

# CONCERNING HEALTH AND BEAUTY

By MRS. HENRY SYMES

## ANSWERS TO BEAUTY QUERIES

### FOR SCALDS AND BURNS

I THINK that to every one of us there comes a time when a good, sensible knowledge of the proper treatment of scalds or burns helps materially in the alleviation of pain and the prevention of subsequent trouble. I have seen children suffer agony for hours when the remedy was within the reach of their ignorant elders; and some grown-ups are carrying scars that are ugly reminders of a lack of care in this painful trial by fire.

Of course, there are certain general rules to keep clearly in your mind. It seems almost unnecessary to emphasize the fact that, if clothing be on fire, the person should be placed quickly on the floor and covered with a woolen rug or coat. The fact that position prevents the rising of the flames to the head. Serious harm results from the inhalation of fire or fumes. Much injury can be prevented by a cool head and a clear idea of what to do.

In cases of burns and scalds the clothing must be removed in the most careful way. If torn off, there will also come the skin, and that means a longer time for the healing process. Blisters should not be broken. Cut away any material that surrounds the injured parts. Never mind about the dress; there are other things more important at this time.

A slight burn can be treated with a solution of baking soda, using a heaping tablespoonful to a cup of water. Soft linen soaked in this should be applied in bandage form. This is very effective in cases of scalds, where the skin is not broken.

Pain is felt when the injured parts come in contact with the air. Any salve that excludes the air from the wound should be applied. You will find that vaseline is excellent, at the same time hastening the healing. Place it upon the skin before bandaging with linen strips. If burns or scalds are deep enough to affect the cells of the true skin, there is a liability of disfiguring scars. Extensive or intense burns should be carefully watched. Of course, medical advice is best in extreme cases. A daily massage with a good cold cream will prevent scars from slighter cases. This keeps up the circulation and its consequent repair of the tissues and prevents the wrinkling and puckering of the skin.

There is a mixture that should be in every home. It is made of equal parts of linewater and linsed oil. Great vats of this wonderful preparation are always kept in factories and foundries; a large bottle

should be in every household. This mixture should be thoroughly shaken before applying. When its use is over, the cream, weak absorbent cotton in it and place upon the skin. I have felt its soothing, cooling effect, and, when young, have welcomed any repetition of the dose.

There are other kinds of burns upon which I can but touch here. I refer to chemical burns. The thing to remember is to neutralize the effect by applying the opposite kind of liquid. An acid must be treated with an alkaline fluid, such as a strong soda solution, or diluted ammonia. Then treat the wound as for any other burn.

When a burn is caused by alkalies, as caustic potash or lime, then the application of acid is the proper treatment. Water and vinegar or diluted lemon juice is a near-at-hand remedy.

Great care should always be exercised throughout the process of healing. Do not attempt to hurry nature, but it is your duty to assist her in every possible intelligent way.



Carefully cut away the clothing

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### Advice on Social Customs

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

#### MAILING YOUR CARDS

There are some occasions that require a visiting card to be sent by mail, and it is about this phase of card etiquette that I wish to speak today.

They should never be made to serve the purpose of notes, except between the most intimate friends. They should not be sent to an invalid to inquire about his condition, as it is far more kind and complimentary to call personally.

An invalid when convalescing may acknowledge the many calls made during his or her illness by sending out cards on which is written the phrase: "Many thanks for your kind inquiries." When you are not intimately acquainted with a person, yet wish to express your thanks for a note of sympathy for any bereavement or sorrow, a card may be mailed two or three weeks after the receipt of the letter. Your own, with a few words of appreciation, may be posted to every man and woman who left cards. "With thanks for your kind sympathy"

### Solutions to Social Problems

#### Should Cousins Marry?

DEAR MRS. ADAMS: Kindly inform me if you think it advisable for cousins to marry one another?

IN LOVE, BUT PERPLEXED. It has been conceded by people who have studied this subject that it is not advisable for persons so closely related as first cousins to marry. It is done, however, and I prefer not to solve this perplexing problem for you.

#### A Variety of Questions

DEAR MRS. ADAMS: In accepting a verbal invitation to an afternoon entertainment, is it proper to leave a card? Is it proper to seek to each person in a receiving line and shake hands with each? Or is it better to present a handsome silver tea set. Please tell me when and where to use it. In serving cake and tea to a friend who has dropped in during the afternoon, is it good form to use the tea set in evidence? Shall I use my tea set in entertaining friends at a supper?

path" is the best thing to add beneath your name.

Cards, of course, can be engraved at a stationer's that express in a formal way your thanks for condolences, and I need not enlarge upon this point, for the best forms are always taken for models. Remember that cards should never be made the mediums for declinations or acceptances of invitations. When you wish to invite a few friends to an informal affair, your card, with the necessary information regarding time, etc., is sufficient.

