

Her Health



Heart Home

Married—But Happy

By Virginia Lynch Maxwell.

CHARLOTTE primped before her mirror, straightening out the wide sash of her new evening frock, fluffing the silver lace in becoming folds about her snowy throat. She surveyed herself a dozen times until a command from her anxiously waiting husband brought her to the realization that he had been watching her from the doorway.

"Oh, I was so thrilled I almost forgot we were going," laughed Charlotte as she slipped into her evening cape and thrust her comb at a more comfortable angle.

"We can stay at home if you would enjoy it just as well," threw back Billy with a bored air.

"That will do, dear. I'm planning to have the most wonderful evening of the season. I know I look lovely, even though you haven't told me so. I'll be the cynosure of every woman's eye in the place."

Billy shrugged his shoulders. But Charlotte was pleased, for she saw a gleam of admiration in Billy's eyes as he looked her over.

He hailed a taxi as they came down the front steps of the apartment house, and Charlotte found herself being whirled past scintillating street lamps that threw pleasing little shadows across her husband's profile. She was admiring Billy tremendously to-night. She marvelled at the improvement evening clothes always effected.

The taxi drew up before an old Colonial clubhouse. Billy got out and helped Charlotte to alight. In a daze of happiness and anticipation she mounted the wide steps and found herself promising to meet Billy as soon as she had left her wrap in the dressing room and had given the final touch of powder to her nose.

Charlotte ran into Mrs. Hampton as she approached the long dressing-room mirror. Plump, satisfied, middle-aged Mrs. Jack Hampton, who knew her hus and still thought her the most wonderful woman in the world despite her unattractive appearance.

"You look splendid in that gown," cooed Mrs. Hampton, always eager to give beauty its due. "Have it made?"

"Well, yes, I did," Charlotte admitted reluctantly, knowing it was a half truth. She had picked it up at a great bargain the day Billy had sent his secretary to help her select it. But to admit that to their friends would be fatal to Billy's sense of financial security.

They had to play the game of success.

"Quite a dream," admitted Clara Field. "You must have a marvelous dressmaker to turn out a finish like that."

Charlotte smiled, not daring to reveal the name of the shop where she had purchased the gown.

They chatted for a few moments, several women joining in the admiration of the various details, when suddenly the curtains parted and there stood before them the one woman whom Charlotte disliked immensely—Gertrude Pearson, blustering, expecting attention and admiration at every turn, selfish with her own compliments, yet desirous of being constantly queened—came toward them.

"Hello, girls," she greeted, kissing several of the women effusively.

She rather ignored Charlotte, brushing by her with a nod to give herself an admiring glance in the mirror as the maid came forward to remove her wrap.

Charlotte held her breath. A wave of resentment, a terrible sense of disappointment suffused her as the petite colored maid drew the wrap from Mrs. Pearson's shoulders. For there, staring at her in agonizing reality was a duplicate of her own frock. Charlotte was first to recognize it. The picture she had presented had been uppermost in her mind. With an embarrassing giggle, Florence Carson turned toward the two women and looked them over with an amused expression. It was then that Mrs. Pearson realized the situation. She looked at Charlotte patronizingly and smiled.

"We got 'em alike, sure enough," she remarked lightly. But to Charlotte the remark was almost tragic. Of course, Gertrude Pearson had purchased her gown at the same shop. And how could she admit her untruth to her friends now?

Charlotte wanted to get to Billy's listening ear and tell him the tragic truth. But the next moment she heard Gertrude Pearson laughing in her high, rasping voice.

"I couldn't resist buying down there and looking over those wonderful bargains," she explained. "I knew they must be wonderful, dear, when your husband raved about them. He came over to play cards with Harold the other evening, and I heard him simply raving about how cheap you got your new gown at the new shop. So I hiked down the very next morning and picked out the kind he'd described you'd got. Sweet, aren't they? And such bargains. Shall we be good sports and tell the girls how much?"

Charlotte blushed scarlet.



AMERICAN BEAUTIES—Miss Elizabeth Woods, One of the Latest Additions to the Younger Set at Washington, D. C., is a Daughter of Congressman John P. Woods, of Virginia.

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"I don't care," she admitted jerkily. "Well, I guess we'll keep that for our little secret. They'd all be chasing down there and, who knows, they may raise the price for us next time."

Charlotte as she moved toward the door, eager now to find Billy, who had so unconsciously spoiled her evening and given Mrs. Pearson the opportunity she had long awaited.

(To Be Continued)

HAIR beauty means hair health. Unless your scalp is in good condition you cannot expect your hair to show a polished sheen to an admiring world.

It is surprising to note how many women neglect their hair. My readers write me the various treatments they give their scalp and ask my opinion. I am amazed sometimes when I read of the brushing and combing process which, to the minds of so many, seems sufficient to keep their hair in good condition. Brushing and combing the hair daily is like the habit of powdering. It is but the finishing touch to the picture. To keep the hair and scalp health which brings beauty with it—none must go further in the care of the hair.

