are extended to the groom for his good fortune in getting such a wife. He should accept all nongratulations in a dignified manner. If a guest be unknown to the groom, is wery easy for the bride to introdu

not forget the waiting guests when very intimate one is met. It is no time for lengthy conversation. Only the phortest exchange of greetings should be made.

The father of the bride need not reception. After half an hour or so he is at liberty to leave and to see that gues 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 toget to her happiness,

A 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 plate and pass coffee, ices, etc., to wal ones. A caterer will furnish a menu waiters, if a more elaborate feast is

After all guests have arrived, or after the hour stipulated on the an ment card at the end of the rec the bride should, with a near friend of relative, go to a dressing room, change her dress for a traveling suit, meet the groom, who has done likewise, and the groom, who has done likewise, and the two should depart for the honeymoon. No practical jokes or dangerous trick should be countenanced by the hostes or the guests. It is very commonplate for the jokers and distressing for the newly wedded pair. There is no humo in the embarrassment or, in some cases actual discomfort of others. Fortunately, the jests of this type at wed dings are becoming fewer, due to the mighty force of public opinion.

## TO BEAUTY QUERIES

DEPLIES to letters to the writer of It 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 reselve prompt attention if accompanied by a stamped and self-addressed en-

A Complexion Brush
Dear Mrs. Symma.
Ishave been presented with a complexion brush. Will you please tell me how to use it?

brush. Will you please tell me how to use it?

A complexion brush is used to cleanse the skin. It is splendld 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.

UNSIGNED.

of a double chin.

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

To Develop the Bust
bear Mrs. Symes.
I have a small bust and am anxious of enlarge it. I have been using occounter for two months, but do not see any hangs. Please tell me what to do.

A MARRIED WOMAN. Continue to massage with cocca but-ter, and in addition to this take the tonic for which the recipe is here given: Dr. Vaucaire's Remedy for the

Edquid extract of galoga (goats—
rue)
Lacto-phosphate of lime. 184 crains
Tincture of famel 20 minima
Simple syrup (sugar and water 20 minima
Simple syrup (sugar and water 114 comoss
The dose is 2 soupercondule with water
before each ment.
Dester Vaucairs also advises the drinking
of mait extract during mants.

An Olive Complexion

Dear Mrs. Symas.
Will yea tell me want will widten the
skin in a very short time!

If you have a naturally olive com-plation, you cannot do much to whiten it. The presence of pigment is re-sponsible for the color of the skin. However, you can induce color listo the cheeks by exercising and living in the fresh air as much as possible. The rosy tint to the olive skin is very attractive.

Corn Cure Dear Mrs. Symes.
I have two corns and should like to mow what to use to remove them.
ANNOTHED. Following are two recipes from which you can choose:

Corn Cure Salleyilo acid 30 grains Extract cannable indica 5 grains Colledion 4 cunce

Bran Bags

Dear Mrs. Symes.

I wish you would tell use, please, how to make the bran bage to be used in the water when bathing.

A RHADER.

Mix equal quantities of powdered oatmeal and bran together; and to a pint add % cup of powdered sorp this add about 1 ounce of powdered orris root. Fill small bags and use in the bath.

For Blackheads Dear Mrs. Symes.
Will you please tell me what to do to Indigration and constitution are often responsible for the poresible coming clogged with black specks. It is, therefore, necessary to pay strict attention to the dist, and take proper medicine. For local treatment I advise the following:

very weak solution of carbolic add and water. Sterilize the needle before using to by dipping into boiling water, as the use of any instrument, unless the skin as well as the needle is thoroughly cleaned, is al-ways darperous.

Enlarged Pores

Dear Mrs. Symes.
Will you please tell me what I can do to make my pures tem visible? EDNA.

I advise you to use the lotion for which I am giving the recipe:

Apply with a piece of old lines or a bit of absorbent cotton.

You should always rinse the face with cold water after hot water has been used on it. An occasional massage with ice will help to contract the pores.

Dear Mrs. Sysses let me have your realps for a skin food?

What can I use to increase the thickness of my cycleowy and to darken them? Here is the recipe to which you

Off of sweet almonds 6 White wax 6 Spermaceti 6 Boras 2 Giverni 2 Giverni 2 Borsz 2 drams
Glycerin 1k ounces
Orange-flower water 2 ounces
Oil of heroil 15 drope
Oil of bigarade (orange skin) 15 drope
Oil of bigarade (orange skin) 15 drope
Oil of pimento 15 drope
Oil of pimento 15 drope
Meit the first three ingredients, add the
glycerin to the orange-flower water and
dissolve the borsz in the mixture; then
pour it slowly into the blended fats, strring continuously.

To improve the growth of your eyebrows apply vaseline to them daily,
You will find an eyebrow pencil the
most satisfactory thing to use to
darken your eyebrows. Get one to
match the color of your hair,

A Cleansing Cream

Dear Mrs. Symes.
Will you please tell me what I can use thatest of soap to cleanse my rece? EDA.

A cleansing cream will suit your needs and I am giving you the recipe for a very good one:

tiguing, because there is not enough movement of the legs to force free dirculation of the blood. The veins are too full of blood and somequently the legs become heavy, and the individual grows tired. Increase your speed the next time you go for a walk, and see if you do not feel refreshed at the end of the journey. One should not wear tight clothing at any time, but particular care should be taken to have the body loosely clothed during exervise.

