CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

A FEW SUGGESTIONS FOR THE SLEEPLESS

Warm milk is soothing

A rotary motion produces drowsiness

Massaging with olive oil

Bathe the back of the head with cold water

Nature's soft nurse, how have I frighted thee,
That thou no more will weigh my eyelids down,
And steep my senses in forgetfulness?

WHEN sleep refuses to come to you after a busy day, you must use every simple device to secure that absolutely necessary time of rest and repair.

Sleeplessness is caused by many things. The brain centers and nerves, through too much trouble, work or excitement, refuse to decrease their activity, and consciousness is retained through the night hours.

In the first place, let me decry the use of stimulants in the night-time. Many sleepless hours can be traced to a tiny cup of coffee which can never counteract, by its momentary pleasure, the lost hours of sleep.

I am suggesting a few little plans which ought to induce sleep in a harmless way.

Frequently the brain is too active, due to an overcharged condition of the bloodvessels. Bathe the base of the neck with cold water. This ice bath will drive any extra blood away from the cerebral centers and may be all that is necessary to close your eyes.

Just before retiring, a gentle, soothing massage with olive oil produces wonderful results. The arms, neck and shoulders should be rubbed; a sleepy feeling results from the motion and the oil is particularly calming to the nerves of the skin.

A ROTARY MOVEMENT IS HELPFUL

A slow rotary motion of the head is another excellent way to produce drowsiness. Stand up straight and swing the head in a circle very slowly; keep the eyes half closed. You will feel a drifting-away sensation which will at least pave the way for sleep.

Warm milk is especially soothing to a restless body. A glass of this just before retiring is a reliable and efficacious dose. Do not have this too hot, and be sure to sip the milk slowly, for indigestion will surely result from hasty drinking.

Last of all, just before lying down, take a hot foot bath. It is successful in very stubborn cases. If after this final treatment the fragrance of balsam rises from a special pillow, I think that I can promise sleep.

Just one or two hints in closing. If you find that sleeplessness is recurring night after night, and this great second course of nature will not come, visit a doctor. Never let this trouble grow in force until insomnia results, for that sometimes baffles years of treatment. And, above all, let narcotics in any form alone, unless advised to take them by your family physician.

The effectual hot foot-bath

Advice on Social Customs

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

THE WRITTEN REPLY

ONE of the most important parts of our correspondence is, I fear, the most neglected. I refer to the written reply. It is so easy to procrastinate, for the fact that so little time is really required to write a brief answer is uppermost in our thoughts, and we put our answers to notes or gifts upon a mental shelf, so to speak, where they rest in undisturbed peace. In the meantime, cannot you picture the inconvenience and trouble caused by our forgetting? For, believe me, it is one of the easiest things in our everyday lives to forget to write. The sender of a gift is kept in a state of embarrassed ignorance. The kind little note in time of trouble or joy is overlooked, and when time does lag it is generally too late to acknowledge letters of friends or acquaintances.

I must make a very strong plea for replying to gifts soon after receiving them. There is a custom much in vogue which countenances a bride's remaining silent about presents until after her return from the wedding trip. I cannot see the kindness of this idea. I remember how much trouble resulted to me from the observance of this peculiar thing. I sent a piece of jewelry to a friend for her wedding gift. It was reasonably expensive, and was sent from the store in which I purchased it.

I was not able to attend the wedding and heard nothing from the bride-elect. Days passed, and I waited until her return. She sent no acknowledgment, and then I investigated. Would you believe it? The necklace is still lost. When I registered my complaint I felt the smile at my belated report. Of course, my hands (and my tongue) were tied until I found that other friends were receiving their "thank-you" notes. Let me urge that this matter be thoughtfully considered by you.

There is one little matter which allows our replies to wait. When we have suffered from deep sorrow it is not expected that the notes of condolence be immediately answered. But in a month or two, when the wheels of life have again started to move and when we are back again in the events of the world, our thoughtful friends must be acknowledged and thanked. Short notes will suffice, but they should be written.

Congratulatory notes and letters should receive replies in which your happiness is expressed in grateful terms for your friends' kindness in thinking of you.

It is almost as unkind to disregard a note, card or letter as it is to deliberately turn your back to a person who is talking to you. I am reminded of a little saying which I shall give in closing this little talk. "A letter timely writ, is a rivet to the chain of affection; and a letter untimely delayed, is as rust to the solder."

Solutions to Social Problems

After a Dance

DEAR Mrs. Adams.
Is it the girl's place to thank the young man after the dance? What should she say? If he thanks her first, what should she say?
Is it proper for my 15-year-old cousin to kiss me publicly? PEGGY.

