

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

GETTING AHEAD OF THE NARROW SKIRT



Raise the Foot Rip High

FASHION does much to imperil or protect the health. The collarless gown and the call for the large waist are to be lauded or 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 to 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 difficult to you at first, but the difficult tasks are the ones worth accomplishing. The easier ones can be left for the weaker individuals.

Since the narrow skirt checks the full play and freedom of the muscles of the thighs and legs, you must regain muscular agility and poise in every conceivable 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 possible training.

Place on the floor a chalk mark three feet from the wall. Bring the toes up to the line, and with outstretched arms, fall toward the wall. Recover yourself and repeat five or six times. Now mark a line several inches further from the wall and repeat. As you rise, straighten your muscles to a great and exhilarating test. The circulation will be improved, every muscle of the body being brought into a co-ordination which the body must have, in a

general recovery of itself. If you doubt the word about the improved circulation look at yourself in the glass and notice the healthy glow in your cheeks and the brightness in your eyes.

An excellent way to stretch the muscles of the sides, which are cramped while one is walking in a narrow skirt, is to sit down in a normal position on a chair and spread the feet far apart. Place the hands on the hips and be sure that the fingers point forward. Never place them in the opposite direction, for when they point backward the shoulders are pushed forward, the chest is depressed and all changes for the worse. An excellent way to stretch the muscles of the sides, which are cramped while one is walking in a narrow skirt, is to sit down in a normal position on a chair and spread the feet far apart. Place the hands on the hips and be sure that the fingers point forward. Never place them in the opposite direction, for when they point backward the shoulders are pushed forward, the chest is depressed and all changes for the worse.

As possible while remaining firmly seated on the chair. With the missing small steps that have 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-chested 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. Lift the feet and grasp the ankles firmly. In such an attitude the shoulders are pulled back and the chest is given an opportunity to expand. Without losing hold on the ankles roll over on 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 practice and perseverance, but it can be done by all.

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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 abdominal strength.

Fortified with muscular agility and powerful 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 these suggestions.

Open each seed case with the point of a fine cambric needle. The hardest mass must be pressed or picked out. The empty case of the seed should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using by dipping into boiling water, as you believe it a safe and harmless method? I thank you sincerely for any help you may give me.

ANSWERS TO BEAUTY QUERIES

RESPONSES to letters 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 self-addressed envelope.

Pushing Back the Cuticle
Dear Mrs. Symes:
I have a trouble pushing the cuticle back from my nails. How can this be done easily?
Before attempting to push back the cuticle the fingers should be held in warm soapy water for a few minutes 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.
I advise you to rub a few drops of castor oil into the scalp and then brush the hair thoroughly. Use only cold 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.
There is no excuse for you to have red hands. You should prevent 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 alcohol after they have been washed will soften and soothe the skin.

To Remove Blackheads
Dear Mrs. Symes:
Do you think I can remove blackheads from my nose before the end of the week?
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 blackheads is neglect to keep the skin clean. The 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.

Soft, Smooth Skin
Dear Mrs. Symes:
What do I do to make my skin soft and smooth?
Bathe the face daily with milk and

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 has a healthy skin, because these factors are necessary to maintain the general health.

Constipation
Dear Mrs. Symes:
I am troubled with constipation and think this is because I am sitting in a sedentary position. Why is it that this stool comes so much trouble to me?
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.

Sage Tea
Dear Mrs. Symes:
I should like very much to have you publish the recipe for making sage tea. Here is the recipe you desire:
Sage Tea
Ries (leaves) (air dried) 2 ounces
Garden 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 mixture with 1 ounce 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 rose sachet?
Following is the recipe for a rose sachet:
Powdered Florentine orris 1 ounce
Ries (leaves) (air dried) 1 ounce
Musk in powder 1 ounce
Lavender flowers 1 ounce
Mix well, and keep in a closed jar until you wish to use for the sachet.
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.

Oily Hair
Dear Mrs. Symes:
My hair is so oily that when I wash it on the tips of my fingers and have to massage my scalp and hair for 15 minutes at a time. What do you advise as the best remedy? I would prefer something that does not irritate the hair and does not dry it. I should be black like the rest of the hair. I am using a regular 'Coke' soap, but it is so irritating to my scalp that I cannot use it. What will close enlarged pores on the face?
I can tell you of a good skin cleanser that can be used nightly. Boiled cream skin is susceptible to hair, therefore, I object to the use of any soap.

Green Soap Treatment for Blackheads
Tincture of green soap 1 ounce
Diluted with water only 2 ounces
Apply to the face with a soft brush. It will cleanse the skin and close the pores. It is a very good remedy for blackheads. It is a very good remedy for blackheads. It is a very good remedy for blackheads.

Lotion for Oily, Damp Hair
Powdered bicarbonate of soda 1 ounce
Boiled water 1 ounce
Alcohol 1 ounce
Mix and agitate until solution is complete. Use daily, if desired to produce a healthy condition.

The Unkind Invalid
WE HAVE all come across invalids who have made the task of nursing them doubly hard. The relative goodness or badness of nurses is often the subject for discussion, but the behavior of the invalid is seldom taken into account.

