

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

ICE TREATMENT



To Produce Firm Flesh.

part of the body an application of ice is used with success; but if the pain be very severe and continues, it is best to call in a physician or the patient may suffer great harm from unprofessional treatment.

If the eyes are congested from weeping, eyestrain or from dust being blown into them, a compress wet with tepid water will relieve the pain more quickly than anything else. It will scatter the congested blood in the eyelids and remove all traces of tears. Ice can be used freely for external treatment, but beware of taking it into the stomach unless ordered by a physician in cases of fever, and then only in very small quantities.

will increase in a very short time. Massage the bust with cocoa butter every day and practice deep breathing. Be sure to fill the lungs to their utmost.

Pads

Dear Mrs. Symes:—Reading of the help you give others, I thought probably you could give me a little information, and an advice, and should like to know if there is a place where pads for the legs are sold.

Will you please tell me of a good flesh builder? I am a girl 21 years of age. Every time I comb my hair it comes out in bunches.

To gain flesh, take raw eggs in a glass three times a day. One egg in a glass of milk is the proper dose.

Hair Falls Out

Dear Mrs. Symes:—I am a girl 21 years of age. Every time I comb my hair it comes out in bunches. I have used a tonic, which did not help it at all. Please tell me what to do to make it thick and long.

A BLONDE.

Ill health is often the cause of falling hair. If you are not in the best condition...



The Ice Bag For Headache.

When you should have a doctor prescribe for you. Massage the scalp night and morning for five minutes, and during one of the treatments rub the tonic for which I am here giving the recipe into your scalp.

Hair Tonic

Resorcin 2 drams
Tincture cantharides 1 ounce
Oil ricinus 4 drams
Oil rosemary 10 drops
Bay rum, add sufficient to make 8 ounces

It is also important that the hair be brushed thoroughly every day.

Pimples and Blackheads

Dear Mrs. Symes:—Please give me a cure for pimples and blackheads. My face is covered with them and I should like to get rid of them.

Following are the recipes you desire:

Fosatti Cream for Pimples
Extract of violet 10 drops
Sweet almond oil 1/4 ounce
Sulphur precipitated 2 grains
Lanolin 15 grains
Olive oil 8 scruples

Obstinate Blackheads of the Skin
Soap liniment 2 ounces
Rup into the spots affected, and as soon as the mixture bubbles, wash the surface with hot water.

Sage Tea

Dear Mrs. Symes:—I have used sage tea on my hair, but it has not helped me. My hair is rather thick but absent, and I should like to know what to do to make it grow.

ANSWERS TO KNOW:—Possibly you are not using the right tonic for your hair. I suggest that you rub castor oil into your scalp every other day, but massage the scalp daily. Then brush the hair thoroughly for ten minutes every two or three months to increase the length and to prevent the hairs from splitting.

Bust Developer

Dear Mrs. Symes:—Please publish a recipe for the quickest and most successful bust developer.

The development cannot take place in a day, but by persistent efforts the size...

ADVICE ON SOCIAL CUSTOMS

Mrs. Helen Adams
single cordially invites her friends to a party to her home, Social, on Thursday afternoon, March 14th, at 4 o'clock.

MEN'S VISITING CARDS

PERHAPS you are going to order visiting cards for your brother, father or husband. If so, let me suggest a few important points to be observed. First of all, a gentleman's card is smaller than a lady's. The fine quality of board and script should be preserved.

The title of Mr. is never omitted unless the junior or senior be added to a man's name. Any contractions, such as Bob, Jack, etc., are in very bad form. The first name of a man should always be used. If the middle name is too long, the initial can be placed on the card. The first name should not be abbreviated. "Mr. William H. Long" is far more dignified than "Mr. W. Harold Long."

The eldest male member of a family may omit his first name from the card and simply use the family name with the prefix Mr.; as, "Mr. Chamberlain."

If a bachelor reside at a club permanently, he has the name of the club in the lower right-hand corner. It is not permissible for a business address to appear on a visiting card.

