

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

YOUR GROWING GLORY AND ITS CARE



See The Hair by the Open Window.



A Hundred Strokes a Day.

The Olive-Oil Massage.



Plant Loosely Before Retiring



Making One's Own Pomade

IF "EVERY American woman is a queen," should she not keep her crown in repair? And yet how many of us do?

In the first place, there is that daily attention that is needed if one's hair is to seem glossy and healthy. The first place in this I should give to fresh air and sunshine, the second to thorough brushing. Especially in these days, when half of the hair of a woman is not her own, what part does belong to her by right of growth instead of right of purchase should be given frequent airings and good, strong doses of sunshine. Try once a day to take your hair down and wave and shake it in the open air or by a window until the perspiration vanishes and the hair is dry and fluffy. You will know the right time to stop by the pleasant coolness of your scalp. Then sprinkle a little violet water on the hair and give it a good brushing—hundred strokes is the conventional sufficiency. The proper way to brush the hair is to part it in the middle and brush it smooth down each side; then let it hang over the back of the head and brush downward in the direction in which it naturally grows. The brush, by the way, should be as stiff as it can be without hurting the scalp. The comb should be used only for tangles. One with all large teeth is better than the large-and-small-toothed variety. In the night the hair should be brushed again and loosely plaited, as shown in the photograph, leaving the ends free. If your scalp perspires to excess, or your hair is falling, make two plaits, parting the hair so as to separate the front and back. This leaves the back of the head uncovered for healthful ventilation.

How often the hair should be shampooed depends on its oiliness and its color. Blond hair needs more frequent washing than brunette. There are a number of good soap and egg shampoos frequently given on this page, but perhaps the simplest of all is olive oil, which has the additional advantage of curling and softening. Simply rub in the olive oil as you would the soap preparation, afterward rinsing thoroughly in hot and cold water. Castor oil is also good for the same purpose.

When the hair falls use crude kerosene. The odor of this is offensive, but very volatile, so that it soon disappears after going into the open air. And it is the very best hair grower known, unless you want to rub vaseline into the scalp, which is a rather more laborious, but an equally beneficial, operation.

Occasionally a dry shampoo is good, consisting simply of airing, massage and the rubbing in of some such mixture as powdered orris root and cornmeal, well brushed out afterward. Systematic massage should be part of every shampoo, wet or dry; often it is the salvation of the hair.

If, instead of being too oily, your hair is too dry, try making a pomatum such as this one, after a French recipe: Boil together for two hours 200 grams of marrow, 4 grams of powdered benzoin and 6 grams of pulverized balm of tolu. Stir constantly with a spatula and strain through linen when done. Take 50 grams of the grease thus formed, 60 grams of marrow and 30 grams of sweet almond oil. Before these are entirely cold add 2 grams of essence of bergamot and 4 grams of essence of violet. This is an excellent pomade.

I do not recommend either bleaching or dyeing the hair. Usually nature changes the skin to match the silver hair, and it is better to leave it as it is. In those cases where business reasons compel the use of stain I should advise either the walnut or the henna dyes so often given here. On the whole, dyeing the hair is a

difficult matter, and it is better to investing the hair to a professional, having particular reference to the shape of your face and the size of your features. You cannot then go far wrong, but will have made your "crown of glory" a fitting frame, enhancing and emphasizing the beauty of the countenance.

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ADVICE ON SOCIAL CUSTOMS

Miss Chester Adams most cordially invites her friends to hang to her these Social Customs and Etiquettes by letter at any time

THE ENTERTAINING TALKER

NOT a long time ago I tried to console many of my readers by sounding the praise of the good listener. I think that there are some hints that might be given in order that you might be that most admired of all gatherings—an entertaining talker.

Have you ever studied a charming and successful conversationalist? The next time that one talks and leaves her hearers delighted at the chance to listen, analyze the method, and I feel sure that your little study will be most profitable.

First of all, you will find that an entertaining talker is never cruel or unkind. Scandal or the repetition of unpleasant tales is never worth the energy that it takes to give to a seemingly admiring audience. Success very rarely follows in the wake of indiscreet talk.

The entertaining talker studies her listeners. Then tactfully she leads the conversation into channels that will interest and hold the attention of others. Monopolizing is never a feature of the best conversation. Other people have a right to express their opinions. It is the duty of the one who holds the conversational reins, so to speak, to allow others to suggest or vouchsafe criticism. Do not forget that egotism must not be apparent in your talk. "I thought," "I know," should give place to polite questions as to what the others believe. Make the listeners express their thoughts. Ask them to tell of their experiences, and if you know of any special ability in narrative, description or funny stories, lead the conversation up to a place where you can relevantly ask the one to talk.