It is important to notify friends of the change of address. The old card, with a line drawn through your former address and the new one written in pencil above or opposite, is permissible.

The birth of a child is announced to friends by special cards sent by post. The mother's name and address, or both parents' names, are on one large card, and a tiny one bearing the baby's full name, with the date of birth, is tied to the upper part of the large one. White satin ribbon is used.

If you have received cards announcing the birth of a child, and cannot call, you may mail a visiting card, with the words, "Heartly congratulations," penciled above the name. A young girl who wishes to intimate sympathy for a man friend should send her card, accompanied by that of her mother, in this way conforming to the demands of propriety. After all, it is quite easy to master the conventional rules, isn't it?

#### Brother-in-law Too Affectionate

DEAR MRS. ADAMS: I am a young lady of 20, and have a brother-in-law ten years older, who always makes a fuss over me, greets me with a hug and kiss; it doesn't think it is right and would like to have you suggest some means by which I can break him of this habit and yet not turn him against me. He is very kind to me always. R. H. H.

You would have saved all this trouble had you remonstrated in the beginning. Tell him now that you would like him to stop all affectionate demonstrations, knowing that such actions are not at all proper. If he is a gentleman he will grant your request, and not allow your decision to prevent him from being kind and courteous to you.

#### Answering Invitations

DEAR MRS. ADAMS: If an invitation is on a personal engraved card, and just under the name it states luncheon 1.30, and then in the bottom left-hand corner it states cards and R. S. V. P. is not on the invitation, does it demand a note or a card of acceptance if one intends going? In case one wishes to decline, I suppose secrets must be kept.

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 oftentimes 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.

#### In a Nervous Condition

DEAR MRS. SYMES: Could you kindly tell me if, when one is very nervous, she is likely to be dizzy, too? I should give prompt attention to the matter that has anything to do with it? GRAEFUL.

The three troubles of which you complain have a very close connection; that is, the one has its effect on the other. The best thing for you to do is to consult your family physician. You should give prompt attention to the matter that the trouble will not seriously affect your system.

#### Rosy Lips and Cheeks

DEAR MRS. SYMES: What can I do to make my lips and cheeks rosy? What is good to use to cleanse the teeth so that they will look yellow? What will make my arms, legs and bust larger? DARK BLUE EYES.

To give your lips and cheeks a healthy hue you should exercise in the fresh air as much as possible, get sufficient sleep and eat wholesome food. Of course, you can gain an artificial color by using rouges.

The following recipe will make up into a very good tooth powder, which I advise you to use. Cleansing the teeth with table salt about once a week will keep them white. It might prove injurious to the enamel to use it any oftener.

#### Violet Tooth Powder.

Precipitated chalk..... 2 ounces  
Powdered iris root..... 2 ounces  
Crush and mix.  
To develop the arms, legs and bust take plenty of exercise and massage with olive oil or cocoa butter.

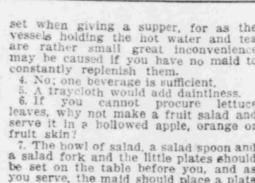
#### Proprietary Article

DEAR MRS. SYMES: I was told to use the inclosed recipe to reduce my flesh. Do you advise me to use it and how much would it cost? MARRIE.

The recipe you inclosed is for a proprietary article, and I am not at liberty to recommend or condemn it.

#### To Improve the Elbows

DEAR MRS. SYMES: The skin on my elbows is dark and loose. I would like to know if I can make it white and plump by some treatment. My



Baking soda for slight burns

neck, too, is very dark, and I would like to whiten it.

#### To Remove a Brozen Spot

DEAR MRS. SYMES: Please advise me what will take a brown spot off my mouth? Also tell me which will remove black rings from under the eyes usually denote lack of rest or a disordered system. Local applications will be of no avail in this case; it will be necessary for you to consult a physician.

#### Recipe for a Pomade

DEAR MRS. SYMES: I saw in your column a fat-reducing pomade. Will you kindly publish it again, and will it act immediately or require a month of constant use? (Mrs.) M. C.

Following is the recipe you request. Immediate effects will not be noticed. It will take some time for it to act; but to quicken results you should abstain from food that is fat forming, such as cereals, potatoes, corn, beans, etc.

#### Warts, Pimples, Blackheads

DEAR MRS. SYMES: Please advise a cure for warts. Also a recipe to remove pimples and blackheads. And can you tell me what is good for callous spots and corns? E. R. M.

The following recipe is for a wart eradicator, and if used as directed, will prove effectual:

Sublimed sulphur..... 10 grains  
Glycerine..... 5 fluid drams  
Acetic acid..... 1 fluid dram  
Apply repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off.

