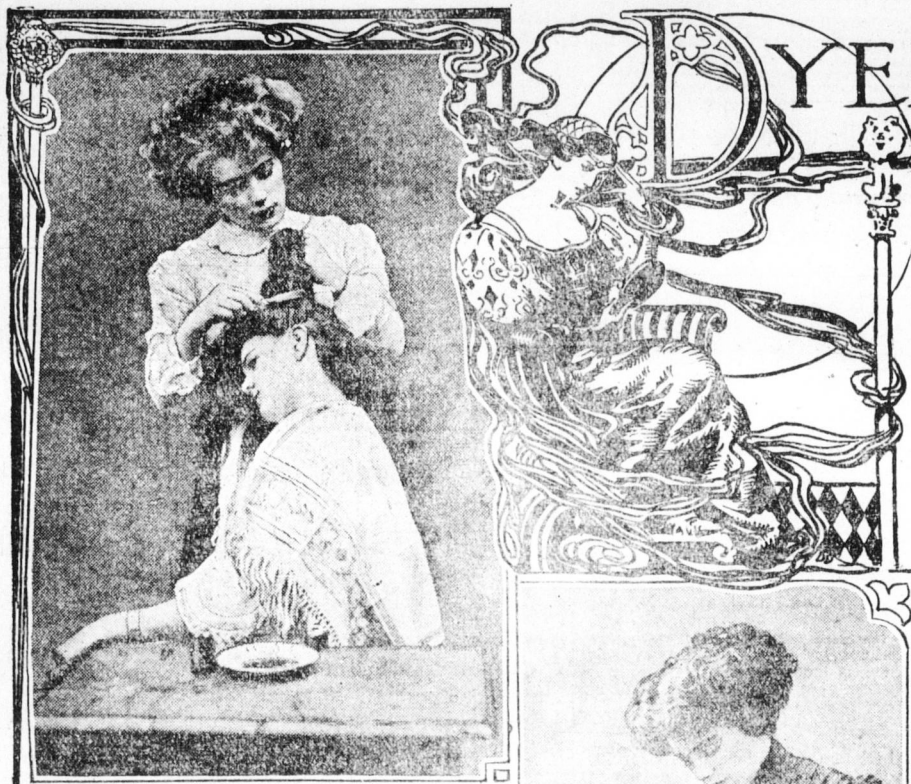


CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



Hold the Hair Away from the Face.

SURPRISING it is how often I receive letters from my correspondents asking me to suggest some way for them to change the color of the hair that nature has given them. If it is dark, they prefer it light; if it is light, they must have it dark, and if it is neither one nor the other, they must have it red or a "lovely shade of auburn."

It has been a source of worry to me every time I have sent out or published a formula for a hair dye. I always feel that, perhaps, the woman who asks for it will not know exactly how to use it, and that she will be disappointed in the result. So today it is with pleasure that I will go into the details of this interesting business and hope that you will all read it so you will know how to manage the dyes that you ask for.

I have no horror of hair dyes. I feel that any one who would like to change the color of her hair is at liberty to do so.

Light-haired women should do all they can to preserve the delicate shade of their tresses, for it is perishable and it takes constant effort if one would keep



Testing the Dye on a Separate Strand.

the gold from turning brown as the owner advances to years of maturity. Wise blondes, therefore, put a little pinch of

washing soda into the water in which they shampoo their locks, and while it may not have any noticeable effect, it

will do much toward keeping the hair the same color. Further than this the soda is cleansing, but ladies must not use the helpful soda too often, for it is likely to make the scalp too dry for health.

Peroxide of hydrogen is another bleach which many women use and find quite harmless and satisfactory, but they are careful that it is so applied as to have an equal effect upon the whole head of hair. The peroxide should be diluted in water, equal parts, and the solution employed to rinse the hair after a shampoo. Frequently the treatment must be repeated half a dozen times before any appreciable result is discovered.

Henna stain is the least harmful of all the dyes, and it gives a particularly lovely reddish tint that most women find desirable. It is not an acid and will, therefore, not in any way injure the growth of the hair. Steep one ounce of henna leaves in a pint of boiling water. When the mixture is cool, strain.

FOR BROWN SHADES

To dye the hair brown there is nothing better than the walnut stain. This is made of four ounces of walnut skins beaten to a pulp and mixed with sixteen ounces of pure water. Let this stand eight days; strain and apply.

