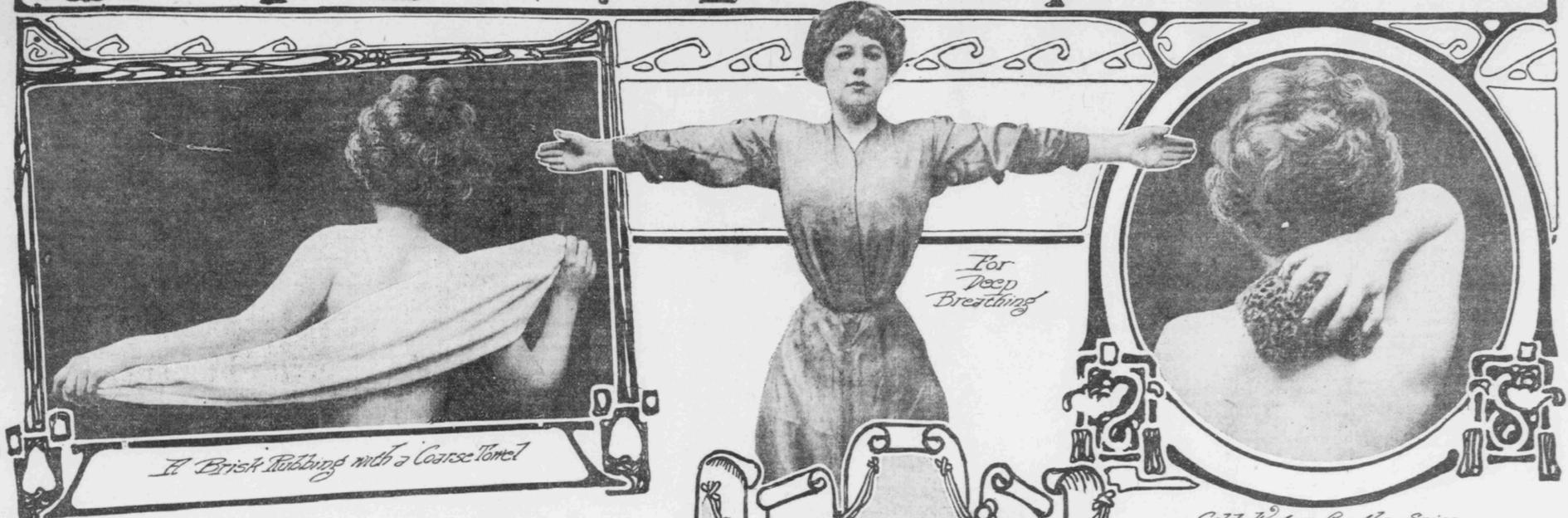


CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

To Correct Excessive Perspiration



MANY women suffer from excessive perspiration of the hands, armpits or neck, but whether the affliction be local or general, the cause is the same—poor circulation. By improving this, a normal condition of the skin will be attained.

Now, a certain amount of perspiration, both insensible and sensible, must be excreted every day or a general derangement of the system will result. Any unnatural condition should be corrected before it becomes chronic.

These exercises may not seem at first germane to the subject, but if you keep clearly in mind the end in view, namely, the betterment of the condition of circulation, you will be able to realize the advantage of the home treatment.

With comfortable clothing to insure an easy movement of all muscles, follow these directions carefully and

faithfully: With hands on the hips, bend the trunk forward slowly, holding the head erect, and then rise to a standing position. There must be a conservative repetition to give any beneficial results, but do not overdo the matter.

The next exercise is the quick drawing up of the knee at right angles to the body, the leg extending downward. Replace the foot and raise the other leg in the same way. Repeat in quick succession. This is almost as successful as a brisk walk, with regard to its influence upon the action of the heart, for this is the organ that must be roused to its sense of duty.

Extend the arms sideward, fingers straight, and move together till parallel; when separated again, inhale as much fresh air as you possibly manage, filling every portion of your lungs. Expanding the chest improves the circulation.

With a sponge, apply cold water at

the base of the head, and allow the spine also to come under the cold-water influence. Any overheated condition of the blood is thus remedied, and the controlling nerve centers are calmed.