For the pimples in hot water, dry gently and apply the cream for which I am giving the recipe:

Saleptic acid..... 46 grains  
Calomel..... 1 dram  
Lard..... 1 ounce  
Here are the directions for the green soap treatment which I advise you to use to get rid of the blackheads:

Theoretic of green soap..... 2 ounces  
Distilled witch hazel..... 2 ounces  
Let this mixture stay on only a few moments, then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard.

Open each seal with the point of a fine canalic needle. The hardened mass

carried on over the telephone are not indulged in by well-bred persons.

After a reception for a bride, who should make the first call, the bride or the one attending the reception?

#### Not Proper

DEAR MRS. ADAMS: I say if a young gentleman addresses me on the street and I am not acquainted with him?

Should a girl of 16 call a young man of 19 by his first name the second time he has called?

Is it proper for a girl to ask a man to call on her, or should she wait until he asks if he may call?

Is it not necessary to say anything merely to ignore his salutation?

No; only intimate friends call each other by their Christian names.

It is better policy for a girl to wait until a young man expresses a desire to call upon her.

Is it sufficient to say you are not acquainted with him and hang up the receiver?

Not unless she has something very important to tell him. Shilly flirtations

THE GIRL FROM CANADA.

To write the elbows apply a solution of peroxide and water. To make the new plump massage them with cocoa butter. To whiten the neck apply the solution of peroxide and water.

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#### In Need of a Mother's Advice

DEAR MRS. ADAMS: I am a girl of 16, and although young I attend a great many social functions. On returning from these affairs a boy of good family, usually escorts me to the approval of my mother. Under these conditions, is it proper for the man to put his arm around or assist me by taking my arm, as it is proper for him to take me in fond embrace and kiss me in blushing good night? PENNY WREN.

I am astonished to think that your mother would allow one so young to have social engagements, but feel sure that if you would confide in her, telling of the young boy's familiarity, she would immediately reconsider the matter. It certainly is not proper for the boy to act as he does, and you should not hesitate to tell him so.

#### After a Reception

DEAR MRS. ADAMS: Is it proper for me to call after a formal reception?

After a reception for a bride, who should make the first call, the bride or the one attending the reception?

Your attendance at the reception is considered a visit and does not entail the obligation of an after call.

It is the duty of a person who has attended a wedding reception to call upon the bride's mother and the bride.

#### Too Young to Marry

DEAR MRS. ADAMS: Is it proper for a girl of 17 to be young to be married, if she has the consent of her parents?

Do you think it is proper, if a lady friend of mine should ask me over to her house for supper, and I was quite a distance from my home, to ask my mother if I am a gentleman friend to need me?

I am engaged to be married, and if a girl friend of mine wanted me to go to the theater with her, would it be all right for me to attend the performance and then have my mother's friend accompany me home? Is it proper for him to pay my way if it is impossible for him to attend with me?

In my opinion, a girl of 17 is entirely too young to be married. It is a shame to burden a girl with cares at such an early age.

must be pressed or picked out. The empty sac of the gland should then be bathed with a little tritric vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the needle be thoroughly cleaned, is always dangerous.

The callosities will disappear if rubbed with pumice stone.

An excellent corn cure may be made according to the following recipe: Salicylic acid..... 30 grains  
Castor oil..... 1 ounce  
Colodion..... 1/2 ounce

To Remove Nits  
DEAR MRS. SYMES: My little girl has nits in her hair. Could you suggest something to remove same? Thank you very much. M. C. L.

Pin a towel around the child's neck, comb the hair thoroughly, being sure to burn all the combings, and then wash the head in kerosene or alcohol.

#### Recipe Repeated

DEAR MRS. SYMES: In one of your papers you give a recipe for a skin cream, but I forget the name of the other ingredients. Will you kindly repeat it? I think that this is the recipe to which you refer:

Milk of White Roses.  
(A Cure for Wrinkles.)  
Rosewater..... 1/2 pint  
Simple tincture of benzoin..... 1 ounce  
Essence of rose..... 2 drops  
Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add a little of rose and water. Apply with cotton at night.

DEAR MRS. SYMES: I am going to study hairdressing, manicuring, etc., and intend to open a class for poor but ambitious girls. Will it be all right for me to have the pupils pay by the lesson and not by the course? Also, tell me how to manage the class. I know I must have a system.

I have heard from a party in the tattoo business that he can make artificial red cheeks. Do you think this is dangerous?

Yes, it will be permissible to charge by the lesson rather than by the course. While you are studying you have a great opportunity to learn how to conduct a class of your own. Keep your eyes open to the system which is used in the school which you are attending, and then profit by it.

#### Hives—Weight

DEAR MRS. SYMES: Will you kindly tell me if there is any possibility to get rid of the hives? I have been troubled with them almost ten months. Have tried every possible way to get rid of them, but all in vain.

