

THE YOUNG GIRL



A PAGE FOR HER ALONE



Mrs. Herrick's Talks With the Girls

A CONFIDENTIAL CHAT WITH "THE GIRL WHO WANTS TO BE BEAUTIFUL"



DO YOU want to be beautiful, dear girls? That is rather an unnecessary question, isn't it? Of course, you do! There never was a girl born yet who did not want to be pleasing to look at, and I am afraid that most of us, if we were given our choice between goodness and beauty, would answer as a girl I once knew did: "Oh, if I were only pretty, I could make myself good!"

but it does not suit every one. More than this, the warm water opens the pores and coaxes out the dust and caked perspiration that have accumulated there. Then, after this has been removed, is the time for cold water—a shower, if you can get it, or, if not, a spray.

Are many of you girls so placed that a spray is out of the question? Then you can imitate the man who used a common watering pot filled with cold water in place of a shower bath. It answers the purpose very well. And if the tub is not always convenient, take a good sponge bath from head to foot in warm water, and then a cold sponge after that, and do it every day.

The Care of the Face

Of course, it is a trouble. Nobody ever gets anything worth having without more or less trouble. There is a French proverb that says: "One must suffer to be beautiful." The suffering may be nothing more serious than taking a tub at night when one is tired, or cutting short the morning nap in order to have a bath. But at the time it seems a good deal like suffering, doesn't it? But is there one of you girls who has the bath habit who would give it up? Is there one of you who isn't the better for it in every way? I would like to have a little testimony on that point.

So much for the tubbing, which may be taken either at night or in the morning, as you find suits you best. But the tub is not all, even of the outside cleansing. Your face isn't clean yet!

If any of you wants a new and interesting experience, let her wash her face clean with warm water and a cloth, and then rub a little good cold cream on it. Rub it well into the skin, and then take a common ivory paper knife and scrape the cream off. Or take a piece of soft cloth or of white tissue paper and rub it over the face. You will have a surprise that will be a little humiliating, for the cream will coax out the dirt and show you how little the water had done to remove it. After the cream is wiped off, wash the face again with warm water, and then give the face a dash of cold.



More Than Water Needed

Are you quite sure of that? Of course, you believe you do; but stop a little. I mean more than plain washing. Once there was an old man who used to pray fervently in the weekly prayer meeting that he might be "made clean inside and outside—hallelujah!" That should be the prayer and the work of the girl—to be clean inside and outside, and when she sees the result she is likely to shout hallelujah.

To begin with, the outside cleanliness first. Water alone won't accomplish it. That may do for the parts of the body covered by the clothing, although the water must be supplemented by good soap. Not of necessity a high-scented soap. Indeed, such is by no means the best. When possible, this should be a tubbing once a day—a rubbing and more or less of a scrubbing. And let it be in warm water. Our English cousins make a great deal of the cold tub,



"LOOK AT THE ROW OPPOSITE TO YOU IN THE CAR"

Do this just before you go to bed, that you may sleep with a clean face. In the morning, wash your face in cold water, and, even if you have a good skin, don't scour it with a rough towel. It seems early days to think of wrinkles, doesn't it? But the girl who is good-looking now wishes to keep on being good-looking when she is older, and wrinkles will do her no good. So, dry your face with a soft towel, and don't rub it down, but up.

Another "don't" is about cold creams. Get a good make and stick to it. Don't try experiments with your complexion.

Now, you are clean outside, so far as washing is concerned. But you must be careful to keep your hair in good condition, your hands and nails in order. Do you recollect that someone has said that Venus was fabled to have arisen from the sea to teach us that we must be clean before we can be beautiful? I don't care how great a girl's natural charms are, she cannot be really attractive unless she takes heed to the little details of her personal cleanliness.

Other Aids to Good Looks

But washing and grooming the outside are not enough. The insides of your bodies require care. You must not eat indigestible food and neglect all the common functions of the body, if you wish to have clear skins. Did any of you ever see a girl with a muddy, poor complexion who could be called pretty? I never did. And when I see a girl who has pretty features and a thick, sallow skin and poor teeth, I say to myself: "My dear child, you are not careful of your diet. You don't take care of your digestion. You probably sleep in an ill-ventilated room, and you very likely don't take enough exercise."

For fresh air is one of the best aids to good looks. Sleep in it, even if you can't live in it all day. Have your windows open at night—wide open. Stand by an open window before you go to bed, and when you get up in the morning draw a dozen deep breaths,

filling and emptying your lungs slowly. Try with all your might to take a certain amount of exercise daily in the open air. I know that is not always easy. Those of you girls who are at school, and who have studying to do at home, find it hard to snatch the time for enough exercise to do you real good. Those of you who are busy with work for others have even more difficulty. But set before you the ideal that you are to make yourselves good-looking and make up your mind that it is worth working for. It will pay to get up a little earlier in the morning if you think it is going to mean the gain of the lovely bloom that only out-door exercise can give you. If you are so fortunate as to work at home, have your windows open in the room where you are employed. Go through exercises night and morning with the windows up and find out what suits you best. Perhaps some of you have devised an outline of such exercises and found them helpful. If so, send them to me, and let me give them to this department for the benefit of the other girls.