Any dye should be applied not to the scalp, but to the hair itself, and for this reason no one is able to do this service for herself. The best way to apply the dye is with a small brush—a toothbrush is the proper size—and after dividing the hair in strands apply the dye to each one, allowing it to dry without rubbing. In this way, and in this way only, is it possible to entirely cover the whole head without staining the scalp and the edges around the hair. When the hair is to be done around the temples the utmost care must be taken. Stretch the hair tightly away and fasten it so it cannot touch the face even when drying.

Some stains, if they touch the skin, may be removed with soap and water—henna stain, for instance—but the others must be carefully handled. Peroxide is the only one that cannot do the least harm to the skin, and will leave no stain. It is, you know, an excellent disinfectant.

Do not insist that the first time you use it the dye should be permanent. Sometimes it takes several applications to secure the desired effect, and the process should be repeated until the proper shade is produced. Always dry the hair by fanning it, and do not let the light of the sun reach it until it is quite dry.



The Front Hair Must Be Separated in Layers.

Depilatories

A VERY desperate cause of annoyance among women is the growth of hair which so often appears on the chin, and the down which imparts a masculine appearance to the rosy lips of even a debutante.

Do not despair. There are fortunately, remedies for this affliction.

1. Removing these hairs with a small tweezers of steel is one of the common remedies. But the hair must be carefully pulled, and not broken; it should be removed by a sudden jerk.
2. Make a wash of the leaves and roots of celandine distilled. Make a compress; apply to the hairy spot, allowing it to remain on all night. Continue until the hairs disappear.
3. Sulphuret of soda, three grains; quicklime, ten grains; starch, ten grains. Add enough water to this mixture to make a paste; apply to the down, let it remain on until it produces a burning sensation, then remove with cold cream.

When the Nose Bleeds

A TEASPOONFUL of powdered alum to a teaspoonful of lukewarm water sniffed into the nostrils will stop bleeding from the nose. When the nose bleeds it is a great mistake to stand with the head bent over a basin. Make the person lie flat, with the head thrown back and a cold sponge at the nape of the neck.

Aids to Correspondents

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

Chapped Lips

MY daughter's lips chapped so badly in cold weather and, what makes matters worse, she is in the habit of biting them. Please tell me what to put on them. PATIENT.

The habit of biting the lips, especially the habit of biting off detached portions of the skin, is ruinous to their beauty, both in color and texture and may even cause incurable eruptions.

The best thing to use on your daughter's lips is the best of cold cream, after having bathed the lips in very warm water.

Dandruff

I am very much troubled with dandruff, and when I get a dark coat on it shows up plainly on my neck. FIANCÉ.

To remove dandruff the following preparation may be used:

Warts to Reduce Fat
Will you please give me the formula for reducing fat?
A. C. H.

Following is the formula for a pomade to reduce fat:

Obstinate Freckles
Kindly give me a remedy for obstinate freckles. I want something that can be applied before going to bed without having to be applied again the morning after. S. D.

To Develop the Body
Will walking develop the legs, and, if so, can you tell me in your paper how many squares should I walk in order to

develop them? Is there anything that will hasten the growth of the eyelashes and brows more than vaseline?
Can you describe some exercise that will develop the bust, arms and limbs?
VERY GRATEFUL.

Yes, walking will develop the legs, but as to the amount of walking you should do I cannot say definitely, because I don't know what strength you have. However, first try walking a mile a day, and if you find that distance does not tire you increase it in a few days, but do not overtax your strength; that is, do not walk until you feel faint and ready to drop.

There is nothing better for increasing the growth of eyelashes and eyebrows than vaseline.

To develop the neck, bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Practice these movements ten times. Then bend the head as far backward as possible, and then from one side to the other.

To develop the bust and arms, take Dr. Vaucaire's remedy. You will find his prescription below.

Dr. Vaucaire's Remedy for the Bust.
Liquid extract of galea (containing 35 grains of galea) 35 grains
Lactophosphate of lime 154 grains
Tincture of ferri 15 grains
Simple syrup 154 grains

The dose is two spoonfuls with water before each meal.

Nail Powder
As soon as convenient kindly publish your recipe for nail powder. KATHERINE.

I am giving below the recipe you wish:
Nail Powder for Polishing.
Talcum powder 15 grains
Purified pumice stone 2 ounces
Mix and rub the powder into the nail with a fine brush.

Formula for Soap
Will you please give me a formula for a pure castile soap to which may be added some essential oil so that it can be moulded in tapers? Can pure castile soap powder be used?
The easiest way to make the moulds you desire is to melt some castile soap powder, stir into it a little oatmeal and put into cups to cool.

