CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

A Nursery Drill with Christmas Toys

"WHAT in the world are the children going to do with the drums, guns and caps which are given them at Christmas?" I hear you ask. And I make haste to answer, before those very toys will be destroyed in careless play.

Make these toys the pleasurable instruments of nursery drills. It will not require very much of your holiday time to "discipline" your little troops, and there is great satisfaction in the knowledge that, while playing, the soldiers are exercising their muscles, and are learning a precision and absolute obedience which will help long after these toys are no more.

I have never yet met children who will not enter into this drill with astonishing enthusiasm, and little girls are just as good soldier boys as their brothers.

To drum beat let the company march into line. With heels together, chests high and heads erect, give the first command. "Order—arms!" should be obeyed on the minute. They must drop the butt end of the rifle immediately after the last word is called.

"Right shoulder—arms!" brings into play the arm muscles, as does the command, "Port—arms!" Each little one must learn the exact angle of the stock when this is given. The rifle crosses diagonally, pointing to the left.

A quickness of the wrist muscles can be tested in a change from one of these former positions to "Present—arms!" As the correct carrying of the gun is secured, the body must be faced by a pivot turning of the feet.

The bayonet exercise is a forward lunge and a raising of the rifle. The test of muscle strength is given in the increased amount of time that the children can keep this position. You will notice the difference in five or six lessons.

To bring the chest and back into play a "firing line" may be imagined. The soldiers flatten out on the ground and raise their rifles as if to shoot. This is great fun.

As a final exercise, the salute is extremely good. In marching the knees must be raised almost to the waist line. This is an excellent step for waist and thigh muscles.

The best part about this drill is that it is play in a most beneficial form. Ten minutes each day will give great results, and after a few days of drilling you will bless Uncle Bob for giving the warlike weapons to the little ones.

A Bayonet Exercise

Port Arms!

Present Arms!

Order Arms!

The Salute

On the Firing Line

Right Shoulder-arms!

Answers to Beauty Queries

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 ofttimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Correct Measurements

Dear Mrs. Symes.

Are my measurements correct? I am 14 years old, height 5 feet 5 inches, weight 134 pounds, bust 32 inches, waist 26 inches and hips 38 inches.

Is the hair curling lotion which you printed some time ago perfectly harmless?

Will you please give me a recipe for whitening the neck? B. G. S.

Your measurements are not correct, for your bust should be larger and your weight heavier. However, you are very young, and your body has not had time to develop properly.

I do not know to which recipe you refer, but if you are sure it appeared in these columns you may rest assured it is perfectly harmless, if used as directed.

Equal parts of peroxide and water will bleach the neck.

Physician's Advice Necessary

To Anxious Mother—It is impossible for me to print your letter, owing to the nature of the trouble you mention, but let me say that you should take the subject before your family physician.

To Develop the Legs

Dear Mrs. Symes.

Recently you advised exercise to develop the calves of the legs. I could never understand why mine are not properly proportioned. I am 24 years old and otherwise well developed and am constantly taking exercise. Can you tell me what to do? H. ARQ.

Probably a massage with cocoa butter or some other good skin food is necessary in connection with the exercise to build up the tissues of the legs.

Blackheads

Dear Mrs. Symes.

I have always been noted for my clear skin, and never knew what it was to have pimples or blackheads, but for the last year my face is becoming filled with blackheads and my pores are quite enlarged. I have been using a great deal of cold cream and also pink face powder. Could this be the cause? PAULINE P.

Any one who uses a face powder is in great danger of getting blackheads and enlarged pores if she is not careful to cleanse the face thoroughly after every application of the powder. Hereafter, every night before retiring, wash your face with lukewarm water, using a pure soap to thoroughly cleanse the pores. Thoroughly dry the skin and apply the lotion made according to the following formula:

Boracic acid	2 drams
Alcohol	2 ounces
Rosewater	4 ounces

Headaches and Quinsy

Dear Mrs. Symes.

I am a boy 16 years of age, and am bothered with headaches very much. Would you help me find relief? Also, can you tell me anything for quinsy? A READER.