I have said a lot about the outside and inside of the body, and yet I have not said what is just about the most important thing in getting good looks. Here it is: LOOK PLEASANT!

It sounds simple, doesn't it? Do you think it is a common thing? If you do, look at the row of women opposite to you in the car. How many of them look pleasant?

There is one in the corner with gloom on her face. She may have a pain in her digestion, but it looks mightily like a pain in her temper. See the peevish expression of the girl next to her. I am sorry for the persons who have to live in the house with that young woman. Just beyond is a woman with a permanent downward droop to the corners of her mouth. She evidently goes through life looking for trouble and finds it. Or, perhaps, she thinks it is interesting to walk around looking as though she

had a settled sorrow. Some persons do—when they are young and foolish.

My dear girls, if you have any such idea, get rid of it! Life is bound to bring you bothers and trials. Don't put on an expression of woe before there is any occasion for it. Even if you have worries and bothers, try to conceal them for the sake of others and appear cheerful. It is not needful to wear a perpetual grin—but even the smile that won't come off is better than the scowl that stays on. It is more agreeable to others.

Here, after all, is the root of the matter—consideration for others. Girls are not the only ones who forget to think of those about them in their interest in their own concerns. The world is full of men and women who don't seem to know the first letter of the first word of the Golden Rule. That is one reason there are so few good-looking people.

Thoughtfulness for others and unselfishness are great beautifiers. For all perfection of skin and feature won't make up for an unlovely expression, and such an expression can come only from a sweet nature. We are not all of us born with pleasant tempers any more than we are born with pretty faces—but we can all of us try to get both. And there is some satisfaction in working on one's disposition. You may not be able to alter the shape of your nose or to make large melting eyes out of a pair of optics that are good for little except seeing. But if you cultivate an interest in those about you, if you try to make the world happier for those with whom you are brought into association, you will not fail before long to get a pleasing expression that will make the physical defects be forgotten, or to seem charms because they are part of a lovely and generous personality. Try it!

And, at the same time, keep up the care of your body!

Christina Terhune Herrick

"WHAT MY GIRL-FRIENDS ASK"

Department of Questions and Answers Conducted by Mrs. Herrick

I MAY as well introduce myself to you as a disappointed stenographer who needs a good scolding and wants some sensible advice. I am employed in a law office from Monday until Friday, having two days each week devoted to pleasure. I earn a splendid salary and have a delightful home—mother, father, sisters and brothers—and yet, oh! do tell me where I'm wrong; I'm so dissatisfied at times that I just cry. I have the unhappy knack of longing for impossibilities. I want to go to college and study; not for any one object, but to be educated in a general way. I did go one year to a public high school, which but gave me an idea of the power, knowledge, brings, and so I want to be able to speak intelligently about matters. We are a large family, and when I was sixteen I started to earn my own living, as do hundreds of other girls. I'm nearly eighteen now. I have tried to study some during the day when I had the time, but it wouldn't work because I needed a teacher of some kind. I've just about told you my history, past, present and future, and now I want to be scolded a bit for being so ungrateful as to be discontented with all the blessings I have, and I want to be told how to cure my restlessness and be satisfied to stay at home. My experience seems so useless. I merely provide myself with clothes and food, and that's all. Won't you please put me on the right road to becoming useful? I know there are heaps of things to do, but they seem to be done in story-books only. Is there any way I could become educated without going to college? I couldn't afford to pay my tuition or expenses, as I have not the money. Pardon me for using up so much of your valuable time, but I do want an answer. Yours sincerely, B. D.

I think the way is very easy for you if you wish to improve yourself mentally. You say you have a "splendid salary." Why not put some of it into the cost of a teacher who could direct you in a course of study? In a large city like that in which you live you should find no difficulty in entering night classes. Are there not some connected with the Y. W. C. A.? Go to them and ask the people in charge for the address of a teacher. Make up your mind what subjects you are most interested in and

get books from the library on those subjects, and read and study in the evenings and your leisure days. If you really wish to improve yourself, dear child, the way is plain before you, but you can't get anything worth having without effort. I am afraid you are looking for a royal road to happiness. Go out of yourself and see if there are not some girls about you to whom you could mean something. There is the case of the girl whose letter follows yours. She is much worse off than you.