It is the man's duty to thank a girl for a dance. In reply she may say, "I am sure I enjoyed it."

No; public demonstrations of affection should always be avoided.

No Reciprocation

Dear Mrs. Adams.
A short time ago I met a young man and was smitten with his charms, but he did not appear to reciprocate my affections. Will you please tell me the best way to win a place in his heart? He lives in the same apartment house as myself. Is it proper for me to take the initiative in this matter? HEARTBROKEN.

It certainly would not be proper for you to make advances to win the young man's affections. A man appreciates most the thing he has to strive for. Never force your affections on a young man. Hold yourself in dignified reserve. You can, however, be kind to the young man in question and take a natural interest in his welfare, but further than that you cannot with propriety do anything to win a place in his heart. Do not be discouraged, for very often a man tries to attract attention by appearing indifferent.

Somewhat Jealous

Dear Mrs. Adams.
I am 16 years old, and madly in love with a man of 20. Of course, he kisses and caresses me, but he is also in love with a girl whom I abhor, and he kisses her, too. How can I prevent this? It grieves me very, very much, and whatever help you can give me would be thankfully received. A. P.

I must scold you for allowing a man to caress and kiss you, for such manifestations of love are to be indulged in only by engaged couples. If the young man bestows his affections on more than one girl, it is a sure sign that he is of a fickle nature. Do not grieve about the young man's actions, but tell him that, while you wish to have him call, you want him to treat you in a gentlemanly and friendly manner.

Stamp Flirtation

Dear Mrs. Adams.
I am a girl of 18, and for some time past have been carrying on a perfectly innocent, friendly correspondence with a young man one year my senior. Now, his last two letters have had the stamp affixed in a peculiar manner. Has this any special meaning, and if so, what? He has never called attention to the position of the stamp, and I have not dared to mention it myself. Ought I to continue such a correspondence? HARRIET T.

There is a stamp flirtation carried on by boys and girls, to which I strongly object. However, it may be that the man placed the stamp in such a position through carelessness. Do not pay any attention to the unusual positions and continue to carry on the correspondence if his letters are worth receiving.

Several Queries

Dear Mrs. Adams.
What is to be the latest color and style for a girl of 17 in a suit for the winter? Also, the very latest in a hat?
What help could you suggest for a quiet girl so that she may become popular? How might she get acquainted with young men and have them call to see her?
While I was visiting this summer I met a man who gave me his number and told me to remember it. I have been home a month and have written to his mother a letter of thanks for her kindness. He has not written me. Because I was the visitor, is it my place to write him first? DISCOURAGED.

Among the latest and most popular colors are rich greens and wine reds. The majority of coats are long and the skirts are either plain or pleated. One of the three-cornered hats or one of the flat hats with a puffed crown would be nice for you.

Do not make an effort to be popular; in doing so you lose your hold. Always be yourself, be interested in what people are telling you and read the newspapers and best of books, so that you may be able to converse. Do not be too anxious to meet men. As you grow older and go out into society you will become acquainted with them, and they will be quick enough to gain permission to call.

By writing to the hostess thanking her for her kindness you did all that was necessary. If the young man wishes to correspond, let him be the first to write.

Anxious for a Kiss

Dear Mrs. Adams.
There is a boy that I love with all my heart, and I have reasons to believe he returns my love. He is very bashful and hasn't the heart to tell me. In what way could I get him to kiss me without his knowing I want him to? F. S.

You do not realize how improper it is for boys and girls to kiss one another. You should be glad to have the friendship of a boy who knows enough not to take advantage of his privileges.

Entertaining a Boy

Dear Mrs. Adams.
I am a girl of 15½ years of age, and have not been going to school for a year. I like to be in the company of boys, and would like you to advise me in this matter. I have never entertained a boy alone, always had another girl and boy with me, but I am going to do so shortly. Will you please tell me how to entertain him?
Also, is it wrong for girls of my age to go to dances or to the theater with boys? A CONSTANT READER.

I will not be guilty of telling you how to entertain a boy by yourself. If a boy calls on you, you should have an older girl friend, your sister or mother in the room with you.

Not if you are chaperoned.

Not Interested in Her

Dear Mrs. Adams.
I am 15 years old, and considered very attractive. All the young men like me and call upon me, except the one I like the best. He is always very civil to me when we meet, but never seems to show the least bit of interest in me, as my other male friends do. What could I do to make him interested in me? DORRIS V.

You are too young to care whether men take an interest in you or not. At this time of your life you should be busy with your education, so that in years to come you will be able to associate with intelligent men and women, and then they will be sure to take an interest in you.

