

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

AFTER THE MOTOR RIDE

THE only bad effect of that most delightful recreation, motoring, is the havoc it wreaks on the feminine complexion. A long ride in the wind, the sun and the dust makes the lovely woman who entered the machine come out of it looking like a scarecrow.

Fortunately, it is a trouble that is easily overcome by the application of a few simple remedies given here.

As soon as you return home from a motor ride, massage your face with cold cream, rubbing it well into the skin with a circular motion until the face loses the stiff, wrinkled feeling it has had. Then rub the cream well off with a soft cloth. In massaging, pay particular attention to the tiny wrinkles formed about the eyes by squinting in the face of the sun; they are likely to become permanent if they are not massaged away.

After rubbing the cream off, wash your face in hot water, rinsing with cold; after drying, dab on diluted alcohol. This will remove the effects of windburn. The alcohol for household use must be diluted with an equal quantity of water or denatured alcohol.

Next, powder the face thickly with a good talcum powder or with rice powder. The latter is probably better, since it does not clog up the pores. If you are badly sunburnt, add a little

glycerin to the alcohol with which you sponge your face before powdering.

Now it is the turn of your hair. Take it down and brush the dust and the tangles out of it; comb it, and rub violet water into the roots. Then air it for a while and put it up loosely, with not too many pins or combs.

Your neck should, of course, have been given the same treatment as your face, and your hands and arms should be washed, creamed and powdered. Then change into easy shoes and you will look as well as if you had not been traveling miles and hours in a rushing automobile.

If you are not going home, all this procedure is impossible; but whether your journey ends in a hotel or a friend's house, it is always possible at least to wash and powder your face and hands, and, in all probability, to brush and comb your hair.

Prevention is better than cure; and you will not have so much to do yourself if you take proper precautions before starting. Your face should be lightly powdered, and you should wear a hat which will shade your face and all, goggles will be necessary also. Wear gloves, besides, and you will be able to distance the subjects of your complexion against assault by wind and weather.

And a pleasant trip!



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 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.

ist for a mixture of boric acid and witch hazel. This solution may be applied to the spots daily.

Powder for Nails

Dear Mrs. Symes: Do you have the recipe for a powder for polishing nails? If so, kindly publish it as soon as possible. A READER.

I am giving the recipe for a splendid powder for polishing nails:

Talcum powder..... 1/2 ounce
Pumice stone, pulverized..... 1/2 ounce
Essence of menthol..... 1/2 ounce
Powdered azalic..... 1/2 ounce
A few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

Cure for a Sity

Dear Mrs. Symes: What is a good hair grower? Is vaseline all right? Please tell me something to take the grease out of their hair after rubbing vaseline on the scalp.

What will cure a sity? A READER.

Vaseline is a very good tonic for the hair. If you are careful about applying it, the hair need not be made noticeably greasy. It is possible to have the hair break off when they give to a certain extent. Have her part the hair into strands and then apply the vaseline to the scalp with the tips of the fingers.

Sities are an indication of a run-down system or weak eyes. Sometimes they are cured by bathing with a solution of boric acid and water, but frequently it is necessary for the patient to consult a physician or an oculist.

Violet Sachet Powder

Dear Mrs. Symes: I would like very much to have the recipe for sachet powder scented with violet. I have a friend who had your recipe, but she lost it. Please publish it so both of us may have the powder.

Following is the recipe which you desire:

Powdered orris..... 1 ounce
Powdered bergamot peel..... 1/2 ounce
Essence of violet..... 1/2 ounce
Musk..... 1/2 ounce
Mix thoroughly. Bottle for ten days, when it is ready for use.

Mouth Wash

Dear Mrs. Symes: I would like very much to have the recipe for a mouth wash which is very good for the teeth and is a breath sweetener.

