

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## AFTER THE SEA PLUNGE



Wear a Protecting Sweater



Ready For the Race

Lessa Your Neighbor



Impromptu Tennis

Pull for the Shore

times older folks, seat themselves in a row on the beach, knees partly drawn up and arms moving in unison in the pantomime of rowing. Steadily they would pull, kept in almost perfect time by a "coxswain," who sounded much like a mournful owl as he tremoled a long "pu-ll, pu-ll," to which the rowers kept time. Occasionally one of the rowers would drop out on account of convulsive laughter, only to be "jacked up" by the funny coxswain, made to resume work. If one is alone and there is a low bench nearby, it is permissible to sit upon the bench for the rowing exercises.

Then there are the ever-popular beach races. The races should not be too long and it is well to consult some college brothers or athletic friends as to the proper way to breathe when running if one would have the most benefit. Among other things, they will tell you to keep the mouth closed, the head down, arms bent at the elbow, to run always on the ball of the foot and to step high. When running short races one starts off at full speed, and as these beach races when run by women should not exceed 100 yards, one goes at full speed from the beginning. Weak hearts must again be taken into consideration and their owners should not attempt to compete in the races. Better the lolling sunbath for such.

Lassoing, too, is great fun, and good exercise, and long pieces of rope are coiled and shot over old piles on the beach. It is not long before you will show considerable skill in this lassoing and can perhaps catch an unwary sea creature, much to his chagrin and your delight.

Never bathe immediately after eating. Indeed, some medical authorities insist that one should not bathe until three hours after having eaten. I would advise a wait of at least two hours after eating. If you are not strong enough for the surf baths, there are always the sea baths to be had in the hotels or in special bathhouses, and the baths can be had hot or cold, according to the direction of one's physician.

Only the woman in good health, with a strong heart and normal kidneys, should attempt surf bathing, and this is why the physician should first be consulted. Still another way of stimulating the circulation is to go through a course of ordinary school gymnastics in rhythmic count, preferably with some other person or persons, so that an element of fun may be introduced into the performance and the enjoyment of it increased. Remember that when you are doing anything for health or benefit to your physically or mentally you must enjoy it. Even food must be enjoyed to nourish thoroughly. I would change the old adage to "Eat, do and be merry." Be merry and happy in everything, even exercising, and you will draw on the inexhaustible source of health and well-being, for joy is a magic whose great power is not yet fully comprehended.

But, last of all, I must not forget to tell you another beach exercise to send the

warming blood racing through the veins—that of tennis. If you have a racquet and tennis ball, well and good, and if you have neither, a piece of board and a manufactured ball, even of paper, will answer the purpose. A ball of some kind is always a good thing to take along when bathing. And a ball plus a dog—oh, what good company and fun they are!

Take your sea plunge with some thought, and the exhilaration will last you for some time to come after you have left good old Father Neptune for the more conventional rounds of city life.

WHAT more delightful sport is there than a dip in the world's bathtub, a childlike gamboling in the surf, a jumping of the rollers and for a few fortunate, skillful ones, an invigorating swim? Properly taken, the sea plunge should make the staid years fall from one as a discarded cloak on a day suddenly grown warm with sunshine and throbbing with the joy of living. Not any too many places are there where those grown to the age of dignity can romp and play in full abandon and without criticism, but about the edges of Neptune's kingdom we may drop as many years as we will without fear of censure. It is as though the old man placed a fatherly hand on one of our shoulders and said, "Play and forget—woo back lost youth—for in my kingdom you may be a child again if you will. Though we have gray hair, we may play tag in the water, we

may put aside all the polite conventions and deliberately splash water in the faces of those romping with us; we may float, swim, dive or simply meet the incoming waves with childish crowds of delight, crows which on dry land would be considered kittenish, but which we often wish to utter nevertheless. There should be a glowing reaction when one comes from the surf, but when we are cold and fatigued it is usually a sign that the sea bath has been of too long duration or that it never should have been taken. I think it is always safest to consult a physician about sea bathing, whether it should be indulged in or not and for how long at a time. For the average person a half hour bath is quite sufficient, but different people may require less or be able to enjoy the bathing for a greater length of time. Much de-

pends upon one's own feelings. People with weak hearts should by all means consult their physicians before attempting to battle against the rough and strong waves. When coming from the surf great care should be taken. Have a warm sweater handy and throw it about the shoulders. If there is a hot sun upon the beach it is beneficial to lie upon the sand until dry, but if the day is cold it is best to don the sweater and walk briskly to the hotel or bathhouse, dry and dress at once. Avoid excited, breathless haste in so doing, however. If the day is warm and there is still a slight chilliness felt, perhaps from staying in the water too long, there should be some mild exercising on the sands for the purpose of promoting circulation and warming the body. I have seen a crowd of young men and women, and some-