Seventeen—Forty-three

Dear Mrs. Adams.
I am 17 years old, and in love with a man 43. He is very handsome, and does not look older than 30 or 31. My mother objects to him because he is a widower with five children. Now, I love him very much and cannot give him up. What can I do? GLADYS W.

My dear child, I do not wonder your mother objects, for she realizes what a lot of responsibility you would have to undertake if you married the man you now love so very much. I understand that, just at present, you feel you cannot give him up, but just try it for a little while. Become interested in other things; keep your mind fixed on important duties, so that he will not be constantly in your thoughts.

Associate with boys and girls of your own age. I feel sure that in this way you will soon be able to overcome the deep feeling you have for him. I shall be glad to hear from you again if I can offer any further advice.

When Engaged

Dear Mrs. Adams.
You have been so kind in helping other people, I wonder if you will help me.
I am 22 years old, and am engaged to a girl two years my junior. Is it proper to kiss her in public?
Is it proper to kiss my future mother-in-law on leaving for a long journey?
Is it proper for a young man to invite a young lady to sit on his lap in private? JACK.

If you are about to be separated for any length of time from your fiancee, then you may kiss her in public.

There is no rule forbidding it.

Extending such an invitation may get you into a lot of trouble, for the majority of girls would not consider your suggestion at all manly and would therefore exclude you from their list of friends.

Lost Friendship

Dear Mrs. Adams.
I am 17 years of age and have several boy callers, two of whom come very often. I am very fond of the first boy, but do not care for the other at all. They are chums, and because I stated that I disliked the second, the first boy acted, I thought, very childishly, and told me that I was to consider him my friend no longer. I still like the first boy, and so desire your kind advice as to how I should act. WORRIED.

It is too bad you made such an unfortunate remark, but I do not see why boy No. 1 should be offended. Probably you can write him a note explaining that your remark had no reflection on him, and that you do not care to lose his friendship.

Of course, if he refuses to be reasoned with, you can do nothing to win back his friendship. Rest assured that, as he grows older, he will see how unreasonable he was.

Answers to Beauty Queries

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Taking on Weight

Dear Mrs. Symes.
Will you please tell me how I might get fat or take on more weight? I am 18 and weigh 113 pounds. CARLYLE.

Your weight is very fair for a growing girl, but the chest exercises are probably what you need in connection with fattening foods, such as those which contain starch. If you have tried a healthful diet to no effect, take from a half to a teaspoonful of cod liver oil three times a day.

Chest Expansion.

Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times.

Hair Dyes

Dear Mrs. Symes.
Will you kindly state in your column how to make henna hair stain; also walnut hair stain, and how to apply the dyes?
Can henna stain be used to color the roots of brown hair which has all shades of red and gold through it, but which is gray around the face? Does the stain dye the scalp or is it injurious in any way? J. S.

Henna Hair Stain.

Take one ounce of henna leaves, steep in a pint of boiling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes stain the scalp, but the stain can easily be removed by soap and water.

For walnut stain, take four ounces of walnut skins; beat to a pulp and add sixteen ounces of pure alcohol. Let this mixture stand for eight days and strain. Then apply as you would any other dye.

I never recommend the use of dye if there is any eruption or broken skin on the scalp. Henna stain will dye the hair which you describe a reddish brown. I should say that it can be successfully used to color your hair.

Obstinate Freckles

Dear Mrs. Symes.
Please publish a cure for obstinate freckles. How long will it take? READER.

Your question regarding the length of time is not easily answered. It depends entirely upon the size and number of freckles. Some skins do not respond to outward treatment so quickly as others. The following is a recipe for a paste to remove the annoying little spots:

Obstinate Freckles.

Oxide of zinc	½ dram
Subiodide of bismuth	½ dram
Dextrine	1¾ drams
Glycerine	1½ drams

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Vaucaire Tonic

Dear Mrs. Symes:
I am 22 years of age and would like to know if Dr. Vaucaire's tonic would be harmful for me to use. If not, will you please print the formula again; but if it will be harmful, please advise something else.
Do you know of anything that will prevent perspiration under the arms, or at least something that will help a little? Kindly advise me, as I am greatly troubled on this score. H. A.

Dr. Vaucaire's formula is not harmful. Indeed, it has beneficial qualities as a tonic, and is printed as you request.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue)	3 fl. dr.
Lacto-phosphate of lime	154 grains
Tincture of fennel	10 grains
Simple syrup	13½ ounces

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meal.

Perspiration should never be checked, as harmful results will follow. If, however, it be profuse, I am giving a recipe which is generally successful in producing normal conditions.

