

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Important Details of the Toilet



Take a Final Glance at Yourself

IT IS every woman's duty to have some pride in personal appearance and to know the importance of exercising the greatest care in making her toilet. A man or woman well groomed is a delight to the eye. One should not misjudge the person who is attentive to the smallest details, for it does not necessarily mean that he or she neglects the other important things of life. Habit makes it possible to dispense quickly with duties, so that once a woman is wise to the finishing touches that improve her appearance, it will not take her very long to add them.

Did you ever think of keeping your hands white by holding them up? Of course, you would be considered demoted were you to sit through a whole evening with your hands extended in the air; but before you enter a room where the eagle eye of woman is sure to examine your hands hold them high above the head. Then when in the midst of the company always manage to keep the hands up. When they hang down the blood is sure to rush through the veins of the hands, thereby making them an unbecoming red.

This bit of advice, however, will not do much good if the skin of your hands is rough and red. This is another story and needs another treatment. In the first place, prevent the skin from getting in such a condition by drying them thoroughly every time they have been in water. Carelessness along this line is often the cause of unattractive hands. Another preventive measure is to wear gloves when engaged in dusting, sweeping or any other household duty which has a bad effect on the hands. The cure for rough hands is a cosmetic paste made of ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of honey. Apply this to the hands after they have been cleansed with warm water and soap and wear loose gloves. This treatment is best given before retiring.

Slices of lemon or a piece of a fresh tomato rubbed on the hands will whiten the skin and remove stains. A massage with a Turkish towel is splendid for bringing the color to the cheeks. Of course, the effect is only temporary, but it may help in cases of emergency. If you are clamoring for pink cheeks, you should make use of a tonic which is free to all—exercise in the fresh air. A brisk walk for a



The Palm as a Buffer

half hour or an hour every day will make any pale lady envious of you. A good complexion is dependent upon good health. Exercise, sufficient rest and a sensible mode of living will make it possible to have the essential quality.

Few people realize the effect that well-trained eyebrows have on the face. A little brush with soft bristles should be kept on the dressing table and used to rub the brows in the proper direction. If the eyebrows are so thick that they detract from the line of beauty, have the superfluous hairs removed at small cost by a specialist. Very often eyebrows meet over the nose and give the face a severe and unpleasant expression. Here the use of the tweezers will not come amiss.

Should your trouble be the reverse, you can increase the growth of the eyebrows by applying to them every day melted vaseline.

The palm has proved an excellent buffer for the nails. In fact, many women prefer to use the palm of the hand for adding the luster to their nails instead of the usual chamolin buffer. If the nails are inclined to be too dry and brittle, hold them for five or ten minutes every day in a vessel containing sufficient warm olive oil to cover them and the surrounding cuticle.

I have often heard a woman boast that she never thinks of looking into a mirror for a back view of herself. Her words were wasted, for her appearance was enough proof that she ignored this important detail. A woman owes it to herself and to those who come after her to take a final peep into the glass to assure herself that all is well.



This Whiten the Hands



Smooth the Eyebrows



Rubbing to get Red Cheeks

about the size of a quarter. I have been trying lemon juice on it, and while there is some improvement, it is not very great. Is there any other way of removing a birthmark?
A. C. C.

Not knowing the nature of the birthmark, I do not care to suggest a bleach for you to use on it. The safest thing for you to do is to consult a reliable physician in or near your vicinity. You run a great risk when you apply just anything on such a blemish, for one can never tell what the effect is going to be; therefore, I think it is advisable to let a physician apply a remedy which he knows will have the proper effect.

A Tooth Powder
Dear Mrs. Symes,
Will you kindly tell me what I can use to make a good tooth powder? M. M.

Following are the recipes for two tooth powders which are both very good for the teeth:

Tooth Powder
Arec nut charcoal 5 ounces
Bulstiff bone 1/2 pint
Raw arec nut, powdered 1 ounce
Pound and mix. Two or three drops of oil of clove or of casta may be added if a perfume is required.

Violet Tooth Powder
Precipitated chalk 2 ounces
Powdered orris root 2 ounces
Crush and mix.

Thin Hair
Dear Mrs. Symes,
My hair is falling out and falls out rapidly. Will you please tell me what to do for it and also what I can use to make it curly?
SARAH.

You should massage your scalp and brush the hair for a certain length of time every day. Every other day apply castor oil to the scalp just before you start to massage.
You can do nothing to give the hair a natural curl, but you can use any of the patented curlers for sale to give the hair an artificial wave.