Both of your troubles should be treated by a very reliable physician or specialist. It is necessary, first, to find out what causes the headaches before you can ever hope to cure them. As for the quinsy, you should not trust to home treatment, but let your physician take the matter in hand.

Massage for Bust and Arms

Dear Mrs. Symes.

Can you give me a massage for the bust and arms? I am 18 years old, and have very thin arms and small bust. Does massaging the bust cause cancer? H. O. A.

Massage your bust and arms every day with cocoa butter. If the bust is massaged carefully and gently, there will be no cancer growth. Any exercise which brings the arms into play will help to develop them.

Using Peroxide

Dear Mrs. Symes.

Can you tell me what to use with peroxide to make the hair a light or golden color? H. A. G. K.

I never like to advise any one to bleach her hair, for the results usually prove unsatisfactory. You had better go to a first-class hairdresser, for she will be thoroughly acquainted with the process, and can change your hair to the color you desire.

Eczema

Dear Mrs. Symes.

Will you please tell me what to do for eczema? I think I am full of it. My hands are so sore and my hair is falling out. R. E.

Yours is not a case for me to help. There are so many different kinds of eczema, each one requiring its own treatment, that it would not be wise for me to prescribe for you. Go to your physician for treatment.

Fuzz on the Face

Dear Mrs. Symes.

Is it true that a woman with a very good complexion has a light fuzz on her face? ANXIOUS.

There is a very fine light fuzz on almost every one's face, but it is more noticeable on a clear, light complexion than on a dark and sallow one.

To Clear the Complexion

Dear Mrs. Symes.

Will you kindly give me something to clear my complexion? My face breaks out in pimples and blackheads.

I would like to have a recipe for reducing thick lips.

What will make my eyelashes grow? Mrs. B. E. M.

The following recipe is for a cream which will heal the pimples, but to thoroughly clear your complexion take a good laxative once a month:

Cream for Pimples.

Salicylic acid	10 grains
Calomel	1 dram
Lard	1 ounce

I think the green soap treatment will soon help you to get rid of the blackheads:

Green Soap Treatment for Blackheads.

Tincture of green soap	2 ounces
Distilled witch hazel	2 ounces

Let this mixture stay on only a few moments; then wash off with hot water.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard.

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. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the needle is thoroughly cleansed, is always dangerous.

The constant application of tannin will help to reduce the lips.

A very little of the best quality of vaseline applied to the eyelashes with a tiny brush will increase their growth.

Hair on the Lip

Dear Mrs. Symes.

1. I am troubled with superfluous hair on my upper lip and a few between the brows. As my hair is black it is very conspicuous. Peroxide and ammonia did not prove successful. Would celandine leaves help me? Electrolysis is so expensive that I could never afford it.

2. My hair is falling out and getting so thin and oily that I do not know what to do. I have heard that wood alcohol is beneficial to the hair. Do you think it best to use?

3. My skin is of an oily, yellowish and apparently dirty color. Do you think cold cream would help it? I would like to have it lighter. Would you suggest a bleach? Occasionally I use powder and rouge. Is that all right? AN UGLY DUCKLING.

1. The celandine leaves will remove superfluous hairs, but it takes such a very long time for them to have effect that one is very apt to be discouraged. It is too bad you cannot afford to have the electric needle used, for it is such a quick and sure remedy.

2. Do not use wood alcohol on your hair, for if any of it should get on a cut or sore on the scalp it may cause serious trouble. I am giving the recipe for a very good tonic you may use.

Quinine Hair Tonic.

Sulphate of quinine	1 dram
Rosewater	8 ounces
Diluted sulphuric acid	15 minims
Rectified spirits	2 ounces

Mix, then further add: Glycerine, ¼ ounce; essence royale or essence musk, 6 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

3. To improve your complexion rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face. One should never use rouge or powder unless she intends to thoroughly cleanse the skin after they have served their purpose.

To Gain a Pretty Throat

Dear Mrs. Symes.

Is there anything which will make my throat pretty? It is thin and has a very ugly outline; whenever I turn my neck there are so many little wrinkles.

