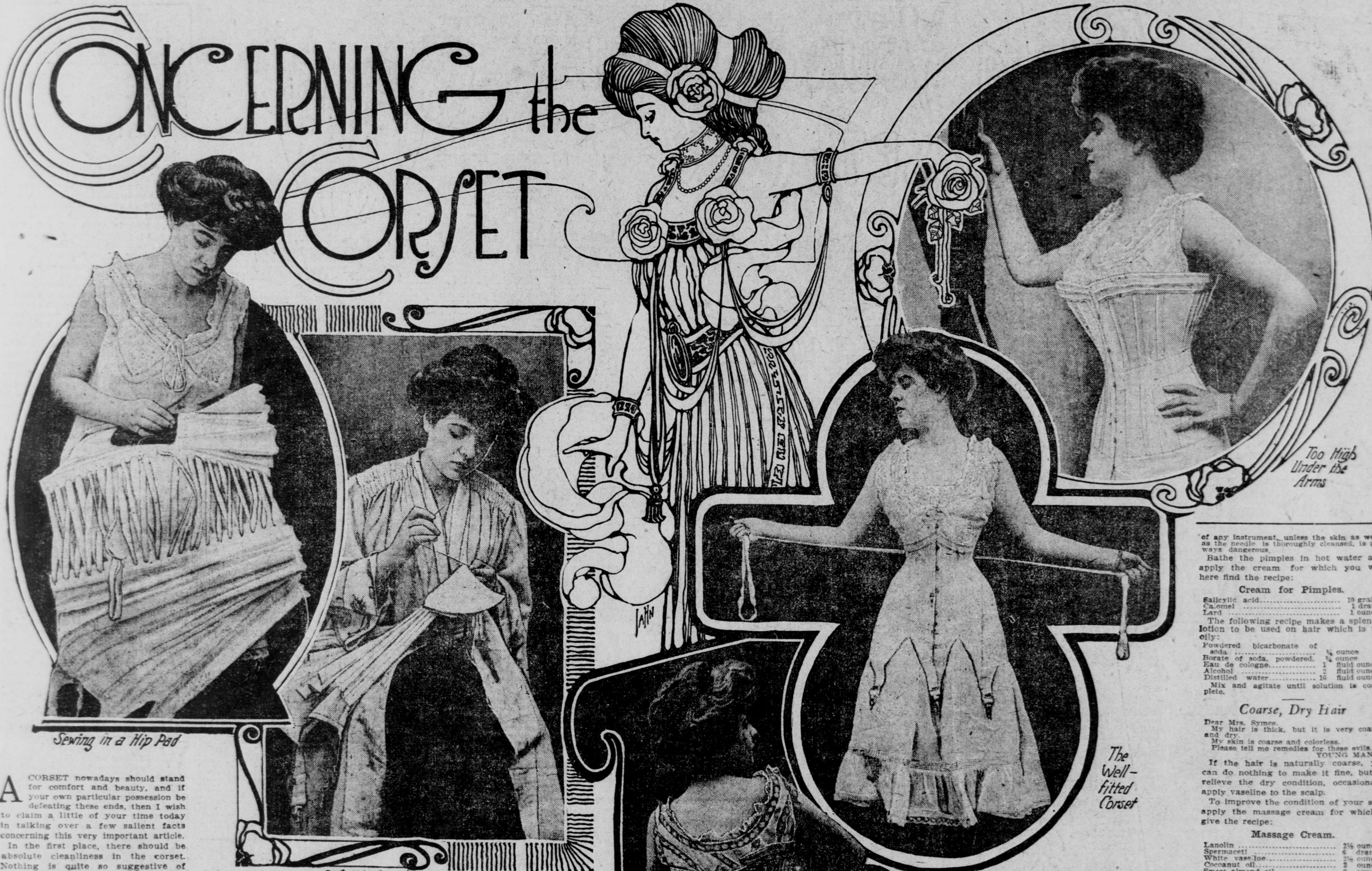


# CONCERNING HEALTH and BEAUTY

## By MRS. HENRY SYMES



**CONCERNING the CORSET**

**Sewing in a Hip Pad**

A CORSET nowadays should stand for comfort and beauty, and if your own particular possession be defective these ends, then I wish to claim a little of your time today in talking over a few salient facts concerning this very important article.

In the first place, there should be absolute cleanliness in the corset. Nothing is quite so suggestive of a lack of care as the corset stained with perspiration. This, in the summer time especially, can be obviated by the expedient so well known to all of us, the addition of a dress shield. The front is the portion that seems to be most frequently ruined, so you will sew in a shield on one side of the inner surface. This can be attached on the other side when the corsets are adjusted, by pinning with a tiny pin that comes just for this purpose.