In our country we cannot be too conservative or sparing in the use of titles, the president and vice president of the higher courts, officers of the army and navy, physicians and clergymen are permitted to use the titles of their respective offices. Otherwise, men should be modestly content with the Mr. before their names on social cards. In the army it is generally admitted that no officer of rank lower than captain shall use any title but Mr. A lieutenant's card should read, "Mr. Henry Clarendon," with "United States Army" in the right-hand corner. Above the rank of lieutenant, the officer places before his name Captain, Major, Colonel, etc., and signifies in the corner whether his command is in the cavalry, engineering corps, artillery, etc.

The professional card of a physician should be distinct from his social card. It should have Dr. before his name or M. D. after it. On it should be his house address in the right-hand corner and his office hours. On his social card his title appears as on his business card; also his address.

A clergyman's card is engraved thus: Reverend Samuel B. Jones. Sometimes the title is abbreviated.

With these facts in mind, I shall depend on you to help all doubting men in the very important matter of arranging for their visiting cards.

A Popular Man

Dear Mrs. Adams:—With her best to attend a man to devote all his time and attention to her what steps do you think I should take?

If you are engaged to the young man, you can have a frank talk about the matter. If he is merely a friend who is frequently in your company, you can do nothing to interfere with the girl's name. Captain, Major, Colonel, etc., and signifies in the corner whether his command is in the cavalry, engineering corps, artillery, etc.

To Make Known the Address

Dear Mrs. Adams:—I am not going to have a large wedding. Will you please let me know how I can let my friends know what the address should be? I have a card bearing the address in the following manner:

Mr. and Mrs. John A. Black
at home at 1212 Broadway
at 4 o'clock

Place Cards

Place cards are used to designate the guests' places at the table. They may be simple white ones or elaborate ones, beautifully decorated in watercolor.

A Birthday Gift

Dear Mrs. Adams:—Will you please tell me how to give my employer a birthday gift? He has always been so kind to me that I feel like doing something in return.

MRS. STENOGRAPHER.

As your dealings with him are of a business nature, it would be much better not to introduce the social element. Your faithfulness and conscientious good work are sufficient return for his kindness.

Served First

Dear Mrs. Adams:—At a luncheon who should be served first, the hostess or the guest of honor?

MRS. IN DOUBT.

The guest of honor should be served first. The hostess is not served until last of all the persons seated at the table.

Hats at a Wedding

Dear Mrs. Adams:—What is the custom at a church wedding? With whom does the mother of the bride walk to her seat?

MRS. A.

Yes, the usher who gives her his arm while leading her to a seat.

Answering an Invitation

Dear Mrs. Adams:—How soon should an invitation to a wedding be answered? If I am not able to attend, how should it be answered? Please give me form.

READER.

If the invitation bears the letters R. S. V. P., it should be answered immediately. It is not necessary to send a written reply to a wedding invitation that does not include cards for a

breakfast or luncheon at the home of the bride. Cards to witness a large church wedding only need no reply. If one has been invited to a home wedding which is followed by a reception, she need make no written reply if she expects to attend. If it is impossible for one to be present, the invitation must be promptly acknowledged, by posting or sending by hand the day of the marriage, two visiting cards addressed to the bride's parents.

An invitation is always answered in the same form in which it is written. Thus, one invited in the third person would be answered in the following manner:

Mr. and Mrs. John Black
regret their inability to join the kind invitation of
Mr. and Mrs. Charles B. White
to the wedding of their daughter,
on Thursday afternoon, March 14th,
at four o'clock.

Crumbling Crackers

Dear Mrs. Adams:—If we were entertaining at dinner and one of the guests would crumble the crackers in his soup, should either the host or hostess be the one to relieve the guest from embarrassment?

ANXIOUS HOSTESS.

The politest way to treat such a condition would be to ignore it entirely.

Dress for the Groom

Dear Mrs. Adams:—When an evening wedding is celebrated in the church and the bride wears her traveling suit, it is proper for the groom to wear a plain black suit with black coat. They go from the church, directly to the train. What kind of hat, vest, tie and gloves should he wear?

THE GROOM.

Should the bride's parents defray the expense of conveyance from the house to the church?

Should the ushers be given presents if there are no other attendants?

At such a wedding, what kind of flowers should the groom give his bride?