## 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 enclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

### Too Young for Bunions

I am 17 years old and I have a decided bump at the joint of the big toe. I think it is a bunion. Are they inherited? My mother has them, but she said that I ought not to be troubled with them. Can I do anything for this trouble?

CHARLES M. G.

You are too young to be bothered with this, but I am afraid the scissoring description suggests that your trouble is a bunion. Perhaps you have been wearing the wrong kind and shape in shoes. Here are a remedy and a suggestion. I hope that you will overcome the trouble.

### Bunion Remedy

Carbolic acid ..... 2 fluid drams  
Tincture of iodine ..... 2 fluid drams  
Glycerin ..... 2 fluid drams

Apply with a camel-hair brush daily.

### To Prevent Bunions and Corns

Bunions and corns are due to improper fitting shoes. Have the shoes and stockings a trifle too long for the feet, so as to relieve the pressure on the toes. Soak the feet night and morning; wipe dry and rub with a mixture of turpentine and lard (equal parts) until the soreness subsides. Dust between the toes with talcum powder and place a little cotton between toes, so as to absorb any moisture.

### Treatment for Bunions

Set a bunion plaster from the drugstore and stick with the scissors around the inside circle or opening. Moisten the plaster and put it over the bunion. Put a small wedge of felt between the shoes and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure of the joint.

Draw the stocking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or to irritate it.

### To Whiten the Skin

My skin is very dark. I am not freckled and am sure I have no freckles. Will you give me your recipe for a cucumber cream that I read of in a magazine a few months ago? It had wonderful results. I read your column every week, and get many recipes that I make myself from your columns. Mrs. ANNE K.

I thank you for your remarks, and

gladly give the recipe I think you have in mind.

### Cucumber Wash

Cut 1 or 2 cucumbers into rather small cubes without seeding. Put these into a mortar and pound with a pestle for use as a heavy potato masher and a heavy earthenware bowl until the mass is pulpy in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can. Now put the refuse and filtered juice into a clean enamel cup and stirmer (don't boil) for 10 minutes. Add alcohol to the proportion of 1 tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day.

### For Thin Eyebrows

Dear Mrs. Symes:

My eyes are not at all good looking, and I have tried to find out the trouble and the color is all right, but they are very lacking in the fringe and the eyebrows. Is it possible to increase the growth of the hair around the eyes?

Yes, you can improve this condition. At this time most women are thinning their eyebrows, but that seems to be the way of the world. The ones that have them wish to be rid of them and the women who want them haven't any to speak of. An application of olive oil each night will help. I am giving a recipe that you can have compounded at the drug store. Do not have any of it enter the eyes.

### Eyebrow and Eyelash Grower

Vaseline ..... 2 ounces  
Castor oil ..... 2 ounces  
Oil of lavender ..... 15 drops  
Oil of rosemary ..... 15 drops

Mix thoroughly and apply to the eyebrows with a tiny toothbrush once a day until the hair is sufficiently stimulated; then less often.

The ointment may be used for the eyelashes, in this case, when it is carefully applied. It will inflame the eyes if it gets into them.

### Made the Hair Greasy

Dear Mrs. Symes:

I noticed a recipe for brilliantine in yesterday's paper. I tried it and had it made for me. I rubbed a very little on my hair and it made it so oily that I cannot do anything with it. My hair is very much, if you would answer me by return mail, telling me how and when to use it and how often, also what effect, if any, it has on the hair.

After the bottle stands for a while, the oil comes to the top and the bottom liquid is white. Is there anything I can add to it to make more of a tonic out of it and pour off some of the oil which settles at the top? My hair is so greasy from it that it will be necessary for me to wash it right away. After spending 50¢ for it, I feel as though there should be better results.

