

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

Youthful Hairdressing



BECOMING and appropriate hairdressing for the young girl between the ages of 14 and 16 years is a problem some mothers are often puzzled to solve.

Simplicity, of course, is the keynote of success in the art of dressing a young girl's hair.

The flat, soft puff across the forehead and over the ears, caught on the crown of the head with a plain comb and then carried down to the nape of the neck, where it is forced under in a soft braid tied with a broad ribbon, is perhaps the most becoming of all arrangements.

If your daughter is not blessed with curly hair, it can be waved by dampening a rather thick strand and winding it over a kid outrail. Twist the strand of hair as you work and when dry you will have a very natural wave, soft and graceful.

Parting her hair down the center of the head is more becoming to some faces. When this is done, fluff it over the ears and roll back to the base of the crown, braid and fold under as before. A bow of wide ribbon is then pinned on with one or two long bar pins, either plain gold or set with small stones.

When the young lady is old enough to have her coiffure arranged without ribbons, an attractive way is to part her hair in the center, fluff it a little over the ears and coil it low at the back of the head in a flat figure eight. Bring the coils well out at each side and hold in place with two large shell pins.

The coronet braid is always a popular method of hairdressing with the high-school girls. To arrange this, brush the hair to the back of the neck, separate in two parts and braid. Cross the braids, bringing them around to the front, where the ends are tucked in underneath and pinned in place. Fancy pins may be used on either side.

Another simple arrangement is the double coil at the back of the head. Part the hair in the center, from the front straight back to the neck. Twist each section of hair into a flat,



For a Girl of fourteen

The Figure Eight

round coil, bringing the two coils together in the back, so the part will not show.

Pin securely in place, and use a fancy shell pin in each coil if you wish. These are all easy, simple and becoming ways to arrange the young girl's hair, and ways that are extremely fashionable besides.

Of course, I need not emphasize the importance of a healthy condition of the hair in any attractive arrangement. Only hair has a positively obstreperous way of refusing to be arranged. Massage will restore an abnormal condition of the oil glands to their natural state.

Dry hair, to be made glossy and soft, should be massaged with any good tonic the base of which is a nourishing oil. Dandruff can be

cured by daily application of castor oil.

Split ends should be singed, for otherwise the growth is stopped. And, above all, let there be the hundred strokes every night before retiring.

This stimulates the glands that nourish the hair, thus increasing the growth and improving the health. It distributes the oils throughout the entire length of the hair, and keeps the whole "crown of glory" in its natural state of brightness.

Do not let a young girl use the hot irons on her hair. Any overly arranged artificial curling is not in keeping with the sweet simplicity of youth.

Her own hair, in good condition, becomingly arranged, is the most appropriate coiffure for "sweet sixteen" or her younger sisters.



A Coronet Braid

ADVICE ON SOCIAL CUSTOMS.

Mrs. Clara Adams might cordially repeat her friends to bring to her their Social Problems and Difficulties by letter at any time.

ON WEDDING JOKES

FIRST of all, let me declare emphatically that all practical jokes are decidedly bad form. They show a lack of good manners, good breeding and consideration for others. They represent a species of social cruelty that cannot be excused or forgiven. And I wish my readers to resolve today to discountenance and to take every possible means to discourage jokes at weddings.

In the first place, the name is misapplied. Any act that brings embarrassment, inconvenience and positive discomfort on others is no joke. The class of man or woman to whom this kind of thing appeals as funny is not worthy of the association of cultured, well-bred persons.

Refreshments

I wish to entertain at cards and should like to serve oyster stew. Would it be appropriate, and how and with what should it be served?

I do not think the stew would be appropriate. Creamed oysters served on toast would be much better. Or a very nice dish is made of garden peas heated in tomato sauce and served on toasted crackers. With either of these serve coffee.

