

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## TEN MINUTES a DAY for BEAUTIFUL NAILS



out which the first attributes are useless.

Now, of course, the good condition of your nails may be secured by care and frequent visits to the specialist, but the meaning of this little talk today is, "Every woman her own manicurist." More than that, I am going to hold out a tempting offer of ten minutes a day as the price of beautiful nails.

The ordinary working outfit is not appalling—for the extensive manicure sets have a great many superfluous instruments which can be dispensed with by the woman to whom time is valuable.

Scissors, a feather file, an orange-wood stick and a buffer are all that you will need to attain good-looking nails.

Before beginning operations, a cleans-

ing bath of warm water and a good pure soap are necessary. This prepares the way for easy work. If hard water be your fate, add a tiny pinch of borax to the solution. I advise a dip into olive oil for brittle finger nails. This nourishes and moistens them with a lubricant that approaches the natural oil.

After two minutes of this treatment, dry the fingers and shape the nails with the file, one surface of which should be smooth, to prevent any roughening of the under side of the nail. Your nails should follow the outline of the fingertips, extending just a little beyond the cushions. If your fingers are square, you may point the

nails slightly to improve the appearance of the outline.

With an orange-wood stick, carefully push back the cuticle to bring the half moon at the base into view. This mark has always been a sign of beauty, and you should never allow the white crescent to be eclipsed by the ridge of skin.

Obstinate stains can be removed by an application of peroxide of hydrogen, which forms the basis of nearly every nail "bleach." A soft cloth or, better still, a piece of absorbent cotton on the end of the stick will remove any dark stains. Clean the under surface as well as the top.

Another dip into the water and a

drying will prepare the nails, already visibly improved, for the final polish. Rub a nail powder made of the following ingredients on the surface, using the soft chamois buffer:

Talcum powder, one-half ounce; pumice stone, pulverized, two ounces. Mix thoroughly; add fifteen grains of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

Let too high a polish be attained, the palm may be briskly rubbed over the nails, bringing an attractive, healthy glow to the surface.

If it worth ten minutes a day? Try it for one week, and you will never neglect the opportunity for beautiful nails. They're well within the reach of every woman.

## ANSWERS TO BEAUTY QUERIES

**TO GAIN FLESH**

Dear Mrs. Symes,

I am too thin and would like to know what I should do to get fat. Will olive oil help me? What can I put with it to improve the taste?

What can I take to make my shoulders broad and to develop my hips and the calves of my legs?

M. A.

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.

**To Gain Flesh**

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M. A.

Olive oil is excellent for increasing the flesh. To make the taste of it pleasant, pour the juice of a lemon or orange or grape juice into a tumbler, then add the oil and then put in more juice. Drink as soon as it is prepared. The external use of olive oil will help, too. Massage the skin with it once or twice a day.

Deep-breathing exercises and exercise with dumbbells will broaden your shoulders.

To develop your hips, try the following exercise:

**To Develop the Hips.**

Stand alternately on each foot, swing the free limb pendulum fashion from the hips each time allowing it to go as far forward and backward as possible.

This exercise will develop the calves of your legs:

Rise on the toes, count five; lower the body until the heels almost touch the floor; repeat eight times, lowering the head back and the heels only on the eighth count. Repeat the same exercise, resting on the heels.

To cure a double chin, massage daily, using the following movements:

From point of chin, with open hand press first downward, throwing the head back; then the head forward, and the hand forward at the same time. Repeat the exercise frequently with cold water.

**Obstinate Pimples**

Dear Mrs. Symes,

It is possible for me to get rid of some very obstinate pimples that will not prevent something that will also prevent them from returning?

What will drive away a red spot caused by poison ivy?

Bathe the pimples with a soft piece of linen dipped in hot water, dry and gently apply the cream for which I am giving the recipe:

**Fosatti Cream for Pimples.**

Extract of violet ..... 10 drops  
Sulphur precipitate ..... 1/4 drams  
Oxide of zinc ..... 1/2 drams  
Lanolin ..... 1/2 drams

To avoid pimples, keep the skin clean, the blood in good condition and do not eat rich food.

To remove the red spots, apply an ointment made of:

Boric acid ..... 3 grains  
Lanolin ..... 1 ounce

**Thick Lips**

Dear Mrs. Symes,

Would you kindly advise me what to do to get rid of thick lips that have been caused by biting? I have given a remedy of celandine leaves for removing superfluous hair. Will you please tell me how long it will take to get rid of the thick lips? Would you eyelashes be falling out? Would you eyelashes be falling out? Would you eyelashes be falling out?

On my nose there are little red blotches that I can't get rid of. Would you kindly tell me what I could do to cure them?

