

How I Corrected Miss Hosmer's Dry, Thin and Falling Hair.



Before She Began Treatments a Big Handful of Hair Used to Remain on the Brush.

By
Antoinette Donnelly



Now Just the Ordinary Amount of Falling Hair Appears After Brushing.



"Ratting" the Hair, a Too Frequent Destroyer.

"MY scalp feels so clean and full of life. My hair hasn't looked as well in years as it does now. It has a luster I despaired of ever possessing again. And, best of all, it has almost entirely stopped coming out. Also, since the first week I started following the instructions laid out for me I have not had a single recurrence of the nervous headaches that had become almost chronic with me."

So says Miss Hosmer, the model, whose dry, thin, and falling hair was the subject of last week's article and this!

There isn't much in the way of accomplishment that cannot be done if the desire and the stick-to-itiveness are there. A fat woman cannot hope to get thin without these two qualities. The same thing applies to a thin woman and her efforts to be fat. So hair troubles will never be corrected without a strong desire to correct them and an equally strong capacity for stick-to-itiveness. Spasmodic brushings and spasmodic applications of tonics and care of the hair will result as unsatisfactorily as an occasional exercise acts towards reducing flesh.

If your hair is thin and dry, as was Miss Hosmer's, you have got to be faithful to the brushing of it morning and night. Five minutes, at least, must be devoted to it if hope of any correction is entertained. First, brushing cleans the scalp. Second, it stimulates it to activity, and, third, it distributes through the hair the fat of the sebaceous glands of the scalp and gives a beautiful sheen. Some hair authorities contend that brushing the scalp vigorously is the best way of massaging it.

Miss Hosmer's hair was as dry and harsh and lusterless as hemp when I first took her in hand. I insisted on her brushing vigorously for fifteen minutes every morning and fifteen minutes at night. Today there is a most satisfactory feeling of "life" to hair and scalp. The brush she used was firm enough to enable her to exert a degree of force upon the scalp without irritating it.

In addition to the morning and evening brushing of the hair, Miss Hosmer massaged her scalp, using a hair tonic which I shall repeat here for the benefit of those who may have missed it last week: Resorcin, forty-five grains; glycerine, one ounce, and diluted alcohol to fill a six ounce bottle.

Ancient shampooing dry hair, there is a fear current that frequent

shampooing will remove all the oil in the scalp and damage will be done by the dryness resulting. Miss Hosmer used to entertain this fear and she would wash her hair not oftener than once a month. But I started her in with two shampoos a week, and for four weeks she continued with the semi-weekly shampoo. The fifth week she gave herself but one shampoo and will continue this for a while, gradually increasing to an interval of ten days or two weeks. I found in her case that more oil was fed her scalp by the shampoo stimulating the oil glands and improving the circulation of her scalp. To aid in producing a healthy hair result the night before her shampoo I had her use the following: One-third teaspoon of ichthol and three tablespoons of castor oil heated and applied to her scalp as hot as possible. Then

she tied her head up in a towel and let this application remain on until her shampoo the following morning. I want to warn you that the ichthol, which is a powerful germicide, is unpleasant to use because of its odor. But it does the work so far as the dandruff is concerned. If you find it too disagreeable, you might rub the castor oil well into the scalp. Ichthol contains 10 per cent sulphur.

For hair that has been dyed or bleached and the owner wants to get it back to its original color an egg shampoo in which eight or twelve eggs are used is recommended. Apply four eggs beaten up first after you have wet the hair, and rub in well; change the water, being careful to not get it hot, with the result of baked eggs on your head, and then use four more eggs beaten up; a third such procedure

If the price of eggs will allow is advised, and then a good rinsing off. No soap is used at all.

Electricity as a local stimulant has value in treating hair troubles. But it must be done under expert supervision or more harm than good may result. Generally speaking, the vigorous daily massage and brushing will be as effective.

In dressing hair, whether it be thin or thick, dry or oily, it is important to make no violent strain upon the roots, as this has a tendency to loosen and cause a falling of the hair. There should be no twists or knots which produce a feeling of discomfort, for such are certain to prove injurious. Rattling the hair to build up the pompadour is a frequent destroyer of hair. It were far better to wear false hair than thus destroy your own precious locks.

