CONCERNING HEALTH and BEAUTY
By MRS. HENRY SYMES

FINDING LOST YOUTH *in* PLAY

A Tug of War

Back To the Old Swing

All work and no play
Makes Jack a dull day.

SUCH a homely, commonplace little couplet is that old-time plea for Jack that at first we are apt to pass it by without giving the proper amount of consideration due it. But the wisdom contained in the couplet voices one of the greatest factors in the secret of youth, that of "play."

Most of us are in the habit of thinking of play only in connection with children; but this is a great mistake. As long as we can play we are young, and it behooves us to play as long as possible.

When we adults consent to do other than work we resort to what we call "amusements." A few of these amusements are healthful and rejuvenating, but most of them help to shorten, rather than lengthen, our all-too-brief span of life. What we need is hard play, open-air play, child's play, the sort of diversion that belongs now only to the youth of the race, but which should belong to the whole span of life, from beginning to end. Animals, I believe, live eight times as long as it takes them to reach maturity. Some scientists assert that man should also live eight times his age of maturity. The patriarchs of old are said to have lived to what we now consider great ages, retaining all their faculties until very near and sometimes up to the time of death. Both these patriarchs and the ancient Greeks lived much in the open air, and the patriarchs would suffer no windowed apartments. Says one authority, "Those long-lived generations of the past lived in the light of the sun. Warmth came from the vigor of the system."

And so, there is added to the necessity for play the necessity for sun and air. This means that as much of our play as possible should be out of doors, and the first out-door play which comes to my mind is that of tennis. The joy and the exhilaration of a good game of tennis is delightful, and if not played until fatigue counteracts the good effect, one feels a new current of energy and living.

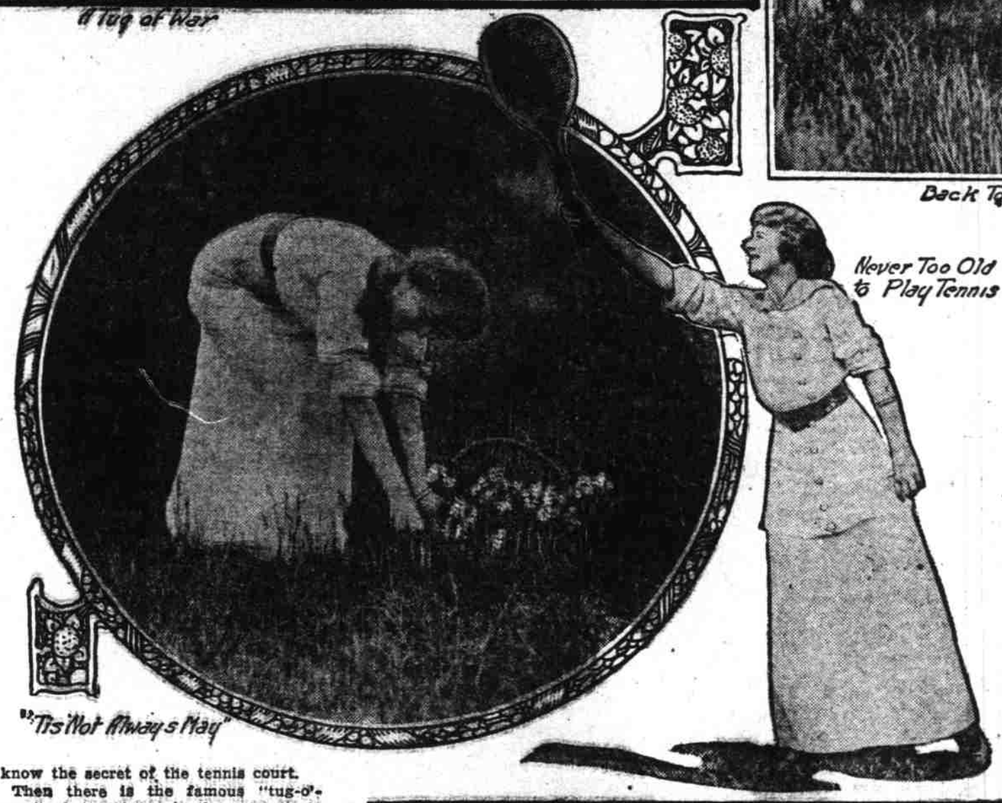
Make it a rule to dress sensibly for play when possible. In playing tennis wear a loose comfortable waist. Those middy blouses are the best blouses for the purpose that I have seen. They come now with belted bottoms, so that they fasten closely but not tightly about the hips and have no tendency toward untidiness as in the former unconfined middy. A short skirt should be worn, and for the sake of both yourself and the tennis court rubber-soled shoes should be worn. If the sun is shining upon the court, by all means wear a hat. The hat will protect the complexion and keep the head from becoming too hot, the last being really dangerous and counteracting any good effect of the game.