It is quite likely that you applied too much of the brilliantine at one time. You only need a very little bit to get the desired result, that of keeping the hair in place and giving the hair a gloss. Try it again, and I am sure you will be more successful. The brilliantine is

not to be used as a tonic. If your hair and scalp are in need of one, I advise you to buy castor oil and rub a few drops of this into the scalp every night. Do not fail to massage the scalp and brush the hair thoroughly once a day.

### Exercises to Reduce

Dear Mrs. Symes:

A couple of weeks ago you published a few exercises for reducing the hips and thighs. Please tell me how often these exercises should be done and how long it will be before results are seen.

Please tell me how the bust can be reduced.

The exercise should be practiced for fifteen or twenty minutes every day. It is impossible for me to say just how long it will take them to bring results. Dosing is the safest method to employ to reduce the bust. This, of course, will have an effect on the entire body. Take this into consideration before you start the dieting process.

### Peroxide on the Hair

Dear Mrs. Symes:

Will you be so kind as to let me know in next Sunday's paper how to peroxide the hair, and also how to remove oily skin.

ANNE MAY

I do not advise you to apply peroxide to the hair. It will bleach it in streaks and the constant use of the bleach will in time injure the hair.

To relieve the oily condition of your skin cleanse it with warm water and a rather strong soap. Rinse it several times with cold water and then apply alcohol. You should be most careful to avoid greasy foods, for diet has a great effect on the skin.

### Cleansing Cream

Dear Mrs. Symes:

Will you be so kind as to let me know if powder and rouge are used every evening, is there anything I can add to it to make it become very dry and scaly.

Especially around the nose, and how can I overcome this? GUADRUPE

If you find that the nightly use of cleansing cream makes the skin too greasy, you need not use it so often. You can cleanse the skin with soap and warm water and a rough washcloth or a complexion brush. To cleanse it further, use alcohol. It is necessary to remove the powder and rouge from the skin so that it will not clog the pores while you sleep.

The oily condition of your skin may cause the powder to clog. Before applying it I advise you to use the toilet vinegar for which I am giving the recipe:

Toilet Vinegar  
Lavender flowers ..... 2 ounces  
Alcohol ..... 2 fluid ounces  
Diluted acetic acid ..... 2 fluid ounces

## ADVICE ON SOCIAL CUSTOMS

*Mrs. Clara Adams*  
I have a personal reply to a self-addressed stamped envelope should be enclosed.

### YOUR VACATION CONDUCT

BEFORE you go away for your summer vacation, my dear friends, I wish to suggest to you a few important points that you know very well, but which can never be overemphasized. Of course, you know as well as I do the essentials of good conduct at home or abroad. When you look around you, you will see a deplorable laxity in behavior when people are on their vacations. Modest girls seem to forget all their training and leave behind them tales of misbehavior that would make their mothers blush almost as deeply as they themselves.

I suppose it is the freedom of the vacation and the rebound from the tension of business or discipline at home that is responsible for vacation conduct of the kind to which I refer. But today I am going to talk to you severely for your own good. I would rather that you be indignant, almost insulted, at my remarks than have an aftermath of regrets. One of the most pitiable questions that a young girl or man can ask of the elders is, "Why didn't you tell me this, when I was going to tell you now?"

You will probably feel very much inclined to get on your vacation. By firsting I do not mean the harmless attempts to be attractive to men, but I mean the picking up of a chance acquaintance, which is always full of danger, especially for the woman. You may not know it, but many men, married men, men of doubtful reputation, positively dangerous men, take vacation time as an excellent opportunity to overstep the barriers of convention, which they

would not attempt to overstep at any other time. You must be careful. In railroad trains, on ships, at summer hotels, look before you leap. Make haste slowly, as the old maxim goes, and, before adding to your list of acquaintances names which you will very soon wish to drop, be discreet at the beginning, rather than at the end, which is sometimes too late. I know one little woman who met a very fascinating man during her stay at a seaside hotel. He was very kind to her. He entertained her, he spent much money and introduced her to her first late dinner at a cafe.