Is there anything I can do to gain that pretty curl in the upper lip and to shorten it?

Are my measurements correct? I am 17 years old, weigh 134 pounds, and am 5 feet ¼ inch tall. My bust measures 36 inches; hips, 34 inches; waist, 24 inches. TILLIE H.

To gain a pretty throat massage the neck daily with cocoa butter and practice the following exercise: Bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other and then roll the head to the right, left and forward.

I can suggest nothing.

Your weight is too much for your height. Diet and exercise will reduce it. Your bust and hip measurements are out of proportion. The latter should be increased three or four inches.

Correct Proportions

Dear Mrs. Symes.

I would like to know if my proportions are anywhere nearly correct? My age is 17; height, 5 feet 6 inches; bust, 36 inches; hips, 38 inches; waist, 25 inches.

I wear my dresses about an inch below my shoetops. Is that length all right?

Will you please tell me, too, what colors you think I might wear well? I have very dark brown eyes, black hair, and quite a light complexion. I have always worn a great deal of navy blue and maroon. I dislike brown or tan very much. JASMINE L.

Your measurements are in very good proportion, and while your hips are all right for the present-day style they might measure two or three inches more.

The length of your dress is all right, although the ankle length would give you a more graceful appearance.

Blue is undoubtedly your color. Have you tried to wear the many different shades of this color? You need not necessarily cling to navy blue. Various shades of pink should be becoming to you.

Eyebrow and Eyelash Stain

Dear Mrs. Symes.

1. Kindly give me the recipe for an eyebrow and eyelash stain. Have heard of the Chinese stain and would like you to tell me how to apply it. If any of it gets around the eyebrows, will soap and water take it off? How often is it to be applied?

2. Is there any danger in using a liquid face powder every day if one takes care of the complexion? Can you give me the name of a pure liquid face powder?

3. Please give me the formula for a good nourishing face cream, to use every day. INTERESTED.

1. If you want to blacken your eyelashes and eyebrows, the Chinese stain is excellent for this purpose. Apply it to the lashes and brows with a very tiny camel's-hair brush. Soap and water will remove any unnecessary traces of the stain. It will be necessary to use the stain whenever the effects of the last application begin to wear off.

2. The liquid face powder will do no harm if you thoroughly cleanse the skin every day. I am giving the recipe for a very good powder:

For Whitening the Skin—A Liquid Powder.

Pure oxide of zinc	1 ounce
Glycerine	1 dram
Rosewater	4 ounces
Essence of rose	15 drops

Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine; next, the remainder of the rosewater.

Shake well, and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries, or it will be streaked.

3. Here is the recipe for one of the best skin foods you could possibly use:

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds	4 ounces
White wax	6 drams
Spermaceti	6 drams
Borax	2 drams
Glycerine	1½ ounces
Orange-flower water	2 ounces
Oil of neroli	15 drops
Oil of bigarade (orange skin)	15 drops
Oil of petit grain	15 drops

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

Expenses Incurred

Dear Mrs. Symes.

Please tell me what would be charged to have seven large moles removed by electrolysis? HARRIET LOWER.

I do not know what the charge would be, as each operator has his own price.

Superfluous Hair

Dear Mrs. Symes.

1. Am troubled with superfluous hair on my face. Would the use of celandine leaves remove them permanently, or would it cause the hair to grow thicker? My hair has also grown too far down on my forehead, and seems to be getting closer to my eyebrows. Could I apply the same remedy there? CURLY HEAD.

The celandine leaves will remove the superfluous hairs in time, but in your case I advise you to have the electric needle applied, for the results will be quicker. It would do no harm to apply the celandine leaves to the forehead, but I think that by persistently brushing the hair from the forehead you will prevent it from growing down any further.

To Reduce Flesh

Dear Mrs. Symes.

Could you kindly tell me a way to get rid of flesh? I hate to be fat. ANXIOUS.

Physical exercise is recognized as one of the best remedies for reducing flesh. Take no nourishment which tends to produce fat, especially farinaceous foods (wheat, rye, oatmeal, rice, Irish potatoes).

