

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

SUMMER GIRL SECRETS



Cologne for Oily Skin

IT IS no longer considered the thing to exert one's powers to acquire a leathery coat of tan, which, to say the least, is always doubtfully becoming. And the poor skin, how it suffered and grew ugly and unsightly because of its owner's lack of sense! Then, when the winter months came and the low-neck dresses were to be worn, the scars of the summer sun remained, and instead of others thinking of the vacation one could afford at the shore during the summer, they doubtless commented upon Miss Blank's poor complexion. Now the summer girl takes at least a reasonable care of her skin, knowing that it is no longer considered "good form" to neglect the proper precautions against sun and wind burn.

One of the first precautions is that of carrying a green parasol on sunny strolls, and especially after a sea bath the parasol is used. An old umbrella will answer the purpose after the bath, for, of course, one doesn't wish to risk a good, and perhaps delicate, parasol upon the wind-blown sands and against the wet bathing suit. Have a sun bath, if you must (and I admit that in moderation it is good for you); but do not go to extremes and bake yourself brown. The dress-up parasols should be green when possible, as this color affords excellent protection both to the eyes and skin. An excellent way to prevent the burning is to mask the face in cold cream and powder before braving Sol's rays. This mask need not be so conspicuous as it sounds. First, rub a good cold cream upon the face, so that it enters the pores and then, after wiping off with a very soft cloth (a soft old handkerchief is good for the purpose), apply a layer of powder, leaving as much on the face as you can without its being very noticeable. Thus protected, the rays of the sun can do the face very little harm. If the sleeves are short, long gloves should be worn, or the arms should be kept well under the shade of the parasol. If rice powder agrees with the skin, it is the best powder to use for the sunburn mask. I have in mind an excellent cream, which is used principally for sunburn and which may be applied before going into the sun or after the face has by some mischance become burned. If applied after the damage has been done, the healing qualities of the cream make it indispensable. Following is the formula:

- Sunburn**
- White petroleum..... 2 1/2 ounces
 - Paraffin..... 1 ounce
 - Woolfat..... 1 ounce
 - Lanolin..... 1 ounce
 - Water..... 4 ounces
 - Oil of rose..... 2 drops
 - Alcohol..... 1/2 dram



Carry A Green Parasol



Keeping the Locks in Curl

charm of freckles is rare and seldom found, and most of us wish to exercise them. I know of no better cream for the purpose than the one I give you here:

- Freckle Cream**
- Petroleum..... 1 ounce av.
 - Lanolin..... 1 ounce av.
 - Hydrogen peroxide..... 1 fluid ounce
 - Acetic acid..... 1 fluid dram
- When the face is given to becoming excessively oily in hot weather, an application of toilet cologne after each washing will prove a great comfort and preventive of this unpleasantness.
- For excessive perspiration there is a pleasant orris powder that can be used on all parts of the body. It is especially good for perspiring hands before donning gloves, and for the armpits. It is made by combining 3 fluid drams of phenic acid, 5 1/2 fluid drams of alcohol, 6 1/2 ounces of starch, 5 1/2 ounces of Florentine orris and 32 minims of essence of violet. Dissolve the acid in the alcohol; add the violet essence, then the starch and orris root.
- The cool lace camisole is another aid to coolness in the hot summer months. It is easily made, and looks so pretty under the sheer dresses. A strip of

ACamisole is Cool

If you are blonde you may freckle instead of burning, and I know just how much of a rage those same freckles can kindle in your feminine heart. "Freckles!" you say. "Of all the ridiculous disfigurements!" Yet I knew a girl whose freckles actually gave her a quaint, tomboyish charm that was irresistible. However, the

lace flouncing, with a ribbon drawing at the top, two shoulder straps of ribbon and the whole attached to a wide waistband makes the nicest, coolest camisole imaginable.

Another summer-girl secret is that of keeping the hair in curl in hot weather. It is then that we envy the girl with naturally wavy locks, which dampness causes to wave only the tighter. The wise summer girl whose locks are naturally straight has, however, discovered that an application of a curling fluid made of a tablespoonful of bruised quince seeds to a pint of hot water, the water being poured over the seeds and the whole allowed to stand several hours, will help wonderfully in keeping the hair in curl. The resulting quince mucilage is thinned with a few drops of essence of violet before the hair is moistened with the fluid. Apply the fluid just before wrapping the hair upon the crimpers. There is also a curling fluid that can be applied to the hair and left to dry, curling the hair as it dries without the aid of crimpers. I would not advise frequent use of this, however; but in a case of emergency it can be resorted to. It is made as follows:

- Hair-Curling Lotion**
- Potassium carbonate..... 120 grains
 - Rosin..... 1/2 dram
 - Alcohol..... 15 fluid drams
- Rosewater enough to make 16 fluid ounces. In using, moisten the hair, adjust it loosely and allow to dry.
- There is but little or no excuse for the summer untidiness and wilted appearance of some of our girls and women during the hot months, for with a little care one can acquire the trim grooming that is a very vital part of charm.