The last exercise is a brisk rubbing of the back with a coarse towel.

Every one of these exercises will improve the circulation. With good circulation a normal, healthy condition of the body will appear, and as the general health improves there will be a corresponding decrease of this annoying trouble, which is not so hopeless as it at first appears.

A little tannic acid, 8 grains to 4 ounces of bay rum, forms an excellent local application. Another solution is helpful if a tea of white oak bark be made. This latter is recommended by an eminent skin specialist.

These are suggested as temporary relief from the trouble; the treatment prescribed will correct it, and if faithfully carried out will eventually cure it.

For Deep Breathing

Cold Water for the Spine

ANSWERS TO BEAUTY QUERIES

OWING to the great amount of mail received in 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.

will soon drive it away. Your skin is in a dry condition, and the application of castor oil on the scalp will give it the oil that is lacking. If possible, have some one apply the oil so that the scalp will receive the proper massage. Brushing the hair will also help. To relieve the itching sensation of the neck and face, massage the skin with olive oil.

A Large Nose

Dear Mrs. Symes: Will you please tell me what will reduce a large nose? I am very anxious to make mine smaller. H. J. R.

Your nose will have to remain practically the same size, for nothing can be done to reduce the bony structure.

A Remedy for Pimples

Dear Mrs. Symes: What can I do to get rid of pimples? I have tried lots of things for them, but to no avail. FLORENCE H.

There is nothing like hot water as a remedy for pimples. Apply it to the pimples with a soft cloth, and then pat dry with a soft towel. Above all things, do not pick them. The less the fingers touch them, the sooner they will disappear. Picking them causes irritation and makes them quite painful.

Hair and Hands

Dear Mrs. Symes: My hair which is golden, as very uneven and broken off, yet it seems to be in a healthy condition. Will castor oil, olive oil or vasoline make this short hair grow, and which will give the quickest results without damaging my hair? MAIRE.

Although I take good care of my hands, they are still very red, and I believe they are so because I have too much soap.

A Harmless Rouge

Dear Mrs. Symes: Will you publish a recipe for a rouge which is positively harmless to the skin? How should the skin be treated to keep it in the best condition? ELEANOR E.

Here is the recipe for a rouge which is perfectly harmless:

To Remove the Odor

Dear Mrs. Symes: Can you tell me how I can get rid of a bad odor coming from my feet? JIM H.

Your feet undoubtedly perspire a great deal. In such a case, it is necessary for one so afflicted to change his shoes and stockings every day. The following recipe will also prove helpful:

Bloom of Roses

Rosebuds..... 1/2 cup
White wax..... 1/2 cup
Carmelita..... 1/2 cup
White petroleum..... 1/2 cup
Alcohol..... 1/2 cup
Perfume..... 1/2 cup

Place the buds in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing to stir until the mixture has cooled.

For Perspiring Feet

Salicylic acid..... 20 scruples
Boric acid..... 1 dram
Talcum powder..... 1 ounce

Quinine Hair Tonic

Sulphate of quinine..... 1 dram
Rosewater..... 1/2 cup
Diluted sulfuric acid..... 15 minims
Rectified spirits..... 2 ounces

What to Apply

Dear Mrs. Symes: I have blackheads and express them, and then I wash my face with soap. Can you tell me if there is anything to do for such a case? E. M. H.

After removing the blackheads from your skin use the lotion for which I am giving the recipe:

To Fill Out the Neck

Dear Mrs. Symes: My neck is plump except where my collarbone shows. Do you think cocoa butter would help me? If so, how long would it take for results to show? F. A. L.

The following recipe is for a splendid tonic for hair which is the least bit oily:

The Cause and Cure

Dear Mrs. Symes: Can you tell me why my stomach grows continually? I imagined it was because I was hungry, but I find that it will happen a very short time after I have eaten a meal.

What causes brown spots, commonly known as liver spots, and what can I do to drive them away from my face? DISTRESSED.

Face Bleach

Dear Mrs. Symes: Will you give a recipe for a face bleach that won't harm the skin? My face is smooth, but is much darker than my hands. F. E. K.