If you must make a choice between a tennis court and a lawn or garden, by all means have the court. The garden will but please the eye (no small matter, I confess), but the tennis court will furnish recreation and health for the whole family. I know of two elderly men, mill owners, who are in partnership. After putting in a long day at the mill (they keep the same hours as their employes) they never fail to have their game of tennis before dinner. It is inspiriting to hear those two men, far beyond boyhood's age, shouting and laughing as they gayly and youthfully bat the tennis balls back and forth over the net. Old? Not a bit of it! Some people have wondered why these two men should radiate such a strong impression of youthfulness in spite of gray hairs. These curious ones do not know the secret of the tennis court.

Then there is the famous "tug-o'-war." A tug-o'-war in the open air is splendid exercise and just heaps of fun. Half the family can get on one side of the rope and half upon the other and, oh, what a merry time there will be! The game may be played standing or sitting upon the grass. There is less likelihood of hard bumps when sitting upon the ground, and if one isn't wearing tight corsets or gowned too daintily the seated tug-o'-war is the more enjoyable. Virtually all of the muscles are brought into play. While a temporary stiffness may be noticed after the first one or two times the game is played, the muscles will soon become so limbered up and accustomed to the exercise that there will be only a beneficial effect evident.

In this plea for play we must not forget flower gathering. When the fields are filled with wild flowers, we should hark back to our pigtail days and go a-Maying or a-Juneing, or a-Septembering, or whatever the near month might be that gives us flowers. If the flower quest is not too long, we will come back with a comfortable tiredness that will make us rest well and feel younger after the outdoor exertion.

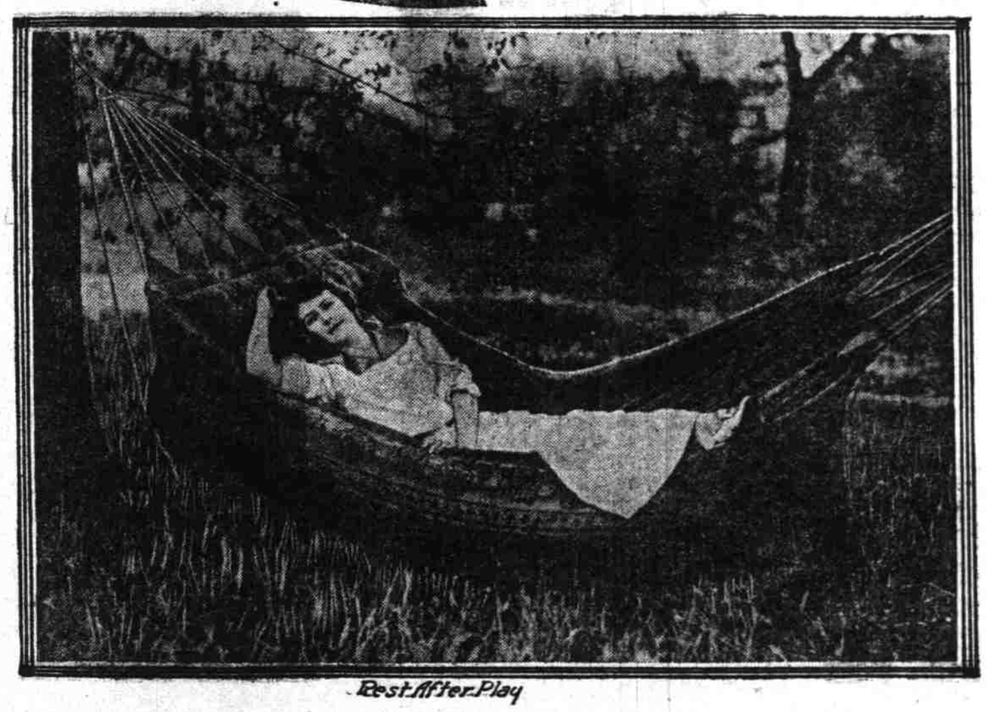
If you have a tree upon your lawn by all means have one of those old rope swings tied to a good, strong limb. The rope, too, should be of the best and carefully watched so that there will be no danger of its breaking, even with a stout person. Have the board smooth and splinterless, and the ends so notched that the rope will be in no danger of slipping and upsetting the person in the swing. Here is invigorating exercise for both the one in the swing and the kind soul who pushes—and the unkind one, too, who insists upon swinging you over the treetop itself. While this trick is lots of fun for the one on the ground and some of the spectators, it is dangerous both physically and mentally to the nervous person who is, as one of my small friends says, "the goat."



