

# CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

## Coiffures for Half-Grown Maidens



For Evening Dress.



Turned up braid with ribbon bow.



Taken from Colonial times



Psyche knot bound with ribbon



The Simple Pompadour is very youthful

THERE is a time in every girl's life when she leaves off the very short skirts of her youth and dons the ankle-length frocks that prove her to be upon the border of womanhood. And it is during this halfway time that she must determine with care all the details of her toilet, for the awkward age is not an easy one to dress, and although at 14 this unfortunate time is supposed to be past, nevertheless some of its characteristics still cling.

Several times recently I have received letters from girls of 15 and 16 asking me how to wear their hair. Some of them tell me that they have no mothers, and they most earnestly request me to give them the advice that they cannot easily get from friends and relatives. So that is why I am today taking up this subject, hoping that the pictures I am able to print will give more assistance than the letters I have already written. Pictures do help so much, do they not? One may even copy a coiffure if the photograph be carefully followed.

The wavy, yet not too set, pompadour is always youthful and pretty, and any girl who takes this as the foundation of her coiffure will make a good selection. Of course, the back hair must be arranged, and up to the age of 17 this should be bound with ribbon tied round the knot and fastened in a bow at some point that suits the face.

### FOR OLDER GIRLS

For the girl of 17 or the large girl of 16 the psyche knot on the head, finished with two little curls, is very girlish, without being quite so youthful as the headress bound in with ribbon. The photograph shows a charming arrangement borrowed from colonial times, entirely simple, yet undeniably artistic. For evening wear the low coiffure is always pretty, and the dainty curl on the Janice Meredith order is held in place by a pretty flower a truly dressy effect is attained without the use of unyouthful jewels. Such an arrangement is very becoming.

For the girl of 15 and thereabouts a pompadour, a turned-up braid and a ribbon bow are always in good taste, and when the hair is symmetrically arranged the result could not be improved. Always see that the sides show no parts or imperfections and that the pompadour is not too large.

Sometimes, when the hair may be arranged above the nape of the neck, it is a good idea to twist the plait around upon itself and hold it in place with a ribbon and a bow tied upon the side. Particularly is this becoming to the girl whose hair grows prettily at the back of the neck and around the ears.

### 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.

**The Tinted Shade**  
Dear Mrs. Symes,  
Will you kindly advise me how to use henna, and in what quantities, to get the tinted shade on the hair?  
I am giving you the recipe for the henna stain, which will give your hair the desired shade.

**To Train the Ears**  
Dear Mrs. Symes,  
Will you kindly tell me how to train the ears to grow closer to the head?  
If you are still in your youth there is a possibility of the ears being trained to grow closer to the head by cap.

**Very Curly Hair**  
Dear Mrs. Symes,  
My hair is very curly and every time I go to arrange it I get out of patience.

Is there anything I could do to make the work of dressing it any easier?

**Very curly hair** which is difficult to manage can be more easily brushed and combed if a few drops of brilliantine or a little olive oil is poured on the brush. The hair should be divided into strands and each strand combed separately, beginning at the very end and working gradually upward.

**Instep Too Low**  
Dear Mrs. Symes,  
Will you kindly tell me of some exercise I could take to enlarge my instep? It is quite low, and I do admire a high instep.

**An Irritated Scalp**  
Dear Mrs. Symes,  
Will you publish a recipe for falling hair? My scalp seems to be sore and burns at times, though it was very likely the instigator. The hair becomes very oily after one week from date of washing and has

by exercise, but by having your shoes well padded and your heels raised the instep will appear to be much larger than it really is.

**Perplexities Solved**  
**About Writing and Riding**  
DEAR Mrs. Adams,  
Your advice will be thoroughly appreciated.

**BE TACTFUL**  
In the house be agreeable to every one, and do not try to monopolize the attention of any one. Be generally nice if you wish to be popular. Do not be too particular about the food that is set before you, and hide any preference that you may have, unless your hostess asks you to express your desires. Try to be on time to meals, no matter at what unreasonable hour they may be.

**SHOW CONSIDERATION**  
But, on the other hand, when you expect to stay with some one else do not take with you too many trunks. They are frequently a source of inconvenience, and sometimes when your hostess' house is somewhat inaccessible they are both expensive and embarrassing.

**SHOULD BE TACTFUL**  
Always defer to your hostess and never arrange anything without first consulting her. For it is probable that something has been arranged for your entertainment with which your plan might interfere. When, however, suggestions are made to you by your hostess always receive them with favor. No one can entertain you if you do not want to be entertained.