Dry hair needs airing and sunning quite as much as oily. The sunning must not be overdone, however, for too frequent exposure will fade the color. In cases of thin hair this is particularly applicable. But you cannot overdo the airing of the hair. Your scalp needs fresh air. Your hair needs it. So don't bind your hair up in tight braids at night or tuck it under a tight boudoir cap. Let the air blow through it every possible occasion.

An authority declares that systematic deep breathing will soon show its good effects upon the condition of the hair, keeping at bay the blanching specter. This is not far fetched a bit when you remember that the hair must share in the general state of health and that it gets its sustenance from the blood. Loss of hair is associated frequently with disturbances of the physical health, sometimes of minor degree. Sometimes the individuals are highly nervous and overwrought. And of course this form of falling hair requires treatment of the underlying conditions and this treatment must be directed to the individual case. But in the meantime the massage and measures of local stimulation I have recommended in my article on oily hair and dry hair will result in a great deal of good.

At some future date I shall write an article on the treatment of gray hair. In the meantime, I trust your hair troubles will be as successfully overcome as those of my two models, Miss Hahn and Miss Hosmer. If you missed any of the formulas and tonics recommended, send me a stamped, addressed envelope and I shall forward you the instructions followed by the above named young women.

ANTOINETTE DONNELLY'S ANSWERS TO BEAUTY SEEKERS.

MYRTLE: Horseback riding is a most fascinating and health giving sport. It is extremely exhilarating, for by it the whole body is stirred up from its sluggishness. The open air is invaluable in this sport. The lungs and heart are forced to do more work in a shorter time, and so deep breathing adds its benefits.

B. R.: You will have to continue the daily massage of your face and chin to remove the warts. Go over your face and chin with a good cold cream and massage it for a couple of minutes, ending with a rubbing over of either camphorated ice or plain ice to close the pores. Do this three times a day. Twice a day will answer if you are so situated that you cannot do it in the middle of the day.

MRS. F. H.: A red nose may be caused from indigestion or poor

circulation. The only remedy is to exercise to stimulate the circulation, a careful diet, eliminating fried foods, and guarding against constipation. This is an excellent lotion for oily skin: Orange flower water, six ounces; tincture of benzoin, one-half ounce; witch hazel, two ounces. Mix the witch hazel and the orange flower water, shake lightly, and add to the tincture of benzoin. Apply with a piece of absorbent cotton night and morning. Lack of space will not permit me to answer all your questions through this column, but if you will send me a stamped, addressed envelope, I shall be happy to write you a letter.

SKINNAY: Strenuous exercise, as necessary for reducing weight, is not advisable in the attempt to put on weight. However, exercises in mild form each day are necessary to increase the circulation of the blood and to whet the appetite. In my process of increasing Helene

Barnett's weight twenty pounds in five weeks I had her take a long walk twice a day, either in the morning or afternoon, and before retiring. She walked not less than three miles and many times four and five miles.

LYLE W.: This is the deep breathing exercise I gave Helene Barnett in my work of increasing her weight twenty pounds in five weeks: Stand before an open window with arms at side; slowly raise arms in outward circle up over head until hands touch, inhaling deeply as this upward movement is made; then slowly let the arms fall in outward circle movement back to original position, exhaling as arms are brought down. Do this twenty times night and morning. If twenty times tires you at first do it only ten times until you can do it oftener without exertion, increasing to fifty. I shall be glad to send

you any of the articles you missed if you will send me a stamped, addressed envelope.

LOUISE: It is absolutely necessary to wash your hair oftener than once in two months if you want a clean, healthy scalp and healthy hair. The proper frequency of shampooing depends upon the condition of the scalp and the amount of dirt to which the hair is exposed. For the average person once in three weeks is often enough to shampoo the hair. When you lie down for a rest lie flat upon your back, legs straight, arms relaxed at side, head flat.

LOUISE: When practicing deep breathing, always inhale through the nostrils, with the mouth closed. It is not only bad for the health to breathe through the mouth but it makes thick lips.