I AM discouraged, and as rather a last resort I turn to you, I am in. For over a year I have been struggling to support myself alone in the city. My people are so very far away that I know it will be a long time ere I can join them, if I ever do.

I have not had the means to educate myself in a trade. My people were artists, and I have quite a little talent, but talent needs cultivating, and although I practice a great deal, and, of course, improve, yet I need instruction. I feel assured that I could at least earn a modest living. But, you see, I cannot afford to become apprentice in some firm where I could work up in that line, and a night course is out of the question, as I cannot pay for the tuition.

At present I do general office work for \$5 per week. That is the most successful salary I have been able to draw. I work from 8 until 3, and as my position is some two and a half or three miles, I walk home nights to save carfare, and reach home about 7 or after every evening.

You see, out of \$5 I must pay rent, laundry bills and I board myself by getting a little light housekeeping in my room, and it is very tight.

I am not strong, and when I reach home I am too weary and sick to do my little laundry or study anything. As to clothes, well, it is so long since I have possessed a new garment that I have almost forgotten there were new ones. I have often fasted for two days at a time. It is hard to work so, and I will not borrow money, as I know I cannot repay it.

I love fine clothes, I love flowers, music and pleasure, but right at the best time of my life I cannot have even the bare necessities of life. I can never look home for help. There is no place where I can look. Oh, what can I do? Can you suggest anything? I am so discouraged. FLORENCE.

I am very sorry for you, poor child! I could advise you more intelligently if you had told me of what is the particular line in which you think you have talent. The best advice I can give you is to try to associate yourself a little with young people by means of your church. In every church there are young people's societies—the Girls' Friendly, the Epworth League, the King's Daughters, the Young People's Society of Christian Endeavor, etc. By attending one of these you may meet some friends who will help you to be happier. Here is a chance for some of you girls with homes to be of service! I am keeping Florence's address, and if anyone has any helpful suggestions to make I shall be glad to forward them.

I WANT you to kindly let me know how I can join some nice young people's club for the coming winter. We have not long been in this country, and I assure you there are times when I feel very lonesome, though my mother and I are like sisters.

I refer you to the advice I have given "Florence." By going to the gatherings held at churches, or at the Y. W. C. A., you are in a way of meeting young people and of making pleasant acquaintances.

Halloween Night With the Witches and Fairy Folk



EVERY sort of divination is carried on at Halloween—for witches and fairy folk are all about, and the best things to make the tests with are apples and nuts—reminiscent of old-time celebrations of harvest feasts.

One of the oldest spells is to "ring an apple." The apple should be pared and the unbroken paring waved three times around your head—slowly—and, at the completion of the last circle, drop it back of you. The letter it forms will be the initial of the name of the "man you're going to marry."

Out the apple open and count the seeds, according to the old rhyme:

"One, I love,
Two, I love,
Three, I love, I say,
Four, I love with all my heart,
Five, I cast away,
Six, he loves,
Seven, she loves,
Eight, they both love,
Nine, he comes,
Ten, he carries,
Eleven, he courts,
And twelve—he marries."

Eating an apple before a mirror just as the clock



strikes at midnight is a favorite way of summoning your future husband to make his appearance. For mirrors have been associated with witchcraft from time immemorial, and at midnight every witch worth the name plays her wildest prank.

Two apple seeds—stuck one on each cheek and named—are prophetic of the "only man," if you're undecided between two. Whichever sticks on longest is the lucky fellow.

When Halloween falls on Friday, charms are doubly powerful, for Friday is witch night, and the doubling of witch times doubles the efficacy of supernatural invocations—at least so the people of olden times would have us believe.

The Friday night charms are equally good for

Halloween—substituting for Friday night, All-Halloween.

"This Friday night, as I go to bed,
I put my potticoat under my head,
To dream of the living and not of the dead,
To dream of the man I'm going to wed."

And
"Put your potticoat under your head,
Turn your shoes toward the street,
Tie your garters around your feet,
And dream of the man you're going to wed,
The color of his eyes, the color of his hair,
And the color of the clothes he is to wear."

The same superstition that was practiced on "Twelfth Night" is still tried at Halloween—the baking of a cake with a bean in it, the bean, signifying good luck for a year to a man, but only a husband to a girl!

The spell of the three dishes and the oldest nut-test are both to be tried blindfolded. Three dishes are set in a row, one empty, one full of clear, one of muddy water. The girl who wants to know her fate is blindfolded and then told to put her hand in one of the dishes, which are moved around after she is blindfolded so that she cannot, by any possibility, direct her hand. The empty dish means no husband; the dish of clear water, a good husband; the dish of muddy water, a poor husband. The same trick is played with three nuts—with an empty nutshell, a good nut and one worm-eaten.