Step On Chair

Obstinate Freckles Dear Mrs. Symes.

I believe that yed have a very good recipe for removing freekles. It contains about three or four ingredients. Will you please publish it?

EARAH.

Obstinate Freckles 

To Reduce the Hips Dear Mrs. Symes.

Will you kindly tell me the most effectual and quickest methods of reducing the hips and legs? Also tell me what will enlarge the bust.

C. P. S. Exercise will reduce the hips and legs.
A very effective one for the former is to die 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.

Squatting exercise, swimming and dancing will do much to reduce the hips and legs.

To develop the bust practice deep breathing and massage daily with cooss butter.

Dark Circles Dear Mrs. Symes.
Can you please tell me the cause of and
a remedy for dark circles under the eyes?
I em 19 years old and have them all the

What can I do to make the eveluahes uriy? What can I do to make the crelashes curty?

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 impairment of the chemical constitution of the blood the circles will very often appear. Prolonged study, lack of sleep or dissipation of any description will darken the skin beneath the eyes. It is necessary to have the doctor prescribe for you so that your system may be properly renovated.

Nothing can be done to make the eye-lastes ourly.

Cucumber Wash

Done Mrs. Symes.

Bome time ago you published a recipe containing countmers and alcohol. This lotton was to be used to waitom the skin. In the recipe again?

Will you please publish the recipe again?

ANXIOUS. To make the lotion to which you refer out one or two cocumbers into rather small chunks without pealing. Put these into a morar and pound with a peatle (or use a heavy points mashes

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.

Then re-strain and when cold add al-

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minutes.

Then re-strain and when cold add alcohel to the proportion of one table-spoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the The alcohol should preserve the juice.

Face Powder Dear Mrs. Symes.
Will you kindly publish a recipe for a
llouid face powder?
Also a recipe for a dandruff cure.
BUSAN M.

Following are the recipes you desire: For Whitening the Skin—A
Liquid Fowder

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 dandrum will have disappeared. The hair will become soft and glossy, and there will be no return of the old trouble.

This remedy, however, will darken light hair.

For the Hands Dear Mrs. Symes.

I shall be very grateful if you will talk
me how to keep my hands in a good condition. I have thyse shildren and do all
the housework.

BUSY MOTHER.

When doing your housework or any
work in the garden you should protect your hands by wearing loose
gloves. gloves.

A perfectly pure soap should be used to cleanse the hands. A little aimond meal may be put into the warm water in which the hands are washed. This will soften the akin.

At night rub cold cream into the hands and wear loss, clean gloves so that the bed clothing will not be soiled.

A Massage Cream

Dear Mrs. Symm.

A message cream subbed into the bust with a gentle rotary motion will increase its size. Following is the red ipe for a very good cream: Lanolin 6
Spermacel 4
Spermacel 4
Spermacel 5
Spermacel 6
Spermacel 6
Coccanit oil 6
Spermacel 7
Sperm

Providing the Carriage

DEAR Mrs. Adams.

If a girl sake a young man to go to a dance, is it proper for the man to hire the carriage?

If a girl has a dence which is not taken, should she stay with her escort or, if during the swains she is asked for a dance by another man, would it be proper for her to give it to him? In the latter case, would the girl's excert dance with the other man's pariner?

Yes. If he does not provide a carriage the couple will then have to use the train or trolley or walk if the distance is not great.

When a girl is not engaged for a dance she sits with her chaperon or her escort.

SOLUTIONS TO SOCIAL PROBLEMS

nights. He promises to come during the week, but disappoints me all the time, sying he has business engagements. Do you think I should waste my time with him!

It is evident that you do not love the man to whom you are engaged or you would not entertain the thought that you were wasting your time with him. If you resent his treatment of you and are not happy in your engagement, now is the time to reconsider the step you took a year or so ago.

Use of the Knife Dear Mrs. Adams.

Is 'it proper to eat from the Entire?

MARLE B. E. No. The knife should be used end clusively for cutting food.

The Engagement Ring
Dear Mrs. Adams.
When should the engagement ring be given to a girl?
Soon after the proposal has been so cepted.

A Card Party

A Card Party

Dear Mrs. Adams.

1. I am going to give a 500 party and should like to know the form of invitation to use. I desire to have answers to the invitations. How small I let this fact be known?

2. How long before the party should the invitations be sent?

3. Is it proper to invite a man with whom I am not acquainted, if I invite a girl friend of his?

1. You can issue your visiting cards, writing on the lower latt-hand corner the date and time the party is to be held and the word "cards." If you add the letters R.s.v.p. your sustanded the letters R.s.v.p. your sustand the letters R.s.v.p. your sustand in Yes. You can inclose a card for him with the one you send to the young sirl.

For an Afternoon Wedding Dear Mrs. Adams.

Is it proper for a man to wear a sutaway
coat to an afternoon wedding? What his
cof a vest chould be worn?

ALFELDI.

The cutaway coat is quite proper.

single-breasted white, pearl or gracilk or lines yest or one to match the
coat may be worn.

Who Suggests Departing!

Dear Mrs. Adams.

When I go with a girl to call on one of her friends, which one of us should make the strength of the first to make the suggestion.

Wording Announcements
Dear Mrs. Admin.
Wy mother is deed, and for a very a
reason I do not care to care my mad
announcements having in the name of
father. What form can I may prove
direcumstances? llowing is the form rou

Miss Helen Little Shellis have the house of named and the house of named and the state of the st