

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

HYGIENE - THE WATCHWORD of the CENTURY



Dry Fingers to Turn Pages

OUR CHILDREN should be taught from the earliest comprehensive age to observe the laws of hygiene.

I heard, not so long ago, of two little girls, known to an acquaintance of mine, who were passing a public fountain on their way to school.

"Wait," said one of the youngsters to the other, "I'm going to get a drink."

"Oh, don't," cried the second child, "there are heaps of little wiggly germs on those dirty cups. They aren't big enough for us to see, but mother says they're there just the same."

At the word "wiggly," the first child stopped, horror-stricken, and went to school and got the much-wanted drink at the sanitary bubbling fountain in the school hall.

The careful second little girl told her companion, on the way to the school, that her mother had taught her that when she was at a place where there were no sanitary drinking fountains, always to wash the cup or glass from which she was to drink, if it had been used before, with the hottest water she could find.

This, of course, cleaned, partially at least, the cup, and the child did not so much risk infection.

Another child of my acquaintance was handed an envelope with the words, "Please seal that for me, dear."

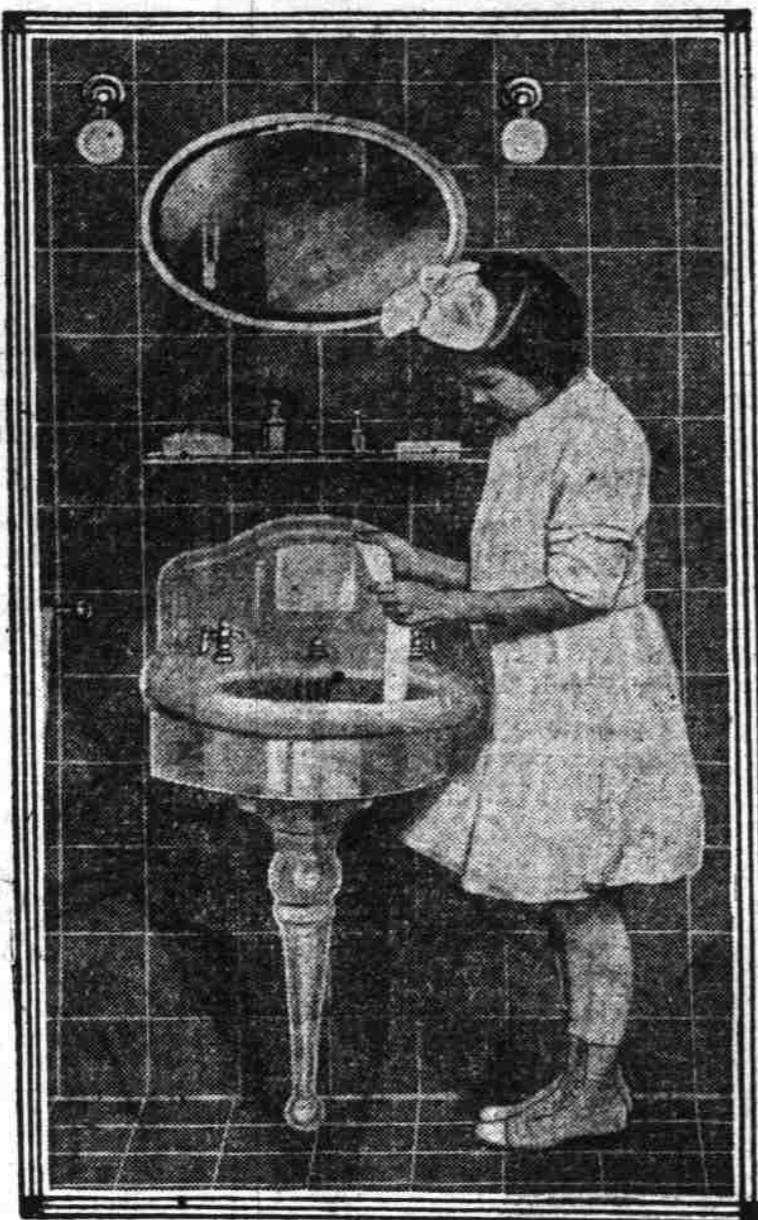
The little girl hesitated, glanced about for a means of wetting the flap of the envelope besides that of using her tongue, and, finding none, flushed uncomfortably.