A Dry Scalp
Dear Mrs. Symes,
I have an extremely dry scalp. My hair is between a dark brown and black shade. Kindly tell me what to use?
E. F. K.

You will find vaseline or castor oil very effective in improving the condition of your scalp. Rub a little of either into the scalp every day. After the massage of the scalp brush the hair thoroughly.

For Pimples
Dear Mrs. Symes,
The skin of my face is troubled with pimples. Will you please tell me what I can use to drive them away?
E. F. K.

Use the pimples with hot water, and after drying the skin gently apply the cream for which the recipe is here given:

Fosatti Cream for Pimples
Extract of violet 10 drops
Sweet almond oil 1/4 drams
Sublimed precipitate 1/4 grains
Lanolin 1/4 grains
Oxide of zinc 2 scruples

For the Elbows
Dear Mrs. Symes,
The skin of my elbows is very rough and ugly. Will you please tell me what to do to make it smooth?
MARIAN.

Every night bathe the elbows with hot water, and after drying them rub a liberal amount of cold cream into the skin. Bind them with muslin or oil-cloth so that the bed-clothes will not be soiled. Do not form the habit of leaning your weight on your elbows. This will have a bad effect on the texture of the skin.

Drinking Water
Dear Mrs. Symes,
I have heard that it is beneficial to drink a great deal of water every day. Will you kindly tell me about how much should be taken?
F. H.

Not less than three pints should be taken during the day. Of course, this quantity should be taken in small doses. Before breakfast, after meals and before retiring at night are the proper times for drinking the water.

Hair Not Attractive
Dear Mrs. Symes,
My scalp is exceptionally dry and consequently my hair is not so attractive as it should be. What do you advise me to use on it?
BELLE.

I think that if you will apply to the scalp vaseline or the lotion for which I am giving the recipe the condition of your hair will soon be improved.

Liquid Rouge
Dear Mrs. Symes,
As a rule I have red cheeks, but there are times when I look pale. For such occasions I should like to have on hand a rouge. Will you kindly publish the recipe for a liquid one?
JENNIE.

A very splendid rouge can be made of the following:

Liquid Bloom of Roses
Glycerin 30 grains
Ammonia water 1 fluid ounce
Spirits of rose 4 fluid ounces
Spirits of rose 1 fluid dram

For Dandruff
Dear Mrs. Symes,
I am itching out at a great rate. Do you think this is due to the fact that I have dandruff? Please advise me.
W. C.

The presence of dandruff will have a bad effect on the growth of the hair. You should start right away to get rid of the dandruff, and I advise you to try the mixture for which the recipe is here given:

A Hair Stain
Dear Mrs. Symes,
My hair is turning gray and as I am still young, I should like to use something to keep it its original color, which is brown.

This application of a hair stain whenever necessary will keep your hair brown. Following is the recipe for such a stain:

Rough Lips
Dear Mrs. Symes,
Will you please tell me what I can use to get my lips soft and smooth?
EDITH.

At night apply cold cream to the lips before retiring. During the day you can apply a lotion made of rose water, glycerin and benzoin. This will be more pleasant to use than cream when it is necessary for you to appear in public. Avoid the habit of wetting the lips with the tongue, for this will cause the skin to chafe.

Advice on Social Customs

Mrs. Chester Adams
cannot cordially invite her friends to supper for them should Robinson and Dephew be invited at any time

CHRISTMAS DINING TABLE
TODAY I am going to suggest a few things that will help you to make a special occasion of the feast on Christmas day and give to the dinner a touch that will make the event worth remembering. It is one of the few dinners that stand out as family affairs; and at this time there should be exerted every effort to bring all members to the table and keep them there with smiles and good will.

Many people think that just because a dinner is a family affair it should be slighted in the decorations, the favors and the many little things that are brought to the notice of invited guests. How foolish! Surely, mother, father, sisters and brothers are worth special attention on this special day.

One of the very effective means of decoration for the table now coming into favor is the California Christmas flower, known as the polsnetta. This is beautiful in its natural form, and it is always easily limited in paper. It has eight petals around a yellow disk; the petals are bright red and are long and oval. By cutting out a paper pattern after drawing it on the white, you can make dozens of these flowers and make to radiate from a centerpiece, that can be of flowers or of any unique idea that you may have in mind. If you are the daughter of a family, why not take the decoration of the table in hand and make it something to be worthy of the complete dinner that your mother is already planning?