"I feel so happy when Miss Blank calls," said a young woman the other day. "She includes me in her conversation and seems to be interested in me. I never shall be able to show how grateful I am."

That is perhaps the secret of the entertaining talker. An unselfish interest in the listeners; a willingness to step down from the speaker's chair and to share the glory of talking with others; a kind-

ly attitude toward the little circle of friends and acquaintances who must be brought into pleasant relationships by the great medium of speech—these are the factors that make a woman or a man welcome in any circle. Whether rich or poor, beautiful or otherwise, there is nothing that brings the glad grasp of a greeting hand so decidedly as the ability to entertain by talking.

And the best of this is that no one with a knowledge of her language is debarred from the glory.

SOLUTIONS TO SOCIAL PROBLEMS

The Prefix "Miss"

DEAR Mrs. Adams: I should the word "Miss" be placed before a young woman's name on her visiting card? 1. Is it proper for a girl and boy to introduce themselves to each other? 2. When a young man calls on a young woman should she ask him to call again when he is leaving? 3. When a girl has to work late in the evening is it proper for her to send word to her gentleman friend to meet her? 4. Yes. 5. No; they should be introduced by a friend who is acquainted with both. 6. Yes, if his company is desirable. 7. It would be much better for her to ask this favor of some member of her family.

Greatly Perplexed

DEAR Mrs. Adams: I am to be married in a short time and my sister and her husband also live with her. I don't quite approve of this, but if she is taken by my writing, and therefore would I do? How should I go about it? You are very foolish to take such a step if you do not approve of the arrangements. I should think you would rather wait until you are able to make plans which would be satisfactory to both parties. If, however, you have fully decided to be married now, the best thing to do is to talk the subject of work over with the persons in the house, so that you may know what is expected of you.

Letters From a Stranger

DEAR Mrs. Adams: I have been exchanging postcards with a young man in a city, and this young man has a very good friend who has seen some of the cards that I sent and he claims he was taken by my writing, and therefore he has written to me. I do not know him personally, and I do not know how to reply. Should I write to him? It would be proper for me to answer his

letters? What do you think of my penmanship? I do not advise a continuance of a correspondence between persons who have never met. Your penmanship meets the first requirements of good handwriting—it is legible. Any writing that combines this with speed and a lack of all silly flourishes or peculiarities is desirable.

The Term to Use

DEAR Mrs. Adams: Is it considered good form for parents to teach their children to say "yes, ma'am" and "yes, sir"? In the department where I am employed I am the only woman under 25 in speaking to the women of 30 and 40 should I say "yes, ma'am"? My mother always taught me to say "yes" to persons older than myself. NEW SUBSCRIBER. It would be better to say yes or no and mention the person's name with either word. For instance, "Yes, father," "No, mother," "Yes, Mrs. Jones," etc. The term "yes, ma'am," is objectionable to the ear. After all, the tone in which a reply is given means more than the words uttered.

The Monogram

DEAR Mrs. Adams: In sending out invitations to a girl's party, is the monogram ever used on the envelope? What games would be suitable for girls between 15 and 18 years of age? ANXIOUS. If a girl uses her note paper to write informal invitations to her friends it

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 oftentimes 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 be complied with in regard to personal letters.

A Clear Voice

DEAR Mrs. Adams: 1. What will make the voice clear and strong? 2. Is there any way of making the lips red, except by painting them? If you have any trouble with the vocal chords I advise you to consult a throat specialist as soon as possible. If you have no control of your voice it would be well for you to take a training in elocution. Usually, when one is enjoying good health, the lips are red, by occasion-

ally we hear of persons who naturally have pale lips in spite of their sound health. If you belong to the latter class let me beg of you not to paint your lips, thinking their beauty will thus be doubled. If you keep the skin of the lips smooth they will have a certain freshness and charm in spite of their pale rose color.

To Soften the Elbows

DEAR Mrs. Adams: I am a constant reader of your paper and a good remedy for filling the hollows in my neck and low zone I will take to see the results. Also what will make the elbows soft and white? What will cause the eyelashes to grow thick and long? What will make the lips and cheeks red? What will whiten face and neck? Answer as soon as possible and oblige. T. D. F. Cocoa butter is excellent for filling out the hollows, but it is not possible to say just how long it will have to be used before results will be noticeable. Deep breathing will also fill up the hollow places. To soften the elbows hold them in a vessel containing olive oil. At night massage a good cold cream into them. Wipe them frequently a

The Proper Signature

DEAR Mrs. Adams: Please tell me for an married lady the proper way for a married lady to sign her name. Should it be Mrs. George B. Atlanta or Mrs. Mary Jane Atlanta? Also, if tomatoes are served on lettuce leaves and parsley on meat, is it good to eat the lettuce and parsley? E. A. M. A married woman invariably signs her name "Mary Jane Atlanta." If, however, she is writing to a stranger, she should write in the lower left-hand corner of the page her full name, thus, "Mrs. George B. Atlanta." Yes.

