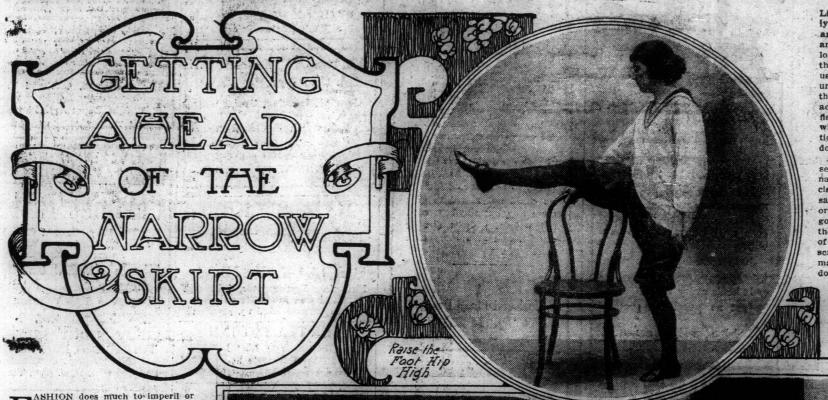
ONCERNING HEALTH and BEAU By MRS. HENRY SYMES



A Way to Gain Abdominal Streng

Lift the feet and grasp the ankles firm-iy. In such an attitude the shoulders are pulled back and the chest is given an opportunity to expands: Withou the side and then on the back and gradually work the head toward the feet until your entire weight is supported on the head and feet only. When you have accomplished this feat you can feel flattered, for it is a professional trick which requires a great deal of prac tice and perseverance, but it can be done by all. An eminent physician has predicted

serious trouble if the effects of the narrow skirt be not overcome by exercise such as I am giving you today. He says that the abdominal muscles and organs are being starved from lack of good circulation of the blood, due to the constriction and general scanty lines of fashionable clothes. The exercise described in the preceding paragraph will make it possible for one to gain ab-

Fortified with muscular agility and poiseful strength you will be able to walk out in the narrow skirts of the season with the important thought that you are overcoming the injurious effects. If you wear the narrow skirt of the season, exercise according to



rated with a monogram or crest this should be at the top. The napkin can be placed on the plate or directly above it, the monogram showing. At a dinner butter is not often served. If it is, a butter plate or a smaller dish called a butter "chip" is placed at the left side. With. bread and butter plate a spread or small knife is also placed. Individual

salt and pepper castors or dips are

The forks are placed at the left side prongs up, in an order so, that the first one used is at the outside. This will be the oyster fork, a small trident shape. The dinner fork is the largest, the salad fork being a smaller size. A new salad fork is short, with wide prongs. A fish fork is shorter than others, with three flat prongs, the one at the left broader than the other At the right, place the knives blades

turned toward the place. The dinner knife is the largest. A fish knife is smaller, and if you have not used butter spreads the butter knife is smaller and placed at the right. The soup or bouillon spoon is placed on the outside, as it is used before the dessert and coffee

spoon.
Place a glass at the right for water.
If you do not serve salad as a separate course, the prepared dish is placed at the left and no salad fork need be provided. As it is eaten with the meal the dinner fork is used.
A good menu is the following:

1. Small clams or eysters on the half ell for each person. 2. A clear or cream soup. 3. Relianes, such as celery or olives. 4. Figh. with potatees, either Julienne him slices), or Parisienne (small spheres

SOLUTIONS TO SOCIAL PROBLEMS

The Bride's Jewelry DEAR Mrs. Adams.

Do you think it looks well for a bride to wear much jewelry during the ceremony? A surplus of jewelry is never in good taste. The bride should wear only those jewels given her on this occasion by the bridegroom, or by some relative near and dear to her. Or she may wear the favorite piece of jewelry in her collections.

After a Dance Dear Mrs. Adams.

After a dance given by a young girl, should a "party call" be made?

When Riding in a Car Dear Mrs. Adams.
When riding in a street car with a friend and one meets another acquaintance, is the necessary to introduce her to my friend?
In QuisiTry E.

If you held a lengthy conversation with the acquaintance you should have introduced her to your friend; otherwise, an introduction was not necessary. The Date and Address

Dear Mrs. Adams.
Where is the proper place to write the date and address in correspondence?
WANT-TO-KNOW.

Toothpicks. Dear Mrs. Adams.

Is it good form to place toothpicks on the table?

K. L. P. M. not think of using a toothpick in the presence of others.

A Wedding Gift Dear Mrs. Adams.