Very often the fault of an ill-fitting corset lies in the first step of the adjustment. Many women carelessly throw the form around the body without a glance at the line of the back. Of course, the crooked line at the back will produce the wrong appearance at the front and sides. So a careful inspection in a glass of the important back line will often solve the whole difficulty of

an unattractive figure.

A corset is often too high on the top line. If any interference with the breathing or arm movements be felt, look carefully at this portion. We are living in an age when a good figure need not be secured at the expense of comfort. There is no remedy for this defect, other than a change of the model.

It is not unusual for one hip to be more developed than the other. Your frank tailor has probably informed you of this deficiency, but the existence of the defect need not be apparent. Attach a pad to the inside of the corset, the size and thickness of the wadding to be determined by the needs of the individual. When sewn on the corset, there need be no doubt about the well-balanced hip lines in the appearance.

There is shown a well-fitted corset, by the points of which I wish that you would judge your own. Sufficiently low in the bust for the ordinary-sized woman, it insures comfort and easy movements of the muscles of the arms and chest.

The hip line is the well-balanced, natural one of a good figure, and let me explain that there is no constriction at the waist line. A straight adjustment at the front is the result of a careful placing; the bones are not so long that every sane motion is interfered with, and the pointed lower edge is there because a freedom of the thigh muscles is necessary for easy and graceful walking. The length of these corsets gives the graceful long lines from the waist down; this fulfils the requirements of the dress of today.

In closing, let me suggest that before the purchase and adjustment of a pair of corsets be made, give the figure inside its due study. Find out your requirements and deficiencies, and then with the intelligent mastery of facts, meet the occasion, and the results will speak for themselves.

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**Introducing Friend or Relative**

Dear Mrs. Adams,

1. What is the proper way to introduce a friend or relative?

2. In congratulating a bride or bridegroom-to-be, what must one say?

3. What is an appropriate gift for a groom to present to his bride?

4. On being invited to dine, how long before dinner should one arrange to arrive? When leaving, must one bid only the hostess or all the guests good-bye?

5. When making introductions, one should remember that a man is always presented to a woman, a younger person to an older one and an unmarried woman to a matron. When introducing friends a good form to use is, "Miss Brown, let me present Mr. Jones." If introducing a relative one should say, "Miss Black, may I present my cousin, Mr. White?"

6. To the bride-to-be one may say, "Let me offer hearty good wishes for your future happiness." To the groom-to-be one may say, "Accept my sincerest congratulations."

7. A piece of jewelry is the most appropriate gift.

8. A dinner guest is to arrive at the hostess' home at the hour named in her invitation. When leaving, the guest politely thanks the hostess for the hospitality enjoyed. If there are few friends at the dinner, the person leaving may bid them all good evening; but if there are many guests present, she should bid a formal farewell to those friends nearest her.

## 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.

**Dandruff Cure**

Dear Mrs. Symes,

I am troubled very much with dandruff and have tried castor oil and all other things, but without results. Could you possibly give me a permanent remedy for it? What is the difference between a cold cream and a cleansing cream? Please give me the recipe for one of each.

The lotion for which I am giving the recipe has proved helpful in very obstinate cases of dandruff, so I feel sure it will be beneficial in your case:

White wax..... 1 ounce  
Spirits of rosemary..... 2 ounces  
Alcohol..... 2 ounces  
Apply several times a week to the roots of the hair.

A cold cream is used to heal and soften the skin, while a cleansing cream is used to get rid of the dust and dirt which has collected in the pores of the skin. I am granting your request by giving a recipe for each:

**Kentucky Cold Cream.**

Rosewater..... 4 ounces  
Almond oil..... 4 ounces  
Spermaceti..... 1 ounce  
White wax..... 1 ounce

**Cleansing Cream.**

White wax..... 2 ounces  
Spermaceti..... 2 ounces  
Distilled water..... 12 ounces  
Glycerine..... 4 ounces  
Salicylic acid..... 30 grains

**Salt Rheum**

Dear Mrs. Symes,

Will you kindly tell me of a cure for salt rheum in the hands. Also is whiskey good for falling hair? A READER.

A physician's advice should be consulted and followed if you wish to be cured of the disease in your hands. Whiskey has proved helpful in many cases of falling hair.

**Blackheads, Pimples and Hair**

Dear Mrs. Symes,

What can I do to rid myself of blackheads and pimples? The empty sac of the gland should then be bathing with a little toilet 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 is thoroughly cleansed, is always dangerous.

Bathe the pimples in hot water and apply the cream for which you will here find the recipe:

**Cream for Pimples.**

Salicylic acid..... 10 grains  
Lard..... 1 ounce  
The following recipe makes splendid lotion to be used on hair which is too oily:

Powdered bicarbonate of soda..... 4 ounces  
Borate of soda, powdered..... 1 ounce  
Essence of cologne..... 1 fluid ounce  
Alcohol..... 1 fluid ounce  
Distilled water..... 16 fluid ounces  
Mix and agitate until solution is complete.