Too Thin

Dear Mrs. Symes.

I am in distress and think you can help me. I am so thin that people call me "skinny." I would like something that would build me up.

I would also like you to publish for me the curling lotion recipe, not the one containing bruised quinceseed. Will it hurt the hair? DISCOURAGED.

Thinness is often caused by badly selected, insufficient nourishment, or by fatigue, either physical or mental, or by a nervous temperament. "Laugh and grow fat." Retire early, rise late, but always at a regular hour. Take moderate exercise, when the weather permits. Have your meals served each day at the same hour. Eat good food abundantly, but never to excess. Before each meal take one tablespoonful of olive oil.

Following is the recipe for curling lotion, which will not hurt the hair if used in the proper way:

To Make the Hair Curl.

Potassium carbonate	120 grains
Ammonia water	1 fluid dram
Alcohol	12 fluid drams
Rosewater, enough to make	16 fluid ounces

In using, moisten the hair, adjust it loosely and it will curl upon drying.

To Increase the Height

Dear Mrs. Symes.

Please tell me an exercise to take that will make me taller. I am 21 years old and am only 5 feet tall.

Will vaseline make the eyelashes grow? GRATEFUL.

Stretching exercises taken two or three times a day will increase your height. Rise on your toes and stretch the tips of your fingers as far toward the ceiling as they will go, then bring your hands down so that the tips of the fingers will touch the floor. Keep both knees straight all the while.

Vaseline will increase the growth of eyelashes, but be sure you get the very best brand, so that if any should accidentally get into the eyes no harm will be done.

Three Ailments

Dear Mrs. Symes.

In the winter, especially, my nose gets very red. Will you please give me a cure for this?

What is good for circles under the eyes?

What can be done for wrinkled-looking hands? BLANK.

At night bathe your nose in water to which has been added a little powdered borax. Let it dry without wiping.

Circles under the eyes usually denote impaired health. Probably you have a rundown system and need a tonic. It may be, too, that you have not been getting sufficient sleep and have been straining the eyes. Bathe the eyes with an eyewash made according to the following recipe:

Eyewash.

Pure boric acid	1 teaspoonful
Camphor water	15 drops
Boiling water	2-3 cup

To improve the appearance of your hands use the following recipe:

Cosmetic Glove Paste.

Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

Mix the last three ingredients and add enough barley to form a paste.

Use soft, large, leather gloves, three or four sizes too large. Rip them open and spread the inside with the preparation; then sew the ripped seams up.

ADVICE ON SOCIAL CUSTOMS

Mrs Chester-Adams most cordially invites her friends to bring to her their Social Problems and Perplexities by letter at any time

THE WEDDING GUEST

IN THE capacity of a guest at a wedding there are certain things which are expected of you.

When you have dressed in suitable attire, plan your arrival at either home or church so that at least five minutes will elapse before the ceremony.

During a church wedding never let ill-bred curiosity rob you of a dignity and repose of manner. Any ill-bred whispering or foolish changing of places to secure a better view very quickly places a guest beyond the pale of good manners.

After the ceremony no guest should attempt to leave his place until every one of the bridal party has passed down the aisle. The guests should slowly pass out as from any church service.

At the conclusion of the ceremony those who are invited to the reception should proceed directly to the home of the bride's parents.

Women lay aside their wraps and should greet the bride and groom. Good wishes for her future happiness should be extended to the bride; congratulations should be offered to the groom on his good fortune. It is the latter who receives congratulations, not the bride. A few clever, well-turned words are necessary; do not monopolize the couple, whose duty it is to receive many others.

To the true hostess of the occasion, the mother of the bride, a word of greeting should be given. It is not necessary for guests to remain any length of time at the reception.

Before departing cards should be left, one for your host and one for your hostess.

The thought that each guest can contribute to an enjoyable time and relieve the bride of any thought of the affairs of the day should always guide the actions of wedding guests. There is an excellent opportunity for displaying good breeding or the lack of it at the wedding reception. Bear in mind this fact, my friends, when you attend this enjoyable function.

