

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

She Cannot Spare the Time

"Yes, I should love to be beautiful, simple and graceful," sighs the busy housekeeper, "but I cannot spare the time to take the proper exercise, nor have I the money to spend on beauty doctors."

Poor little misguided woman! Because for her the daylight hours are filled with homely duties, she thinks she must give up all hope of being straight, strong and as supple as a willow wand! No, poor thing, housework is drudgery; therefore, you must slowly turn into a household drudge, with bent back, hollow chest, thick waist and stiff joints!

There you are mistaken, little woman, for even in the tireless round of daily tasks you can cultivate strength, health and beauty. When you sweep, for example, use a long, steady stroke to develop the arms. Then follow this up with short, rapid strokes, touching the broom lightly to the floor, and you will get much valuable exercise for the wrist and forearm.

Sweeping means moving furniture. When it is possible to do so, put your hands behind you and pull the heavier pieces after you as you walk forward. Notice how this strengthens the shoulders and develops the muscles of the back.

Are you below the normal height and do you wish to grow taller? Then, instead of standing on a chair or stool to reach for supplies on the high shelves of the cupboard, stand on tiptoes and reach for them from the floor.

This not only increases the height, but also gives length and suppleness to the waist.

To reduce the thickness of the waist and hips, slip your shoes on while standing, then bend over to button them.

This will be hard to do at first, but with a little practice it can be done quite easily and will take off pounds of superfluous flesh.

When passing through a door, place your hands back of you on each side of the frame and push. Oh, push very hard several times, and with each



push take a long, slow, deep breath, then relax as you exhale. This exercise develops the chest and shoulders, eliminating the hollows and giving plenty of room for the lungs to expand.

Easy, are they not, these little ways to exercise? And quite practical, so much so that every housekeeper, no matter how busy she may be, can apply them every day and take not a

minute from the duties she finds so tiresome and monotonous. The monotony of housework will somewhat disappear if you find yourself growing healthier, more graceful and better looking as the days go by.



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ADVICE ON SOCIAL CUSTOMS

Mr. Chester Adams
cannot certainly spare his hands to sweep and polish
by letter at my home

INVITATIONS TO VISIT

ONE of the important points to observe when writing an invitation to a friend is whether your hospitality will be for a day, a week-end or a longer stay. There must be clearness and no room for misinterpretation on the part of the recipient. Be concise, be direct, and, if possible, confine your self to the invitation. Let other notes deal with friendly gossip or information.

Invitations of the type that I am speaking about should be written in informal style and should breathe a delightful hospitality and an eagerness to have the invited one at the writer's home.

Here is a little form that will give you an idea of the note of invitation:

"Dear Margaret: I am planning a little home party for the end of this week, and I am looking forward to numbering you among the interesting persons. Will you come? Mr. Gray will meet you at the station on Friday, the 25th. The 3 o'clock express from the city is the train that I suggest, and we shall see

that you arrive back in the practical world early Monday morning.

"There will be one dinner-dance at the club, to which we shall go; otherwise, we shall just do as we please and, I hope, enjoy ourselves. I am anxious that you come. Your sincere friend,

"ANNE GRAHAM,
154 Park Place, Edgemont, March 24."

It is always best to give an idea of the time of arriving, the length of the visit and any special entertainment that may be planned. The latter is important, because it will influence greatly the kind of dresses that must be brought with the guest.

Little suggestions that will guide the visitor in bringing accessories are always good. The fact that the golf course at the country club is in good form, the addition of a piano, the excellent walks or the new tennis court on the grounds will tell the invited one that golf sticks, walking shoes or tennis rackets may be brought with him or her.

The little hints beforehand are forms of courtesy. They save embarrassment and give the guests a good opportunity to be prepared.

This means a comfortable self-possession and poise that every one should have. There will be no regrets about a lack of preparation and everything will run smoothly in consequence.

Next week I shall continue my house-party talk. Although you never give one, the general principles of hospitality and entertaining will serve you well.

should do likewise. Their duties are to walk before and after the bride and groom in going in and out from the church. The maid of honor holds the bride's bouquet and glove, and assists her in any way she can.

Table Etiquette

Dear Mrs. Adams,
Will you kindly advise me in your column on the following points:

1. When having dinner at a restaurant with an escort, and coffee is served on a tray, should the lady pour coffee for both?
2. When eating an invitation to a dance, do you use a napkin to remove the bones?
3. In answering an invitation to a dance by the parent, is it correct to answer the name of the third person, using the same form as is used in the invitation?

MISS IGNORANCE.

1. Yes.
2. The napkin should not be used. The bones should be removed with the fork. If necessary, a knife may be used, too.
3. Yes.