If you examine a hair under the microscope you will find that it is a narrow tube filled with a fluid. The fluid is the coloring matter. If this covering is broken the air will penetrate the interior and destroy the coloring solution, making the hair appear gray.

This is the important reason for using care in brushing the hair. Make certain that your brush is not too stiff and that the bristles are long enough to penetrate through the hair thickness without merely beating against the hair surface. Do not brush with quick, brisk movements. This is a mistake many women make. The short, brisk movement creates a heat from the friction which may burn the cortex of the hair and give the air a chance to penetrate.

To properly brush the hair, it should be divided into strands and the brush drawn through the portions gently. An excellent way to remove the dust and grime which clings to the cortex (hair covering) is to cover the brush with a square of cheesecloth, allowing the bristles to come through the porous material. When the hair is brushed, the dust will cling to the cloth which is later removed, leaving a clean brush again.

Do you know that the cortex of each hair is made up of tiny overlapping scales like the skin of a fish? Each tiny scale is geared to overlap the other so that the entire cortex is air-proof. If one of these scales is broken off, the air will penetrate. They are strong in texture and remain intact if not abused. But when the

hair is "teased" or brushed in the wrong direction, it is the same as if one scaled a fish. The tiny coverings snap and break off, causing split hairs, premature graying and resulting in a coarse texture to the hair.

Of course, no matter how careful one may be in caring for the hair itself in the daily brushing, combing and dressing, the scalp is the real foundation of hair health. When the other precautions are taken one must consider the care of the scalp. It should be massaged every day to loosen up the tissue and permit a free circulation of blood beneath. Where the circulation is poor there are any number of disastrous results. Poor circulation means dry hair, oily hair, dandruff, itching, etc. These may be remedied by regular shampooing and the daily massage.

The shampoo, which I have described in detail before, must be given at least once a month, and possibly every week where the condition requires it. If the scalp secretes an excess of oil, once a week is not too often to eliminate this over-supply. If the scalp is lacking in its oil supply, the shampoo is given less often. The very dry scalp requires a shampoo but once a month. And in the interim, oil should be supplied to the scalp once or twice a week to help replenish the starved glands.

Before dressing the hair each morning, brush it thoroughly. Begin at the hairline at front and work your fingers around in the rotary movement. Do not neglect to massage behind the ears and extreme back of the head, where the blood supply to the scalp lies close to the surface. The hairline should be massaged carefully every day. Massage the scalp just behind the temples until the blood fairly tingles. This is where baldness usually begins if the scalp is neglected.

Part the hair in small squares and massage the scalp at each part every day if you would insure yourself of hair beauty and health.

Question: Will you kindly give me the ingredients of the solution you described for an oily skin?

Answer: Dissolve one teaspoonful of baking soda in a pint of lukewarm water and use as a face wash to overcome the oiliness you describe. When the skin begins to secrete normally again, use the wash only once every two weeks, as it is very drying.

Why Is She So Popular?

GIRLS from all walks of life have a secret ambition. They want to be charming. They want to know how to acquire that magnetism which will attract people to them. They write to ask why it is some other girl can attract the man they love when they have tried so hard to be all that he might desire.

Therein lies the reason which they fail to see for themselves. They "try," and by making a visible effort they destroy the charm of illusion which is the very essence of fascination. From the chaperone of one of the most popular of the younger set who has had the advantage of being trained during her awkward years, comes her secrets of popularity.

"Be natural," says the chaperone. "Be yourself. It is a mistake for a girl to become a victim to the personality of another. Young girls have a way of imagining themselves like some idol they have created in their own minds. They imitate in speech, manner and dress the type they have idealized. And by doing so they destroy the natural charm which makes for individuality.

"Spontaneity is another attribute. To be ready to swing into the spirit of a conversation without being garrulous. To have our wits so sharpened that we can snap to and offer a ready interest in

things which may interest the others of a group."

Enthusiasm is akin to spontaneity, yet it draws a fine line. To be enthusiastic over the plans which may be especially pleasing to another is a gift which may be cultivated. Once you have acquired this knack you will find yourself broadening in your viewpoint of everything. Love your fellow beings. Try to see their good points first rather than becoming addicted to the ugly habit of seeing another's faults and permitting the good points to seep through later.

We grow to like those who like us. It is a law of nature which never fails. And if you would be popular, try the little game of liking every new person you meet, and you will find a joyous response to this spirit.

Can you smile, and do you? Most of us do not realize the value of a smile. We smile mechanically, but even the mechanical smile is better than a constant dour expression. We never know when a smile will lighten the spirit of another fellow human being. We may offer a smile quite without consciously attempting to impress another, and it may blindly register the sunshine another heart is seeking. Cheerfulness is as good for ourselves as it is for those about us.