Never Too Old to Play Tennis

"'Tis Not Always May"

When possible we should indulge in a siesta after play. From a quarter of an hour to an hour is beneficial if we have not time to sleep or rest longer. One of the most delightful ways of taking the after-play nap is to swing a hammock in a shady spot, stretch out, relax the muscles and brain completely, and close the eyes with no thought but the delight of rest and the rejuvenating power of sleep.



Rest After Play

ADVICE ON SOCIAL CUSTOMS

Mrs Chester Adams
most cordially invites for friends to bring to her their Social Problems and Perplexities by Letter at any time

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

THE ART OF SERVING

IN ORDER to have a well-trained servant in the dining room it is necessary that the head of the home should know how serving is correctly done. I am going to tell you the important things about this subject so that you, as a hostess, need never have any doubts.

When teaching a servant the main points in this art, do not attempt to teach the whole thing at one time. Take the setting of the table for one lesson, and when it has been mastered proceed to the serving itself. Perfect serving is within reach of every woman who will take the trouble to master the details. And let me say that the whole thing is very easy.

I have told about the setting of the silver and dishes on the table many times. Today I am going to discuss the actual serving of a meal.

First of all, there should be a smooth procedure. No long waits or hurrying should be noticeable. All the necessary silver and dishes should be within reach, and the dishes that should be hot should be in an available place and at the right temperature. There should be a quiet, unostentatious service and an all-seeing eye. A servant should be strictly in possession of all the facts of serving, and in this way can make a meal a joy to the hostess and her guests.

When a dinner begins with oysters there should be at each place a serving plate, on which the separate plates of oysters are put. This serving plate protects the table from the ice which might be spilled from the deep plate that contains the shellfish.

If the dinner begins with soup, the same process is followed, a soup plate or bouillon cup being placed on the serving plate. At the conclusion of the first course the soup plates are removed, and the serving plates are taken away. The fish is served on warm plates and removed before the following course.

A servant should lay every plate before each guest in a quiet manner. A small napkin on the hand is all that is necessary. A small silver tray is used by some.

When the helping is done by the guests themselves, as in the case of vegetables, the servant should stand at the left and hold the vegetable dish at a convenient height, so that the guest can help himself with his right hand. The lady seated at the right of the host is served first. There has been much discussion as to whether the hostess should be served first. In the time of the Medicis this was the custom, as it was not unusual for hosts to poison their guests in olden times. As a sign that the food was safe, the host was served first and tasted the food first to assure all that a friendly safety prevailed. In these days it is the accepted thing to serve the guests of honor first.

All water glasses should be filled as soon as they are half emptied; butter, if served with the meal, should be kept on each plate. As soon as a guest has finished vegetables or bread, or has in any way shown that more food would be appreciated, a servant should bring the different dishes and offer them. As I said before, a quick eye is one of the important things, after a knowledge of the facts.

If there is smoking after the meal, the cigars, matches and ash receivers should be placed within reach by the servant.

SOLUTIONS TO SOCIAL PROBLEMS

A Married Woman's Signature

DEAR Mrs. Adams.
Please tell me if a married woman should always sign her name as Mrs. John A. Brown. LUELLA.