The fact that you go directly to the train from the church should settle your question. The groom may wear his black street suit and gray vest, including the derby hat, a vest of the suit material or one of fancy vesting; a four-in-hand tie and gray gloves.

It is quite proper to do so if the groom is inclined.

The groom may give the bride a modest bouquet of her favorite flowers.

Leaving the Street Car

Dear Mrs. Adams:—Let me know whether a woman should let the street car driver know when she is accompanying a man whom he is accompanying?

SPACE.

Yes, so that he may assist her to alight from the car.

Introducing Guests

Dear Mrs. Adams:—Who brings her properties to you. A certain boy has been very attentive to me. I would like to introduce him to my friends. How should I do this?

ANXIOUS GIRL.

Getting him to take her to a place of entertainment should I cut my friendship with him and the boy? I should like to invite him to act as my partner.

Can you tell me how I should introduce a man to my friends? I have a friend whom I expect to have visiting me.

INQUIRE.

If your trouble is with a man, inquire of him. If it is with a girl, inquire of her.

Why can't you and your friend share the boy's friendship? Do not break your friendship with either, but invite them to your dance. You will never be happy if you harbor selfishness and jealousy. You are very young, and have plenty of time to overcome either.

You and your little guest should stand near the door, and as each guest enters, introduce her to the visitor.

Yes, if a self-addressed stamped envelope is inclosed with the query.

Table Manners

Dear Mrs. Adams:—There is a person whom I dislike very much because of her manner and talk. Will you tell me how I can get rid of her without creating much excitement?

MOLLIE.

Take no interest in the girl and keep away from her as much as possible. When you do come in contact with her, be courteous, but not cordial. She will soon notice your coolness and will not bother you any more.

Stating the Time

Dear Mrs. Adams:—I am to attend a friend to spend Saturday and Sunday with me. Should I state the invitation how long I should stay?

DOUBTFUL.

Yes, so that your guest and yourself will know what plans to make.

HOT water to open the pores of the skin, and cold water to close them quickly, has for years been the method prescribed by beauty specialists.

The very newest—and let me add that it is considered the best treatment for beautifying the skin—is to use ice after a hot bath.

To cleanse and beautify the face, for example, it is first washed with warm water, then a good cleansing cream is applied and a thorough massage given. The cream is all wiped off with a soft cloth and with it comes the dirt collected in the pores; then the face is steamed. This opens the pores and causes them to emit all remaining dirt or grime. The face is dried and a small lump of ice is quickly passed over every particle of skin.

The sudden chill closes every pore immediately and leaves the skin soft and rosy with a flush of health and beauty on its satiny surface. This sudden closing of the pores prevents them from ever becoming enlarged; besides, it brings the blood to the surface and causes a quick reaction and circulation of blood in the tissues directly beneath the epidermis.

The neck and chest are treated in exactly the same manner as the face. Massage gives a full rounded throat and beautifully molded chest, while the ice rub insures a quick reaction of the skin, besides being an excellent remedy to protect a tender throat subject to frequent colds, sore throat and tonsillitis.

After a hot bath the arms should be quickly and lightly rubbed over with a lump of ice to give firm flesh and insure lovely rounded arms and beautiful, white shoulders.

Ice is a valuable remedy for many ills. A severe headache can be cured very quickly by filling an ice cap or a rubber hot-water bottle with small pieces of ice and applying it to the top of the head. Let it remain until the chill has sent the superfluous blood away from the brain and your head will ache no more. For pain caused by congestion in any

part of the body an application of ice is used with success; but if the pain be very severe and continues, it is best to call in a physician or the patient may suffer great harm from unprofessional treatment.

If the eyes are congested from weeping, eyestrain or from dust being blown into them, a compress wet with tepid water will relieve the pain more quickly than anything else. It will scatter the congested blood in the eyelids and remove all traces of tears. Ice can be used freely for external treatment, but beware of taking it into the stomach unless ordered by a physician in cases of fever, and then only in very small quantities.

When you should have a doctor prescribe for you. Massage the scalp night and morning for five minutes, and during one of the treatments rub the tonic for which I am here giving the recipe into your scalp.

BEAUTY QUERIES ANSWERED

REPPLIES 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.