A girl who has acquired these habits of personality need never worry about her popularity.

Corsetry a New Field

CORSETRY has become one of the professions into which many women have entered to-day. There was a time when women were satisfied to purchase the modish corset of the hour. But physiologists have spread their knowledge so that every woman selects her corset now with an eye to her individual figure.

There always will be women whose figures are so perfect that the ready-made corset is an economy. Corsets of this kind are offered on bargain counters and may be purchased during sales at a saving.

But where the figure is not perfect—and few of us there are who can boast of a perfect figure—the corset should be made to suit the individual figure. The figure that is short from the waistline down must have the boning of the corset

short to insure comfort. The figure that is full above the normal waistline should have more protection than the elastic top that the regulation corset shows.

One way of reducing this fleshy part is to lend it support. The corset may be cut high at back and gradually slope toward the front where the fleshy excess is on the back. Gussets should be inserted over the hipline if the figure requires only a support at front and back. These rubber gussets give the figure a more natural line and add comfort to the wearer while walking or dancing.

The woman who is looking about for a means of earning her own living will find corsetry one of the new fields. Courses in the designing and fitting of corsets are given at most of the large institutes where trades for women are offered.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Prunes, Oatmeal, Cream, Toast, Coffee.	Breakfast Minced Sardines on Toast, Orange Marmalade, Biscuits, Cereal Coffee.	Breakfast Onion Omelet, English Muffins, Currant Jelly, Tea.	Breakfast Eggs Sausage, Warm Rolls, Apple Sauce, Coffee.	Breakfast Orange Juice, Pancakes, Syrup, Fruit Muffins, Tea.	Breakfast Apple Sauce, Fried Ham, Crackers, Coffee.	Breakfast Stewed Peas, Cora Fritters, Crackers, Tea.
Luncheon Vegetable Soup, Poached Eggs, Apple Sauce, Bread and Butter, Tea.	Luncheon Creamed Chipped Beef, Vegetable Salad, Warm Rolls, Milk.	Luncheon Hamburg Steak, Tomato Sauce, Fried Potatoes, Rolls, Coffee.	Luncheon Egg Salad, Currant Jelly, Pickles, Muffins, Tea.	Luncheon Fried Oysters, Cold Slaw, Fried Potatoes, Crackers, Cereal Coffee.	Luncheon Baked Beans, Cold Ham, Lettuce Salad, Cookies, Tea.	Luncheon Consomme Soup, Roast Turkey, Creamed Cauliflower, Stewed Tomatoes, Plum Pudding, Demi-Tasse, Mints.
Dinner Spiced Sardines, Roast Beef Hash, Baked Potatoes, Buttered Lima Beans, Fruit Gelatine, Demi-Tasse.	Dinner Veal Chop Breaded, Tomato Sauce Mashed Potatoes, String Beans, Stewed Peas, Tea.	Dinner Celery, Tuna Fish au Gratin, Braised Sweet Potatoes, Carrots and Peas, Cup Custard, Cereal Coffee.	Dinner Boiled Ham, New Cabbage, Boiled Potatoes, Currant Jelly, Layer Cake, Demi-Tasse.	Dinner Broiled Mackerel, Butter Sauce, Scalloped Potatoes, Boiled Onions, Pumpkin Pie, Demi-Tasse.	Dinner Broiled Lamb Chop, Spinach, Spanish Rice, Stewed Peas, Cereal Coffee.	Supper Cold Lamb, Baked Beans, Lemon Meringue Pie, Cereal Coffee.

Fashion Welcomes the New Year

THE world of fashion welcomes the new year. For the new year means new styles and a new interest in the novelties which will characterize the new clothes.

Evening gowns will always have first place in the vogue interest of most women. They hold a subtle charm because of their exquisite fabrics and the fact that they are permitted to conceal or reveal a lady's graceful figure according to the dictates of the moment.

The coming season will be one of slender lines and low backs. Gowns are showing the tendency to rise almost to the throat at front and fall in proportionate depth at back. The line will be an interesting change from the Jenny neckline we have grown weary of in evening frocks for the past season.

Panne velvet is still holding first place in fabric popularity for the mid-Winter season. It is being designed into the most fascinating evening wraps to match the velvet gown worn beneath.

Metal brocade takes next place, some authorities to the contrary. The better shops are showing the velvet in their choice models and the metal brocades combined with wide bands of the soft velvet are used to fashion some of the most attractive evening wraps on display.

The opera season opened new vistas in the domain of style, and a new color came into vogue when society flaunted its new clothes.