A married woman should always sign her name thus: "Mary E. Brown." If writing to some one who does not know her married name, she may write in parentheses beneath the signature, or at the lower left-hand corner of the letter, her husband's name preceded by Mrs.; as, "(Mrs. John A. Brown)."

Table Manners 'Are Bad

Dear Mrs. Adams.
I go out occasionally with a man of whom I am very fond, but I notice that he does not have the best of table manners. I am so anxious that he shall show to the best advantage that I should like him to know his faults, and yet I do not feel free enough to tell him. Can you offer any suggestion? MAUDE.

It would be rather difficult for you to tell the young man directly that his table manners are not up to the mark. You may be able to accomplish your end by talking to him in a general way about your admiration for a person who practices fine table manners. Do this at a time when you are not at the table. If he is quick to observe and learn he should soon correct his faults.

The Groom's Suit

Dear Mrs. Adams.
We are to be married at 11 o'clock in the morning at the bride's home. Would it be all right for me to wear a dark serge suit, as we are going away immediately after the ceremony? The bride is going to wear a coat suit. What kind of a shirt, tie, gloves, hat, collar and shoes should be worn? EUGENE.

Frequently a groom wears his traveling suit during the ceremony, so you may feel quite free to wear the blue serge suit. With it should be worn a single or double breasted vest of the same material as the coat or a fancy vesting. The shirt should have a stiff bosom or a pleated soft front, with attached cuffs. A fold or wing collar and a four-in-hand or once-over tie are the proper neckwear. Tan cape or gray mocha gloves, a derby hat and black calfskin shoes or oxfords are proper.

An Afternoon Reception

Dear Mrs. Adams.
1. I have received an invitation to an afternoon reception and want to know if a written reply is necessary.
2. I hesitate to go because I do not know many people who are invited, as I have lived here only a few weeks. Do I bid the hostess goodby when I leave?
3. At what time should I arrive and leave? M. A.

1. It is not necessary for you to send a written reply upon receipt of the invitation unless it bears the letters R. S. V. P. Your presence serves as an acceptance. If it is impossible for you to attend, you should send your cards to the hostess so that they reach her the day of the entertainment. If you attend, you leave one of your cards for the hostess and for each guest of honor.

2. Do not worry about the fact that you are not acquainted with any of the women invited, for the hostess will make it a point to introduce you to strangers. If the hostess is busily engaged when you leave you need not bid her goodby; otherwise, you should bid her adieu.

3. A guest is privileged to arrive at her hostess' home any time between the hours stated on the invitation. She can dispense with her social duties in twenty or thirty minutes.

Answering an Invitation

Dear Mrs. Adams.
What is the proper way to accept an invitation to a ball? It was written in the third person. J. N. M.

The acceptance should be in this form:

40 Spruce Street,
June twenty-first, 1914.

Mr. and Mrs. Edward R. Barry
accept with pleasure
Mr. and Mrs. Horace King's
kind invitation for Tuesday evening,
June the thirtieth.

Making Introductions

Dear Mrs. Adams.
What is the proper form of introduction to make when a man and woman meet another man and woman; that is, when the men are friends but have never met the women? Neither man has met the woman with the other man. Is it always proper to introduce the man to the woman? E. R. H.

Let us presume that Mr. Smith and Miss White are friends and they meet Mr. Jones and Miss Black. The introductions can be made in this way: Mr. Smith will say, "Miss White, allow me to introduce Mr. Jones." Mr. Jones will say "Miss Black, let me introduce Miss White and Mr. Smith."

It is always proper to introduce a man to a woman.

Wearing the Ring

Dear Mrs. Adams.
For my graduation gift from my parents I expect a ring set with a sapphire surrounded by twelve diamonds. Will it be perfectly proper for me to wear it on the third finger of my left hand, or is this finger for an engagement ring only? UNENGAGED.

It will be quite proper for you to wear your gift on the finger you suggest.

Dinner Invitations

Dear Mrs. Adams.
Will you kindly tell me how many invitations to a formal dinner should be sent in a case where a husband and wife have a married couple visiting them? We are acquainted with them all. DOUBTFUL.