It took courage, indeed, but the next moment she bravely handed the envelope back and said to the grown-up, who for the moment had forgotten hygiene, "Mother says that I must not lick envelopes or stamps."

"You've a very sensible mother, my dear," quickly replied the contrite grown-up.

This licking of envelopes is a very serious matter. Thousands of germs settle on a gummed surface, germs of any one of the many horrible diseases which are, at best, uncomfortable to think about.

Make it a rule, mothers, that the clean pink tongues of your offspring shall not run the risk of contracting diseases such as these. It is quite a serious matter, I assure you, and I assure you, too, that I am not "germ mad," nor am I a faddist.



Scalding the Face Cloth

Next to licking stamps and gummed surfaces in general comes the wetting of the fingers to turn the pages of a book. This is most dangerous, even with a book from the household library, but with public library books it is positively criminal to allow a child to continue the practice without emphatic warning.

One thing is certain, that we cannot, and would not, wish to do without public libraries, but what a blessing it would be if there were only some way of sterilizing the books before they are taken from the shelves by our children.

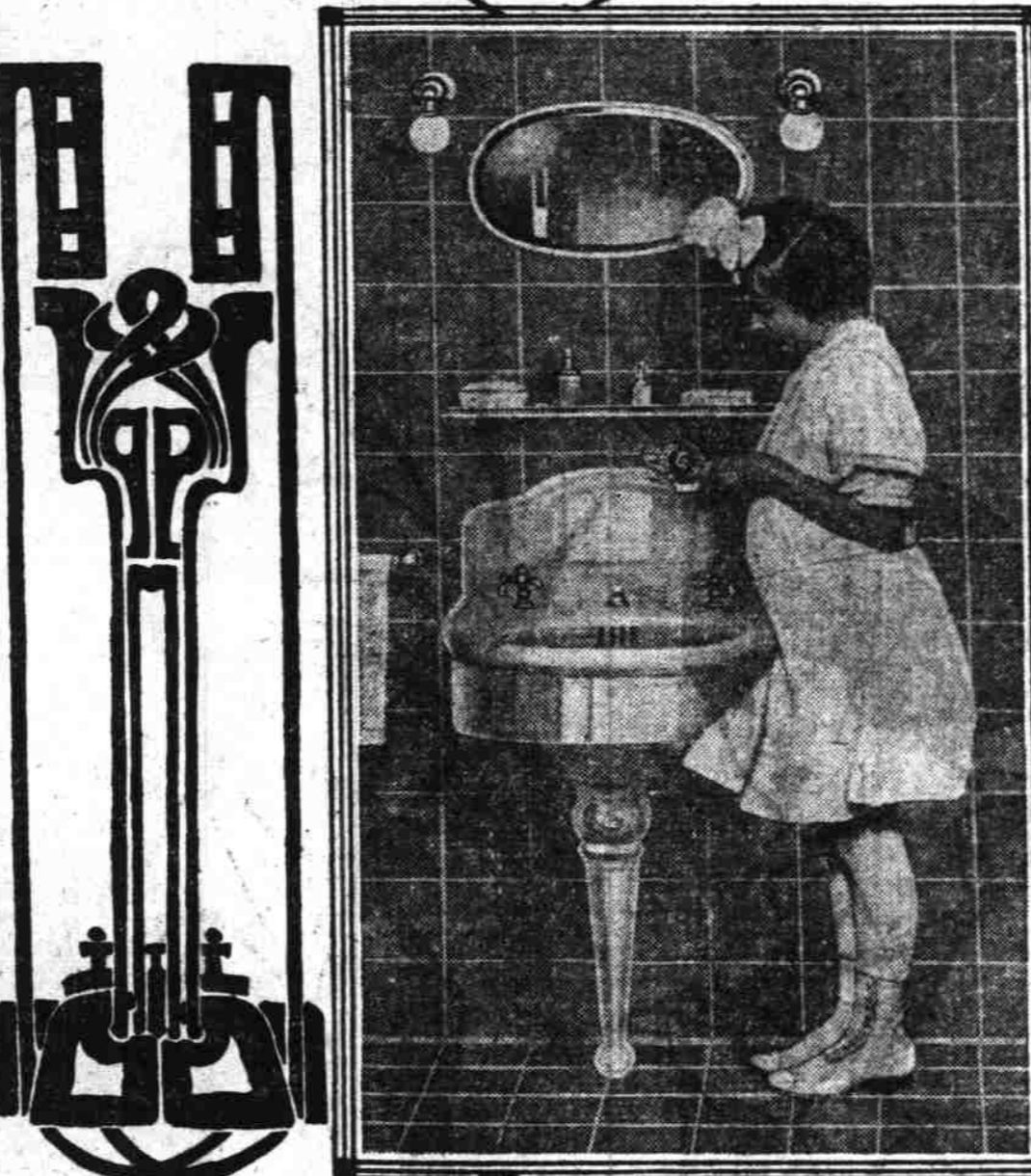
As a safeguard, however, teach the children to keep the books as far as possible from their faces (within easy reading distance, of course), to wash their hands before and after reading them, and never, never to wet their fingers in their mouths to turn a page.

