

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

THE COIFFURE EXPLAINED STEP BY STEP



Arranging Front and Sides.

Disposing of Loose Ends

Making the Back Symmetrical.

The Finishing Touches.

THE day is gone when the woman who cares for her appearance can just grab her back hair somewhere between her ears and her crown, and, with one deft twist, arrange it for the day by the aid of one or maybe two wire pins. The hair dressing of the moment is a painstaking process and requires time.

The use of hairpins. It is not necessary to invest in the expensive ones of shell, amber and celluloid, so extensively used two years ago; it is even better you should have nothing but the ordinary wire affairs, with which you can afford to be extravagant. Once provided with these—and plenty of them—in the average size, it is well to also get a few large ones. These are invaluable in holding the structure in place, and they will give the coiffure greater security. Of course, for the finishing touches, nothing can take the place of the invisible pin, and it should be short and very fine. With these implements at hand we may begin the coiffure, but let me impress upon you once more to let each individual hairpin do its own work. Never let one take the place of two.

IN DETAIL

For the coiffure of today, whether you expect to indulge in the pompadour or in the part, the hair must be divided. Part it across the head just back of the ears, then divide the front into three parts, the middle and two sides. This must be done, even if the hair is marcelled. To arrange the front, brush back the middle section until the effect is right, then fasten it in place by a hairpin just a little below the crown. Bring up the sides—one at a time—and fasten them in the same place, but let each be secure. For this you will need nothing but the medium-sized pins. The pompadour (which should be soft and low) or the part then being finished, the back only is left to arrange. The ends be-

longing to the front hair may then be twisted separately to form a foundation for the final knot, or, if the hair is not long enough, they may be tucked in all to themselves. Their separation from the back hair is necessary, for if they are included, the manipulation of the back will spoil the effective arrangement of the front.



Division of Back Hair.



Rolling a Part to Form a Psyche Knot.

In the picture the hair is to be arranged in the Psyche knot, so the back hair is divided—the lower from the upper—and the top is tied close to the head. If the hair is too scanty to arrange this way, then let false hair form

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vided in half and wrapped around the knot. This is left till the last, so that the hair at the back of the neck can be arranged to fall in line with the waves at the side.

The finishing touch to the coiffure is the final large hairpin, which holds the completed arrangement in place. You see that the coiffure can no longer be merely haphazard. Its accomplishment requires time and trouble and skill, and it may not be shirked if you would have that well-groomed appearance so characteristic of the smart woman.

Mrs. Symes' Aids to Correspondents

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 also be complied with in regard to personal letters.

Lost Patience
I have been following a diet list and taking exercise to reduce my flesh for over a month, and I really can't see much improvement. Is there anything else I can do?
CONSTANCE.

Bloom of Roses
I would like to have the recipe for a harmless rouge—will you please print one as soon as possible?
Mrs. Q. V.

Bran Bags
Of what use are bran bags in the water and how do you make them?
C. V. A.

Outstanding Ears
Kindly tell me some way to make the ears less prominent. Mine stand out from my head, making me look much ridiculous.
EMBARASSED.

Lotion for Premature Wrinkles
Some time ago I saw a recipe in your paper for removing premature wrinkles. Will you please publish it again?
M. R. H.

For Perspiring Feet
I do not know what is the matter with me, but lately my feet perspire so dreadfully. Will you kindly tell me what to do?
WORRIED.

Parasites in the Hair
The simplest and quickest way to destroy head lice is to wash the head in gasoline—do not use kerosene. Wash the head with it the same as you would if you were giving a soap and water shampoo. If after the first treatment the head is not entirely clean, repeat the process.

Brillantine for Hair
Kindly tell me what brillantine does to the hair, and please give me the recipe.
FLOSSIE.

Rubber Mats
What can be used in the bathtub to prevent one from slipping?
NANCE.

To Develop the Legs
Kindly publish an exercise to develop the neck and legs. Is it all right to use cocoa butter on neck and chest?
ELEANOR.

Bags Under the Eyes
What is the cause of the little bags which so often appear under the eyes? They make me look so much older, and I do wish I could get rid of them.
Mrs. D. P. G.

Before Washing the Head
Please tell me how to use egg on the head, and how to use it on the hair, and I think the egg will improve it.
JANE.

Scant Eyebrows and Eyelashes
My eyebrows and eyelashes are very thin. What can I do to make them grow?
BENJAMIN.

Milk on the Face
Would you advise me to rub milk on my face? I have been told to do so, but would like your opinion before trying it.
M. I. M.

When Climbing Stairs
I have heard girls complain because they have to climb so many flights of stairs in order to reach their rooms. Now, with a little practice they will be able to go up the stairs without feeling the climb at all. Hold the head erect, the chest up, breathe slowly and deeply and put the ball of the foot firmly on each step.

Very Bad Form
It is good form to carry on conversation during a concert? INQUIRITIVE.

The Christian Name
All of my sisters are married and although I am the youngest daughter I am certainly unmarried. When ought my Christian name be on my cards?
LORNA DOONE.

Never Have Been Introduced
It sometimes happens that a girl is placed in a position where it is necessary for her to speak to a stranger. Should she then recognize him or her on their next meeting?
TOPSY.