Following is the recipe which you desire:

Boric acid..... 15 grains
Essence of menthol..... 5 grains
Thymol (in crystals)..... 5 grains
Essence of myrtle..... 5 grains
Tincture of amide..... 15 grains
Distilled water..... 1 pint

Rinse the mouth with the above, which should be diluted for use in the proportion of one-half tumbler to same quantity of clear water. Use after each meal and at any time required.

To Keep the Skin White

Dear Mrs. Symes: What will keep the neck, arms and hands white and white? Is cucumber good, and if so, how should it be used? I have a friend who has a very good recipe for the neck, arms and hands. Can you give me a remedy for them? A READER.

Cucumber juice is excellent for whitening the skin, and I am here giving the recipe for making it:

Take one or two cucumbers, cut them into long thin slices, without peeling. Put these into a mortar and pound with a pestle (or use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as possible. Diluted juice into a clean enamel washbasin and strain through a piece of muslin. Then re-strain and when cold add alcohol to the proportion of one-half pint. Bottle and use to sponge your face, neck, arms and the best man and for himself and the bride.

Eye Lotion

Dear Mrs. Symes: Will you kindly tell me what proportions to use when making a lotion of boric acid for the eyes? A R. T. T.

Following is the recipe which you desire:

Boric acid..... 1 ounce
Boiling water..... 1 pint

Put boric acid in a basin. Pour water in and allow water to dissolve before bottling. Then strain and use the clear solution.

A Lotion for Brown Spots

Dear Mrs. Symes: I would like very much to have the recipe for a lotion made of half water and half peroxide of hydrogen is good for removing the dark brown spots which have increased the growing and remove them. How is it to be used? A READER.

Yes, the lotion to which you refer is very good for removing brown spots. It should be applied to the marks with soft absorbent cotton or a piece of soft linen.

Oil for the Hair

Dear Mrs. Symes: 1. What is a good oil for naturally curly hair? 2. What is good to prevent excessive perspiration under the arms? It increases with arm shields. A READER.

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Which One to Use

Dear Mrs. Symes: Would you advise me to use olive oil or coconut butter as a skin food for massaging the neck and bust? Will olive oil make hair grow if it is used for massaging the skin? X. Y. Z.

Both are excellent for the purpose, so that it really makes no difference which one you choose. Neither one will cause the growth of hair.

To Make Hair Grow

Dear Mrs. Symes: Will you tell me of something that will make the hair grow? My hair, which is short, falls out constantly. I never curl it. I would like some inexpensive tonic which will increase the growing and remove dandruff. SWEET SIXTEEN.

An inexpensive tonic, and yet an effective one, is kerosene. Use a medicinal dropper to apply the oil to the scalp twice a week. Massage the scalp for ten minutes every day. This treatment will also remove the dandruff.

Bust is Flat

Dear Mrs. Symes: I have noticed in your paper that you recommend the use of a bust to increase the size of the bust. Kindly let me know where I may buy it, how much to purchase at one time and how to use it. I am rather plump, but very flat-busted. I have a tendency to make one appear larger in the bust? A READER.

Cocoa butter may be purchased at almost any drug store, and is usually sold in 25-cent packages. A file of the butter is massaged into the bust with the tips of the fingers. Deep breathing will help to develop your bust. The high-busted corset makes one's bust appear large.

Perspiring Feet

Dear Mrs. Symes: I do for perspiring feet. Is there any way to make dry feet dry? P. D. C.

1. Bathe the feet in tepid water every night and morning, and after drying thoroughly apply the powder made according to the following recipe:

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

2. To give the hair oil, make use of the following recipe. Rub the mixture well into the scalp and then brush the hair from the scalp to its ends, so that the oil may be evenly distributed.

Oil of Sweet Jasmine

(A Half OIL.)

Scentless castor oil..... 2 ounces
Essence of rose..... 1 ounce
Oil of jasmine..... 1 ounce
Mix thoroughly. Bottle. Shake for five minutes.