Also, forbid them to bring a much-soiled volume from the library. Explain to them about the little "wiggly" germs that are on the pages of dirty books, though they cannot see them, and you should have little trouble in getting them to obey you, even when they are not under your supervising eye.

It would be an excellent thing if we all had liquid soap in our bathrooms, such as they now have in most of our railroad stations. In France it is considered as bad form among well-bred people to use another person's soap as it is to use another person's tooth-brush, and, rightly so, too.

Let the little ones have their individual cakes of soap, and let them know why they have them. This will be a good opportunity to teach them economy, too, and, yes, consideration for others.

Tell the children that they must not let the soap lie in the water, because it will take father's or mother's money that is needed for something else. They will quickly become interested and co-operative if they are led to believe that they are assisting mother and father to keep down household expenses.



Hygienic Tooth Powder

It should happen that a child is obliged to use a cake of soap used by other people, teach the little one that the soap must have a bath before and after using—always! The child should hold the cake of soap under the hot water (tell her that cold water, while better than no water at all, will not vanquish germs so effectually) for about a half minute before using the soap.

After using, she must have consideration for the next fellow and give the soap a second half-minute bath.

Another lesson in hygiene for the small woman is that of keeping her own brush and comb clean. No amount of scrubbing in soap and water will satisfactorily clean between the teeth of a comb, and so missive must use a strip of muslin and pull it back and forth between the teeth, as though she were playing bootblack. A small quantity of ammonia or borax should be added to the water in which both the comb and brush are washed.

Both brush and comb should be allowed to soak a half hour before being thoroughly cleaned. The ammonia may be placed in the "soaking" water and a strong soap used in the second water. The brush should then be rinsed in hot water and then in cold to harden the bristles.

Another thing in the bathroom besides the soap requires a bath—one's face cloth and bath cloth. It is surprising how many grown-ups neglect this in their rush to get dressed as quickly as possible. The oversight is really unpardonable.

After using the cloths they should be placed in the bottom of the stationary washstand and the hot water faucet turned on. Do not put the hot water drain off the cloths and so carry with it some, at least, of the little wiggly germs. Before using the cloths, a bath should always be given them, just as with the soap. When they are hung up they are damp and form splendid dust collectors, and those



Getting Between the Teeth

of us who do not know of what dust consists would be horrified at the first analysis. Besides, the cloths are probably hung near other damp cloths (which really shouldn't be the case), which belong to other members of the family.



Give the Soap a Bath

have their own little box of it, preferably a tube-like tin box with a small opening at the top from which just enough powder for the brush can be shaken upon the brush itself.

Tooth-powder should never be taken into the palm of the child's hand or the brush dipped in a large open-mouthed receptacle of powder.

Lessons of hygiene learned now will become habits later on in life. There might well be a saying, "Never too young to learn" as well as "Never too old to learn."

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams most cordially invites her friends to bring to her their Social Problems and Difficulties by letter at any time.

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

YOUR MAID

TODAY I am going to talk about the service of your maid in the dining room. It after all depends greatly on the woman in the home whether the service is excellent or a mere excuse for service.

My suggestions today are going to be on the subject of training a maid into better service and along lines that will bring satisfaction to both you and to her.

First of all, I would impress on you that servants are human and that they are tired out with work as frequently as you are. They need a rest, and after a respite from work a better attitude toward it will result and better service will be given.

Secondly, I would emphasize that in order to have work well performed and decidedly efficient you must know what you want, and without indecision, that destroys all confidence and respect in your servants, you must give clear directions and orders.

