## CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes

OIFFUIDES FOR BEE and BUTTEIDFLY



HERE are so many soft, preity ways to dress the hair at present that any woman, no matter how unattractive her face, can materially alter the contour of her face and soften hard lines by a becoming coiffure. When I see a plain little woman with her hair drawn tightly back into a compact knot, I feel like pleading with her to allow me to dress her hair-to let me take at least ten years from her age. Two things a woman no longer young should remember are that the hair must cover, partly at least, the ears and come rather low on the forehead. The fashion of hairdressing today requires that these two prints be observed by the young people as well. What is more trying to a face, old or young, than to have above it the hard, rigid line of a hat, with nary a stray whisp or curl to fall from under it? It is interesting to note that an elderly man recently said that he recailed the time when it was considered immodest for a woman to allow even the tips of her ears to show. If this be true, I wish there were more modest women today. They would look

Now, there's that soft, low pompadour for the busy bee-the business girl. The arrangement is almost classic in its simplicity, and yet there is nothing hard, plain or tight about it. On the contrary, it softens the face wonderfully.

so much prettier.

This coiffure is more easily managed If one has naturally wavy hair. Separate the front hair from the back and comb the front hair into a soft, low pompadour falling loosely over the ears, and fasten at the back of the head rather low down with a hairpin. Then comb the pompadour and the back hair together and pin into a loose, firm coll or double-twisted figure eight. The short ends at side and front are twisted by the fingers into tiny ringlets if the hair is naturally curly. The fron or crimpers will, of course, have to be used if the hair has to be artificially waved and curled. Crimpers will not harm the hair if one is careful to use only those that do not cut or catch in the strands. The iron should be used only in cases of emergency and then most carefully. Yery small crimpers could be used to curl the short ends, and so form the ringlets. If you can put a net upon the coiffure artfully, so that it is almost impossible to detect its presence, I would advise you to do so. This would keep you "tidy" for business hours. Be sure, however, to conline only the long wisps, for the tiny ringlets must

the net or the "softening" effect so much desired is lost.

The modified figure-eight arrangement containing the large shell pins is a graceful fashion. The hair is separated as in the coiffure first described; that is, the front from the back. In this instance, however, the hair is parted slightly to one side, and is then drawn back low over the ears. The back hair and the ends of the sides are then combed together. This same loose hair is then evenly divided, the upper from the lower. The lower part is made into a plait and planed so as to form a complete circle about the back of the head and also about the upper part of the loose hair which is not yet arranged.

The loose hair thus surrounded by the braid resembles a horse's tail. This "tail" is then twisted about in a double figure eight and pinned in the center of the braid. Unless the hair is quite luxuriant, a switch will have to be used for the braid. Two large shell pins ornament either side of the braid. You will notice that the smaller hairpins do not show. Pins that are not prnamental should never be allowed to mar the appearance of any hair arrangement. Always they should be concealed as nearly as possible. Also, the hair should always be braided or arranged with as much looseness as is consistent with firmness. The looser hair, the thicker it appears, the softer it looks. Not only that, it is really a matter of hygiene. It is destrable for both health and cleanliness that the nin be allowed to circulate through the hair freely, and this it cannot do if the hair is twisted into a tight coil or knot. It is better to wear a net to keep down stray ends than to plaster them to the head by a tight arrangement,

For the maid or woman who objects to even a moderately elaborate coil, such as the figure eight, for business, there is the neat braided coil. The hair may be parted on the side or in the center; the front, separated from the back, is drawn down over the ears in much the same fashion as the first-mentioned coiffure. The ends of the sides and the back are then combed into one. After the hair is thus combed together. It is divided down the center and two braids are made. These are then shaped into the braided knot, the braids crossing and being twisted in opposite directionsand interlapping each other. As it is difficult to keep the hairpins from showing in a braided knot, it is best to use shell pins. They are not so inartistic as the wire ones.

ter how beautiful a coiffure arrangement may be it must suit the face or it cannot be worn successfully. It is also well to change the style of hairdressing frequently, so that different parts-of the scalp and hair will be exposed to the light and air, and to guard against bald spots caused by the pins. If the hair is worn parted it is always well to make a different part each morning from that worn the day be-