Introducing Young People
What is the proper way to introduce boys and girls between the ages of 14 and 18?
MADGE B.

The Christian Name
The Christian and surnames should both be mentioned, prefixed with "Mr." or "Miss."

Very Bad Form
It is not courteous to the performers to distract their minds or spoil the effect of the music by conversation. Unfortunately, many people do not remember this.

Advice on Social Problems.

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

Informal Evening Parties

IN the very beginning today I want to tell you all that if you will address your letters straight to me, instead of to Mrs. Symes, I will get them the sooner and, therefore, the sooner you will receive the answers. Of course, Mrs. Symes turns all questions concerning etiquette over to me, but I would much prefer not giving her that trouble. Letters meant for me should be sent to Mrs. Chester Adams.

Today we will talk about the little informal parties where boys and girls gather on winter evenings in some one's parlor. I have talked much on formal affairs, and I did this because I thought that the etiquette of these functions would be both interesting and instructive; but now the time has come to take up those little intimate affairs—the informal gathering of friends.

Not very long ago I received a letter from one of my correspondents asking me which would be correct in the case of a small evening party, to have refreshments served in the parlor or in the dining room? Of course, I said "in the parlor." If the guests are but few and it is to be merely a buffet supper—a few light delicacies passed around on plates by the men—then why so divide the people as to have a few in one room and a few more in another? Let them all stay together and thus add to the gaiety of the occasion. "Tipping"

is a very recent word, one that the conduct of the young people of the present generation caused to be coined—more's the pity. It means that young people are prone to forget their duty toward their host or hostess and fellow-guests and so "in twos" to some corner to avoid general intercourse. This is unfair, and, for my part, if any such thing occurred in my house the couples who were so forgetful of their breeding would be invited to go. So, you see, if all the party are kept in one room the entertainment may be made much more general.

If a girl is inviting a few of her friends to spend the evening at her home, and if the invitation is to be written, it should be sent by her mother, not herself. If, however, she is merely going to ask her friends "by word of mouth"—either in person or by telephone—then she may do so herself. When they arrive, however, they should find the mother at hand, although, when she has spoken to the guests, she may retire and leave her daughter and her friends to their own devices. It is then usually the order of the day to play some kind of game, and this should be chosen beforehand, so that the arrangements may have been made. If it is to be a game in which a prize is to reward the winner, it is unnecessary to choose anything expensive. Any trifle, either bought or hand-made, would be appreciated, for, after all, it is not the value of the prize, but the "winning" that appeals to the sportsman. Sometimes a joke prize is best of all—a tiny cake, a woolly lamb—for such foolish things provide fun and amusement for every one, and cannot cause a feeling of disappointment or jealousy. After the game, he it what it may, is over the refreshments may be served, and, if the party is very informal, let the guests help—the men as well as the girls.

Such informality only lends merriment to the occasion. The girl who must do her own work might avoid so many embarrassing situations if she would learn to treat all such details as a joke to be shared with her friends. As to the refreshments themselves, there should be lemonade, some plain sandwiches and some cake.

When the time comes for the guests to leave, the mother may return and say good-night. She need not appear again, although she should never retire until the last guest has gone. The chaperon is just as important—in fact, more important—at an informal party than at a really formal one, and, even though she does not remain with the young people during the entire evening, it is proper for her to be near at hand. And, girls, no, not think this is old-fashioned—that no one cares for such things nowadays. The idea of chaperonage is growing stricter year by year, and you have no idea how greatly your friends will respect both you and your mother if you are particular in your manner of entertaining and going out and discriminating in the selection of your friends.

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If there is no mother in the house to chaperon her daughter's parties, the daughter may invite some older woman

of her acquaintance to come and act as chaperon. It sounds harmless—and is harmless—for a number of young people to spend the evening together, but custom dictates that a chaperon is essential, so there is no use in trying to argue the fact away.

Do not let young people stay too late. Schoolgirl parties should be over by 11 o'clock, even on Saturday evening. Later festivities are always reserved for days when school is over and girls have grown into young ladies.

About the guests: If any one of them should forget and leave his or her manners at home, be polite and courteous as long as the mistaken one is in the house. This is one of the laws of hospitality. It is, however, quite unnecessary to invite the offending ones to the house again.

Require of every one who visits you that he or she shall remember how to behave; select your friends carefully. Surely, it is better to have one or two really nice and trustworthy friends than six or eight acquaintances who are a constant source of worry and embarrassment. Do not be afraid to pick and choose. Do not be afraid to drop from your acquaintance those who do not reach your own highest standard of behavior. There are always the right persons to be found if you have the patience and wisdom to wait until you find them.

PERPLEXITIES SOLVED

Not at All Proper
Is it ever right for a girl to allow a man to pay her car fare and board bill?
SUSAN.

The Bride's Veil
I would like to know how a bride's veil should be worn when entering the church. Should it be thrown back on the way out of the church or should it remain over the face?
ANXIOUS.

When Climbing Stairs
I have heard girls complain because they have to climb so many flights of stairs in order to reach their rooms. Now, with a little practice they will be able to go up the stairs without feeling the climb at all. Hold the head erect, the chest up, breathe slowly and deeply and put the ball of the foot firmly on each step.

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