Dry and Scaly Skin

Dear Mrs. Symes:—Will you kindly advise me what is good for a dry skin? I have scaly skin every evening. Will it become dry and scaly shortly after I have stopped using talcum powder?

MARY JANE.

Your skin is evidently in need of oil. Do not use soap on it, but cleanse it with a cream. Once or twice a day apply olive oil to the face. I am glad you have discontinued using powder, for this no doubt only added to the trouble.

A Skin Bleach

Dear Mrs. Symes:—Will you kindly give me the recipe for a good skin bleach.

MILDA.

A teaspoonful of the tincture of benzoin to an ounce of rosewater forms a well-known lotion which is excellent for whitening the skin.

The Depilatory

Dear Mrs. Symes:—The preparation that you published some time ago for the removal of superfluous hairs (tendrils of nose and chin) remove them permanently if it is used constantly upon the reappearance of the hair?

The preparation will not remove the hair permanently. The electric needle is the only thing that will have such an effect.

An Eyelash Grower

Dear Mrs. Symes:—Will you kindly tell me what I can do to make my eyelashes grow longer and darker? I have a thin and slender figure.

but my face is very full. What can I do to reduce the flesh on it?

A BEAUTY READER.

To increase the growth of the eyelashes, rub a good quality of vaseline into the edge of the eyelids. Be careful that none of it gets into the eyes. Nothing can be done to darken the eyelashes permanently. A dye or stain can be procured for temporary effects. Anything you might do to reduce the face would tend to reduce the rest of the body. As you are generally slender, I do not think it advisable to make the features bold and light-fitting collars, which always make one's face look stouter than it really is. Dress your hair in a manner that will not broaden your face.

Thick Lips

Dear Mrs. Symes:—Will you kindly inform me through your columns how to reduce thick lips? Also tell me what can be done to reduce a very broad nose.

ANXIOUS.

Nothing can be done to reduce lips which are naturally thick. Nor can the breadth of the nose be changed. If you will carefully examine your features, however, you will find that nature has made these parts large to correspond with the rest of your features. Therefore, a reduction in their size would be likely to make you look ridiculous.

Tonics

To MRS. H.—Both of the remedies you refer to are proprietary articles; therefore I cannot discuss their merits. I advise you to consult a first-class physician and have him prescribe a tonic. It is necessary for him to find out just what you need. Never take a medicine that has not been prescribed by an authority. This precaution will prevent any harmful effects.

Blackheads in Nose and Chin

My nose and chin are covered with blackheads. Will you give me a remedy for them? BLUE EYES.

The following treatment will drive the blackheads away. Cleanse the skin with hot water; good soap and a complexion

brush. Rinse and dry and then rub in the cream made of the following:

Sweet oil of almonds 2 ounces
Orange-flower water 2 ounces
White wax 4 drams
Oil of sweet almond 1 dram
Spermaceti 1 dram

Put all in a saucupan with boiling water, stand a few minutes. Strain the wax and pour it into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water; add it heat a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucupan. Beat mixture with the whisk. Heat and add oil of sweet almond. White cream until it is cold. Put in pots and cover with paraffin.

Diet has a great effect on the skin, and immoderate eating will cause blackheads. Be sure to avoid those things which do not agree with you.

Blemishes on Arms and Legs

Dear Mrs. Symes:—Can you tell me the reason for red lumps on the arms and legs? Is olive oil good for them? A HAPPY BRIDE.

The little lumps are probably due to the condition of the blood. The circulation may not be very good; therefore little dots form. Olive oil rubbed into the skin will prove helpful. The massage is just as necessary as the oil, if not more so.

The other question given in your letter is entirely outside of my province. The advertising columns of this paper should be consulted.

Blonde Hair, Dark Lashes

Dear Mrs. Symes:—I am a decided blonde, but my eyebrows and eyelashes are coal black. Is this a sign of beauty? X. Y. Z.

While such a condition may or may not add beauty, it certainly gives one a distinctive charm. Such a contrast is unusual and for this reason it is very attractive.

Bust Developer

Dear Mrs. Symes:—Please publish a recipe for the quickest and most successful bust developer.

The development cannot take place in a day, but by persistent efforts the size...