A pretty fashion of arranging the hair for the wearing of a bandeau is the side part and low coil. The small ringlets which keep the part from being too decided, can be made with the iron or tiny crimpers. After the hair is arranged place the bandeau about the head and pull the ringlets from under

For the girl whose face is long there is the low modified I syche knot. Separate the front hair from the back just behind the ears. Roll the back into one long, firm puff and pin it lengthwise on the back of the head near the nape of the neck. Part the front hair in the center and draw it loosely back, endeavoring to cover the ears. After the conflure is completely arranged you may pull the hair still further over the ears with the comb, pinning it in position at the side of the knot.

The side hair is fastened at each side of a back puff with shell pins, to hold it in place. The ends are then loosely colled in fanciful little twists, that run along each side of the large puffs. Bring the front hair well down over the forehead, especially if the forehead be high.

The high arrangement of the hair is for the girl with the round face. It is suitable for afternoon or evening. Again, the hair is waved and parted on the side. The front hair, too, is separated from the back hair behind the ears. The back is drawn up in a long puff to form the beginning of a Psyche knot. The extreme ends are not wound into the puff, but are left, projecting about two inches. These ends are afterward curled. The sides are drawn up and the ends of the same are wrapped about the Psyche. The extreme ends are left free for about two inches and curied. The little curis are then pinned gracefully about the knot with small pins. Two large shell pins ornament the knot and help to hold it

I am sure that you can fix your hair ecomingly by following one of these



## ADVICE ON SOCIAL **CUSTOMS**

Mrs Chester Adams most cordially invites her friends to bring to her their second Problems and Perpleature by letter at any time

High Knot in &

Cluster of Curls

If a personal reply is desired, a self-addressed stamped envelope should be

THE GOLDEN SILENCE

TAM going to speak to you today about the value of being able to keep silent. It is so much better to have nothing to regret in the way of words than to wish that your tongue had not been so eager to voice thoughts that were hasty and foolish. It is better not to be ashamed at the recollection of unkind, unnecessary words.

In the matter of passing along the word of the gossip, you cannot be too careful. The repeating of a little bit of scandal that has very little foundation, if you would but take the trouble to investigate, is one of the most unkind things that you can do. I am always sorry for a group of young women who have no topic of conversation and must resort to the passing along of untruths that will positively harm the discussed person, who, of course, is not present to defend herself.

Have you ever made an unkind retort to an innocent question? And after you have done the damage, all the re-grets in the world were not able to recall it or wipe out the harm that had, been done. The unkind question is an-other thing that every one should learn to curb and to relegate to the golden silence. One day I heard a woman ask where the husband of another was, and there was an embarrassing silence before the reply was made that he was in prison. It was impertinent, and I sin-cerely hope that the questioner was as uncomfortable as the little woman who was unfertunate enough to be compelled to support herself. That is, of course, not the usual type of thing that occurs in everyday life, but it might happen, and you would never forgive yourself if you were the offender.

In a quarrel it is much more dignified to observe a silence and tillow the

to observe a silence and allow the other one to forget himself or herself and to have all the regrets. In this kind of an experience, which is not unusual in family or business life, there

on chance facts and hearsay, which have a very unsound foundation. It is better to be a good listener than an ignorant talker. Never put yourself in the light of being just a talker with nothing to say.

Sometimes a friend will be the victim of misfortune and it were better for her to forget, or at least not to be reminded of it, until greater strength has been acquired. If a friend is griefstricken and shows that the mention of the sorrow will bring back the trouble with disturbing polgnancy, by all means do not speak about it. If you wish to express your sympathy write a little note, to be received when a loss of self-conrol will not be so embarass-

In the matter of that much-desired thing which we call popularity, there is a great temptation for young women to boast of the number of social engagements that have filled their calendars. It is not unusual to hear a girl talk of the number of bouquets she has had sent to her during the dance season; this same girl will wonder out loud what she is going to do with all the requests from gentlemen to take her to the theater, musicales, receptions and dances. It is really a vulgar flaunting of popularity; and is a mark of ill breed-

When you are unfortunate enough to When you are unfortunate enough to have made a mistake in the choice of a fiance, and you have found out in time, the golden silence should be your rule of conduct. Says nothing about the cause of the breaking of the engagement. A dignified reticence will be far better than endless talking about a thing that is over and that is an affair between you and one other. between you and one other.

