

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

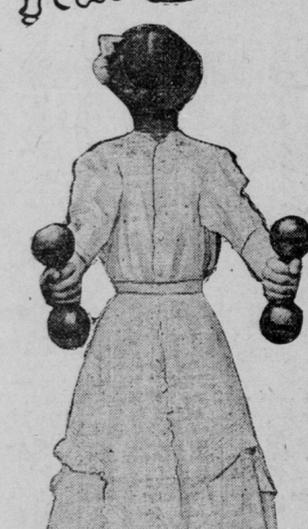
## Postures Determine the Figure.



The Right and Wrong Position of the Abdomen.

MY TALK today is to young women or to their mothers, and concerns the figure and the poise that we admire and strive for—sometimes, alas! when it is too late. The little phrase that forms the backbone of my subject is a homely one, and as old as the hills. You know it. "As the twig is bent, the tree is inclined." is applicable to the figure as well as to our characters.

After all, my dear friends, postures that give the beautiful figure are a matter of habit. First determine to take these correctly, and although your muscles may become fatigued for a while it will only prove to you that you have not been accustomed to sitting, standing or sleeping correctly. You will soon grow strengthened in the trial.



Ten Minutes a Day with Dumbbells

Why not take the correct position? Let the muscles of your back hold the spine in a straight position; that is their duty and you may be sure that they are perfectly capable. You can see for yourself the difference. You will notice the decided improvement in your figure and the general condition of your health.

In bed lie flat on the back if round shoulders are labor. No pillows, no bolsters, but a straight, relaxed condition of the muscles. Oh, yes, I acknowledge that it is uncomfortable for the first few

trials. Any change is; but you are molding your figure while you can and you will have to forego the pleasures to which you are accustomed. At least there will be a flat back as the result, and that is worth while.

Now, I wish to speak emphatically to my readers about the correct and the incorrect way of standing. Young women seem not to think of the importance of a graceful pose. The general tendency is to drop the head and shoulders, to stand with the weight of the body on the heels, which throws the abdomen forward and gives an awkward, unattractive position. Let me tell you a secret: A good carriage of the body depends on one thing. The weight of the body should fall on the balls of the feet. Here is a little exercise for you: Keep the hips well back, the shoulders straight and lean forward as if you were looking down into a well. As soon as the weight of the body is thrown forward, raise the head—and there you are! The line from the head to the heels should be a slanting line, not a straight one.

Then, as a last and very important suggestion, let me emphasize the advantage of systematic exercise. Take a pair of dumbbells and ten minutes a day, and with the movements that bring all muscles of your body into play harden and strengthen your body. Dumbbell exercise is corrective and formative. Do not neglect this last hint, please!

Now is the time to decide whether grace and good development and a fine figure are to be yours. It is hardly necessary for me to recommend the right ways, if you are as wise as I suspect.

### Beauty Queries Answered

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 should enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

#### A Double Chin

Dear Mrs. Symes: Can you tell me how to remove a double chin? It is not very noticeable at present, but I am in constant dread that it will resemble some I see every day.

A READER: To reduce a double chin practice the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Repeat ten times. 3. Turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after-discomfort.

#### See a Physician

To Anxious Snowdrop: You should put aside false modesty and see a physician about your trouble before it becomes serious. This is the only help for you.

#### Cure for a Sty

Dear Mrs. Symes: Please let me know whether borax water is a good lotion for a sty because the eyes very often to give them a clear appearance. Will a thick quantity of vaseline when applied to the eyebrows make them grow? Is it advisable to use eyelash and eyebrow-towers, or do you think they are all dangerous?

Borax water is too strong for use in the eye. Instead, bathe the sty every hour with a lotion made of one ounce of boric acid to one pint of boiling water. The occasional use of this lotion is also good for inflamed or tired eyes. If more than one sty appears on each eye it shows that the general

health is run down and that a blood tonic should be prescribed by your physician.

The application of vaseline will increase the growth of the eyebrows and eyelashes. It is advisable to use tonics for both, but be sure they are free from harmful ingredients.

#### To Restore Gray Hair

Dear Mrs. Symes: I noticed a recipe for restoring gray hair to its natural color. It is quite noticeable and disfiguring. Can you tell me of anything to get rid of or of something to make that, for a woman who is dependent upon her own resources dare not look old.

TEACHER: The two remedies will not interfere with one another. The recipe to which you refer should be applied but once a week. The vaseline may be applied every other day.

#### Superfluous Hair

Dear Mrs. Symes: I have a growth of hair on my upper lip. As it is dark, it is quite noticeable and disfiguring. Can you tell me of anything to get rid of or of something to make that, for a woman who is dependent upon her own resources dare not look old.