American Beauty rose showed its possibilities to light up a drab world. And it was taken up by designers everywhere and converted into wraps, frocks, hats and gowns. It has run the first part of its seasonal success and will continue to be popular until early Spring. Then fashion has planned a delightful surprise for a budding world. Pale yellow and the lightest of green will come into being if present signs mean anything. The designers are beginning to offer their first creations to the

buyers who flock to the fashion center for the newest.

The tight bodice is shown. The wide, circular skirt, with straight hem lines or dipping into delightful points on either side, will claim a certain measure of popularity. For these are the models buyers are turning their eyes toward. Taffeta is seen. Its crisp silk gives it an enviable place among the other silks because it has the knack of falling into graceful folds for the new circular skirts.

Those delightful two-piece costumes we knew earlier in the season, those costumes we learned to know as "Jacquette Suits," will remain in style far into the new year. But their lines will be slightly changed to meet the rise in waistline which has gradually asserted its claim.

It was predicted some months ago, when we were wearing our belts below the hips, that the waistline would rise. Women looked upon the prediction as idle gossip and continued to have their gowns fashioned with the extremely low beltline. The newer models show the waistline just at the hipline, neither above nor below. It is the beginning of a new fashion which couturiers seem to have agreed upon. And by the Fall of 1923 we are very likely to find our waistlines as we once had them—just below the sleeves. It seems an absurd change, but by the time the seasons of the new year have rolled by we may have changed our minds and be quite ready to welcome this novelty.

Hair nets done up in Christmas packages and tied with red ribbon may be had in dozen or half dozen sets. Matched to the shade of the recipient's hair, they add a personal note to the gift.

Fine linen handkerchiefs may be purchased and a crochet edge added by the girl who is handy with her needle.

Christmas Hints

A small glass combination dish is now being shown for the manicure table. It is divided into compartments to hold nail rouge, cuticle paste, polishing powder and nail white. One cover is turned to protect all from the dust while not in use.

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One Way to Make Money

THERE are so many ways by which a woman may make money in the open fields of industry to-day that it requires but a balancing of the assets and an analysis of one's natural inclination to decide which business to select.

One clever woman who had not been especially trained to any profession found herself facing the situation where she had to earn her own living. She wrote down the things she could do and checked off the impossibilities. There was but a limited capital to be invested, so the choice of a gown shop, millinery salon, etc., was out of the question. The woman had always loved her home. She had concentrated most of her effort on its decorations. She had a reputation in her neighborhood for turning out beautiful lamp shades, for selecting just the right frame for a picture, for knowing good rugs and the wearing qualities of all household supplies. This knowledge was what she selected as her means of livelihood, terming herself a "household shopping expert."

She sent out small printed cards announcing that she would shop with women and help them select their home furnishings. The service was gratis. But from each shop where her purchase was made she received a commission. This commission varied.

Her services were worth taking, because she had made it a point to know values, and it was not long before she was eagerly sought by inexperienced shoppers. Most women are inexperienced in specialties such as linens, rugs, etc.

To-day this clever woman has an office of her own in the heart of the metropolis, and she enjoys a freedom from worry over money matters.

In the Shops

WHEN purchasing pillow slips be certain to get them large enough to accommodate the pillow without crushing. A tight pillow slip wears out more quickly than a loose one.

Some of the shops will offer short lengths of ribbon at remarkably low prices after the Christmas returns. They make charming novelties for the warm weather frocks.

A black satin slip is a good investment. It may be worn beneath any of your transparent frocks without adding a whit of the undesirable heavy appearance.

Fancy bedspreads in pink, blue, yellow and red give a quaint charm to a Colonial bedroom. They are being offered at reasonable prices in the shops just now.

Can You Paint Parchment?

A NEW art has come into vogue and it is being taken up by many women who once spent their leisure hours with the embroidery needle. It is the art of painting parchment shades.

The parchment shades come in almost every conceivable shape. They are already treated ready to take the paint. A design in silhouette is placed behind the shade and the electric light turned on. This shows the outline clearly, so that it may be traced on the shade with a sharp pencil.

When you have finished the tracing, the next step is to go over the lines with a fine art pen and India ink. This gives a vivid tone to the design, and when it has dried you are then ready to begin painting.

Flowers, birds, simple silhouettes of dancing figures, landscapes, fishing scenes—anything you may care to have for the in-

dividual room in which the lamp is to be used—has been developed into designs one may select at the shops. The painting set is composed of several tubes of oil paints. A little paint is smeared on the enamel palette and daubed into the design with a small brush. It is surprising how beautifully flowers may be blended. Sometimes, when the vivid design has been completely painted, the background of the shade is painted in black. A glossy paint is used as a final coat and when dry the lamp shade is worthy of decorating any room in your home. Parchment shades lend an attractive note to a dark corner of the hall. And in the room where the more formal note is to be desired, one could select no more appropriate shade than the parchment. Wall lights, too, take the parchment clip shade, too, take these smaller articles and wall lights first.