

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



Touch the Toes with the Finger-Tips

I THINK that nearly all women have in their hearts the wish to be "divinely tall." Grace is generally associated with height that does not border on the extreme, and to those who wish to increase their height I am giving a few exercises that will make the ideal a little more attainable.

It is possible to stretch the muscles through exercise, and the fact is indubitable that through continuous movement the different portions of the body can be perceptibly lengthened. If the faithful drill be given every day, morning and evening, if you possibly can manage it, there will be a gratifying proof of the efficacy of this method.

The free and easy movement of all parts of the body is important; therefore I advise a special suit. If this be impossible, divest yourself of all tight clothing as the preliminary step.

Now bend the body slowly forward, with arms extended, and touch the toes with the fingertips. At least try to do this, for you will find that this is not a feat easily performed. However, do not despair, for by constant practice a flexibility of the trunk muscles will be attained, and you will find that each few days will bring you nearer the goal.

With hands on the hips, to insure easy balance, rise on the toes just as high as possible. This stretches the leg muscles. Repeat ten or twenty

times, and it will surprise you to notice how strong these will grow.

Head backward, bend! This gives the throat and the muscles of the chest their proper work. A very simple exercise, but it is necessary for the complete stretching of the body.

Now mark a point upon the wall just beyond your reach. Face the wall, and on the toes rise, and stretch the arms toward the mark. Repeat this exercise, and as you are able to touch the point, move it up the wall, always a little beyond, until you can reach a height that was unattainable in the past is proof of the benefit secured.

As a final exercise, raise the body from the floor by means of a horizontal bar and trace with the feet toward the floor. This is excellent for developing and lengthening the body, and need not be of such long duration as the other steps.

I know positively that many persons, by following rules quite similar to these, have increased their height in four months. Your determination to do this is required to add a few inches to your stature. It is worth a trial, and I promise you the most satisfactory results.

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ADVICE ON SOCIAL CUSTOMS

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

ACKNOWLEDGING INTRODUCTIONS

THIS is a very important question, and I am going to suggest a few things to help you. A guest is not at liberty to refuse an introduction made by a host or hostess, even though the person presented be an enemy. It is a question of the short time between ignoring for the short time any unfriendly feelings or making your entertainer extremely uncomfortable. The first course is the better. Bow politely in a dignified manner and tactfully avoid any further intercourse.

A hostess extends her hand in her own house to the person who is presented. In other cases women bow slightly and repeat the name of the one presented. A woman never should ex-

press any marked gratification when a gentleman is introduced; it is customary for a man to signify his pleasure by a little phrase, such as, "I am very happy to meet you, Miss S." or "I am glad to meet you, Mr. S."

A hostess invariably rises to receive an introduction to either a man or a woman. A woman should not rise when a man is presented to her; neither is it necessary when she is one of a group to whom a person is introduced. It is always courteous to rise when a woman very much older than she is presented.

Now suppose that you have failed to understand the name of the stranger. You should, as soon as possible, to avoid embarrassment later on, ascertain the name by a polite question: "Will you not tell me whom I have the pleasure of meeting for I was unparaphorably stupid in not hearing your name?" or some little explanation will suffice.

Any introduction made in a public place does not require a recognition afterward. A casual presentation that is made without any expressed wish on either person's part does not entail the obligation of a renewal of the acquaintance. The introduction that has resulted in a friendly conversation and discussion of affairs needs the future acknowledgment of each person.

After all, the spontaneous cordiality of manners should be the structure around which these social customs should be built. The happy woman is she who can combine them in clever proportions.

Inviting Boys and Girls

Dear Mrs. Adams,

1. Will you please tell me if it is proper to invite either boys or girls to a party, having only met them once or twice. Provided my folks know their parents?

2. Is it all right for my mother to invite boys and girls to my party whom I have never met, but she knows their parents? I am 15.

3. Perfectly proper.

4. Yes, a mother rarely makes mistakes in choosing companions for her children.

Lifting the Hat

Dear Mrs. Adams,

1. When a woman is required to do when she meets a lady friend and tips her hat, then meets her again a short while afterward, is she required to tip her hat the second time, or what is she supposed to do?