There is the impatient invalid, who thinks as soon as the fever breaks she should be up and doing. She forces herself out of bed, tests her strength absurdly, then blames the doctor when relapse comes.

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, making no effort to get well. It is a mistake to let such a patient indulge in her whim.

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 constantly being opened; she is constantly being wronged.

All these reminders 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 attitude.

For Muscular Poise and Agility
Stretch the Cramped Muscles

Teeth
Dear Mrs. Adams:
What is the best form to place toothpicks on the table?
Not at all. A well-bred person would 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 the carry her gift to the bride's home?
No; the gift should be sent several days prior to the wedding.

The Minister's Services
Dear Mrs. Adams:
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 decide the amount to be given.

A Letter of Introduction
Dear Mrs. Adams:
When one is invited to a party, should one receive a letter of introduction?
You should call as soon as possible on the person being introduced and follow the invitation to some form of hospitality.

Acknowledging an 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.

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 your pocket?
This is not a pretty custom, but it can hardly be considered bad form.

A Party Call
Dear Mrs. Adams:
I am invited to a luncheon and am unable to attend, should I call on the hostess afterward?
You must, certainly, should, as a recognition of the hospitality offered.

Neighbors
Dear Mrs. Adams:
My neighbor and I have a dispute over the garden. I have a large flat pan of low bowl Hibbun "spokes" from the centerpiece, with 112 bouquets or place cards at the ends of the places. These cards can be just plain white cards, with the names of the individual guests inscribed on them. More elaborate place cards carry out the floral idea. If roses are in the center of the table, have rose place cards, either printed or with roses passed through slits in the card.

Wearing a Hat
Dear Mrs. Adams:
When occupying a box at the theater, should one remove her hat?
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 week. Would it be proper for me to give a linen shower in her honor?
No; it is always better for an intimate

Entering the Church
Dear Mrs. Adams:
Is it the proper form for the bride and groom to walk up the church aisle together?
It is the custom for the groom and his best man to wait at the church door for the bride and groom to enter the church door to the altar.

A Letter of Introduction
Dear Mrs. Adams:
I wish to send some napkins to a girl who is going to be married. Should I place the napkins in a box or should I place them in a bag?
Embroider the initial of the girl's surname on the napkins.

Entering the Theater
Dear Mrs. Adams:
When a man takes a woman to the theater, should the man take the program from the table or from the usher?
In entering a theater the woman precedes the man; he takes the program from the table or from the usher.



Give the Leg Muscles a Chance

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 a bread and butter plate a spread or small knife is also placed. Individual salt and pepper castors or dips are now used.

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 two.

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 oysters on the half shell for each person.
2. Clear or cream soup.
3. Relishes, such as celery or olives (thin slices), or Parisienne (small spheres creamed).
4. A roast of meat with a green and a white sauce.
5. A fruit salad.
6. Dessert and black coffee.

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 by the bridegroom, or by some relative near and dear to her. She may wear the favorite piece of jewelry in her collection.

After a Dance
DEAR MRS. ADAMS:
A dance given by a young girl, should a "party call" be made?
Yes, a call should be made within two weeks after the date of the entertainment.

When Riding in a Car
DEAR MRS. ADAMS:
When riding in a street car with a friend and one must alight, should it be necessary to introduce her to my friend?
If you held a lengthy conversation with the acquaintance you should have introduced her to your friend, but 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?
In a letter the date and address should be placed at the upper right-hand corner of the letter, in a brief note they are written at the left of the last page, a little lower than the signature.

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First Section
FORTY-FIVE
Epoc Is M
Last Barr Being Gr

[Canadian Press] LONDON, Oct. 9.—Written down in the one which marks at by reason of the un- tic and Pacific ocean this afternoon by the last barrier in the London editors pay to the ability of the neers in overcoming obstacles of the gr and say that wor over their success. The Times in an thecan adds: "The is an event in the kind of which the has reason to be pr The Standard, refe posed toast, when th the Gamboa dyke

LIVELY TIME AT SH
A Small Sized Room in Line—700 7 O'clock

[Canadian Press] PHILADELPHIA, were lively times aro in the early morning than one thousand fa at 7 o'clock when th detail was shifted to. While the change w the police for a time there were free fig places about the park in the line. Strong me ones out of their pla boards were thrown a

dentical part of the houses bordering on right field on a side of Many complaints were police of the stealing, newspapers and door front door steps of the but the police were u mine who among the th offenders. The pol more than two dozen of found in the possession ing fans, but no arce as the authorities cou they were stolen. T taken to a police sta identification by the right stands on street grounds, were brok the night and raided. Four hundred police detailed for duty ins during the game, were duty at 9 a. m., two ho usual. The gates we before to o'clock.

Fierce Jew Charged with Deriving Child's Out Ritu

[Canadian Press] KIEV, Russia, Oct. 9.—The Kiev Semite newspaper, Ki ing in the strongest t trying Mendel Beiliss, of murdering Andrew, The Kievionian, a t paper which was the or M. Pikhov, a prominent, omist of this city, fet to-day.

The newspaper not court and the public p tears the indictment a Beiliss to shreds in term be surprising even in th journals.

The writer while deno 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 adds:

"Almost the indictme lishing child. Any abie easily destroy it." The article deplores t the prosecution to appe whole world with such a