A centerpiece for the Christmas table is effective if made of a flat group of poinsettias placed in a low bowl. Twine greens among the red. Another idea is a group of tiny Christmas trees for each member of the family, forming a circle around the center; have ribbons and place cards radiating from this ring, and put an appropriate greeting on each.

If the lighting above the table allows, attach a holly wreath to the fixture and bring down ribbons of satin or crepe paper to each plate; the effect is that of a huge bell. These should be moved when the dinner is being served.

The small pieces left from the Christmas tree, if you have one, or bought of the corner for a little sum, make a good centerpiece, that can be brightened with red flowers or berries. By all means, do not neglect the center of the table.

Place cards can be as simple as plain white squares with the names written on them. Place a little wreath behind the initial letter and color it with crayons.

I hesitate about giving any special menu for the family dinner, for this subject has been treated in full all this week. To the serving there can be made some final touches that will

Solutions to Social Problems

Mourning
DEAR Mrs. Adams,
I like to know if it is permissible for me to wear black fur?
2. Should the veil be raised in church and in the stores? Should it be worn over the face when I am riding on the street cars?
3. Would it be proper for me to attend a large church wedding in very deep mourning if mine is to be married?
4. May I wear my husband's engagement ring? It is a large diamond.
5. Is a velvet-trimmed suit considered mourning?
Mrs. A. B. C.

1. Yes.
2. For convenience the veil may be raised when inside the church or the stores, but during the first period of mourning it is worn over the face when one is out of doors.
3. If you are following the strict rules of mourning, you should not wear the engagement ring. Your wedding ring is sufficient.
4. No. Why not trim the suit with crepe or dull moire silk?

A Man's Card
DEAR Mrs. Adams,
Is it necessary for a man to leave his card when calling on a woman on her day?
ED R.

It is not necessary for him to do so, unless he is calling after some entertainment given by his hostess, in which he was invited, or unless it is the first time he has called on her in the season.

In the Presence of an Enemy
DEAR Mrs. Adams,
What should I do if I should happen to be at an entertainment where an enemy of mine is present?
W. C.

It would be indiscreet for you to be other than courteous and kind to him. You need not go out of your way to converse with him, but you can hardly avoid an exchange of greetings.

When to Send the Gift
DEAR Mrs. Adams,
I am going to be married soon. When should I send her a gift?
LOTTIE.

You may send it as soon as you receive an invitation to or the announcement of her wedding. Or, if she is an intimate friend, forward the gift to her as soon as you are told of the wedding.

Two Invitations
DEAR Mrs. Adams,
I received an invitation to a party for a certain night. Several days after I received an invitation to another party. The latter

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.

Oatmeal
Dear Mrs. Symes,
Is the use of oatmeal good for the hands?
BESSIE.

A little oatmeal rubbed into the hands after they have been washed and dried thoroughly will soften and whiten the hands.

A Tooth Powder
Dear Mrs. Symes,
Will you kindly let me have the recipe for a very good tooth powder?
E. F. K.

Following is the recipe you desire:

For Wrinkles
Dear Mrs. Symes,
Some time ago you published the recipe for a lotion which could be used on wrinkles. Will you print it again as soon as you can afford the space?
This is the recipe to which I presume you have reference:

Lotion for Premature Wrinkles
Alum, powdered 1/2 grains
Almond milk (thick) 1 ounce
Rosewater 1/4 ounces
Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

To Fatten the Cheeks
Dear Mrs. Symes,
I should like to have you tell me what I can do to fill out my cheeks. When they are thin I look ten years older.
A READER.

To make thin cheeks plump, rub a good skin food in with the following movements: To treat the right cheek,

place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek.

For Freckles
Dear Mrs. Symes,
Do you think that lemon and glycerin are good for removing freckles?
EDITH.

The two ingredients used in connection with those which are given here with have proved effective in many cases:

Lemon and Glycerin Lotion
For light freckles and sunburn.
Citric acid (lemon) 2 drams
Hot water 11 ounces
Borax 2 drams
Red rose petals 1 ounce
Glycerin 1 ounce

Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable.

For the Corns
Dear Mrs. Symes,
Will you kindly let me know of something I can use on my corns to give me relief from the pain?
MARTHA.