She was with a chum, but the lure of popularity was great, and she gave up the safe companionship of her girl friend for the attractive, meaningless attentions of her acquaintance. I say meaningless, because to him it was merely an incident of the summer. Did I mention the fact that this girl was engaged? She was. But the contrast between the stranger with a pocketful of money and the sincere young man at home, who could not even have a vacation, was emphatic enough to cause her to write a letter and to break off the engagement in the right way. I did not know that this other man was married. I never suspected that he was just having a good time. I never thought for one minute that he was amusing himself rather than me. Poor little girl! When I tell you that she has spent many summers regretting her behavior of that year, and that John and she have never been reconciled, I know that you will understand what great results come from little incidents of the summer.

The summer moon is responsible for a great many things. Young girls who are very careful in everyday life find that they are allowing foolish men, whom they always know, to get too close to kiss them. The bathing beach is a great background for unseemly conduct. If you don't like this, take several snapshots of the bathing hour. Pictures, without a sane older person to place the deterring hand on summer

sports, are to be condemned. Rides in summer cars, where young men fall asleep on the arms of the friends whom they are supposed to be escorting, are not unusual in the city, and to me are deplorable examples of outdoor behavior.

My dear young friends, avoid it. Do not let your vacation be the cause of regrets that will fill the rest of the year. The thoughtless fun for a short time, in many instances, entails a lifetime of shame and recrimination. It isn't worth it! Your vacation should be a rest, a healthful relaxation, an enjoyable, sane avocation, without any of the stings of remorse. Give it your serious thought before deciding where you will go and what you will do.

### Solutions to Social Problems

#### Suit for the Groom

DEAR Mrs. Adams:

When a wedding takes place in a church in the morning, how should the groom dress? The bride intends to wear a white satin gown. FRED S.

The proper dress for the groom at a morning wedding consists of a cut-away or double-breasted frock coat, a light vest or one to match the coat, gray striped trousers, white linen, gray or tan gloves, black shoes.

#### Doesn't Know Whether to Write

Dear Mrs. Adams:

I am a great reader of your advice. I have been troubled over a little affair for some time, and I hope that you will be able to give me some good advice. I mean when dining at a hotel.

What is proper to order for a supper served after the theater? JULIET

A sumptuous dinner would be ordered in this manner: Shellfish, small clams or oysters; soup; a course of hors d'oeuvres, such as radishes, celery, olives and salted almonds; fish, with potatoes and casseroles or some other vegetable; roast meat, with vegetables; salad, crackers and cheese, a frozen sweet and coffee. One is at liberty to add to or omit any of these courses according to one's desire for food.

It is usually sufficient to order salad, meat, rolls, dessert and coffee.

#### Flower Girls

Dear Mrs. Adams:

Do you think that my two nieces who are to act as flower girls at my wedding should wear colored dresses? They are 4 and 5 years old. AGNES

Let them wear white dresses, and if you wish to introduce color to carry out any particular color scheme, use it in the form of sashes or trimmings on little bonnets.

great deal about the matter and cannot come to any conclusion.

Since you are so undecided about the matter, I think it would be best to refrain from writing, as you have not corresponded with the young man for several months. I do not think, however, that such a decision on your part would necessitate the return of his photograph. As a rule, one likes to have photographs of one's friends.

#### Father Objects, Sisters Are Willing

Dear Mrs. Adams:

I read your part in the paper every Sunday and I should advise that you would help me out a little. I am 15 years old and I am sure that I am a boy.

We think a great deal of each other and he has asked me to go to church with him. Now my father objects, but my sisters think it is perfectly all right. Will you please advise me what to do? I am very anxious to go with him. BERTIE

My advice is similar to your father's. He has had many more years of experience than either of your sisters and had, and it is therefore expedient for you to follow his wishes.

#### What to Order

Dear Mrs. Adams:

What is proper to order for dinner, and in what order does everything come? I mean when dining at a hotel.

What is proper to order for a supper served after the theater? JULIET

A sumptuous dinner would be ordered in this manner: Shellfish, small clams or oysters; soup; a course of hors d'oeuvres, such as radishes, celery, olives and salted almonds; fish, with potatoes and casseroles or some other vegetable; roast meat, with vegetables; salad, crackers and cheese, a frozen sweet and coffee. One is at liberty to add to or omit any of these courses according to one's desire for food.

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