SOLUTIONS TO SOCIAL PROBLEMS

Disappointed in Love

DEAR Mrs. Adams.

1. Is it proper for a girl of 14 to go with a boy of like age to amusement places, especially moving picture theaters?

2. Is it proper for a Christian girl to associate with a Hebrew young man and to introduce him to her friends?

3. I have been disappointed in love and contemplate becoming a sister of charity. Do you regard it advisable? I have the full consent of my relatives. MAMIE H.

1. No; she is entirely too young.

2. Yes.

3. If you are sincere in your desire to become a sister of charity, there is no reason why you should not follow the inclinations of your heart.

Is it Proper?

Dear Mrs. Adams.

Kindly inform me whether it is proper for a boy to ask a girl to crochet him a tie, and if it is proper for the girl to do so. Also, whether there is any harm in asking the boy for his photograph in exchange for the tie. A CONSTANT READER.

If the boy and girl are very good friends it is not at all improper for him to ask her to crochet the tie, and she may consent if she really cares to do so. It would hardly be the proper thing, however, for her to ask him for his photograph in exchange.

A Conductor Inquires

Dear Mrs. Adams.

I am a conductor on a local car, and since I work on the same line daily it naturally follows that I see the regular patrons every day, sometimes oftener. Now, in such cases I have no hesitancy in greeting the male passengers, but where the difficulty presents itself is with the young ladies. I have so far ignored them entirely, and yet I am troubled with a self-conscious feeling that I am not doing the proper thing. Please advise me. A READER.

You are "doing the proper thing," for, without an introduction, you have not the privilege of speaking to any of your passengers.

Engaged at Fifteen

Dear Mrs. Adams.

I am a young girl of 15, and am engaged to be married to a young man of 20. My parents do not know it. Should I tell them or not? We are to go out West after our marriage. A LOVESICK GIRL.

I think the young man had great audacity to suggest marriage to a girl who is early in her teens. By all means tell your parents, and for your own future happiness follow their advice, for I am sure they will ask you to wait a few years until you are better able to think about such a serious subject.

Girl of Eighteen

Dear Mrs. Adams.

1. Is it proper for me, a girl of 18, to go with a gentleman of 32 years of age? My brothers are personally acquainted with this man and say he is respectable in every way.

2. I had a quarrel with a friend and have never met him since, but he has sent me cards which I never answered. I expect to meet him soon. Would you advise me to recognize him and act as though nothing had happened, or should I wait until he apologizes?

3. What would be a proper Christmas gift for an elderly lady?

4. How would you advise me to out up my hair? CAROLINE.

1. If your brothers consider him a respectable man and are willing to have you go out with him, there is no reason why you should not accept his attentions. However, do not allow him to take up all your time, but go out with young men nearer your own age.

2. If you cannot avoid meeting the young man, it would be more polite for you to recognize him with a bow, but hold yourself aloof from any conversation until he has apologized; that is, if you are justified in expecting an apology.

3. Handkerchiefs, subscription to a magazine, a book, flowers or candy.

4. If the present style of wearing the hair parted in front and arranged low in the back is becoming to you, I advise you to adopt it.

A Proposal

Dear Mrs. Adams.

I am a young girl of 18 and am deeply in love with a man of 27. He has asked me to marry him. Do you think he is too old? A. V.

A girl in her teens is very, very young to think of getting married. Your lover is not so very many years older than yourself; still I advise you to wait a few years and give his proposal serious thought before giving an answer.

Letter Unanswered

Dear Mrs. Adams.

I wrote to a young man about four weeks ago and have had no answer as yet. Is it my place to send him another letter or a card? M. F. S.

It is his place to answer your letter. Of course, very often mails are at fault, so that, after waiting a reasonable length of time, you may drop him a card if you wish.

False Report

Dear Mrs. Adams.

I am a girl of 17 and have been going with a young man for quite a while. He heard that I said something about him which I really did not. He is a very nice man and I would like to know what I can do to win him back. B. D. A.

Have you explained to him that what he heard was not true? If he has any faith in you, he will soon be convinced that you did not make the remark.