Remember that a dignity in treating servants can always be combined with consideration. It is the woman who has not been used to ordering, and who has not the innate refinement and good manners, that maintains the superior air and the "high hand." A real lady—and I wish that term to be taken in the full meaning of the word—never forgets to be kind.

Insist on neatness in the attire of the

maid who is under your instruction. Another qualification is the quietness of service and the quick eye. Without being obtrusive, a maid in the dining room must, without announcing, know that more bread is required, that the water glasses must be filled, that the fork has been dropped by some one and that it is time to remove the dishes.

This ability is acquired by practice and by frequent insistence on the fact that it must be given with good service.

The water glasses must be kept filled, and this is done at the right of each plate. A scalded tongue on account of an empty glass is sometimes the result of a fallacious do this. Impress this on the maid. Another thing that must be under supervision is the butter plate.

The individual dishes ought to be supplied with butter all the time. Serving of all other food should be done from the left. This gives the person a freedom to use his right hand in helping himself to the food which is held for him by the maid.

If separate dishes are to be used, they can be supplied by the maid just before the main serving dish is offered. Spoons should be placed in the large dish, and if any difficulty is experienced in the helping, assistance can be given.

Coffee is placed at the right of the diner, and the sugar and cream, on a little tray, are held at the left while the diner helps himself to them.

Between the courses, before the dessert, the table should be cleaned of the crumbs by the maid. This can be done with a "crumber," which consists of a knife and a small flat-handled tray. It can also be done with a plate and a napkin.

After the dessert, the finger bowls should be filled with fresh water and placed before each one, and the maid can then withdraw until the dining room is cleared. The table should then be entirely cleared and the centerpiece and flowers placed upon it. And this completes this talk for today.

SOLUTIONS TO SOCIAL PROBLEMS

The Napkin

DEAR Mrs. Adams: What is the proper thing to do with a napkin when dining in another's home?

I presume that you wish to know what is done with the napkin at the conclusion of the meal. When taking but one meal at a friend's house the napkin is placed unfolded beside one's plate. If you are visiting a friend for a day or two, you should do as the host and hostess do, for not in every home is a fresh napkin supplied at every meal.

After Dinner

DEAR Mrs. Adams: I have recently moved to this city and am often invited out by new acquaintances to dinner. How long should I remain at their homes when dinner is over?

A guest is always privileged to leave at any moment after the dinner is concluded. It is never polite nor kind to the hostess for a guest to hurry away to meet another engagement before the dessert has been served. If a guest spends an hour or two with his host and hostess after the dinner, he cannot be adversely criticised. Of course, if the entertainment warrants it, he can stay longer if he likes.

Suitable Dress

DEAR Mrs. Adams: What is the correct attire for both a man and a woman for a few weeks following their marriage?

Arriving for Dinner

DEAR Mrs. Adams: When one is invited to a house dinner, what time should he arrive and depart? Is it correct to eat the meat first, then lay the knife aside and eat with the fork only?

Should one say "Thank you for your goodness" or something of the kind when leaving?

If you are to dine informally with old-time friends you need not conform to any set rules. If you are to dine with persons with whom you are slightly acquainted you should arrive before the hour named in her invitation or within fifteen minutes thereafter. It is polite to remain an hour or so with your host and hostess after the dinner.

Do not cut all of your meat at once. Cut a piece suitable for the fork, lay down the knife and transfer the fork to the right hand to pick up the meat and convey it to the mouth.

A Widow's Card

DEAR Mrs. Adams: Kindly tell me how a widow's card should be answered.

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 Hair Tonic

DEAR Mrs. Adams: My hair is extremely dry and greatly in need of tonic. Will you please tell me a good one?

Here is the recipe for the kind of tonic which your hair needs. Do not fail to massage the scalp and brush the hair daily.

Jaborandi Tonic

Quinine sulphate 2 grains
Tincture of cantharides 5 fluid ounces
Fluid extract of jaborandi 1 fluid ounce
Alcohol 4 fluid ounces
Rosewater 2 fluid ounces
Glycerin 1 fluid ounce
Borax 1/2 fluid ounce

The quinine should be dissolved in the alcohol, the fluid extract of jaborandi, the other ingredients added and the whole filtered. Rub into the roots of the hair every night.

An Egg Shampoo

DEAR Mrs. Adams: Will you kindly give me the recipe for an egg shampoo?