M. A.

**Informing the Girl**

Dear Mrs. Adams,

I am 15 years old and going with a young girl of 16. Should I, when asking permission to take her to a theater or any place of amusement, tell her where I wish to go?

Yes; this is a courteous duty her and her chaperon.

**To Redden the Hair**

Dear Mrs. Symes,

Please tell me what I should do to turn my hair red. It is black and I used to get it dyed brown. Do you know of anything besides a dye? FLORENCE GILBERT.

I know of no way to redden the hair except by using a dye or stain.

**Mother Objects**

Dear Mrs. Adams,

I am a girl of 15, and have for the last year been corresponding with a young man of 18. I only care for him as a friend, but my mother objects seriously to my keeping up this correspondence, yet she has no objection to my going to see him. What should I do about it? MISS WORRIED.

If you were at fault and you both still care for each other, why not allow him to call on you and then offer explanations and apologies?

**Arranging the Hair**

Dear Mrs. Symes,

How can I make my eyebrows and lashes darker without harming them? W. M. E. S.

1. In the most becoming manner, avoiding all extreme styles. Hair ribbons should not be discarded by a girl of 17.

2. The eyebrow pencil may be used to darken the brows and lashes without doing any injury.

**Boy and Girl Love**

Dear Mrs. Adams,

I am a boy about 19 years old and love a girl of 16. Do you think it proper for me to kiss her good-bye when I call on her? We have known each other since we were children, so don't you think it would be all right for us to go out together at night without a chaperon?

1. It would be proper for you to become engaged, or do you think you are young enough to do so? W. H. HOPKINS.

**Double Chin**

Dear Mrs. Symes,

Will you kindly let me know how to reduce a double chin, and what to do for enlarged pores? I use a good cleansing cream and a massage cream about once a week, but it makes my face so greasy and

## ADVICE ON SOCIAL CUSTOMS

*Mrs. Chatter Adams*  
most cordially invites her friends  
to bring to her their Social  
Problems and perplexities  
by letter at any time

**HOW TO INTRODUCE**

WHEN introducing a friend to other people there are a few very important things to keep in mind. Remember that an introduction can never be too simple nor too definite. The words must be spoken very distinctly, without any verbal flourishes. Do not give any opportunity to the hearers to misunderstand the name, or to fall to grasp it at all.

One thing is important: the man is always presented to the woman, the younger person to the one decidedly older, and the unmarried woman to a matron. The woman's name is always mentioned first. "Mrs. Carleton, let me present Mr. Blank," is the simplest and best form of introduction.

Frequently, when a man introduces another man to a woman, this form may be slightly varied. "Miss Brown, I wish to present Mr. Earl, who is very anxious to meet you," may form an easy way to vary the usual conversation.

introduce are not on a friendly basis with each other, and must address each other on totally different grounds. Always give the necessary information in an introduction. "Cousin Tom" must be given his full name, and "my friend Mary" might be married; therefore, she must be introduced in this capacity.

It is allowable in this country for a married woman to use the word husband in introducing him. In Europe the prefix Mr. is always used.

There is a prevalent idea which has crept into the customs of society that people under one roof, enjoying the hospitality of one hostess, need no introductions; but the hostess who introduces thoroughly and gracefully will prove more successful and decidedly will be more appreciated by the guests.

The introduction is such a simple affair, and so necessary, that it is astonishing how many women bungie it by awkward and embarrassing handling of the subject. There is no necessity for mistakes; there should be an easy mastering of the simple facts, after which I promise that the approach of a person claiming an introduction will not be the cause of consternation on your part.

**Attentive No More**

Dear Mrs. Adams,

How would you advise me to act toward a man whom I went with constantly for nearly two years and a short time ago stopped paying attention to me? When we meet he is as nice to me as he ever was. Why, do you think, did he act this way? How can I make him like me again? LONNESOME.

Conduct yourself the same as you did in the past. Not knowing the circumstances, it is hard to tell why the young man has treated you so. You can do nothing to make him care for you. I don't think you would want a man's love if it were not freely given.

**After a Dance**

Dear Mrs. Adams,

What should you advise me to do when they usually say, "I enjoyed that dance very much. I would like to see you again. What should the young lady reply?"

2. A few weeks ago a young man whom I met at a party asked me if I had a steady fellow. I told him no, and he asked me if I would be his steady company, and before answering him I took the liberty of writing to you to find out what it means. Can I go with any one, or just with him?

3. I received a Christmas gift from a young man, and as I did not know what would please him I did not return the compliment. Was that rude of me? Should I have found out what he wanted?

4. The pleasure is mutual, I assure you, Mr. A., or, "I enjoyed it, too."

5. I have never found out what the term "steady company" really means, but I have an idea that the young man would like to have the privilege of devoting his time and attention to you, and vice versa. If you know that he is a man of good character, you might allow him to call upon you, but do not let him monopolize your time. Until you are engaged to be married you are at liberty to accept attentions from other men.