When one has been invited to a wedding, should she carry her gift to the bride?

(Mrs.) P. B. No; the gift should be sent several days prior to the wedding day.

The Minister's Services Dear Mrs. Adams.
Is a minister paid for his services at a funeral?
The minister does not charge for officiating at a funeral, but several days after the funeral one of the members of the family sends him a note of thanks and a sum of money, the circumstances of the family to deckie the amount to be given.

A Letter of Introduction Dear Mrs. Adams.
What is the proper thing to do when one receives a letter of introduction? MINNIE. You should call as soon as possible on the person being introduced and fol-low the visit after it has been returned by an invitation to some form of hospi-

Acknowledging on Announcement
Dear Mrs. Adams.

I have received the announcement of a
friend with whom I am not so intimately
acquainted. What is expected of me now?
PERPLEXED.

If the bride is to reside in your city,
you should call upon her soon after she
has returned to her new home. Should
she live in a distant city, you should
mail a visiting card to the bride and
bridegroom and to the bride's parents
in recognition of the receipt of a wedoling announcement.

'At a Restaurant Dear Mrs. Adams.

When dining at a restaurant, is it bad form to slip off the hand portion of the glove and roll it up into the arm bordion?

WINIFROD.

A Party Call Dear Mrs. idems.

If, I am invited to a luncheon and am unable to eitend should I call on the hostess afterward?

Tou most certainly should, as a recognition of the hospitality offered.

Neighbors

Dear Mrs. 4 dams.

Sy neighbor and I have girls about the same age. She is always making uniming remarks about think I ould say something to her that would make her stop! I do not care to quarts!

The best way to check the woman is to ignore her remarks and keep out of her way as much as possible. If she finds that you pay no attention to her criticisms she will soon grow tired. A one-sided argument is never interesting.

Wearing a Hat, Dear Mrs Adams.

When occupying a box at the theater should one remove her hat?

SALLY.

It is customary to wear the hat under such circumstances.

A Linen Shower

Dear Mrs Adams

A friend of mine is to be married next wear. Would it be proper for me to give a single shower in her hanger or misst a member of her family do this?

BEATRICE.

No; it is always better for an intimate

An Etiquette Book

Yes.
The groom provides the bride's bouquet.

Have a Quiet Wedding

At the Table

The Joint Card

Dinner Dress for Men Dear Mrs. / Jams.
Will you kindly tell me what is the correct dress for a man to wear to a formal dinner?
THEODORE.

Dear Mrs. Adams.
I am going to have a home wedding and two hours after the ceremony we start of our honeymoon. Will you please tell m whether I should wear my bouquet or my should be should be

A Letter of Introduction

Dear Mre. Adams.

A friend of mine has sent me a letter of introduction to girl who is to visit my town. Please tell me what I should do.

RALPH S.

You should call on the girl and follow the visit by an invitation to some form of hospitality. For the take of your friend you should help to make the girl's visit as pleasant as possible.

shoulders are pushed forward, the chest is depressed and all chances for any good to come of the exercise are lost. When the flingers are placed as you see them in the photograph the shoulders are naturally pushed back and the chest is allowed to expand. Maintain an erect position and then bend the body at the waist line, first to the right and then to the left, stretching over as far being brought into play in a co-ordina-tion which the body must have in a ANSWERS TO BEAUTY QUERIES

DEPLIES to letters to the writer of R this department will be printed in regular order; but no replies in print may be expected in less than three

protect the health. The collar-

less gowns and the call, for the

large waist are to be loudly applauded. The tight skirt is to be decried, inasmuch as it interferes with blood circulation and causes the muscles of the legs to atrophy because they are

not allowed full swing. As we all bow fo the decrees of fashion it is necessary to counteract the bad effects it may

have on the body. It is for this reason that I urge you to practice and master the feat shown in the photograph, where

the model is throwing her leg over the

back of a chair without losing the balance of her body. The movement

should be repeated with one leg and

then the other, . This may seem diffi-

cult to you at first, but the difficult tasks are the ones worth accomplishing. The easier ones can be left for the

Since the narrow skirt checks the full

thighs and legs, you must regain

play and freedom of the muscles of

muscular agility and poise in every pos-

sible way. I am now going to suggest

another very interesting exercise which

requires only a wall, a piece of chalk

and your wish to give the body the best

Place on the floor a chalk mark three

feet from the wall. Bring the toes up

to the line, and with outstretched arms

and repeat five or six times. Now

mark a line several inches further from

the wall and repeat. A third line would put your muscles to a great and ex-hilarating test. The circulation will be

mproved, every muscle of the body

fall toward the wall. Recover yourself

possible training.