Two cards are sufficient, each one addressed to the husband and wife for whom it is intended.

The Bride's Gown

Dear Mrs. Adams.
1. Should the groom bear the expense of procuring the bride's wedding gown?
2. What could be given to a bride and groom for their first wedding anniversary present?
3. Should cornstarch pudding with strawberries covered with whipped cream be eaten with a fork? C. B. H.

1. The bride's parents provide the wedding gown.

2. Something made of cotton should be given. A kimono, a pair of washable gloves, sofa cushions and a pair of pajamas are appropriate gifts.

3. A spoon is usually provided with cornstarch pudding, but with the dish you suggest a fork can be supplied.

An Invitation to a Wedding

Dear Mrs. Adams.
I have been invited to a home wedding and breakfast, but will not be able to attend as it is to take place in a distant city. Shall I send a gift to the bride and should I call on her when she comes to reside in my city? KATHERINE.

You should send your regrets and address them to the parents of the bride. It is necessary for you to send a wedding gift to the bride and to call on her when she comes to reside in your city.

A Second Wedding

Dear Mrs. Adams.
Is it customary for a widow to wear a white dress when being married the second time? K. P.

No. She should wear a gray or lavender dress.

Cards to Leave

Dear Mrs. Adams.
Will you kindly let me know how many cards one should leave when calling on a married woman with whom a single woman is visiting? I am unmarried, you know. FLORENCE.

You should leave two of your cards.

Form of Note

Dear Mrs. Adams.
Will you kindly give me the form of note to write to invite friends to an informal dance? MARIE.

This is a proper form:

Eighteen Spruce Avenue,
June twenty-ninth.

Dear Miss White:
May we hope to have you with us at an informal dance on Thursday, July the ninth, at nine o'clock?
I trust that nothing will deprive us of the pleasure of your company.
Cordially yours,
MARIE BIDDLE.

Where to Stand

Dear Mrs. Adams.
Will you kindly tell me where the host and hostess stand when entertaining friends on their tenth wedding anniversary? We have no drawing room, but we do have a reception hall and parlor. M. AND N.

They should stand inside of the parlor door to receive their guests.

Calling a Guest

Dear Mrs. Adams.
Will you please let me know if it is proper to call a guest when arousing the members of the family? The guest has come to visit for a week. IN DOUBT.

If it would inconvenience you to let the guest get up at his own pleasure, it would be quite proper for you to call him at the time you are calling members of your family.

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.

The Feminine Headache

Dear Mrs. Symes.
I am troubled with headache after each day when I return from my work in an office. My eyes seem good, but it seems I shall have to give up my work if I cannot have any comfort after office hours. What can I do? CHARLOTTE.

You may think that your eyes are good. Because you can see is no proof your vision is perfect. Have an oculist examine your eyes if there is the slightest doubt in your mind. Headaches are symptoms of disorders. They are sometimes signs of overwrought nerves, of an anemic condition of the blood. They are sometimes signs of indigestion. In pelvic disorders the symptom is frequently a headache. So many causes are there that, if the condition be as decided as you say, I would suggest that you consult your doctor. A healthy woman, well fed and rested properly, should be able to work without undermining her strength.

Ingrowing Toenails

Dear Mrs. Symes.
I have serious trouble with ingrowing toenails that seem to be getting worse in spite of the care that I take with regard to them. What can I do? JOHN M. D.

First, I would suggest the cause of your trouble, so that you will be able to avoid it when you have overcome the condition. Ingrowing nails are caused by wearing shoes too short or of the wrong shape. Another cause is the improper cutting of the nails. If the nail is cut too short and there is pressure on the top, it will press it into the flesh. The skin on the toe will be forced to grow over the nail and trouble will result. Cut the nail so that it will project over the end of the toe, if possible. Push back the flesh, and at the center of the edge of the nail make a V-shaped incision. A saturated solution of boric acid will be safe to wash the nail and toe in after dressing.

Ptomaine Poisoning

Dear Mrs. Symes.
I ate lobster the other evening and had a terrible attack of nausea, pains, with a fever. Does that mean that I cannot eat sea food? Will I have this attack every time that I eat it? ADELAIDE M.