TEACHER: Let me repeat my timeworn statement that the electric needle is the only thing which will permanently remove superfluous hair. You can bleach the growth, however, by applying peroxide of hydrogen to it occasionally.

#### Beard Is Dark and Heavy

Dear Mrs. Symes: I am a young man of 21 years, and have a very heavy dark beard, which spoils the neat appearance of my face. I kindly ask your advice as to what will reduce the growth and lighten the color of my beard.

G: The most sensible thing for you to do is to have your beard shaved frequently.

#### Concerning the Height

Dear Mrs. Symes: I am 15 years old and my height is 5 feet 7 inches, and my chest is 34 inches old and her height is 5 feet 8 inches. Are we too tall for our ages? If so, could you tell us how to reduce our height?

What causes red hands and how can they be overcome? I do not wear tight clothes.

1. Will lemon juice remove obstinate freckles if it is applied once a day? 2. My finger nails are always perfectly clean, but they do not have a white appearance. How could I make them so?

1. You are both extremely tall for your age, but nothing can be done to reduce your height. 2. Poor circulation of the blood will cause red hands, or an irritation of the skin will make them red. For whitening the hands nothing is better than almond meal or oatmeal reduced to a fine powder. A little white muslin bag of either may be kept on hand and rubbed on the hands while wet, after the soap has been rinsed off; or the hands may be dusted with the meal after drying.

#### Warts on Neck

Dear Mrs. Symes: Will you kindly print a way of getting rid of a lot of little blemishes which look very much like warts? I have tried caustic, baking soda and vinegar, and have also tied them with silk, but I cannot get rid of them. My neck is covered with them, so I cannot afford the electric treatment.

M. M. S.: Probably you have not been persistent with the remedies you have tried. Each one of the treatments you have mentioned has been successful in most obstinate cases. If you do not care to try them further, I advise that you apply castor oil to the warts daily. This will soften the hardened skin.

#### Small Bust

Dear Mrs. Symes: I am a girl of 16 and have no bust at all. Is there anything I can take or use to make it large? I am not allowed to use treatments.

M. M. B.: I do not advise you to do anything to develop your bust. As you grow older your body will develop; therefore, it is wise to let nature do her work without any interference.

#### Scars Remain

Dear Mrs. Symes: Will you please tell me if little scars left on my face from pimples which were treated with X-rays will disappear?

D. D. D.: If the work had been properly done no scars would have remained. I advise you to have your physician recommend a competent operator, to whom you should go to have the scars treated.

### Advice on Social Customs

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

#### THE PERSONAL TOUCH

ONE week before Christmas! I suppose that you are just about in the midst of gift selecting, aren't you? Well, just for a few minutes let me talk on one of the most important elements in a gift—one, I think, that is forgotten by many. I refer to the "personal touch" that can rarely be bought, cannot be supplied by a monetary value, and the presence of which brings more joy to the recipient than you realize.

When you look back on your own gifts received from friends or family, which one do you cherish? Is it the handkerchief just like thousands of other handkerchiefs, or is that same white square cut and fashioned into one of the numerous little accessories? I warrant that the latter receives your favor. Why? Because in the making of it the donor has remembered your need or your likes and has also put her own loving work into the gift.

Any present that suggests an "Oh, anything for 50 cents will do!" quality never means much. Better a 10-cent card with the personal touch of a written verse that you know is the favorite of the reader than one of these "anything" presents.

When choosing a book think of the reader. Do not give poetry to one

who prefers history, and fiction of the modern type surely is out of place in the library of one who is fond of the Elizabethan drama. To one who never wears jewels it would be foolish to give a shining bracelet; the gift would imply a lack of interest and knowledge concerning the recipient's taste.

Let your gift mean something to your friend. Let it speak of sincere friendship, of which the natural wish to please is the result.

"Why, this is just what I want!" is an exclamation of delight that tells in every tone of the thought of the giver. That is the kind of gift that you should be choosing.

For grandmother you should choose the present that will silently show that you have not forgotten her likes. For little Fred the same rule should guide you. You have known young girls to buy deliberately an impersonal gift to give "in case she gives one to me." Think of it! Would your dear friends like to receive a gift with that lack of thought? Necessarily there would be a pitiable absence of the personal touch in that kind of present.

As a last suggestion, let me urge you to give within your means. Do not foolishly spend an amount that you cannot afford just to make an exchange that is balanced in cost. A friend who is worth your love will not consider how much a gift has cost. That good friend will, however, appreciate the personal thought back of a little present, and will miss the touch if it be not there.