This is the recipe for a harmless bleach for the skin:

Shiny Skin

Dear Mrs. Symes: My face is often quite shiny, and I wish you could tell me how to correct this trouble. B. L. S.

Probably you use too much soap on your face. This will cause it to shine. After washing and drying your face apply a lotion made of:

Disease of the Scalp

Dear Mrs. Symes: I am in great distress over a scalp disease that I have. I have been told that it is the mange. My scalp will be scaly, and when I wash it it looks very clean, but in about two days it will be scaly again and itches very much. This itch seems to be getting down on my neck and face. I have applied disinfectant faithfully for a year, but it does not seem to do good. A. READER.

I do not think you have the mange. For this disease causes the hair to fall out. You probably have a bad case of dandruff, and some earnest treatment

Refusing to Play

Dear Mrs. Symes: At some of the parties I attend, kissing games are played. Is it rude for me to refuse to take part in them? The boys and girls are some of my best friends. I am 17 years old. I have not gone with boys yet, but am I old enough now, if my parents consent? C. W. R.

You may refuse if you wish, and it will probably give you a more comfortable feeling if you should suggest some other game.

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Advice on Social Customs

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

REFINEMENT IN EATING

"I DO NOT wish to meet that man," said a woman the other day; "I saw and heard him eat."

There is food for thought in that remark, my friends. Perhaps in no other daily act is there such an opportunity for the display of refinement or of coarseness as in the process of eating. It is such a common occurrence that many people do not give it the proper consideration, and slowly but surely form habits of eating that become second nature.

Let me emphasize the fact that your table manners are true indices of refinement. I can fairly well judge a person if I see him eat. It is a reliable test.

Refinement in eating does not depend upon an intimate knowledge of forks and spoons or of the various uses of glasses. This is the result of a formal training, and can be acquired in a very short time. I have seen a man who knew the details perfectly eat in a detestable manner, while another, who did not know what an ice cream fork looked like, displayed perfect refinement.

Putting the idea in a nutshell, refinement means eating a meal in quiet dignity that is as far as possible removed from the methods of animals.

There must be no audible testimony of the fact that you are eating. The lips should be kept closed while chewing, and the mouth must never be filled with food. Small portions of food should be cut and prepared as you are ready. Do not prepare the entire meal and then proceed to demolish the pile. Liquids should be sipped, not hastily gulped, and they should never be used to wash down a mouthful of food. The ordinary receptacles should always be used; coffee, for instance, must be allowed to cool in the cup.

Do not scrape a plate until the last vestige of food disappears. The small amount secured in this way will never repay you for placing yourself out of the sphere of refined human beings. Convey small pieces of cake or bread to the mouth. This can be easily done by breaking the piece from the main slice.

Do not do anything that will appear distasteful to others at the table. Your associates must be considered. You have no right to make it impossible for others to eat in peace.

All of these little things show the true gentleman. If you are training children, remember this; if you wish to be refined, observe these points.

With refinement in eating you may be welcomed at any table where common sense will prevent ordinary blunders, but without this quality, all the king's horses can never cover up the deficiencies.

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Cards of Thanks

Dear Mrs. Adams: Your beautiful gift has arrived, and my husband and I wish to express our pleasure at your kind remembrance. Many thanks for your good wishes for my future. I am sure that will prove as happy as I can desire. Again with sincerest thanks, believe me to be, Sincerely yours, FLORENCE BLACK.

The "At Home" cards are sent either with the wedding invitation or wedding announcement. The following is the form:

At Home after June first, Five Cedar Street.

Without a Chaperon

Dear Mrs. Adams: I am a young girl 19 years of age and go with a lady to the office of my father. I am engaged to be married at 2:30 on Sunday afternoon and leave at 9 in the evening. Now what I want to know is this: Is it proper for me to meet him and to accompany him to the station upon leaving? M. A. S.

Would it be proper for me to go to an out-of-town dance and stay at a hotel without a chaperon? M. A. S.

It is all right for you to go to the station to meet the young man, but when accompanying him to the station in the evening you should have some one else go along with you so that you will not have to return alone.

2. It would be most improper to go without a chaperon.

What It Means

Dear Mrs. Adams: Will you please tell me what R. S. V. P. means? These letters indicate that a prompt response is desired.