Evenings at Home

I am a business woman, and my mother and I have neither the time nor energy to entertain as much as we might otherwise wish to do; but we would like to entertain our friends now and then, less formally and agreeably. I have been wondering if it might not be well to have an evening "at home" not held in a room designated on our visiting cards, and if so should it be on both mother's and mine, or on mother's alone? It would be proper for father, mother or me to say to a gentleman whom we might meet at church or similar place, that we would be at home on such and such an evening, and would be glad to have him drop in. Would it be better to serve refreshments in the dining room or in the room where the guests are received? Any suggestions as to what to serve will be greatly appreciated.

If you are a busy woman who is not possessed with powerful strength it would be better not to burden yourself with social duties. It is not customary for one to send out evening "at home" cards. However, if you wish to take exception to the rule you might send out your visiting card after writing in the lower left-hand corner "At Home Thursday evening, February 10, from 8 until 11 o'clock."

It is always more comfortable for all concerned to serve refreshments in the dining room than in the parlor.

Sandwiches, coffee and fruit may be served; or, if you wish, ice cream and cake may be substituted for the fruit.

Buttered Bread

Should a piece of bread be buttered before breaking it or after? If bread should be broken into small pieces, buttered and transferred with the fingers to the mouth.

No Boy Friends

Brunette—You are very young to feel discouraged because you have had no boy friends. In order to acquire desirable ones, advise you to make up your mind to be content with the current news and good literature so that you may prove interesting when you do meet them.

Eating Peas

Should peas be eaten with a spoon or a fork? A fork should be used for the purpose.

Introduction to a Girl

1. What should a young man say when introducing a girl to a friend? 2. Should he shake hands at the time of introduction? 3. Should the man propose a walk to get better acquainted with her?

THE OTHER FELLOW. 1. "How do you do, Miss Brown?" or "I am glad to know you, Miss Brown," are proper remarks to make. 2. Not unless the girl offers to do so. 3. At the time of introduction, the man with the crowd. During the conversation you may ask permission to call on your new acquaintance. This will give you an opportunity to become better acquainted.

Wait for the Invitation

Should a young man wait for a girl to suggest going to a place of amusement when a young man invites her, or should she wait until he invites her? She had better wait until the young man makes such a suggestion. It may place him in an embarrassing position to propose such a thing.

Dinner or Supper?

To settle a dispute, please tell me whether the evening meal is dinner or supper? A CONSTANT READER. In some localities dinner is served at noon and supper in the evening. In other localities luncheon is served at noon and dinner in the evening. Therefore, the term may be properly applied to a meal served at either time of day.

Another Chance?

To undecided—I think you have given the young man plenty of opportunity to prove his caliber. If you are a wise girl you will try to forget him and seek better society.

A "Blue" Girl

Dear Mrs. Adams, I am by disposition a very queer girl. I have a ready imagination, which enters very small things into enormous size for me. Recently I met a young man, and as the development of our acquaintance was slow at first, I grew very blue. Later he commenced showing me marked attention for a period and I ceased to worry about him. After a while he grew irregular in his attentions. Again I am beset with the blues. I have a very, very nervous system. I am treated the more I do care. I really never see myself feeling—my nervous indifference when inwardly I feel quite the contrary. Please suggest some remedy for me before I am very, very unhappy. My dear, I think your whole trouble

is selfishness. I realize we all have our blue days and, as you say, they come when things don't just as we would have them. This is the opportunity given us to show our better self. The best remedy for the "blues" is occupation. If your mind is busy with planning and thinking, you will not have time to think of yourself. If you do not have regular employment, look about and find some person or family in need of assistance. Whether it be mental, moral, physical or financial help, you surely have something to offer to someone. If you wish to think yourself fortunate, just keep the following thought ever before you: "If all the misfortunes of mankind were cast into a public stock, in order to be equally distributed among the whole species, those who now think themselves the most unhappy would prefer the share they are already possessed of before that which would fall to them by such a division."

Has Not Heard from Him

Dear Mrs. Adams, I was visiting a town where I met a young man who called on me a few times. When I returned home he called on me several times. I have not heard from him for a few weeks. Would it be proper for me to write to him as I do not wish to lose his friendship?