The symptoms that you have described point to a mild attack of ptomaine poisoning. It may have been due to the weakened condition of your stomach or a general inability to digest heavy food. Lobster has a great amount of phosphorus in it. It is indigestible to many. I certainly would not eat it in quantities at night. It will affect your complexion and undermine your health, if you continue to have these results. I would suggest that you consult a physician and get his personal advice on the advisability of eating sea food. And above all, do not let these attacks recur.

Feet Are Troubling

Dear Mrs. Symes.
I have a great deal of trouble with my feet as soon the warm weather approaches. They burn and itch, and I am perfectly miserable, although I have no corns. Can I do anything to remedy this condition? EVELYN S.

Certainly it is possible for you to carry out a simple home treatment. Each night you should give your feet a bath in warm water, after which rub them with alcohol. If there is profuse perspiration, bathe them in water to which a solution of boric acid has been added. Dust the feet with talcum powder after this. The trouble with profuse perspiration of the feet is that this tends to soften the flesh between the toes, and brings soft corns as another trouble. If this continues, dust a drying powder between the toes. Get 5 cents' worth of lycopodium at the drug store. This will help you wonderfully.

A Thin Neck

Dear Mrs. Symes.
My neck is thin and in the summer time I would like to have it presentable enough to wear low-neck dresses. Do you think that I can improve it sufficiently to be able to do this by the middle of the summer? AGENES.

I never like to give any time limit on treatments that I prescribe. Different natures respond in different ways to the same treatment. I would not expect a fat neck in a few weeks. The slow building up of the tissues will be better for you in the end. You can begin right away, however, with exercise. Follow these directions that I am giving.

To Fatten the Neck

Bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down and backward, until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.

Again, stand perfectly erect with the arms at the sides, left them up vertically. Inflating the lungs as the arms ascend. At the same time rise up on the tips of your toes and throw your head back, at the same time touching the backs of the hands overhead. As the arms slowly descend, exhale from the lungs.

It is also well to massage the neck and shoulders well with cocoa butter.

Every night rub into the flesh olive oil. Do not apply more than the skin can absorb. Rub with a rotary motion, making upward strokes and having some one else continue the treatment at the back of the neck. You will find that the flesh will be white and firm and will gradually add to its roundness.

Reducing Flesh at Home

Dear Mrs. Symes.
I have had a position that has been sedentary in its habits and have grown very stout below the waist. As I am naturally slender, I seem to be out of proportion. What can I do to reduce the flesh that has been added to the hips and abdomen? MARGUERITE.

First, I would recommend that you counteract the sitting at the desk by walking home from work and walking to work each morning. The value of walking is not fully appreciated by working women. If they would only give to their bodies this best and cheapest form of exercise there would be better health and fewer nerves among business woman. By systematic exercise every night and morning in your bedroom after the corsets have been removed you can do much to reduce flesh. I am giving you two exercises for your indoor treatment.

To Reduce the Abdomen

In standing position, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

To Reduce the Hips

Place hands on the hips, shoulders well back. The leg is raised with knee flexed. Then, after a high, quick side kick, bring the foot back again to the floor. This is to be repeated several times.

I am sure that you can overcome the effects of your work at the desk. Let me know how the suggestions help you.

White Lips

Dear Mrs. Symes.
My lips are very white. Will you give me a rouge for them? Can I do anything to remedy this condition? LILLIAN.

The white lips are a sign of an anemic condition that can most certainly be helped. You need food that will nourish the blood, producing red corpuscles. Omit pastries and sweets from the diet. Take all fresh vegetables and well-cooked meats. Fruit and good milk will nourish you.

I am giving a lip salve for you to make. I advise always that the trouble be attacked at the root. But while building yourself up in the manner that I have suggested you can use this artificial color on the lips.

Cherry Lip Salve

Spermaceti ointment	1 ounce
Balsam of Peru	15 grains
Alkanet root	15 grains
Oil of cloves	5 drops

Heat the alkanet in the spermaceti ointment until the latter melts and the whole is a deep rose color. Pass through a strainer, then slightly cool, stirring in the balsam. Let it settle for a few moments; then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.