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

A Sty

DEAR Mrs. Adams: Please tell me a harmless thing to do for a sty.

The best thing to do for a sty is to bathe the eyes frequently with warm borax lotion (five grains to one ounce

For a Corn

DEAR Mrs. Adams: Will you please tell me what I can use to remove a corn?

I am giving you the recipe for a mixture which you can use on your corn: Borate of sodium 1 dram
Extract of cannabiss 1 scruple
Collodion 1 ounce

Paint over the corn once or twice a day and scrape away superficial growth in three or four days.

To Darken the Brows

DEAR Mrs. Adams: Will you kindly give me the recipe for a liquid which I can use to darken my eyebrows?

An eyebrow pencil will be the most satisfactory thing for you to use. You can buy one at almost any drug store.

Dark Circles

DEAR Mrs. Adams: Will you please tell me what is the cause of dark circles beneath the eyes and what will remove them?

If the tendency is hereditary, you can do nothing to get rid of the circles. Frequently the circles are due to some internal cause. If you are anemic or are taking your system by studying late at night, or are dissipating, you have plenty of cause for the circles. If you are unable to determine a cause, you should consult your physician.

To Reduce Weight

DEAR Mrs. Adams: I am very anxious to reduce my weight. Will you please tell me what I should and should not eat?

You should avoid all foods which contain a great quantity of sugar and starches, such as sweet cakes, ice cream, candy, white bread, oatmeal and rice. Do not eat fatty substances, oils, marshmallows, butter, cream, gravies, etc. Do not drink liquids with your meals. You may eat sparingly of oysters, lobsters, clams, soup that are made with four nor fat thicken-

For Tender Feet

DEAR Mrs. Adams: Will you please tell me what to do for my feet which are very tender?

If your feet are tender, you should be most particular to select shoes and stockings which fit them comfortably. Do not wear the same pair of either two days in succession.

Wash the feet in cold water night and morning, rubbing dry with a rough towel, after which mop on the following solution: Salicylic acid 1/2 ounce
Alcohol 1 ounce

Borax Eyewash

DEAR Mrs. Adams: Please tell me what are the ingredients and proportions of the borax eyewash.

The eyewash is made of: Borax 1 grain
Camphor water 1 ounce

To Remove Vermin

DEAR Mrs. Adams: Kindly tell me how to get rid of nits.

Saturate the head thoroughly with alcohol or kerosene. Bind the head in a towel for two hours. Divide the hair into small strands and brush it well and, if necessary, wipe each strand with a cloth. Then wash the head, using a strong soap for cleansing purposes. Be sure to rinse the hair thoroughly.

Sore Fingers

DEAR Mrs. Adams: Frequently on very cold days my fingers crack open and are very sore. Can you suggest a remedy for this condition?

What can be done is to oblige to use the cream when I am obliged to use the soap. Have your drugist make a lotion of alcohol, alum and water. If you tell him your purpose you wish to use

Tooth Paste

DEAR Mrs. Adams: Kindly publish the recipe for a harmless tooth paste.

Following is the recipe you desire: Orris root powder 1 ounce
Myrrh powder 1 ounce
Oil of lemon 2 drams
Oil of rose 2 drams
Solution of geranium suffocans to color.
Honey enough to form a paste.

A Dry Scalp

DEAR Mrs. Adams: My scalp is exceptionally dry. Will you tell me what to use on it?

Vaseline or castor oil rubbed on the scalp every day will make it less dry, or you can use the lotion for which I am giving the recipe if you do not care to use a saline oil:

Lotion for Dry Scalp
Glycerin 1 ounce
Eau de cologne 1/2 pint
Liquid ammonia 1 dram
Oil of organum 1/2 dram
Oil of rosemary 1/2 dram
Tincture of cantharides 1 ounce

For Corns

DEAR Mrs. Adams: Will you please give me the recipe for a lotion which you can use on the corns?

Following is the recipe for a lotion which you can use on the corns: Borate of sodium 1 dram
Extract of cannabiss 1 scruple
Collodion 4 fluid ounces

Large Lips and Nose

DEAR Mrs. Adams: I write to ask if you could advise me of anything that would reduce the size of the lips, which in my opinion is a temporary swelling, and at times they appear very thick.

2. Also if there is anything that will reduce the size of the nose. Do you think that constant and persistent massage will help to straighten it?