Remember the silence that is golden.

It will make you wise and happy many, many times in a day.

## Solutions to Social Problems

Which One to Use EAR Mrs. Adams.

When a number of utensils are set before one at the table which one should be wised first?

The general rule is to use the one furthest away from the plate and work in toward the same. When one is in doubt about such a matter, it is well to imitate the hostess.

A Number of Queries A Number of Queries

Dear Mrs. Adams.

1. Should the following articles be cut with a knife? Fritters, tomatoes, cheese, olives and fried dysters?

2. Is it proper to ask for more water or coffee at a hotel? How should this be done?

3. When vegetables are placed on the table is it proper to pass one's plate or ask to have the dish passed to one? What is the proper way to do the right thing in this case?

4. If a person asks me to visit her should I thank her for the invitation?

5. Should a girl rise when a man or woman shakes hands with her at home or in church?

6. What is the proper way to introduce. ters? A man and wife to a group of girls?
7. Should a daughter shake hands with her mother's and father's friends when they are introduced to her?...
8. Should a woman rise when an introduction takes place?
9. Is the following correct when making introductions? "Mother, this is Mr. Blank," and "Miss Blank, allow me to present father"?

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present father"?

1. No; all except the elives should be out with the fork. The olives are eaten with the fingers.

2. One is at liberty to ask for more beverages or food at a hotel. The proper thing to do is to call the walter and make known your wants.

3. Ask the person who is nearest to the dish to please pass it to you.

4. Yes.

4. Yes. It would not be necessary for her to rise in church unless the man be very much older. In her own home sho should rise to show the proper spirit of

hospitality.
6. "Mrs. Smith, may I introduce Mr. Brown to you and your two daughters. Miss Evelyn and Miss Kathryn Brown?" When making a man and wife known to a group of girls this form may be used: "Mrs. Blank let me present Miss Brown, Miss Smith, Miss Cross and Miss White; and, ladies, may I present Mr. Blank?"

7. Yes, if they take the initiative.
8. A woman always rises to receive an introduction to one of her own sex, unless she is in a group at the time of the introduction. She need not rise when a man is presented to her unless she is hostess.

she is hostess.

8. The first form of introduction is all right; but I think a less formal way to introduce your rather would be to say, "Miss Blank, I don't think my father has yet had the pleasure of meeting you."

Making an Introduction

Dear Mrs. Adams.

When introducing a men to my sister who is married, whose name should be mentioned first and should I call her by her married name:

KATHERINE. Your sister's name may be mentioned first. The proper form to use in such a case is to say, "Margaret, this is Mr. Brown; Mr. Brown, this is my sister, Mrs. Jones."

Answering an Invitation Dear Mrs. Adams.
How soon should an invitation to a dinner be answered, and what kind of paper should be used for the reply?

DOROTHY.

Such an invitation should be an-swered within twenty-four hours after its receipt. The reply may be made on a correspondence card or a sheet of note paper.

Answering an Invitation

Dear Mrs. Adams.

Will you please tell me what should be the form of a reply written after the receipt of an invitation in the form of a visiting card?

The reply should be written in the third person and on note paper.

The Bride's Expenses

Dear Mrs. Adams.
Will you kindly enumerate for me the expenses that the bride bears? SUSAN. Her expenses include the engraving. addressing and posting of invitations or announcement cards, every detail of her wedding dress, the music and flowers and awning at the church, the carriages that convey the bride and the brides-maids to the church and the reception or breakfast following the church cere-

Serving Shellfish

Dear Mrw. Adams.
Will you kindly tell me on what kind of a plate shelifish is served?
YOUNG BRIDE. Shellfish upon a bed of cracked ice is served in a deep plate, and this is set upon a second plate to protect the table-cloth in case the ice should melt and

Leaving for the Theater

Dear Mrs. Adams.