2. He should lift his hat every time he meets the young lady.

Whose Turn?

Dear Mrs. Adams,

1. What is the proper way in this neighborhood of the neighbors called and is not at home. She left her card, and she was not at home, so I left my card. Whose place is it to make the next call?

2. It is the 'neighbor's' turn to call on you.

Serving Fruits

Dear Mrs. Adams,

1. What is the proper way to serve apples and other fruits at a small party?

2. In ordering a restaurant, should the lady or gentleman order first?

3. In leaving a restaurant, should the lady or gentleman lead?

4. I am 21 years old. Should my mother remain in the room when I receive gentlemen callers?

5. Fruit served in salad form is very nice, or the whole fruit may be served, although the latter way does not lend itself to graceful treatment.

6. It is always well to allow the gentleman to do the ordering for both.

7. When leaving a restaurant, the lady precedes the gentleman as they are leaving the dining room. The gentleman steps forward to open the door, if there is no porter there to do so.

8. It is not necessary for your mother to remain in the room all evening. She should, however, sometime in the evening come into the room to speak to your caller.

Tired of His Company

Dear Mrs. Adams,

1. I am 17 years of age and have been allowing a gentleman to call on me every Sunday evening. Now I am tired of his company and want to know how I can tell him to discontinue his visits without hurting his feelings.

2. It is too bad you allowed the young man to call on you regularly, but now the deed is done and you have grown tired of his attentions there is nothing for you to do but be honest with him. Tell him that you think you are too young for him to call regularly, but that you still wish to claim him as a friend.

Quite Rude

Dear Mrs. Adams,

1. A young girl 18 years old. A short time ago a second cousin of mine gave me two tickets to attend a dance, and told me he would see that I had a pleasant time.

Feels Slighted

Dear Mrs. Adams,

1. I am a young married woman and am very unhappy at times. My husband goes to church and the girls there make a fuss over him, and when they are around he hardly speaks to me. I am not jealous, but I think they all slight me, and I feel so badly that I think I shall stay away from church. Am I very backward, and would like your advice.

2. A FRIEND IN NEED.

3. The fact that you are backward may be the cause of all your unhappiness. Do not allow the girls to slight you. Enter into their spirit and get just as much fun out of the occasion as they do. You would make a big mistake if you stayed away from church. Go with your husband, so that you may both mingle with the same friends.

An Unfaithful Lover

Dear Mrs. Adams,

1. I am 21 years old and was engaged to a young man who is going with an old sweetheart of his. I wrote him a letter, but never got an answer and I never see him any more. I like him very much and would like to know what to do so that he will come to see me again.

2. I know how your heart is aching, but the man does not seem to be worthy of your love and consideration. If he treats you cruelly now, what would life be in years to come? Try to forget him, and some day the right person will appear who will honor and respect your love.

Courts Another Woman

Dear Mrs. Adams,

1. I am in love with a young man and have been taking lessons from a young man for some time. He is five years my senior and always acted as a teacher toward me. He has displayed jealousy and has used unkind terms toward me, and yet I think he does not love me, but considers me a child. I do not love him, but I feel it is right for me to continue my lessons with him.

2. Why don't you have one of your parents speak to the teacher, so that he will treat you with proper dignity? It will then be more comfortable for you to be in his presence.

Continue the Lessons

Dear Mrs. Adams,

1. I am a young girl 16 years of age and have been taking lessons from a young man for some time. He is five years my senior and always acted as a teacher toward me. He has displayed jealousy and has used unkind terms toward me, and yet I think he does not love me, but considers me a child. I do not love him, but I feel it is right for me to continue my lessons with him.

2. Why don't you have one of your parents speak to the teacher, so that he will treat you with proper dignity? It will then be more comfortable for you to be in his presence.

Diffidence in Religion

Dear Mrs. Adams,

1. I am a young girl of 16 and am in love with a young man of 21. My mother objects to my going with him on account of difference in our religion. I go with a young man of 19 whom I do not love, but my mother wants me to continue going with him, as she thinks a great deal of him. Do you think it would be proper for me to go with the former man without my mother's knowledge?