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

Pushing Back the Cuticle Dear Mrs. Symes.

I have great trouble pushing the cuticle back from my nails. How can this be done easily?

EMILY. done easily?

Before attempting to push back the cuticle the fingers should be held in warm soapy water for a while, and after they have dried, cold cream should be applied. You will find the cuticle can very easily be pushed back. Do this work gently if you wish to avoid the white spots which frequently appear on nails which have been injured during the manicuring.

A Dry Scalp Dear Mrs. Symes.

My scalp is very dry and my hair is thin. Please tell me what to do for both. HELEN. I advise you to rub a few drops of castor oil into the scalp and then brush the hair thoroughly. You should avoid soaps which have a drying effect on the hair, and do not use powder or soda in the water when washing the head. Red Hands

Dear Mrs. Symes.

I do my own housework and am often embarrassed because of my red hands.

K. L.

There is no excuse for you to have red hands. You should protest them by wearing rubber gloves when possible, and when it is not convenient to wear them the hands should be cared for immediately after the task has been performed. Rubbing oatmeat into them after they have been washed will whiten and soften the skin. To Remove Blackheads

Dear Mrs. Symes.

Do you think I can remove blackheads from my face before the end of this week?

BLANCHE.

It is seldom possible to get rid of the blackheads in so short a time. The treatment frequently takes a long time to bring permanent results. One great cause of the blemishes is neglect to keep the skin clean. Other causes may be indigestion constipation or liver trouble. It is always advisable to cleanse the face daily with an agreeable soap, hot water and a complexion brush. Also to live on simple foods for a while. This may mean self-denial, but the result will repay you doubly. Avoid pastries, sweets and highly seasoned foods.

Exercises, too, will be found beneficial. This will cause perspiration. If the sweat glands work freely, the dirt is sure to be washed from the pores. Exercise daily in the open air for a certain length of time.

Soft, Smooth Skin

if your skin has a tendency to be very dry, apply olive oil to it frequently. Exercise, sleep and fresh air are important if one is to have healthy skin, because these factors are necessary to maintain the general health.

general-recovery of itself. If you doubt

my word about the improved circulation

look at yourself in the glass and notice

the healthy glow in your cheeks and

An excellent way to stretch the mus-

cles of the sides, which are cramped

while one is walking in a narrow skirt,

is to sit down in a normal position on

Place the hands on the hips and be

sure that the fingers point forward.

Never place them in the opposite direc-

tion, for when they point backward the

shoulders are pushed forward, the chest

chair and spread the feet far apart."

the brightness in your eyes.

Constipation Dear Mrs. Symes.

I am troubled with constipation and think that probably this is because I have a sedentary position. Why is it that this would cause so much trouble along this line?

Sage Tea Dear Mrs. Symes.

I should like very much to have you publish the recipe for making sage tea.

GRACE. Here is the recipe you desire:

Sage Tea Alcohol 2 ounces
Green tea 2 ounces
Green tea 2 ounces
Graden sage 2 ounces
To make the liquid, take 1 ounce of tea
to 4 ounces of water; 1 ounce of sage to
4 ounces of water.
Let each stand for several hours, then
strain and take 2 ounces of the liquid of
each, and mix with 2 ounces of alcohol.
Keep the mixture tightly corked, to prevent evaporation.

Recipe for a Sachet Dear Mrs. Symes.

Will you please give me the recipe for a ross sachet?

My skin is very dry. Do you think I should use powder on it?

HELEEN.

Following is the recipe for a rose. I do not advise you to use powder on your skin while it is so dry. You should be very careful to select an agreeable soap to cleanse your skin-Before retiring apply olive oil to the face.

Dear Mrs. Symes.

E. My hair is so ofly that when massaging my scalp at night I can feel the oll on the tips of my fingers and have to keep constantly wining them. Though I massage my scalp and hair io to 15 minutes every night, it is atill as damp and as olly the constant of the const Oily Hair

as possible while remaining firmly seated on the chair.

With the mincing small steps that the narrow skirt necessitates there has

come upon followers of fashion another

faulty position which is very apparent

and which you yourself probably are

taking. This is the round-shouldered, hollow-enerted position of the trunk. The strained muscles of the thighs and

back are unable to do their work and co-operate with the chest; therefore, this awkward, ungraceful position results. It can be overcome. Round shoulders need not be one of the effects of the narrow skirt. Here is a way to straighten the back:

Lie with your face toward the floor.

would cause so much trouble along this line?