1. When a young man calls to take a girl to the theater or other entertainment, whose place is it to first suggest leaving the

flood the first platter.

Upon returning from the theater, if 3. Upon returning from the theater, if the young man stops a few minutes at the door to finish a subject of conversation, should he remove his hat while talking?
3. If a young woman asks a man to call, after meeting him at a party, and he does not care to, what should he say?
4. How may a young man break off corresponding with several girl friends, after becoming engaged, without telling them the real reason?
5. A friend of mine is to marry one of

becoming engaged, without telling them the real reason?

5. A friend of mine is to marry one of two sisters at a double wedding and though I am not acquainted with the young ladie, I am invited to the wedding. Should I send each of them a present, or only my friend's flancee?

6. Another friend is to marry very quietly and only fifteen intimate friends are to witness the ceremony. Afterward, announcements will be sent to all friends. Should they be sent to those persons who were at the wedding?

7. At the beginning of a meal should the dishes be passed to the person at the's right or left first?

1. The girl should make the suggestion.

2. The hat should be removed. If the weather is extremely cold, however, the

weather is extremely cold, however, the girl should ask him to replace it on his head again, so that he will not catch

thanking her for the invitation and re-fraining from saying yes or no. If she sets a date, he can excuse himself on the plea of having a previous engage-

ment.
4. The only thing he can do is to discontinue turther correspondence. Ignors all future letters.
5. Send a gift to your friend's fiances.

6. No.
7. A host always serves first the person sitting at his right; therefore, it may be well to observe this rule all around the table.

## ANSWERS TO BEAUTY **QUERIES**

DEPLIES to letters to the writer of R 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. Fersonal inquiries will receive prompt attention if accompanied by a stamped and self-addressed en-

Chapped Hands

Dear Mrs. Symes.
Will you kindly tell me what I can use on my hands, which chap so very casely?
FLORENCE.

To prevent your hands from chapping To prevent your hands from chapping
you should be careful to dry them
thoroughly after they have seen washed.
Do not wash them immediately before
going out in the cold if you can possibly help it. A good cream rubbed
into the skin will relieve their present
condition. I am giving you the recipe
for a very satisfactory one:

Cream	for Chapp	ed Hands
Paraffin was Lanolin Water	L	# dunce   dunce   dunce   lunce   lunce   drops   dram
ing the water the oil and the oil and the Chapped h	anolin. Stir er in during alcohol when ands should hands as dr	nd add the petro- constantly, beat the process. Add nearly cold, be treated by y as possible and collient at night

Face Is Greasy Dear Mrs. Symes.

1. I am II years old and am five feet three inches tall and weigh ninety-seven pounds.

1. Do rou think I weigh enough for my height and are?

2. My face is very greasy. What can I do to make it more dry, white and smooth?

JANIE.

14. A girl of your age and height should weigh from 115 to 120 pounds.
2. If you wish to relieve the olly condition of your skin you should avoid all rich and greasy foods, for diet has a great influence on the condition of the

skin. An occasional application of diluted alcohol or of witch hazel will To whiten the skin and make it smooth use equal parts of lemon juice and glycerin and add a little benzoin to the lotton. This lotton may be applied

For the Bust

Dear Mrs. Symes.

Ito you have the recipe for a cream which I can use to develop the bust?

MARIE. Following is the recipe for a cream which you can use

Massage Cream for the Bust

The state of the state of the state
Lanolin   5 ounces
Mix as you would any cream of the sort. Rub on gently at night. In connection with the massage prac- tice deep breathing.

To Whiten the Skin Dear Mrs. Symes,
Will you kindly give me the recipe for
a liquid powder to whiten the skin?
HAZEL.

Following is the recipe you desire: For Whitening the Skin-A Liquid Powder

Pure oxide of zinc
Sift the zine; dissolving it in just enough of the rosewater to cover it; then add the glycerin; next, the remainder of the rosewater. Add the essence of rose last.  Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it
will be streaked.

Trouble With the Eyes Dear Mrs. Symes.

My eyes have been giving me much trouble lately. Do you think this is because I read on the car?