Please tell me what my weight should be? I am 25 years old. My measurements are: Bust, 28 inches; waist, 22 inches; hips, 29 inches; height, 5 feet 4 inches.

HOPEFUL.  
Hives are caused by an overheated condition of the blood, and something

cooling is needed to effect a cure. A dose of salts taken twice a week is often prescribed, and then the old-fashioned remedy of sulphur and molasses changing stools into one to purify and cool is a never-failing one to purify and cool the condition of the blood.

Your weight should be about 130 pounds.

#### Perspiring Feet

DEAR MRS. SYMES: I would like to know if you could give me a remedy for perspiring feet. I have tried bathing my feet in borax water and changing stockings every day, but it does me no good. LENA.

The following formula has proved helpful in many cases, so I give it to you: Salicylic acid..... 20 scruples  
Sulphuric acid..... 1 dram  
Talcum powder..... 1 ounce

If this does you no good, I advise you to consult a physician.

#### Liquid Face Powder

DEAR MRS. SYMES: Will you please print in your column a recipe for a liquid face powder? I have here is a recipe which will comply with your request:

Liquid Powder.  
Pure oxide of zinc..... 1 ounce  
Glycerine..... 1 dram  
Rosewater..... 1 ounce  
Essence of rose..... 2 drops

Put the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine, next, the remainder of the rosewater, shake well and apply with a soft sponge or an antiseptic gauze. The face must be wiped off before the liquid dries, or it will be streaked.

#### Dandruff

DEAR MRS. SYMES: Will you please give me a recipe for something that will cure dandruff and increase the growth of hair?

Is hot water good to drink at mealtime? For removing dandruff you will find nothing to equal castor oil. Rub a few drops of the oil into the scalp three times a week. The dandruff will become loosened and may be brushed out. After getting rid of the dandruff, I advise you to use the tonic for which I am giving the recipe:

Hair Tonic.  
Resorcin..... 2 drams  
Tincture cantharides..... 1 ounce  
Oil ricini..... 4 drams  
Oil rosemary..... 10 drops  
Tincture aloes..... 2 ounces

It is better to drink a glass of hot water half an hour before each meal. Do not drink any liquids at mealtime.



Massaging with cream to prevent scars



Carron oil should be in every home

2. If you have no big brother or a chaperon to call for you, it is all right to ask your friend to come to your girl friend's house about ten or fifteen minutes before you are ready to leave.

When Men Are Introduced  
DEAR MRS. ADAMS: If a gentleman and a lady are walking along the street and the lady meets another gentleman and introduces him, would either or both gentlemen raise their hats, or would they only shake hands?

A REPLY: When the men are being introduced it is sufficient for them to shake hands; it is to be understood, however, that both hats were raised as they were approaching each other, a respect the men owe to the lady.

#### Difference in Religion

DEAR MRS. ADAMS: I am very fond of a German Catholic, but I am a German Protestant. He is 21 years of age and I am 18. He loves me as much as I do him. Is it right for us to go together?

Is it wrong for a young lady to go out with other gentlemen if she goes out regularly with one man, but is not engaged to him?

The difference in your religions should not prevent you from being friends.

No. Why should one man, merely because he is a great friend, monopolize a girl's time and prevent her from going out with other men?

#### Is It Proper?

DEAR MRS. ADAMS: Is it proper for a girl to try to eat another girl out, if she likes the gentleman?

2. The mere fact that you and the gentleman pass each other frequently on the street does not give him liberty to ask you for a dance. If he is anxious to dance with you, he should ask the hostess to make the proper introduction.

#### Is an Apology Necessary?

DEAR MRS. ADAMS: One of the age and the baby of the family. The other evening I had a few friends at home and a young man, a gentleman, came and introduced me to a young man, a gentleman, who was not known to me. He was very polite and we had a very nice time. He was very polite and we had a very nice time. He was very polite and we had a very nice time.

No apology is necessary. If your friends did not know that an evening gathering of young people should be arranged up at 11, or probably before, it was perfectly right for your mother to remind them of the hour.

#### Troubles of Three Girls

DEAR MRS. ADAMS: We are three girls 15 years old, and would like some advice on love affairs.

One of us is going with a widower 23 years of age. Do you think him too old? Her his wife if she is willing. Do you think it is right for her to accept? Her mother approves of him, as he is a modest, temperate and respectable man.

Another of us is going with a boy 17 years of age. Her mother disapproves of him, as she is doing right if she allows him to escort her home without her mother's knowledge?

Another of us is very much bothered by the attention of a young man whom she despises very much. He never takes her out.

1. A girl of 15 is too young to receive attentions from men. Her mother is not fully developed and she is not capable of considering a proposal of marriage.