The lack of exercise caused by sedentary habits lowers the tone of the tissues of the intestines and the muscles of the intestines are not stimulated. You should make a habit of taking exercises before and after your working hours. Walk a great deal and practice stooping exercises. Massage, too, is helpful. Attention to the diet will do much to cure your trouble. Plenty of vegetables and fruits should be eaten. Do not get in the habit of taking drugs for your trouble.

dry and scaly skin? I have been suffering with this for a long time and do not seem to find the source of it. I am sure it is not the powder, as I use only a good rice powder. At times the skin of my face is so dry that I cannot possibly go out-of-doors during the day.

6. Is the electric needle the only permanent ramedy for superfluous hair? Do you believe, it a safe and harmless method?

I thank you sincerely for any help you may give me.

A. M. F.

1. Discontinue massaging the scalp for a while and use the lotton for which for a while and use the lotion for which I am giving the recipe. When the ofly condition is better you can then use the sulphur cure to get rid of the dandruff. Message of the scalp and the brushing of the hair will make it thick and long. Lotion for Oily, Damp Hair

Remedy for Dandruff

To an ounce of sulphur add a quart of soft water and during intervals of several days agitate the mixture repeatedly. After the sulphur has settled to the bottom of the receptacle use the clear liquid. Saturate the head with it every morning and in a few weeks every trace of the dandruff will have disappeared. The hair will become soft and glossy, and there will be no return of the old trouble.

This remedy, however, will darken light hair. hair.

2. It is necessary to keep the skin very clean to prevent bleckheads from clogging the pores. I am printing directions for local treatment, but, in addition to this I want you to diet, to exercise daily for an hour in the open air and to secure sufficient sleep. If the system is not kept in first-class condition, you cannot expect to have a clear skin.

Green Soap Treatment for Blackheads Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilze the needle before using the vice of any instrument, unless the skin as well as the needle is thoroughly cleaned, is always dangerous.

3. Be sure to rinse the skin with cold water after hot water has been used on it. It may be well to massage the

Let us all remember that if it is ever necessary for friends to take care of us, we should see that we do everything to make their task as easy as possible. We can retard or help recovery by our face with ice frequently to contract the pores.

4. I do not advise you to use anything but a good brand of soap and plenty of water.

5. I advise you to consult a physician and see if your bleed is overheated. This may be the reason for the dry condition of your skin. In the meantime, apply olive oil to the face to supply the oil which it evidently needs.

6. Yes.

The Unkind Invalid

WE HAVE all come across invalids
who have made the task of

NV nursing them doubly hard. The relative goodness or badness of nurses

the behavior of the invalid is seldom

There is the impatient invalid, who

thinks as soon as the fever breaks she

should be up and doing. She forces her-

self out of bed, tests her strength ab-surdly, then blames the doctor when re-

In contrast, but no less trying to the

family, is the person who gives up. When she gets down, no matter how slight the cause, she stays down, mak-

slight the cause, she stays down, making no effort to get well. It is a mistake to let such a patient indulge in her whims.

The imaginative patient suffers herself and wears out family and nurses. Nothing suits this patient; her pillow must be changed a dozen times an hour; the window or door is never in the right position; she is constantly being wronged.

taken into account.

lapse comes.

ADVICE ON SOCIAL CUSTOMS

For Muscular Poise and Agility

Mrs Chester Adams most cordially invites her from to bring to her their Social Problems and Puplication by letter at any time

If a personal reply is desired, a self-ddressed stamped envelope should be nelosed. THE DINNER TABLE

F YOU are going to give a dinner party, the first important thing after assembling a congenial company and deciding on the menu is the correct placing of dishes, glass and silver on the dinner table. There is no decided way in doing this. In fact, correct; but I am going to tell of one care and right method to which you can adhere and be sure that no censure is deserved.

Need I say anything of spotless linen, shining glassware and bright silver? Surely you appreciate their value in

contributing to a setting for a well-The beautifully arranged centerplece is always too good to ignore. Do not make it so high that it obstructs the view and interferes with conversation across the table. Make a flat plateau of flowers in

a large flat pan or low bowl. Ribbon "spokes" from the centerpiece, with tiny, bouquets or place cards at the places. These eards can be just plain white cards, with the names of the individual guests inscribed on them.

the individual guests inscribed on them. More elaborate place cards carry out the floral idea. If roses ere in the center of the table, have rose place cards, either painted or with roses passed through slashes in the card.