K. P. I read on the car?

I feel quite sure that your habit is responsible to quite an extent. The way in which we all abuse our eyes, which are so delicate and so important, is serious. You should be careful to have the light fall from the left side while reading,

writing or sewing. Read only wellwriting or sewing. Read only well-printed books and papers. Never read, write or sew while lying down. It is bad to read while feeling physically tired. You cannot be too careful of your eyes. Stop reading on the car for a while and see if there is not an im-provement. If at the end of the test you still suffer, you should consult a reliable occulist.

A Skin Food Dear Mrs. Symes.

My skin is in need of nourishment. I should like to try your orange-flower cream. Please tell me where I can have the formula filled.

Here is the recipe you desire. You can have the formula put up at almost any drug store. I am not at liberty to mention the name of any Cream of Sweet Oranges

(A Skin Food)
Sweet oil of almonds 2 ounces Orange-flower water 2 ounces White wax 2 drams Oil of sweet orange 1 dram Spermaceti 2 drams
Haif fill a saucepan with boiling water. Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water; add it half a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucepan. Beat mixture with the whisk. Heat and add oil of aweet oranges. Whisk cream until it is cold. Fut in pois and cover, with parcheold.

A Rouge Dear Mrs. Symes.
Will you kindly give me the recipe for a rouge?

SARAH. Following are two recipes from which you can make a selection:

Liquid Bloom of Roses Carmine 30 grains
Ammonia water 1 fluid jounce
Rosewater 4 fluid punces
Sprit of rose 1 fluid dram Bloom of Roses Rosanilin 77 grains
White wax 1½ ounces
Spermacetl 50 grains
White petrolatum 280 grains
Alcohol ½ fluid dram Perfume to suit.

Dissolve the dye in alcohol, add this solution to the fats previously melted and incorporate the whole together, continuing the stirring until the mixture has cooled.

Shampooing the Hair Dear Mrs. Symes.

Kindly give me your advice for shampoo-ing my hair. I am a blonde, and my hair reaches below my walsthand. I never had any trouble washing it until I was obliged to move to a city, where the water is very hard. Although my hair feels clean just after washing, it leaves my comb black and greasy. Last time I put a tenspoonful of borax in the first rinsing water, but with no success.

A Modified

Figure 8

In the future try to use rainwater for shampooing your head. You will find this softer than the water from the faucet. If it is inconvenient for you to do this, add baking soda to the hard water. You may find the egg shampoo helpful in your case:

Egg Shampoo Egg Shampoo

To half a cake of pure white castile soap add a pint of hot rainwater. Set on the stove and beat until the goap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, sirring it into the mixture with the beater to prevent curdling. Add one-third of a teaspoonful of horax 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.

To Overcome Nervousness

Dear Mrs. Symes.

I am very anxious to have you tell me what to do to overcome a nervousness that I have acquired in some way. When I play the plano for company I imagine every one is looking at me, and then I begin to perspire freely.

Also tell me if brushing the hair vigorously night and morning is good for it.

Your trouble comes from self-consciousness. You have your mind on yourself and not on your music. Now, if you will reverse matters you will not have the time to think whether or not your audience is looking at you. You will find that by doing this you will be able to render your selection in a more proficient manner.

Yes; but do not let the brushing irritate the scalp. You should try to strike a medium between gentleness and firma medium between gentleness and firm-

· Lotion for Weak Eyes

Dear Mrs. Symes.

1. Kindly advise me how much boracic acid and water to use in a lotion for weak 2. What can one use for receding gums? SUBSCRIBER. 1. Following is the formula for the

2. You should consult a dentist immediately.

usual in family or business life, there is such a chance to lose the self-cortrol and polse that we value so highly that a firmer hold on the wish to say something must be kept if you would have nothing to regret. Some persons will say that it would be foolish to refuse to answer in an altercation, but it is my opinion that it is far more foolish to say too much in a manner that you yourself would not recognize. The golden silence is particularly worth its weight in precious metal when you do not know what you are talking

you do not know what you are talking about. Keep quiet in a discussion if you have to admit that you don't know very much about the topic of discussion and that you have based your opinions