Orris Powder for Perspiration

ADVICE ON SOCIAL CUSTOMS

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

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

A RECEPTION ON THE LAWN

VER in France it is called the "fete champetre." That means the lawn fete. In England the entertainment outdoors on the lawn is recognized as an important way of meeting obligations that have to be wiped from the social calendar. If you have a lawn or can arrange for the hiring of a lawn, do so by all means, and save the summer an unusual entertainment to your friends.

The invitations can be sent out a week ahead of the date, and we are not going to think of a rainy day as a possibility. It may happen, but in this day's little talk it is not going to be considered.

The most informal way to invite friends to a garden party is to write in ink on your visiting card below your name the words, "Garden party, June 21, from 4 to 7 o'clock." These cards are inclosed in small envelopes and sent by mail or messenger.

If the garden party is to be a very large affair and more formal in plan, then a specially engraved invitation, as for an indoor reception, can be ordered. It can read like this:

Mrs. Edward Bingham requests the pleasure of your company on Monday afternoon, June the twenty-first, from four to seven o'clock. Garden party. ROSA B. BINGHAM

There can be the little personal note for a small affair, and the more char-

acteristic it is the better it will reflect its sincerity. In it the date, time and place are mentioned, and the fact that it is an informal gathering should be stated. It is always a good plan to include any summer guests that may be visiting your friends.

Whether the lawn party is an informal entertainment or a formal affair, the lawn must be well clipped and the flowers in their best condition. The paths should be cleaned and rugs spread here and there, with a plentiful supply of benches and chairs. A table should be placed for the refreshments, and at the punch bowl, coffee urn or tea urn there should be a friend presiding, as in any reception. Of course, the dainty summer dresses and hats will lend charm to the natural setting.

If you can, have music. The musicians can be hidden behind shrubbery or trees; mandolins, banjos and guitars are very good.

The best of a garden party is that there need be no special diversion provided. The guests keep moving and have much more space than in a reception room. Refreshments are taken while the guests stand. The luncheon should be very simple. Berries of all kinds, cakes, sandwiches, a cold salad, lemonade or fruit punch and bonbons are easily supplied and are sufficient for any lawn reception. If there is a veranda, the buffet luncheon can be spread on tables there. The maids have ready access to it, and there is a protection for the food in case it should rain.

I am sure that you will be delighted with the lawn reception. It can be used for the summer entertainment for a church or in place of the charity bazaar. When you consider that nature furnishes your decorations and room and all that you must do is to entertain, you will agree with me that it is a way of entertaining that should not be missed in the summer.

Should you receive cards to a breakfast or luncheon, or the invitation bears the letters R. S. V. P., a reply is necessary. Cards to a church wedding followed by a reception need no written answer if you purpose to attend. Your presence will serve as an acceptance. If you are unable to attend, you should acknowledge the invitation by posting the day of the marriage two visiting cards addressed to the bride's parents.

If you are invited to witness merely the formal ceremony and have only the most church acquaintance with the bride or groom, it is not necessary for you to send a gift. However, it would be perfectly proper for you to do so if you feel so inclined. The gift may be sent within two or three weeks of the day set for the marriage.

Congratulating the Bride

Dear Mrs. Adams, tell me when is the proper time for the maid of honor and the bridesmaids to congratulate the bride and groom.

Before the guests arrive at the reception.

Cannot Accept

Dear Mrs. Adams, I have been invited to a shower for a bride-to-be, but I shall not be able to attend. Should I send a gift, and if so, what should it be?

ALICE

You should send a gift. The person who invited you, send her instructions as to the sending of the gift.

At a Morning Wedding

Dear Mrs. Adams, I am going to be married next month and expect to have a morning wedding. Would it be proper for me to wear a veil?

MAY

A veil is quite proper at a morning wedding if you intend to wear the traditional white satin wedding gown.

After Attending a Dance

Dear Mrs. Adams, I am friend of mine and myself recently attended a dance. The cards of invitation are a party call necessary? If so, how soon after the entertainment should they be sent? A call should be made on your hostess within two weeks after the date of the entertainment.

She Loves Another

Dear Mrs. Adams, I am 20 years old and have been going with a boy two years. I find now that I do not care for him, but love another. I have a boy with whom I went to school, on my account he has not been going together for a year and I cannot forget him. My friends tell me he will care for me. Should I tell him how I can remain his friend?

V. MET.

If you were at fault, you should write the young man, explain the matter of affection and tell him that you would be very glad to resume the friendship. If he does not acknowledge your note, do not make any further advances, for by doing so you would be humiliating yourself.