ADVICE ON SOCIAL CUSTOMS

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

ACCEPTING INVITATIONS

ON THE receipt of an invitation you should either accept or refuse decisively and promptly. A positive regret or acceptance should be sent, and nothing except severe illness or death should change your plans. Do not say: "I will come if I possibly can," or, "I am not so sure that my husband will be there." Your hostess wants to know exactly who must be provided for, that she may arrange for the entertainment of her guests. So you must be courteously prompt and must not selfishly keep a place at dinner until a last moment. The sudden announcement that you find that you cannot come is very inconvenient to the one who is entertaining.

When writing a reply to an invitation, the person or persons who have invited you must be mentioned. If Mr. and Mrs. George Gray invite you to dinner, those names must be mentioned in the reply, although the en-

velope should be addressed to the hostess only.

If an invitation be sent in a formal style of the third person, the reply must be the same:

"Mrs. Adele Black accepts with pleasure the invitation of Mr. and Mrs. George Gray for dinner on November 15, at 8 o'clock."

If a letter or personal note be sent to you, your reply should dispense with formality and a sincere short response expressing your thanks and your acceptance or regrets. Whatever you decide must be absolute. You cannot waver between coming and not coming. Let us change your mind and in consequence break up the plans of a hostess.

In the event of a wedding invitation, the response is made to the ones who request the honor of your presence, never to the bride.

When the letters R. S. P. appear on an invitation, a prompt decided reply is requested. It is a little French phrase and means "Respond, if you please." But surely they should not need to be this suggestion to well-bred women.

Write upon plain, white note paper. A simple monogram is permissible, but white or cream is always good for the envelope. The envelope and script is invariably the best form. Refinement or the lack of it, is quickly shown in your correspondence, and the acceptance of invitations is a splendid opportunity to show good manners.

that not evidence that I do not care for him so much as I suppose? I am engaged to the man. UNANSWERED.

1. Long white kid gloves are worn afternoon and evening at any affair where short-sleeved dressy costumes are worn.

2. You are possessed of that ennobling love which every woman knows. The fact that you are not jealous is proof that you have the trust and confidence in your fiancé which is absolutely necessary for true love and happiness.

An Unkind Husband

To a Child-Wife: First of all, let me ask you if you are sure you are not in love with the man who is treating you as you are. Then try to reason with him and appeal to his sense of honor and respect for you. If you have no influence over him, it may be that a dear friend of yours or his could induce him to mend his ways.

Talks About Others

We are two 17-year-old girls and are anxious to have your advice on a few things.

1. I have a boy friend and think a great deal of him and I think he likes me. He is very kind to me, but is always saying mean things about my friends. Am I afraid he says things about me when he is with other girls? Kindly tell me the best way to deal with him. I like a friend very well, but all the girls tell me things about him and don't know whether they are true or not. He has always proved himself a gentleman in my company. What shall I do about it?

2. Do you think it is improper to flirt with boys when you know they are all right?

Number of Dances

Dear Mrs. Adams: When a young man should strain her ankle while on a picnic, would it be proper for a young man to carry her home? G. H. D.

1. It would be better for the young man to carry her home if it is inconvenient or impossible to do so it is proper for him to be of assistance to the young woman.

2. If you and last, and any two between.

3. You should acquire self-confidence and try to forget yourself. If you are not able to converse well, be a good listener. By reading and paying careful attention to correct speakers you will become able to discuss the subjects which are constantly being brought up.

At the Table

Dear Mrs. Adams: What should one do with her hands at the table when she is not using them for conveying food to her mouth? I see many people fingering the articles on the table at such times, but know this is bad form. F. F. C.

When not actively occupied in eating, the hands should be quietly in the lap. It is improper and ungraceful to fiddle with the tableware.

At a Dance

Dear Mrs. Adams: If at a dance a man does not come for the woman he is engaged for the particular dance, should she make any effort to find him? GRACE.

A woman should always wait to be sought by her partner. Should he fail to seek her out she may expect an

A Birth Announcement

Dear Mrs. Adams: What acknowledgment should be made when the announcement of the birth of a child has been received? MATILDA.