Constantly Worrying

Dear Mrs. Adams,
I am 18 years old and look to be 25. I am an orphan, and I have been very worried for the last few months. I have made myself miserable by worrying. I cannot settle down to read, and I do not get the slightest pleasure from anything. Please tell me what I can do to overcome this feeling.

HELEN M.

Perhaps your depression comes from physical ill. I suggest that you consult a physician and have him prescribe a tonic. You will find great comfort in work. If you are not obliged to do any at home or in the business field, seek out some poor mother who is heavily laden with duties. By helping her carry her burden you will learn to forget your own.

The Tenth Anniversary

Dear Mrs. Adams,
Will you please give me the form for an invitation to a tenth wedding anniversary celebration? What shall I serve?

VERY THANKFUL.

Ten years bring the invitations on cards bound with a very narrow tin band. The following form may be used:

1912
Mr. and Mrs. Arthur A. White request the pleasure of your company on the tenth anniversary of their marriage on Monday evening, April third, after eight o'clock.
4 Oak street.

Or this form may be followed:
1912
Mr. and Mrs. Arthur A. White at home Monday evening, April third, after eight o'clock.
4 Oak street.

The refreshments, which should be served from a tin-decorated table, may consist of creamed fish or chicken, sandwiches, olives, coffee, cakes, bonbons and cream.

Do not marry for mercenary reasons. If you do not love the man, you cannot

SOLUTIONS TO SOCIAL PROBLEMS

A Difference Socially

Dear Mrs. Adams,
Your advice will be very much appreciated. I am a young girl and am very fond of a young man about 25 years of age. After we had been going together some time, he refused to marry me because he said his father is not equal to mine socially. He is thoroughly good man in every way. I am very despondent, so I make my very best. What shall I do to win his love?

ANXIOUS.

Have you tried to convince the young man that he has a wrong idea of the situation? Of course, it is not for you to do the convincing, but a frank talk with him will be enough to convince him that his attentions are agreeable.

go into details, but ask his opinion regarding this little verse. Find out whether he thinks that an honest recommendation, added to a firm determination to better one's self, is possible. You will soon learn whether he has a broad or a narrow mind, and from his attitude toward a general question you can easily judge of his ideas about anything personal and relative to him. I hope that you will not be disappointed. So few of us are perfect, and so many of us lack a real, heartfelt desire for improvement, that you have my entire sympathy and sincere wishes for a happy ending. Let me know, my dear, how you come out of your trouble.

Seventeen and Thirty

Dear Mrs. Adams,
I am an orphan, 17 years of age, and for the last year or so I have been going with a young man. He is a very nice man, but I think it strange for a girl of my age to be intimate with a man so many years my senior; but he is of exceptionally strong character, and he is in a position to provide a home, which is something I always have longed for but never possessed. I know he intends to marry me eventually, but he seems very backward in proposing. What can I do to bring matters to a satisfactory conclusion?

HEPATIENT.

If you were somewhat older, the years of experience would have taught you that it is better to wait until the man brings matters to the conclusion you so much desire.

Do not marry for mercenary reasons. If you do not love the man, you cannot

The Despairing One

To Despairing: My dear girl, first of all, I would like to take exception to your signature. Any one who fully and completely repents of a wrong need not despair. There is a little verse of Tennyson's that I would like you to learn by heart, and recall when you feel down in the dumps and despondent. It is this:

I hold it truth with him who sings
Of one clear cheer in divers tones,
That man may rise on stepping stones
Of his dead selves to higher ground.

In that little verse there is much that will comfort you. Why not put your case to your friend in general terms? Do not mention any names, and do not

A Suitable Gift

Dear Mrs. Adams,
I expect to go to a wedding in March, and I would like to know whether you could suggest a wedding present at a reasonable cost which I could give to the bride? Also, how are the silverware and glassware, and what are their duties at the wedding?

I. B.

Possibly you will find something suitable among the articles here listed: A guest towel, kitchen utensils. The attendants should be dressed in harmony with the bride. If she wears a traveling suit, they should wear the same, or a tailored one-piece frock. If she wears an elaborate satin gown, they

Shirt, Tie and Vest

Dear Mrs. Adams,
I want to give an evening party to my friends to whom I am indebted, and I do not know how to issue the invitations, as I am a young man and my mother does not want to issue them in her name. She writes: "In what form should the invitations be written?"

W. A. B.

It is quite proper for you to entertain your friends in your home. Of course, you should provide a chaperon for the occasion. The following form may be used for the invitation:

Mr. John A. Smith requests the honor of your presence Thursday evening, April third, at eight o'clock.
4 Park avenue.