The Bride's Attendants

Dear Mrs. Adams, Kindly tell me with whom the maid of honor walks in the bridal procession? Do the bridesmaids provide their own conveyance to and from the church?

BERTHA S.

The maid of honor walks alone in front of the bride while walking toward the altar. When leaving the altar the maid of honor walks with the best man immediately behind the bride and groom. The bride's family provides the carriage for the maid of honor.

Offering Thanks

Dear Mrs. Adams, Kindly tell me out to the theater it is necessary for me to thank him when he is at a wedding breakfast? ENDA.

ALICE.

It is not necessary to offer thanks at every act of kindness, but you should not fail to express your appreciation of his kindness at the end of the evening's pleasures.

Announcing a Birth

Dear Mrs. Adams, I want to send out the formal cards to announce the birth of a child. Not at all. If the parents wish to inform their friends of the birth they can write informal notes to give the news.

E. S.

A Wedding Breakfast

Dear Mrs. Adams, tell me what is the order in which guests go to the dining room at a wedding breakfast? ENDA.

The bride and groom enter first, the bride leaning on the groom's arm. The maid of honor and best man follow, and then come the ushers and bridesmaids. The bride's father takes in the groom's mother or nearest woman relative present, and finally the guests in general. The order that pleases them best. The hostess and the groom's father go in last.

A Doctor's Card

Dear Mrs. Adams, Will you kindly tell me if a doctor may use the same card for visiting as for his profession? F. G.

For social purposes a doctor should have only his house address in the lower right-hand corner and the title Dr. before his name or the letters M. D. after it. On his professional card he should have the title Dr. before his name, his house address in the lower right-hand corner, and his office number and office hours in the lower left-hand corner.

SOLUTIONS TO SOCIAL PROBLEMS

Who Precedes?

DEAR Mrs. Adams, When a man and woman enter and leave a train, which one should precede?

JACK.

The woman should precede when boarding the train and should follow her escort when leaving the train.

Does Not Love His Fiancee

DEAR Mrs. Adams, I have been engaged for nearly a year to a girl for whom I no longer care. She is a respectable and intelligent girl, but I am in her society I am not supremely happy, and that I am always glad when I can leave her. I do not wish to break her heart, but I should like to know how I should tell her that I do not care for her.

F. G.

It would be far more honorable to tell the girl just how you feel about the matter and ask her to release you. Let me advise you, however, to be more certain of your feelings for the next girl whom you ask to marry. A question of this kind is of too serious a nature to be asked lightly and just as lightly ignored a few months later.

The Proper Signature

DEAR Mrs. Adams, What is the proper way for a married woman to sign her letters to friends?

GRACE.

She should sign her Christian name and her husband's surname, as "Mary Blank" and not "Mrs. John B. Blank."

A Gift Not Necessary

DEAR Mrs. Adams, When one receives the announcement of a wedding of persons who are not intimate friends, does one have to send a gift?

IN DOUBT.

It is not necessary for you to send a gift. The bridegroom wears at a church announcement. You should send your card to the bride or bridegroom or both.

Vest and Tie

DEAR Mrs. Adams, What is the proper vest and tie for a man to wear with full dress suit? GEORGE.

He should wear a single-breasted white silk, linen or pique vest and a white linen, silk or pique bow tie.

The Proper Suit

DEAR Mrs. Adams, Will you kindly tell me what kind of a suit the bridegroom wears at a church wedding when the ushers wear evening suits? If the bride's father gives her away, should he wear an evening suit? Should the maid of honor of the matron of honor directly precede the bride? BRIDE-TO-BE.

1. If the wedding is held after 6 o'clock in the evening, all of the men present at the ceremony should wear evening suits. If it takes place before that time, the proper dress consists of a frock coat, gray trousers, a white, pearl or gray silk or linen waistcoat or one to match the coat, pearl or light-colored

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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.

To Keep Back the Cuticle

The cuticle grows up in an annoying way over my nails. What can I do to prevent this?

HELEN.

You must push back the cuticle, very gently, every day. Do this with the blunt edge of an orangewood stick. If the cuticle is stubborn, you should apply cold cream or vaseline to it every night.

Making a Shampoo Preparation

Will you please tell me how to make a preparation that will do to shampoo my hair?

Dissolve half a cake of white floating soap in a quart of boiling water. Let it simmer half an hour over a slow fire. Dissolve a tablespoonful of washing soda in a quart of boiling water. Add it to the soap mixture. Stir together and let cool. Use as a shampoo. Rinse the hair always in four or five clear waters after using a shampoo mixture.

Keeping the Hair in Curl

During the warm days of summer I have great difficulty keeping my hair in curl. Will you tell me what to do to keep my hair in curl?