A letter of congratulation may be sent to the mother, with flowers or a gift for the baby. It is also permissible for persons to answer cards of announcement by posting their own cards to the mother, with a word of congratulation written in pencil above the name.

Courtesy to a Stranger

Dear Mrs. Adams: When a stranger comes into my church would it be proper to offer her hymn or prayer book? GEORGE.

Yes; it is your duty to do so. When passing the book to her it should be opened to the page then being read or sung.

Up and Down Stairs

Dear Mrs. Adams: When going up or down the stairs should the man be nearest the banisters or should the woman have that privilege? GREEN.

On a stairway a man should give the woman the advantage of the banister.

Acknowledging a Gift

Dear Mrs. Adams: When acknowledging a gift which was received from a married couple is it necessary to write each one a note? IGNORANT.

No; the note should be written to the wife, but in it you should ask that your appreciation be extended to her husband.

Second Marriage

Dear Mrs. Adams: I am to be married very soon, and as it is my second marriage I wish to know if it would be all right for me to wear a white dress? If not, what color is suitable? WILLIAM.

Evening dress should be worn at all formal functions after 6 o'clock; at balls, dinners, suppers, receptions, formal stag parties, theater, opera and fashionable evening calls where women are present.

Expenses

Dear Mrs. Adams: If a gentleman who owns an automobile invites my husband and me to take a trip for a day with his wife and himself, would it be proper for my husband to pay the expenses on this trip, such as meals, tolls, etc. Now, if this same party invited us for a trip for a few days or a week, should my husband pay any of the expenses? (Mrs.) A. H.

A general rule is that the man who extends the invitation bears all of the expenses. It would be well, however, for the man invited to offer to pay some of them.

The Duties

Dear Mrs. Adams: Will you please tell me what the duties of the bride and groom are? The duties of the bride and groom de-

pend upon the kind of wedding they hold. The general expenses and duties of the bride are: the engraving, addressing and posting of invitations or announcement cards; every detail of the bride's wedding outfit; the music and flowers and awaiting at the church; the bride's bouquet and the bouquets of the bridesmaids; and the bouquets of the bridesmaids. He also provides carriages for the ushers, for himself and the best man and for himself and the bride.

Anxious to Go With Him

Dear Mrs. Adams: Among my acquaintances there is a young man who has been out with me for a long time and I have become greatly attached to him. He seems to enjoy talking to me, but does not care to go with me. Is there any way I can let him know that I care to go with him without his being told? HELOISE.

You could hardly inform the young man without appearing to be bold. He will be quick enough to ask you to go out with him.

Not Acquainted

Dear Mrs. Adams: Is it proper for a girl to dance with a young man at a public dance if she is not acquainted with him? If not, what should she say to him? EGGY.

It would not be proper. She should refuse to dance with him, saying she has never met him. Yes, if her parents have no objection.

How to Address Them

Dear Mrs. Adams: What is the correct way of addressing my mother-in-law? Also my husband's uncle and aunt? DOLLY.

When you marry a man you adopt his relatives; therefore, his mother you would call "mother," and his aunt and uncle should be addressed as though they were your own relatives.

Raising His Hat

Dear Mrs. Adams: When a man and woman are walking in the street and because of a crowd or for any other reason they are compelled to proceed singly, isn't it proper for the man to precede his companion? (Mrs.) E. E. E.

Yes, so that he may make a path, as it were, for her.

Marks Left by Pimples

Dear Mrs. Symes: Will you please tell me what is good to remove marks left by pimples? MARY Z.

The marks in time will disappear, but to hasten their departure ask your drug-

Oil of Sweet Jasmine

(A Half OIL.)

Scentless castor oil..... 2 ounces
Essence of rose..... 1 ounce
Oil of jasmine..... 1 ounce
Mix thoroughly. Bottle. Shake for five minutes.