Letters on Envelope

Dear Mrs. Adams: Every time I receive a letter from a certain young lady, she puts the letter in the left-hand corner of the envelope. The letter is folded so that the words "I love you" are visible. Will you kindly tell me what is the meaning of this? TOBACIN.

They are an abbreviation of the words, "Saint Anthony guide," a prayer that the letter may safely reach its destination.

Has Met Another Girl

Dear Mrs. Adams: When a young man is engaged to a young lady and he meets another whom he likes better than the one to whom he is engaged, what should he do? Should he go with both girls until he decides which one he likes the better, or had he better break the engagement? M. A. S.

2. When a young man likes a girl and she likes him, and her mother does not like them to go together, is it proper for the young man to call on his sweetheart at her sister's home?

She His Senior

Dear Mrs. Adams: I am a young girl, 20 years of age, and receive the company of a young man be-



The Knee Should Be Raised

Bend the Body Forward

Solutions to Social Problems

How to Act

TO PRIMROSE: Do not let your actions show that you remember the incident. It will be less embarrassing for you both.

What to Say

Dear Mrs. Adams: What should a girl say when she is told she did well after reciting in public? SCHOOLGIRL.

It is sufficient to say "Thank you," or "You are very kind to tell me so."

guests, why not get a book on games from the library? This will give you a large field from which to choose. The chrysanthemum, which is the flower for the month, should be used for decoration, and to lessen the expense, those made of paper may be bought. For refreshment you may have dainty sandwiches, ice cream cake, nuts and candies. When sending out your invitations specify the hours, so that your friends will know how long they will be expected to remain.

Under Obligations

Dear Mrs. Adams: Is it proper to invite a girl friend and her mother to the theater? I am a boy 17 years of age and the girl is 16. I am invited to her, and as there are no dances in sight at present I would like to have a supper party. C. L. H.

2. Last fall a friend asked me to a dance and I haven't repaid it yet. This spring another friend asked me to her dance. Which one should I repay first? C. L. H.

1. It would be very nice for you to invite the young girl and her mother to the theater to show your appreciation of their kindness.

2. To be courteous and to retain your friends, you had better clear yourself from all obligations to the girl who extended the first invitation.

Brother Dislikes Him

Dear Mrs. Adams: I have a friend calling on me occasionally whom my brother doesn't seem to like. What can I do to make my brother like him? MARIE.

We cannot all care for the same person, but it may be that in time your brother will grow to like your friend. Find out what his objections to the young man are, and then if they are reasonable try to have them remedied.

Birth Party

Dear Mrs. Adams: I am and would like to have a birthday party. How many should I invite and what amusements should I have? What decorations and eatables would you advise? How can I give the guests a hint to go home at 10 o'clock? At all parties no one likes to be the first to go. My birthday is in November. RALPH B.

You must determine the number of guests to invite by your list of friends and the money you wish to spend for the occasion. As you will have plenty of time to plan amusement for your

Wants Friends

I have no girl or boy friends and always go about with my parents. I am 17 years old and always try to act as ladylike as possible. How can I win their friendship? If your parents are willing, why not

is engaged, and ask her to release him from his promise. It would not be fair to either girl to put them on probation, as it were.

2. No; it would be better for the young man to try to win the mother's favor.

3. It is most improper.

To Let Him Know

Dear Mrs. Adams: I want to let a young man know my parents do not wish him to come into the house after we have been to the theater.

2. Would it be wrong to tell him a pretty silk handkerchief? He is always giving me candies, flowers and the like.

3. He insists upon my getting married in a year, but I am only 16 and he is 18. Shall I continue going with him and make him wait two years, or shall I go against my father's wishes and marry him? I don't exactly love him yet. My parents seem to like him. LITTLE BLUE-EYED BLONDIE.

1. If you do not invite the young man into the house he will surely understand that he is not to go inside.

2. It is quite unnecessary and not good form.

3. You are entirely too young to be married. You had better follow your father's advice. I strongly advise against marriages that have no love for the underlying reason, for a goodly supply of this is necessary to make for happiness in the married state.

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