Orris Powder for Perspiration.

Phenol	2½ drams
Alcohol	5 drams
Starch	7 ounces
Florentine orris	5 ounces
Essence of violet	30 grains

This powder can be used to advantage on perspiring hands, and it is an agreeable glove powder.

Dissolve the acid in the alcohol, add the violet essence, then the starch and orris. Apply nightly.

Visit an Oculist

Dear Mrs. Symes:
Will you kindly tell me what to do for my eyes? When I go out in the sun they burn like fire and they always run so much.
I also wish to know if it is all right to brag about my own baby? I think she is the cutest thing on the earth. A YOUNG MOTHER.

I advise you to go to an oculist as soon as possible to avoid any serious trouble with your eyes.

A mother naturally loves her baby and usually thinks she is nicer than any other, but she should try to conceal all excessive admiration, lest it become tiresome to outsiders.

Oily Hair

Dear Mrs. Symes.
Will you please publish a remedy to make the hair stand up for a pompadour? My hair is scanty and flattens shortly after combing. G. F. M.

Your hair is probably too oily and falls on account of the weight of this natural lubricant.

Formula for Oily Hair.

Use the following mixture daily, rubbing well into the scalp:

Alcohol	2 ounces
Witch hazel	2 ounces
Resorcin	14 grains

Odor of Perspiration

Dear Mrs. Symes.
What can I do to remove the odor of perspiration? DISTRESSED.

Have you tried bathing every day? With this a change of underclothing is necessary. Many people who insist upon this daily cleanliness and who cannot afford immense laundry bills wear gauze underwear and wash it out at home.

An antiseptic wash is sometimes better than a deodorizer. Have your druggist give you a harmless cooling wash in which ammonia is combined with some lavender or violet.

Rough Hands

Dear Mrs. Symes.
I have been worrying about my hands, and hope you will be able to give me something to relieve them. They are very rough and dry on the inside, and have been so for the last two weeks. I do not know the cause, as I hold a position at the desk. In winter they chap very easily, but I have never known them to be in this condition. CONSTANT READER.

I am giving a recipe for a good cream which I think will counteract dryness of your skin. Apply at night before retiring.

Massage Cream.

Lanolin	2½ ounces
Spermaceti	6 drams
White vaseline	2½ ounces
Cocoanut oil	3 ounces
Sweet almond oil	2 ounces
Tincture of benzoin	½ dram

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during the process.

Extract of violet or any perfume may be added if agreeable.

A Bad Complexion

Dear Mrs. Symes.
Will you kindly send me a formula for a good complexion cream that will not produce superfluous hair? My complexion seems to be in a bad condition. It is very dark and muddy, and I am troubled with freckles, blackheads and also very sore-looking pimples, which seem to heal very slowly. Lately I have noticed small wrinkles under my eyes.
Let me know also if vaseline is good for the hair, and how often one should use it who is troubled with dandruff. Would you advise any one to use alcohol on the hair?
Is cocoa butter good to fatten the chest? VIOLET.

I am giving you the recipe for one of the best complexion creams I have, and assure you it will not cause superfluous hairs to appear:

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds	4 ounces
White wax	6 drams
Spermaceti	6 drams
Borax	2 drams
Glycerine	1½ ounces
Orange-flower water	2 ounces
Oil of neroli	15 drops
Oil of bigarade (orange skin)	15 drops
Oil of petit grain	15 drops

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

I shall not give you any remedy for the blackheads or pimples, for I think by using the above-mentioned cream and washing the face every night before retiring with warm water and a pure soap your complexion will soon be what you would like to have it. Always rinse the face with cold water, so that the pores will not be left open. The wrinkles under your eyes should disappear with this treatment, provided you get the proper amount of sleep each night.

Vaseline is excellent for the hair and should be used every two or three nights. If your hair is inclined to be dry, do not use alcohol on it.

Cocoa butter is always recommended for developing purposes.

Sage Tea

Dear Mrs. Symes.
Will you please publish the recipe for a hair stain, the one made of sage with two other ingredients? A. B. A.

Following is the recipe to which you refer. Dried sage is used:

Alcohol	2 ounces
Green tea	2 ounces
Garden sage	2 ounces

After straining, keep tightly corked to prevent evaporation.

To make the liquid, take one-quarter ounce of leaves to four ounces of boiling water. Let stand for several hours, strain and then mix the above-mentioned quantities.

To Preserve the Shade

Dear Mrs. Symes.
Would you kindly publish some prescription for keeping auburn hair from getting darker? L. B. A.

A tiny pinch of washing soda added to the water in which you wash your hair will prevent it from growing darker.