2. When a girl meets a young man on the street accidentally, and he accompanies her home, do you think it is proper to ask him into the house?

3. Would you feel comfortable if you deceived your mother? I can assure you that you would not be very happy. I am certain that she will not force you to go out with the young man of 19. You are such a child to fall in love. Why not occupy your mind with things suitable to your age and forget about the man to whom your mother objects?

4. It is proper, but not really necessary for you to do so.

Who Precedes?

Dear Mrs. Adams,

1. Is it proper for a gentleman when going down the stairs in a theater to precede the lady when the usher is ahead? M. D. K.

2. The lady precedes the gentleman, both following the usher.

Traveling the Stairs

Dear Mrs. Adams,

1. Is it proper for a gentleman to precede a lady when going up or down stairs?

2. The man should be in a position to render assistance to the woman; therefore, he should precede her when going downstairs and she should precede him when going up.

Creole of Sweet Oranges

(A Skin Food.)

Sweet orange-flower water 2 ounces
White wax 2 ounces
Oil of sweet orange 1 dram
Spermaceti 2 drams
Starch 1 dram
Beat mixture with boiling water.
Spread in a jar in thin sheets. Wash
and aermetize into the jar. Let it dissolve.
Heat almond oil and add to the mixture
orange-flower water, add to it half a tea-
spoonful of a time, stirring the mixture
quickly. Use the jar of the cream.
Beat mixture with the whisk. Adjust it loose-
ly, and it will curl upon drying.

Hair-Curling Recipe

Dear Mrs. Adams,

1. Will you kindly publish the recipe that you published not long ago for curling the hair?

2. Is there anything to make the eyelashes and brows dark without using the pencil?

3. I hope the following recipe is the one to which you refer.

To Make the Hair Curl

Potassium carbonate 120 grains
Ammonia water 1 fluid dram
Alcohol 1 fluid dram
Rosewater, enough to make 16 fluid ounces
In using, moisten the hair, adjust it loose-
ly, and it will curl upon drying.

The Chinese eyelash stain may be used instead of the pencil.

Chinese Eyelash Stain.

Gum arabic 1 dram
Indian ink 1 dram
Powder of the ink and gum and triturate
small quantities of the powder with the
rosewater until you get uniform black
liquid in a powder, and then add the remain-
der.

Solutions to Social Problems

Making the Engagement

DEAR Mrs. Adams,

1. When a gentleman asks a lady to accompany him to the theater a certain evening and she refused because of an engagement for that date, but expresses the desire for some evening in the future, is it the place of the lady to say that date when she can give a definite answer, or should the gentleman ask for some date that would be suitable?

2. Let me tell you that the simplest words are always the best to use at all times. If your party is to be informal, write your friends personal notes asking them to come to your party. It is in much better form not to mention in the invitation that the party is in honor of your birthday, so that the guests will not feel obliged to bring gifts.

3. The birthday cake is always in evidence. Sandwiches, ice cream and candy are very nice refreshments to serve.

4. From 7 to 10 o'clock is the proper time for holding a party for boys and girls of the age you mention.

A Birthday Party

Dear Mrs. Adams,

1. Will you please tell me through the paper how to write an invitation to a birthday party?

2. What is usually served at birthday parties?

3. Until what time should the guests stay? They are from 11 years to 17 years of age.

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When Dancing

Dear Mrs. Adams,

1. What would be the correct thing to say to a boy who insisted on calling a girl affectionate names while dancing with her? Would she do right to refuse to finish the dance with him?

2. It is proper for three girls, all over 15 years of age, to entertain seven boys at a card party, two of them being their brothers?

3. Is it improper for a young man to call a girl 'kid'?

4. When two girls are dancing together, is it proper for two boys to stop them and ask for the dance?

5. She should remind him of the fact that he was overstepping the line of friendship and request him to stop. If he persisted, she would be perfectly justified in refusing to finish the dance.

6. If the girl's parents are willing, it would be all right. A much pleasanter evening would be spent if an equal number of boys and girls were present.