VIOLA.

If you will use a curling fluid on your hair the wave will remain for a longer time than it otherwise would. Following is the recipe for a very good curling fluid:

To a tablespoon of bruised quince seeds add a pint of hot water. The water is poured over the seeds and the whole allowed to stand for several hours. The resultant mucilage may then be thinned

with a few drops of essence of violet. The hair is moistened with the fluid before curling.

A Cleansing Cream

Will you please tell me of a good cream which I can use to cleanse my face? I work in a very dusty neighborhood and consequently my skin is very dirty when I reach home at night.

Following is the recipe for a cream which you will find very satisfactory for cleansing the skin:

- White wax..... 2 ounces
- Spermaceti..... 2 ounces
- Sweet almond oil..... 2 ounces
- Distilled water..... 2 ounces
- Glycerin..... 2 ounces
- Salicylic acid..... 2 grains

A Hair Tonic

Dear Mrs. Syms, Do you have the recipe for a hair tonic containing nux vomica, cantharides and several other ingredients? I had the recipe, but lost it.

I have the recipe to which you refer and am glad to publish it for your benefit.

Dandelion Wine

Will you kindly publish the recipe for dandelion wine?

MADEIRA.

Steep dandelion flowers in boiling water for five minutes, and strain off the liquid, pressing the flowers hard. Sweeten to taste and add brandy in the proportion of a pint to every four gallons of liquid. Put in uncorked bottles and keep in a cool place until fermentation ceases. Draw off and rebottle.

To Whiten the Hands

Dear Mrs. Syms, What can I do to make my hands white? Put into a bottle 2 ounces of

glycerin, 2 ounces of water, 4 tablespoonfuls of the juice and a few drops of carbolic acid. Shake well. After washing and drying the hands rub a little of the mixture into them. Slices of freshly cut cucumber rubbed over the hands will tend to whiten the skin. This treatment is also good for a neck which is marked with brown rings.

Falling Hair

My hair has been falling out at an alarming rate. What do you advise me to do for it? I have never had to attend to my hair before because it was so thick and long.

MAUDE.

If you will take immediate care of your hair you will soon restore it to a healthy condition. I advise you to massage the scalp and brush the hair for ten or fifteen minutes every day and while massaging to rub into the scalp the tonic for which the recipe is here given:

- Cologne..... 8 ounces
 - Tincture of cantharides..... 1 ounce
 - Oil of English lavender..... 1 dram
 - Oil of rosemary..... 1 dram
- Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean.

A Brown Stain

Dear Mrs. Syms, Please publish the recipe for a brown stain for the skin and something to remove it.

MEDORA.

From your question I presume that you desire a stain that will give your skin a brown tint. You can get a brown grease paint for this purpose at almost any drug store, and to soften its tone you can apply a brown face powder over it. To remove the paint use cold cream.

To Darken the Hair

Will you publish the recipe for a brown stain for the hair? A friend told me what to do to darken my eyebrows? READERS.

The constant application of castor oil or coal oil will make the hair somewhat darker, but if you wish an

immediate and a decided change in the color of your hair, you should apply the brown hair stain for which the recipe is here given:

Brown Hair Stain

- Green walnut shells..... 2 ounces
 - Ain..... 4 ounces
 - Pure oil..... 4 ounces
- Heat together in a water bath until the water has been completely evaporated. Then strain through a cloth and put in a bottle. Sage tea may be used to darken the hair. Make a strong decoction of dried sage, and strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.
- To darken your eyebrows, use an eyebrow pencil as often as necessary.

Coarse Hair

Dear Mrs. Syms, Please tell me what to do to make my hair fine.

What will make my face and arms white? They are very dark. I should like very rough and full of little holes, which look as though backheads have been squeezed from them, but never squeeze backheads. What shall I do about this? MAE.

1. You cannot do anything to make your hair fine, but you need not let this fact prevent you from having attractive hair. Keep it well groomed by massaging the scalp and brushing the hair for ten or fifteen minutes every day. If it lacks luster, apply brilliantine occasionally. To make the brilliantine mix together the ingredients here listed:

- Sweet almond oil..... 4 fluid ounces
- Alcohol..... 4 fluid ounces
- Glycerin..... 1 fluid ounce
- Oil of rosemary..... 12 drops

2. To whiten your skin, bathe it several times a day with buttermilk and once in a while apply to it lemon juice. If the plain juice is too strong dilute it.

The little holes in your skin are enlarged pores. Use the astringent for which the recipe is here given:

- Oil of sweet almonds..... 5 ounces
- White wax..... 2 ounces
- Tincture benzoin..... 3 ounces
- Rosewater..... 1 1/2 ounces
- Purified tannin..... 5 drams