**Coarse, Dry Hair**

Dear Mrs. Symes,

My hair is thick, but it is very coarse and dry.

YOUNG MAN.

If the hair is naturally coarse, you can do nothing to make it fine, but to relieve the dry condition, occasionally apply vasoline to the scalp.

To improve the condition of your skin apply the massage cream for which I give the recipe:

**Massage Cream.**

Lanolin..... 2 1/2 ounces  
Spermaceti..... 6 drams  
White wax..... 6 drams  
Cocoonut oil..... 2 ounces  
Sweet almond oil..... 2 ounces  
Tincture of benzoin..... 1 dram

Melt the first five ingredients together; then add the mass concrete adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added, if agreeable.

The massage will cause the blood to flow more freely and will therefore give your face more color. Some aestheticians in the open air will also be good for you.

**Red Nose**

Dear Mrs. Symes,

I have a red nose, rather red, and at times looks greasy. Please give me a recipe for a red nose, and the cause. JACK.

The following is the recipe for a splendid lotion to be used on a red nose:

Powdered calamine..... 1 dram  
Spirits of rosemary..... 2 ounces  
Glycerine..... 4 drams  
Cherry laurel water..... 4 ounces

Shake well, and use with a soft brush. It is mopped on the nose. It may be used both morning and evening.

A red nose is caused either by indigestion or poor circulation of the blood. Careful dieting, massage of the nose and the use of the above-mentioned lotion will soon cure a red and greasy nose.

**Castile Soap**

Dear Mrs. Symes,

Does castile soap contain glycerine? Do you consider it good for the face? S.

Some castile soaps contain glycerine, while others do not. Castile soap is one of the very best kinds one can use on the face.

**Dandruff Has Disappeared**

Dear Mrs. Symes,

I have always had very pretty and abundant hair, but for the last year it has fallen out dreadfully. I read in your columns that castor oil would remove dandruff. I began to use it, first massaging the scalp with the oil, then rubbing in a little Jamaica rum, and not only has the dandruff disappeared, but my hair will tell me if the combination will do anything to it which will turn the hair gray? R. S.

I am very glad the dandruff has disappeared from your scalp and that your hair has stopped falling out. If you will continue massaging the scalp with the oil and rum, new hair will grow in. There is nothing in either of these to turn the hair gray.

**Red Cheeks and Lips**

Dear Mrs. Symes,

Will you kindly inform me how to bring back the rosy color to the cheeks which have faded? Does paint and powder cause them? What say persons who have red lips have heart trouble? IS THIS TRUE?

Plenty of sleep and exercise to increase the circulation of the blood are two necessary requisites for obtaining red cheeks.

Red lips do not indicate heart trouble; on the contrary, they are evidence of the very best of health.

**Cream for Face**

Dear Mrs. Symes,

Will you please give me the recipe for a cold cream which will keep the blackheads out of my face? Does paint and powder cause them? What will keep the teeth white and clean? VIOLET.

You cannot rely on the cream alone to prevent blackheads from appearing. You must cleanse the face thoroughly with soap and water. Paint and powder will cause blackheads if they are not washed out from the pores at the end of every day. The recipe for a cleansing cream is given on this page to "Perplexed."

## ADVICE ON SOCIAL CUSTOMS

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

**BE DIGNIFIED**

WE HAVE heard of the sweet dignity of women, and if we are mortal we have been charmed by that element in a person's deportment; we also must be aware of the fact that dignity in women is on the wane. It is to be deplored that it has gone far below par in the estimation of many, though its value is still to be appreciated by an elect few.

Now I am not preaching against a charming natural spontaneity, and no one appreciates the joy of fresh and hearty living more than I do. But I like women too much to see them lowering the standards of behavior, thereby affecting the status of our sex. And nothing is quite so effective in the destructive work as a lack of dignity.

Some one has said that dignity rarely goes hand-in-hand with haste. As soon as your actions are unduly quickened, there is a lack of judgment and equanimity which are associated with dignity. Cultivate a habit of allowing plenty of time to say and do things. In your conversation, acquire a natural dignity of intonation and choice of words. This does not mean to be a pedant and to flaunt long, involved sentences at a tired listener. It does mean that a statement can be made in well-chosen, pure English. As soon as slang or idioms are allowed, there is a loss of dignity.

Your correspondence, too, should receive careful consideration. Never allow one word to flow from your pen that might rebound to your discredit.

The written word often stands out as a witness against the writer's good breeding.