7. The word 'kid' is a slang term which is never used by a well-bred person.

8. It would be very rude for the boys to stop the girls; they should wait until the dance is finished and then ask them for the next. It is hardly fair, however,

Neglected to Reply

Dear Mrs. Adams,

1. I received an invitation which read: "Mrs. John Smith to meet Mrs. Robert Jones,

Blackheads and Pimples

Dear Mrs. Adams,

1. Will you kindly tell me something beneficial for blackheads and pimples? I have

Answers to Beauty Queries

WING 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 reply. This rule must also be complied with in regard to personal letters.

Lotion for Blackheads.

Pure brandy 1 ounce
Cologne 1 ounce
Lemon juice 4 ounces
Water 1 dram
Sard 1 ounce

Apply at night, after washing the face thoroughly with soap and water.

Care of the diet is quite important when a person is trying to rid the skin of pimples. Fried foods, pies, cakes and candies should be avoided. After bathing the skin with hot water and drying gently, apply the pimple cream for which the recipe is here printed:

Cream for Pimples.

Saleicylic acid 10 grains
Salmon 1 dram
Lard 1 ounce

Superfluous Hair

Dear Mrs. Adams,

1. Could you suggest a remedy for the permanent removal of superfluous hair on the upper lip? It is so annoying and seems to have been greatly aggravated by the use of a hair remover. The electric needle is too expensive, so I would appreciate any advice you can offer. I was so desperate about it that I thought of trying carbolic acid to

get rid of the hair, but I have been told it is very dangerous to use on the face.

The electric needle is the only thing which will remove superfluous hairs. I could give you a depilatory to remove them for a time, but the hairs will grow back again coarser and thicker than ever. You may be able to bleach the hairs, making them less noticeable by using a solution of half peroxide and half water. Carbolic acid would be a dangerous thing to use, for it burns the skin and may leave a scar.

Using Sage Tea.

Dear Mrs. Adams,

1. How should one use sage tea to darken the hair?

2. Apply the sage tea to the scalp and hair with a brush until both are thoroughly saturated.

Poor Complexion and Circulation

Dear Mrs. Adams,

1. I have a very pale and my circulation is poor. I am rather thin, and wish you would recommend something which would benefit me. I have tried many things, but I am not getting any better. Are you working too hard and too long? If so, you cannot expect the

system to bear up under the strain. Get plenty of sleep, and exercise in the open air as much as possible. A rest cure helps more sometimes than all the medicine one could take. A tablespoonful of olive oil taken before each meal will increase your flesh.

Celandine Leaves

Dear Mrs. Syms,

Will you kindly tell me how to prepare and use celandine leaves, and if by some use they will permanently destroy superfluous hair?

To make a depilatory, take one ounce of celandine leaves to one pint of hot water and apply to the hairy surface in a poultice form. Use once a day. The leaves will not destroy the hairs permanently; the electric needle is the only thing which will have a lasting effect.

Dandruff Cure

Dear Mrs. Syms,

Will you kindly tell me if castor oil will cure dandruff, and if not, what else something that will.

Castor oil has proved itself to be a cure for dandruff in many cases, and I know of nothing better to advise you to use.

If you will rub olive oil on your nose your skin will be soft and smooth.

A Toothwash

Dear Mrs. Syms,

Will you please give me a recipe for making a liquid toothwash?

Following is the recipe you desire:

White castile soap 1 ounce
Tincture of cardamom 2 drams
Tincture of peppermint 2 drams
Oil of cloves 2 drams
Alcohol 1 ounce
Glycerine 4 ounces
Water 16 ounces

Use diluted with water.

Goose Flesh

Dear Mrs. Syms,

Will you please give me some remedy I can use for goose flesh? I have used cold cream a great deal, but with no good result.

Bathe the affected parts with soap and water and then apply olive oil, rubbing it well into the skin.

Freckles and Crow's-Feet

Dear Mrs. Syms,

1. Will you please give me something to get rid of freckles from my face so that they will not come back again.

2. It is proper, but not really necessary for you to do so.

Who Precedes?

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Just Beyond Your Reach

Head Backward, Bend

This Stretches the Leg Muscles