6. The receiving of a gift does not necessitate the giving of one in return for it; so that your act was not at all rude.

**Sorry Now**

Dear Mrs. Adams,

I have been going with a young man for a few years, and we were engaged to be married, but for some reason I got angry with him and told him to consider our engagement broken. He has never considered me, and he has often told me that he did not love me, and that I was in the wrong, and I love him as much as ever. He wants to come to see me all the time, and I would like to have him, but am so ashamed of myself for not trusting him. What shall I do about it? MISS WORRIED.

If you were at fault and you both still care for each other, why not allow him to call on you and then offer explanations and apologies?

**Birth Day Gift**

Dear Mrs. Adams,

What gift do you suggest as a birthday present for a girl friend of mine? I have known her a year. Would a hairbrush or gloves, which I have promised her, be appropriate? If you are not engaged to the girl, it would not be proper to give her jewelry.

2. If you are not engaged to the young man, gifts which a young man may, with propriety, bestow upon a girl friend.

**Red Face and Nose**

Dear Mrs. Symes,

Can I do anything with redness of face and nose. Would you please tell me the cause and also a cure for it? OLIVE D.

Probably the redness is caused by indigestion. This being the case, you should diet and take medicine prescribed by your family physician. If poor circulation of the blood is at the bottom of the trouble, massage your face daily and take plenty of exercise.

To get rid of the freckles, use the lotion made by the following formula:

Lemon and Glycerine Lotion.

Citric acid (lemon) ..... 2 drams  
Hot water ..... 11 ounces  
Borax ..... 1/2 ounce  
Red rose petals ..... 1 ounce  
Glycerine ..... 1 ounce

Dissolve the acid and borax in the water; teresa; the petals for an hour; strain through a jelly bag; after twenty-four hours; decant the clear portion and add the glycerine. Apply as often as agreeable.

When introducing members of your family the form may be slightly less conventional. "Mother, this is Mr. White," or "Miss Canby, I think that my father has not had the pleasure of meeting you," is a graceful way. Occasionally a hint of the identity of interests of a person may be linked with his name. "Mrs. Arden, let me present Dr. Richards, who is interested in A debutante should be conducted to her matron or chaperon at a dance; at the side of a friend the younger woman receives introductions.

It is better to adhere to the regular forms of introduction than to depart from the prescribed way and to produce a vague misunderstanding.

Remember that the persons whom you

**Solutions to Social Problems**

**When Her Friends Call**

DEAR Mrs. Adams,

I am going to have a girl friend visit me for a week or so. She has brought here with whom I am not acquainted. I want to know if I should remain in my room, or if I should go out with her friends when they call and then leave, or should I stay with them all the time they are present? She is an old friend of mine, having known her ten years, and I want to do the right thing by her.

You should talk with your friend's acquaintances a little while after meeting them, making them feel welcome in your home and then excuse yourself. If they insist upon your remaining with them, you may do so.

**Hour for Entertaining**

Dear Mrs. Adams,

I am a girl 18 years of age. Is it proper for me to entertain a boy of my own age until 10:30 o'clock?

2. My sister and I are acquainted with a young man who works in a telegraph office out town. When passing by he often invites us in for a little chat. We have accepted his invitation several times. Is this improper?

3. Is it all right for us to accept the company of a young man who is on the street if we have met them?

4. I have been keeping company with a young man for about a month. He seems to prefer my sister, who is married and

**Ungentlemanly Conduct**

Dear Mrs. Adams,

It is proper for a young man to kiss a girl's hand when he is not in love with her? What is the proper thing to do when a young man gives her a ring? When a girl considers engaged to marry because the young man gives her a ring? When a girl falls out with her sweetheart and the girl goes for him and he is too stub-

**Giving Introductions**

Dear Mrs. Adams,

Would you kindly tell me if it is proper, when introducing a girl and boy between names?

2. Which is proper to say, Mister or Master, when introducing a boy about 15 years of age?

3. When a girl asks me to skate, what shall I say if I care to, and what shall I say if I don't care to? NAN.

1. Yes; the first and last name may be given.

2. It would be more complimentary to the young man to say Mister.

3. If you give an affirmative answer say, "I shall be glad to skate with Mr. Smith." "I don't think I care to skate just now, Mr. Jones," will be sufficient for a negative answer.

**Addressing Brother's Companions**

Dear Mrs. Adams,

1. My brothers have plenty of young men company. Is it best that I should address them all?

2. What should I say to a young man who is leaving my sister having skated with him for a while?

3. Is it necessary for a young man to take me home when I am chaperoned by an older sister? A READER.

1. Unless you are very intimate

**Double Chin**

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