Red Spots on Chest
Please advise me about red spots which break out on chest. They feel itchy at times and finally get dry, and when you scratch off the top they are gone. They appear every once in a while.
ANXIOUS M. L. D.

The spots are probably caused by indigestion. It may be that the water you drink does not agree with you, so for a while drink nothing but distilled water. If you can stand them, take cold water baths daily.

Crow's Feet
I am 25 years of age and tiny crow's feet beginning to show around my eyes. What can I do to prevent them? S. F.

Before retiring at night wash the face thoroughly with warm water and hold a cloth dipped in the water right where the crow's feet are beginning to appear. This will open the pores. Pat the face dry with a soft towel and then, with the finger tips, rub in a good cold cream, beginning at the corner and bringing the fingers gradually round in the direction of the side of the nose. This should be done for about ten minutes; then rub directly over the cheek bone with a circular motion for a minute or two longer. In the morning bathe the face in warm water, then spray it with cold to close up the pores again.

To Remove Ink Stains
I am employed in an office and sometimes my hands are splattered with ink spots. What is an easy way to remove the spots?
JULIA.

Very often it is possible to remove ink stains with lemon juice. Patient rubbing with pumice stone, however, is sure to take away all such marks.

Hands Perspire Freely
It seems so strange that when I sew, even in the cold weather, my hands perspire so freely. Can I do anything to avoid this trouble?
SERENA.

Wash your hands in hot water, dry them thoroughly and then dust them with powdered oatmeal.

By Thorough Brushing
How can I prevent my little girl's hair from growing out on her forehead and in front of her ears?
MRS. H. M.

Train the hair to grow back by gently but thoroughly brushing it away from the forehead and ears every time you arrange the hair.

Clammy Feet
Can you tell me what causes my feet to be so clammy all the time and what to do to cure the trouble?
WYNNE.

Clammy feet show that your general circulation is out of order. Take plenty of exercise in the open air. Warm your feet by dipping them into warm water, then plunging them into cold and rub them until you know the blood is circulating as it should.

A Tooth Powder
Please tell me of some good tooth powder that I can mix at home—one that is quite harmless.
R. L. J.

A simple, inexpensive tooth powder is made by mixing ten ounces of precipitated chalk and half an ounce of powdered camphor. The chalk neutralizes any acidity and the camphor acts as an antiseptic.

Discomfort After Eating
After every meal I feel so uncomfortable that I wonder if it comes from drinking fluids when I eat. I always take tea, coffee or water.
LEONA.

If you suffer from pain and discomfort after eating give up drinking fluids with meals. I think you had better give up all soups, too. Chew your food thoroughly.

Advice on Social Problems.

Mrs. Chester Adams most carefully investigates problems and perplexities by letter at any time.

Duty Calls

OFTEN in these talks with you I have mentioned the importance of the party call—the little attention that the guest must pay to a former hostess to show appreciation of the last entertainment. Yet it seems to me that I have never told you much about the formal call, and this is what I propose to do today.

One of the most important points in calling is to choose a time of day when you may be reasonably expected. No one, for instance, would make a call before breakfast. In the cities of the East calls are usually paid between 4 and 5 in the afternoon. In warmer climates they are made later in the day. Really formal calls are nowhere paid on Sunday nor in the evening. At these times intimate friends only are expected, although neighborhood calls are sometimes paid in the evening, because that is the only time when both husband and wife may call together. Afternoon calls are usually paid by women only.

A young girl calling on a married woman will use one of her own cards and usually one of her mother's and two of her father's. A married woman calling on another married woman will leave one of her own cards and two of her husband's. That is to say, a woman calls only on a woman and a man must call on both men and women. When you reach the door you ask if Mrs. So-and-so is at home. If she is, give your cards to the servant and go into the reception room or wherever the servant leads you. In any case, do not stand in the hall. If the servant says, "Not at home," then hand your cards to him or her and leave. The servant will sometimes say, "Not receiving," which statement need not be questioned, unless you are on very intimate terms with the family. It is quite unnecessary to ask at the door for both Mr. and Mrs. So-and-so.

When you enter the reception room take a chair—do not wander around the room—and when the hostess appears arise and greet her, whether she be younger or older than yourself. It is her house, and you must show her the courtesy. Perhaps if you met her at some other house you would not rise, but in your house or in hers this is necessary. Should the host, too, come into the room it is polite to arise and speak to him also, unless he be very much younger than yourself.