Now for the preparation of the table. The arrangement of the silver depends on the number of courses that you are going to serve. Each course is recognized by its appropriate utensil. The usual combination of oysters, soun, an entree, the main meat with vegetables, salad, dessert and confee will be taken for an example here.

In the center of each place a large plate should be placed, and if deco-

The Bride's Gown

Plane a Quiet Wedding
Dear Mrs. Adams
I was to have been married the first of next menth, but my mother died last week.
Would it be improper or show any disrespect if I were to carry out the plan make the come time ago!

There is no reason why the wedding should not take place on the date chosen, but let it be solemnized in a quiet manner.

Dear Mrs. Adams.

Kindly let me know if it is proper to pick up the bones of chicken, etc., at the table in order to remove all of the meat from them.

It is most improper to take up with the fingers chicken, game or chop bones. One should be able to cut the

Dear Mrs. Adams.
Is it ever permissible to inclose a joint card in a wedding announcement?
BRIDE ELECT.

A large joint card of the newly married couple is very often inclosed with every announcement. This card bears the address of the bride and groom and sometimes the name of the bride's day at home as well.

Full evening dress should be worn at a formal dinner. This consists of a black swallowtail coat trousers and vest to match or a vest of white pique out open in a long graceful U in front. white linen, pearl studs, white lawn or black silk or satin bow and black patent leather shoes. Doubt About Accepting

Dear Mrs. Adams.

Dear Mrs. Adams.

Do you think a sirl should accept an invitation from a young man on condition that she will not be out of town the night of the invitation she should state the possibility of her being away and give him an opportunity to decide whether he will withdraw the invitation or hold it open on condition.

The Bride's Bouquet If you wish you can carry the bouque but it is customany for the bride throw it among the guests just before sine and the graom start on their trip it is supposed that the girl who catched it will be the next bride.

Entering the Church

Le it the proper form for the bride an
groom to walk up the church alsie of
gether?

A READER It is the custom for the groom and his best man to wait at the chancel steps for the bride's approach from the church door to the steps.

The Initial to Use The Initial to Use

Dear Mrs. Adams.
I which to send some nepkins to a girl who is engaged to be married. Will you please inform me whether ber initial or that of her fiance should be embroidered on them?

Embroider the initial of the girl's surname on the napkin.

Entering the Theater

Dear Mrs. Adams.

When a man takes a woman to the thater, who enter first. Which of them should take the programs offered?

In entering a theater the woman precedes the man. He takes the programs from the table or gots brom from the usher.

FORTY-FO

Last Barr G

LONDON, Oct. written down in th one which marks as by reason of the un tic and Pacific oce this afternoon by t ndon editors pay obstacles of the g and say that wo

The Times in an thecanal adds: "The is an event in the kind of which the w has reason to be pr The Standard, refe posed toast, when

the Gamboa dyke

over their success i

A Small Sized R in Line-700 7 O'clo

[Canadian Press PHILADELPHIA. were lively times are in the early morning than one thousand fa at 7 o'clock when t detail was shifted to While the change w the police for a time there were free f places about the par in the line. Strong mer ones out of their p ler. At 9.30 o'clock nated that 7,000 pers

ing for the gates to threatening weather. Shibe Park is situa dential part of the houses bordering on right field sides of Many complaints wer police of the stealin newspapers and door front door steps of th but the police were un mine who among the l the offenders. The pofound in the possessio ing fans, but no arres as the authorities cou they were stolen. taken to a police stat identification by the fruit stands on street the grounds, were brok the night and raided.

Four hundred police detailed for duty in during the game, were duty at 9 a.m., two he usual. The gates were ly before 10 o'clock.

Fierce Jew Charged

dering Child

Out Ritu KIEVE, Russia, Oc tion was caused here article in the Conserva Semitic newspaper, Ki ing in the strongest t trying Mendel Beiliss of murdering Andrew Christian boy of Kiev,

The Kievlionin, a t paper which was the or M. Pikho, a prominent omist of this city, fetch

The newspaper not of court and the public ; tears the indictment Beiliss to shreds in tern be surprising even in the

The writer while dend leged unscrupulousness attempting to obtain Beiliss says the charge a charge against a who the most infamous Therefore, it continues, should have been so str an enormous wave of o that it would be bro

"Almost the indictme lisping child. Any able easily destroy it." The article deplores the prosecution to app whole world with such