### Solutions to Social Problems

#### Is It Proper?

DEAR Mrs. Adams: I would be greatly obliged if you could advise me whether it is proper for me, a young man, to come to the same time, though I care a great deal more for one than the other.

RETTY WALES: A girl can never have too many friends, either of her own or the opposite sex. If you are not engaged to any one man you are at liberty to accept the attentions of all your men friends.

#### At a Dance

Dear Mrs. Adams: At a public dance how shall I ask a young woman for a dance? All are strangers.

C. P.: I do not approve of public dances for this reason; but to solve your problem, let me suggest that you ask the committee which has charge of the dance to introduce you to some of the persons present.

#### A Jealous Lover

Dear Mrs. Adams: I am a young woman 18 years of age and am considered very beautiful by my many friends. I am engaged to a young man who is very jealous and frequently quarrels with me because other men admire me, although I pay no attention to them. I love him dearly, but his jealousy is most an-

noying, and I haven't been able to convince him that I care for no one else. What can I do to show him how much I love him? DIMPLES.

RETTY WALES: You are very foolish not to have a frank talk with him and come to some understanding. I fear that his jealousy is a forerunner of an unhappy married life. If he cannot conquer the horrid monster it would be better to break the engagement, for neither of you can be happy under present conditions.

#### Half a Dozen

Dear Mrs. Adams: I am going to the theater to meet the young man at a friend's house. If my grandmother is visiting her and does not approve of her going? I am nearly 15 years of age and do not see any harm in going.

RETTY WALES: It is improper to carry a purse when accompanied by a young man? 1. Is it improper when I go out with my sister and her male friend to stand and talk with them when we return home? 2. What color dress is most appropriate for the theater? 3. Is it proper when a crowd of young people are leaving my home to accompany them to the car line? 4. Is it proper to take a young man to the grade which leads to the evening? BLUE EYES.

1. If her parents do not object to her going, she should have the young

### After an Introduction

Dear Mrs. Adams: When two young women have been introduced and you are starting one says, "I am pleased to have met you, Miss B"; or "I am glad to meet you, Miss B"; what is left for the other woman to say?

Should a young man lead the way to the seats in a theater when he is with a woman, or should she go first? A woman should not leave the car first and help a woman to alight? PARTICULAR.

A proper reply is, "Thank you, I am glad to have met you, Miss B." The man should give the usher the coupons for the seats and give the woman precedence, following her down the aisle.

The man should give the usher the coupons for a man to leave the car first, so that he may assist the woman.

### Anxious to Correspond

Dear Mrs. Adams: I met a boy last year and like him very much. He never has gone with any girls, but he takes my chum a few places. She lives next door to him, and I don't think he is a good fellow, but I like him. How shall I treat him, so that he will go with me? BLUE BELLS.

There is another young man with whom I used to correspond. I wrote to him last year, but he never answered me. How can I overcome being scorned when I read or recite before people? BLUE BELLS.

In answer to your first two questions, let me say that your pride and advances in either case. Taking the initiative would make you appear bold.

You are probably too self-conscious. Keep your mind on what you have to read or recite, and you will overcome the nervous feeling.

### Perplexed

Dear Mrs. Adams: I have been going with a young man for over three months, calling on her as readily as I have ever called before. I could be her steady company, but upon asking permission to call I have never been invited. I should like to know if I should ask her if I can keep her steady company, thinking, perhaps, she may like the company of other young men. JACK B.

If by the term "steady company" you mean that you wish the young woman to give up the attentions of other men friends and receive yours only, let me say that you have no right to ask such a question unless you have asked her to become your wife and she has accepted your proposal.

### Mothers Object

Dear Mrs. Adams: We are three beautiful country girls. Our mothers, having old-fashioned ideas, never allow us to go out with men friends. Would it be all right to meet them on the sly? How do people with exceptionally large noses, or without coming in contact with us? We are the village beauties, and do you think we should be allowed to go out with a red-haired, pug-nosed and freckled man? BLUE BELLS.

THE THREE GRACES: To meet the young men on the "sly" would be the first step down the wrong path. If you feel sure your mothers have good reasons for their objection. Don't go against their wishes.

Owing to the large amount of correspondence to be answered, these columns are too valuable to answer foolish questions.

### Afraid of Objection

Dear Mrs. Adams: I am in love with a young woman and she loves me, but I am afraid her parents would object. I should like to know if I should break my heart if they should refuse. What would you suggest? I wait much longer. PATIENCE.

You will never know how her parents regard you if you continue to wait. Why not speak to them at once?

### The Meaning

Dear Mrs. Adams: Will you please tell me what R. S. V. P. means in an invitation? (Mrs. E. G. Q.) The letters mean that the favor of a reply is requested.