Following is the recipe for a lotion which you can apply to the corns:

For the Finger Nails
Dear Mrs. Symes,
Will you kindly let me know what I can use to make my finger nails more attractive? All around them the skin is cracked and looks very ugly.
HELEN.

The skin is evidently dry and in need of oil. Apply to the fingers olive oil or cold cream every day. It is also important that you use an orange-wood stick and not anything of steel to push back the cuticle from the nail.

A Birthmark
Dear Mrs. Symes,
Please tell me through your columns of a bleach that is not harmful to the skin. I should like to use it on a birthmark which I have on my cheek. The mark is

was more desirable to me, so I accepted. Do you think I did a great wrong?
LILLIE.

If you had not sent an acceptance to the first invitation before you replied to the second you committed no offense. You would have been unkind and discourteous if you accepted the second invitation in spite of the fact that you had done the same with the first.

The Twentieth Anniversary
Dear Mrs. Adams,
I have been invited to a twentieth wedding anniversary. Will you please tell me what kind of a gift should be sent to the couple?
Mrs. BROWN.

China is usually given on such an occasion. If you will visit the china department of one of your large stores, you will have a splendid opportunity to select something odd but useful for your friends.

An Engaged Man
Dear Mrs. Adams,
I am a young man, engaged to be married. My kind friend told me what I can say when friends congratulate me.
RAYMOND.

You may thank a friend for his kind wishes or you may say what I heard a man once say, "Thank you, I feel that I am entitled to it." Was not this a pretty compliment to the prospective bride?

Using the Visiting Card
Dear Mrs. Adams,
When one calls on a new neighbor and she herself opens the door should one's card be handed to her?
W. E.

A visiting card should never be handed directly to the hostess. Leave the card on the tray in the hall or drawing-room.

When Introducing
Dear Mrs. Adams,
When introducing persons of the opposite sex, should the man's or woman's name be mentioned first?
VERNA.

The woman's. Following is the form most frequently used: "Miss Blank, let me present Mr. Brown."

A Card of Introduction
Dear Mrs. Adams,
Will you please tell me how a card of introduction is prepared?
A READER.

The giver's visiting card is used for the purpose. The name of the person whom it is to introduce is written above the engraved name on the card. The card should be placed in a card envelope, but left unsealed, and addressed to the person to whom the introduction is to be made. It is then introduced in the lower left-hand corner of the envelope, "Introducing Miss Helen R. Randel."

Calling for a Girl
Dear Mrs. Adams,
When I take a girl to the theater, how soon should I call for her before it is time to go?
I think that it will be most satisfactory to call about ten or fifteen minutes before it is time to start for the theater. This will allow plenty of time for the exchange of greetings and for the girl to adjust her wraps.

The Proper Reply
Dear Mrs. Adams,
I have been invited to a home wedding and reception. On the cards were the letters R. S. V. Please tell me how to reply to such an invitation?
MISS JONES.

The invitation should be answered in this way: "Miss Irene S. Jones accepts with pleasure the kind invitation of Mr. and Mrs. R. S. Jones to the wedding of their daughter on Monday afternoon, December the seventh, at four o'clock."

After a Meal
Dear Mrs. Adams,
My friend and I have had an argument, so I write to you for a solution. It is proper to push the chair back into place after one has finished a meal?
I think it is not necessary to push the chair back into place at the conclusion of a meal unless one is dining at home or informally at a friend's house where such is the rule.

Returning Calls
Dear Mrs. Adams,
Will you please tell me how soon one should return a call made by a neighbor I have just moved into this city.
A. L. P.

If the neighbor who called on you has regular receiving days, you should make it a point to call on her on her next reception day. If she has none, her call should be returned within a week or two.

Announcement Cards
Dear Mrs. Adams,
Please tell me how the announcement cards should be worded. My mother is a widow.
ANNA R.

The cards may be worded in the following form: "Mrs. Mary Richards Smith has the honor of announcing the marriage of her daughter to Mr. Harry Gleason White on Thursday, December the third, nineteen hundred and thirteen, at Saint Andrew's Church."

Partaking of Soup
Dear Mrs. Adams,
To settle a dinner, please tell me whether soup should be taken from the side of the point of the spoon, whether one's napkin should be opened wide before it is spread across the lap.
Some one all liquids should be taken from the side and not the end of the spoon. Do not open the napkin wide and spread it over the lap. It is sufficient to open it once and lay it across the lap.