If you find your hostess entertaining other callers, greet her and them, and do not try to monopolize your hostess for any one guest. Keep the conversation general, and avoid personalities and gossip. Should tea be served, do not protest that you have only a minute to stay. Take your cup, and when you are ready to leave say good-bye and go. It is not necessary to announce, "I think I'll have to go now." Merely arise, shake hands with your hostess, bow to the guests and go. It is impossible to mention the hour or your haste. Be dignified and make every effort to prevent breaking up the party.

The average call need be of only fifteen or twenty minutes' duration; the fact that you called is sufficient. The length of time you remain signifies nothing.

Sometimes it is embarrassing for a young girl to have to call upon an older woman, but surely even the most unsophisticated can adapt herself to the situation for fifteen minutes.

Owing to the fact that most men in this country have no leisure time during the week, they usually pay their duty calls on Sunday afternoon. For them the same rule holds as for women, and when they are calling formally they ask for all the ladies in the house.

If a man is calling upon a girl, and not paying a duty call, he need not ask for her mother or sisters, and he need only leave cards for the one he wishes to see. If the call is being paid in the afternoon, the mother need not make her appearance. If in the evening, it is better form for the mother to greet the caller; if not at first, then some time before he leaves.

A man calling upon a girl in the evening should always leave by 10 o'clock. Evening calls are less formal; they need not, therefore, be so short. If you are paying an evening call you should arrive at the house about half-past 8. This will leave you a pleasant time to remain—just an hour and a half.

On account of the many people who must call on a woman who entertains, she usually sets aside some afternoon in every week when she will be at home. These are called "days." Cards need not be sent out, but she will tell her friends, and, if you know that your hostess has a "day," it is impolite to call upon any other, for then you show that you did not hope to find her in. On these days tea and cake are served, and anything more elaborate is not expected.

Young girls sometimes stay at home on Sunday afternoons to receive friends, and this is really a very quiet and nice way to spend the afternoon.

Perplexities Solved

A Gentleman's Part
1. Walking in the street, on which side of a lady should the gentleman be?
2. In the theatre, should the lady go before her escort? Should he go before her? Should he follow her? Should he take her seat?
3. If there are ladies present.
READER.

1. When a gentleman walks with a lady on the street he always walks on the side toward the curb, placing the lady on the side near the buildings. If they are walking in the park or somewhere where there is no curb, then he should place the lady at his right.

2. Going down the aisle in the theatre, a woman should follow her escort. He should go first and find the seats.

3. Men do not wear Tuxedos when they go out in the evening except on very informal occasions. The dresscoat is a necessity if ladies are to be present. The Tuxedo or dinner coat was originally made to wear among men and at home. It is not considered formal evening dress.

A Thoughtless Act
To Sadness: I am not printing your letter, as you see.

I think that in a crowd such as you describe it might have been merely an accident that the man helped the other woman and not his wife. That he did not forget his wife was evident when he inquired for her when the party had settled in the train. Men do many strange things in the moment of excitement, and it is not well to call them to account.

Do not make a mountain out of a molehill. Let the man understand that his wife's feelings were hurt at his seeming neglect and ignore the matter in the future. From the standpoint of etiquette, if the other woman were the guest he should certainly have helped her first.

Very Bad Form
Is it proper to take a wedding gift to the reception after the wedding?
J. M.

Never carry a wedding gift to a reception.

tion following the wedding ceremony. If possible, send the gift, accompanied by your card, at least three days before the wedding.

When Sending Regrets
When sending regrets to a friend, is it all right to send one's visiting card?
S. A. D.

One's visiting card should never be sent for regrets. A note should be written in the same degree of formality as that used in an invitation.

The Proper Form
How should I address an unmarried woman who is a stranger to me?
A. SUBSCRIBER.

Whether the unknown woman be married or unmarried, she should be addressed "Dear Madam."

Cannot Give Addresses
Kindly tell me where I can get trained for a stage career? I am 15 years old, and want to get trained before I get any older.
R. B. S.

I am sorry I cannot grant your request, but it is against my rules to give addresses to any one.

In the Theater
I wish to ask you three questions in regard to the theater. May a girl ever take off her gloves in the theater? Is it proper for her to applaud if she wants to? Should a gentleman take off his coat at his seat or before he takes his seat?
RETH.

A girl who is not sitting in a box at the theater may certainly take her gloves off if she so desires. It is more a question of fashion than good taste.

She may also applaud if she wants to, provided she is not noisy.

A man usually takes off his coat on the way down the aisle before he reaches his seat.

Wedding Invitations
Should wedding invitations be addressed both on the outside and inside envelopes?
HELEN R.

The outer envelope has the name and address upon it. The inner one has the name only.