**Perplexities Solved**  
**When Introducing the Pastor**  
DEAR Mrs. Adams,  
I would like to send a short, effective telegram of congratulation to a friend who is about to be married. Will you kindly help me in the wording of such a telegram?

**How to Refuse**  
DEAR Mrs. Adams,  
When I have an engagement for an evening and another young man asks to call that same evening, would it be unkind to tell him I have another engagement?

**Removal of Garments**  
THE hannel or underclothing worn during the day should never be worn at night. This is unhealthy as well as uncleanly. The nightdress should fall to the feet, have sleeves to the elbow or wrist, and may be trimmed with embroidery or lace. It may be finished with a high collarette falling in pleats to the shoulders; fastened with ribbons at the neck and wrists. It should be made of material which will stand washing.

rubber an unhealthy appearance. An itching sensation is noticed at times. **READER**, I am giving you the recipe you desire, but before using the tonic I advise you to have your scalp examined by a hair specialist, for it may be you have eczema. In that case you will need to have your scalp treated. If you have nothing more than dandruff, then use the recipe I recommend, and also use a dandruff cure which often appears in these columns.

**For Falling Hair**  
Cologne ..... 1 ounce  
Tincture of cantharides ..... 1 ounce  
Oil of English lavender ..... 1/2 dram  
Oil of rosemary ..... 1/2 dram  
Apply to the roots of the hair once or twice a day. It is positively necessary that the hair should be kept clean. Shampoo it at least once a week.

**Oily Hair**  
DEAR Mrs. Symes,  
My hair is very oily, and I don't like to wash it every day. I wish you would give me some good dry shampoo for it.

**Greasy hair** is oris root. Sprinkle the powder on the scalp and brush it into the hair with a clean brush. Then use another clean brush to remove all traces of the powder from the hair. If the hair is washed once a month with soft water, to which is added half a teaspoonful of borax to the basin and the beaten yolk of an egg, and the powder is used as directed, it should be kept in good condition.

**Growth of Hair**  
DEAR Mrs. Symes,  
Will you kindly insert in your column an article telling me how to get rid of a small growth of hair around my upper lip—something that will not burn my face or leave a mark on the skin?  
I am giving you the recipe for a depilatory which you may use to remove

**Massage and Freckles**  
DEAR Mrs. Symes,  
I have freckles on one side of my face and around the upper part of my nose. A few of them are very dark. Kindly give me a recipe that will remove all of them.

**Orange-Flower Cream**  
(A Skin Food.)  
Oil of sweet almonds ..... 4 ounces  
White wax ..... 6 drams  
Spermaceti ..... 6 drams  
Glycerine ..... 2 ounces  
Orange-flower water ..... 15 ounces  
Oil of neroli ..... 15 drops  
Oil of bigarade (orange skin) ..... 15 drops  
Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

**To Reduce a Fat Neck**  
DEAR Mrs. Symes,  
Will you kindly publish a recipe for reducing fat on the neck? Also one to reduce redness—at times my face seems to burn.

**Remove a Large Neck**  
DEAR Mrs. Symes,  
To reduce a large neck use the following recipe:  
Potassium iodide ..... 1/2 ounce  
Bay rum ..... 4 ounces  
Apply to the neck three or four times a day.

**Proper Care of the Teeth**  
FOR summer use, the most delicious and the best dentifrice is the strawberry. It cleanses the teeth thoroughly. It should be crushed on the brush, the teeth then rubbed and rinsed in warm water.

**Simple Treatment**  
The best treatment is very simple. It is only necessary to let particles of chloride of potassium melt in the mouth, but they must be pastilles which will leave no bad effects.

**Baby's Teeth**  
The pain attending the appearance of the first little baby teeth may be mitigated by rubbing the gums with Narbonne honey. It relieves and softens the gums (and at the same time being absorbed by the stomach is soothing to the bowels), and the teeth appear without that pain which often results in convulsions and death. A crust of bread, the root of marshmallow, a rubber ring are all useful to promote dentition. The importance of paying attention to the teeth of children is plain to every one. There is a double object: to prevent horrible suffering in the present, which they are too feeble to endure, and to insure them in the future healthy and beautiful teeth.

**Proper Care of the Teeth**  
I would advise that a small crust of bread be eaten after each repast. Despite washings and dentifrices, tartar is deposited on the cleanest teeth, with few exceptions. Gouty and rheumatic persons will perceive the formation of tartar on their teeth in certain quantities despite all care.

**Simple Treatment**  
For other constitutions an energetic brushing will always prevent the appearance of tartar, check its growth and sometimes destroy it.

**Baby's Teeth**  
As soon as the teeth of an infant appear care should be given them. This is a painful time for the little ones, and also for the mothers, who fear results which are sometimes fatal.

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