If you do not wish such a formal invitation, you might write a personal note to each one of your friends, asking him to join a number of friends whom you have invited to spend such an evening with you.



expect to be happy with him. I can appreciate your longing for a home; but, my dear girl, you are very young and cannot understand that a home wherein love does not dwell is likely to be the most unhappy spot on earth. I beg of you to make sure of love first.

Do not feel too sure that the man intends to marry you. Possibly you are harboring ideas which have never entered his head.

ANSWERS TO BEAUTY QUERIES

REPLIES to letters sent to the writer of this department will be printed in regular order; but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Superfluous Hair

Dear Mrs. Symes:
Will you please tell me what I can do to remove the hair from my upper lip?

YOUR FRIEND.

The electric needle is the only thing that will remove the hairs permanently. Depilatories could be used, but the hairs would grow in again thicker and coarser than ever.

A Hot Bath

Dear Mrs. Symes:
Do you think it is good to take a very hot bath about once to bed every night?

ANXIOUS.

The hot bath should not be taken more than twice a week. If you cannot take a cold bath, a tepid one is better than the extremely hot one for the remaining five days.

Wearing a Corset

Dear Mrs. Symes:
Please state at what age a girl should put on a corset and state what kind. What can be done for "blushing"? My face grows red when any one addresses me.

At the age of 15 or 16 a girl usually wears a corset. However, it should not be a stiff boned one. Straps should allow it to hang from the shoulders, but buttons should be placed in a moderation in the amount and in the kind of food is advisable. Right here let me suggest that you avoid all fried things and excessively sweet foods. Do not eat between meals. For the third, the daily bath is necessary, also a thorough cleansing of the face before retiring. For this treatment use water, pure soap and the cream for which the following is the recipe should be used:

Cleansing Cream

White wax 2 ounces
Spermaceti 2 ounces
Sweet almond oil 12 ounces
Distilled water 2 ounces
Glycerin 2 ounces
Salicylic acid 1/2 ounce

You can hardly take anything to make the face full without its having the same effect on the rest of the body. If you do not object to this, I suggest that you take a raw egg in a glass of milk three times a day.

A red nose is usually due to faulty circulation of the blood. You should exercise in the open air at such as possible. Massage the nose gently every day.

Deafness

Dear Mrs. Symes:
I am growing rather deaf and should like to know what you advise me to do about it. I have had a great deal of throat trouble. Some persons say that may be the cause of the deafness.

R. Y.

The majority of defects in hearing are traced to some throat trouble. I suggest that you go to a reliable specialist for treatment.

Cleansing a Hair Brush

Dear Mrs. Symes:
Please tell me how a hairbrush should be cleaned.

The best way to clean a hairbrush is first to remove carefully all hairs that are matted and sticking to the bristles. Then dip them in a strong solution of washing soda in very hot water. This should be in a flat basin and the fluid should come only a little more than halfway up the bristles, so as not to touch or injure the back or handle. Rub the brush briskly in this solution for a minute and then transfer it to a second similar basin containing only warm water. Change the water as soon as it becomes colored, and continue to do so until the last water is clear.

Finally the brush should be dried with a towel, and then in the sun or in front of the fire, taking care not to use enough heat to warp the wood or loosen the glue.

Hair on the Face

Dear Mrs. Symes:
Is there any cure for hair on the face? My hair grows on my chin, and I pull them out, but they come back worse each time. Is there anything I can put on them to keep them away?

H. E. T.

Go to a reliable operator and have the hairs removed with electricity. This will prove a permanent cure.

Steps Are Short

Dear Mrs. Symes:
Please tell me if there is any exercise by which a short person can be made to increase the length of her steps? Also tell me an exercise which will reduce the hips and legs. I find walking quite difficult, because my legs are so stout and fleshy.

ANXIOUS INQUIRER.

Nothing can be done to increase the length of your steps. You should strive for a graceful walk. The short person does not take long steps gracefully. Here are several exercises that are excellent hip reducers.

1. Bring the knees up to the chest, remaining perfectly erect. Practice in alternate movements.

2. Place hands on hips, shoulders well

A Bunion Cure

Dear Mrs. Symes:
Will you kindly tell me how to cure a bunion on an evening shoe. I do not wear them now, but the growth is so bad. Am bunions plastered helpful?

A. B. R.

Bunion plasters very often give temporary relief. Following is the recipe for a cure:

Bunion Cure

Carbolic acid 2 fluid drams
Tincture of iodine 2 fluid drams
Glycerin 2 fluid drams

Apply with a camel-hair brush daily.

If this does not help you, I suggest that you go to a competent chiropodist for treatment.