Answering Invitations

DEAR Mrs. Adams: Please advise me how to respond to a wedding invitation. Tell me the correct words to use. CURIOUS. It is not necessary to send a written reply to a wedding invitation unless the cards include a breakfast or luncheon at the home of the bride, or the letters R. S. V. P. appear. An invitation is always answered in the form in which it is sent. If you are the recipient of the usual style of invitation (which calls for an answer), the following may be used as a guide: Mr. and Mrs. John A. Brown accept with pleasure the kind invitation of Mr. and Mrs. C. T. White to the wedding of their daughter, on Monday afternoon, July fifth. Regrets may be expressed thus: Mr. and Mrs. John A. Brown regret their inability to accept the kind invitation of Mr. and Mrs. C. T. White to the wedding reception of their daughter, on Monday afternoon, July fifth, at three o'clock.

Weights Too Much

DEAR Mrs. Adams: I am a constant reader of your paper and have tried several of your recipes which have worked perfectly. I wonder if you will publish something which will reduce my weight. Tell me how to reduce my bust especially. I am about five feet six and a half inches tall and weigh 150 pounds. I think it too much. What diet would you suggest for each meal? ANXIOUS. I tell you the same as all others who complain of stoutness that exercise and diet are the only things

is proper for her to use her monogram. If, however, she has the invitations printed, the monogram should not be in evidence. If you will secure a book on games and entertainment from the library you will have a better collection of games from which to choose than I could possibly give in such a small space.

Sensible or Foolish?

DEAR Mrs. Adams: I am a young girl 19 years old. I am not pretty, but try to fix my hair and clothes in a becoming manner, and always act in a dignified manner. The girl I go with is rather pretty, but does not care how she behaves on the street. She gets all the nice young men, while I never have any. I am of a jolly disposition, but cannot please myself. Can you tell me why this is? Do men like girls who try to act cute rather than those who are more sensible? As you grow older you will find that men who have a better knowledge of the everyday world like young women who are sensible and always natural. The girl who does not try to win a man's affections by forgetting her maidenly dignity is much more admired than one who has numerous men acquaintances, just because she ignores conventional-ity.

Walnut Hair Stain

DEAR Mrs. Adams: 1. Will you please publish the formula for walnut hair stain? 2. How is it applied, and when? 3. Do you think it is safe to use? Some say it gives the hair an unnatural color. 4. I do not know where to purchase the stain. I tried at two drug stores and cannot get it. Do you think I will have to wait until autumn and get them myself in the woods? A. D. T. 1. Here is the recipe you desire: Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, is ounces. Let stand eight days and strain. 2. Apply to the hair with a small brush as often as necessary. 3. It is never advisable to use a hair stain, for an artificial color is seldom pretty and attractive. The constant use of a dye or stain cannot help harden the hair at some time or other. 4. Why not ask your druggist to send to some wholesale house for the dried skins? I am not at liberty to tell you where you may buy them.

Dissatisfied

DEAR Mrs. Adams: Kindly tell me what I can use to give my hair a reddish tint. I am a blonde, but don't like the color of my hair, because it is too light. BLUE EYES. No doubt you would regret having used a stain on your hair, for I feel quite sure the present color of your hair is much more suitable for the color of your eyes and your complexion than the reddish tint would be. However, if you are determined to use such a stain the following recipe is a harmless one: Take 1 ounce of henna leaves, steep in a pint of boiling water for twenty minutes, let stand until it gets cold. Strain the liquid. Apply to the hair by the aid of a small sponge. The henna will sometimes

To Reduce Fat

I would like to ask what is the cause of a rather sallow complexion with very deep, dark circles around the eyes, and what remedy can you suggest? Also, how can I fill out hollow cheeks? AN INQUIRER. Your questions indicate that your health is not in the best condition and I advise you to consult a reliable physician and have him prescribe a remedy.

Moles on the Face

DEAR Mrs. Adams: I have a little girl, 3 years old, who sucks her thumbs considerably, and they sometimes become irritated on account of it. What means could I employ to break her of the habit? A CONSTANT READER. Wrap your child's thumbs with a piece of clean linen. You should watch her closely, and as soon as her thumbs go up to her mouth give her some new plaything to divert her mind.

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