Perhaps in your actions there is greater opportunity to throw dignity to the winds than in your words. I have seen women hurling wrath, in the shape of undignified words, at conductors, newsmen, children and grown people, and there has generally been nothing gained except the laugh and disrespect of the onlookers. A lack of dignity may be funny at times, but it never gains a sincere admiration or respect.

In the general attitude toward men, I must exhort women, young and otherwise, to be extremely careful. I would far rather be marked as "too dignified" than to err on the other side. I much prefer my self-respect to a familiarity which breeds contempt. It is better to possess dignity than a popularity gained at a disregard for this quality.

I do not wish to sermonize, my dear friends, I merely wish to bring to the minds of my readers the fact that in an unexplained manner we are seeing less of a serious dignity in women than in former days. We are losing one of the traits that, in spite of the popularity of "the jolly good fellow," will ever be worthy of sincere satisfaction. Are you forgetting it? Or do you stand with those who insist upon upholding the high ideals of behavior?

### Solutions to Social Problems

**Not Able to Decide**

DEAR Mrs. Adams,

I seek your advice in regard to an affair that has been running along for nearly two years. I am 24 and in love with a woman six years my senior. She cares for me, but insists that she does not want to spoil my life by consenting to marriage. I am equally positive that we would be perfectly happy together, despite the difference in our ages. After much warm discussion, I agreed to let you decide the matter. Will you please weigh it carefully, as your decision will be final. How can you expect a person who

shows nothing about your lives to decide this all-important question? I have given me but one reason why there should be any objection to the marriage, whereas there may be a hundred reasons upon which to base your decision. Find out the right side, and you will be sure to take the right step. Love knows no age, the saying goes, and I have known happy marriages when there has been a difference in ages. But, again, there may be a great change in your ideals as you grow older, and unhappiness might result. I cannot decide for you.

**Not Sisters-in-Law**

Dear Mrs. Adams,

I was invited to a reception some time ago; kindly tell me whose place it is to pay the party call, and how soon it must be paid. BROWN EYES.

If the reception was a small and informal one no "party call" is necessary. After a large reception one may call within two or three weeks after the entertainment.

**After a Reception**

Dear Mrs. Adams,

I was invited to a reception some time ago; kindly tell me whose place it is to pay the party call, and how soon it must be paid. BROWN EYES.

If the reception was a small and informal one no "party call" is necessary. After a large reception one may call within two or three weeks after the entertainment.

**Etiquette Books**

Dear Mrs. Adams,

I please tell me whether or not you know any book, paper or magazine that contains hints on etiquette and good form in general.

2. Which is the more acceptable to the graduating girl, flowers or an appropriate little gift? Mrs. A. B. C.

1. There are many books, magazines

and papers containing etiquette hints, but I am not at liberty to mention any one. However, by making inquiry at any first-class bookstore, you will be able to get a book on etiquette which will help you.

2. It depends upon the nature of the girl. The giver must make her decision by her knowledge of the girl's likes and dislikes.

**Rude Behavior**

Dear Mrs. Adams,

Is a man who persists in hugging and kissing a young lady already engaged to be married when calling on her sister, a gentleman? Would you deem him a man worthy of the companionship of a respectable person? T. B. W.

No, he cannot be called a gentleman, because he has not conducted himself in a respectable and well-behaved manner, and is not worthy of the society of well-bred persons.

**Not Out of Place**

Dear Mrs. Adams,

1. Please inform me if it is out of place for a girl of 17 years to go with a boy a young man, aged 21, who is attending college, sends a girl a letter, asking her to reply, and the girl's father doesn't want her to correspond with the young man while he is at college? Should the father or the girl answer his letter?

2. If a girl of 18 has a friend for a young man and is now going to a small town, would it be improper for her to telephone him and congratulate him on his new position?

3. When writing to a friend, how should a girl begin her letters, Dear Friend, or Dearest Friend, and how should she sign her name?

1. While a boy and girl of such an age should not monopolize each other's time, it would not be out of place for them to be good friends and occasionally go out together.

2. The girl may write the young man a letter telling him what her father wishes her to do.

3. It would hardly be becoming for the girl to take such a personal interest in a man with whom she is not very well acquainted.

4. The form of salutation used in a letter depends upon the relation between the writer and the recipient. Both of the forms you mention are quite informal. The same rule holds good in

the closing of the letter as in the opening. The forms with "sincerely" are always good.

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**Mother Insists**

Dear Mrs. Adams,

I am a girl of 15, and my mother insists that I shall go with a man of 26. I do not care for him. She compels me to accept a gold watch from him as a Christmas present. What would you advise me to do in such a case? VIOLETS.

While your mother may prove to be your best friend, I cannot help suggesting in this case that you accept the young man's attentions, but treat him with indifference. He will soon understand that his company is not desired, and will not force his attentions on you.