If the young man has not replied to your last letter I advise you to refrain from writing until he does so. It may be that he has been unusually busy and has not had time to write. Be patient!

Answering an Invitation

How soon should an answer to a theater invitation be given? A prompt answer should be given to all invitations. This is a courtesy due the hostess.

A Delayed Gift

I was unable to send a bride her gift before her wedding, and would like to know how long it would be all right to do so now? She was married a few weeks ago.

A gift may be sent after the wedding day, but it should be accompanied by an explanatory note and should be forwarded to the bride at her husband's home.

Unfolding the Napkins

Will you kindly tell me whether the napkin should be unfolded when dining at the table? ANXIOUS. The napkin must not be spread out to its full extent over the lap. To unfold it once and lay it across the knees is enough.

Dinner Dress for Men

What is the proper dress for a man's dinner dress for men, and if men wear their dresses into the dining room. GHOCE. For evening dress is the rule—black swallowtail coat, with white waistcoat to match, or a waistcoat of white pique; white linen ornamented with two or three small pearl studs; a high collar and cuffs, with white lawn or black silk or satin bow tie; patent leather shoes. The tallest dinner jacket, always worn with a black bow tie, is only permissible when dining at home without guests, or in the company of one or two intimates. Men do not wear gloves into the dining room.

Inviting Him In

What is the proper thing for a girl to say to a young man who has been calling on her for some time, but who has not yet asked her to come in? If it seems like he should ask, she should ask a READER. If it is not very late when you arrive at your home, it would be quite proper to invite the young man in. Otherwise, bid him good-night at the door. It is proper for a girl to extend an invitation to a young man to call on her. It is advisable to let the man suggest the day.

Anxious for His Love

Your advice will be very much appreciated. I am 18 years old and am very fond of a young man about the same age. We had been going together about one year, and in the meantime I met another young man and thought I liked him. We went together about three months, but I found I did not care for him. I love the other one and should like to know what to do to gain his love again, as he never comes near me. DOROTHY D.

The First Teeth

RECEIVE many letters from mothers who ask me if it is necessary to give their babies' first teeth any care—I think it is wise to give some facts why they should be cared for. The first set of teeth are needed to keep places for the permanent teeth, and if they are lost prematurely the jaw will not grow to its proper shape, and the second set of teeth, when they come, may be so crowded that they are forced to turn sideways and grow unevenly. And if a decayed tooth is left in the decay is apt to eat downward to the root, and affect the animal of the permanent tooth underneath. If it is any way possible, it is a good plan to take all children to a dentist once every six months. It is money well spent, for children whose teeth are properly seen to very seldom have much trouble with them in later life. Mothers, of course, their general health is bad.

ANSWERS TO BEAUTY QUERIES

REPLIES to letters sent to the writer of this department will be printed in regular order; but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Weights Too Much

Dear Mrs. Symes, I am 17 years old and weigh 140 pounds. My height is 5 feet 6 inches. Do I weigh too much? What will make my arms and limbs smaller? I have plenty of exercise, for I walk four miles a day. BETTY.

Your weight should be about 125 pounds. To reduce the excessive number of pounds you must live on a diet if you physical strength will allow it. Walking is excellent exercise, but for reducing purposes it must be very rapid. Possibly your four miles are covered leisurely.

Recipe for Corn Cure

Dear Mrs. Symes, Some time ago you had a recipe for a hard corn on the bottom of the foot. It was made up of two articles. If you can remember the recipe, please publish it again. Following is the recipe you desire: Salicylic acid..... 1 dram Colloidal silver..... 4 ounces Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

An Egg Shampoo

Dear Mrs. Symes, Will you kindly let me have the recipe for an egg shampoo? Also, one for a tonic for falling hair? SALLIE. Following are the two recipes you desire: Egg Shampoo To half a cake of pure white castile soap add 1 pint of hot water. Set on the stove and heat until the soap is perfectly dissolved. To this add an egg which has been thoroughly whipped with an eggbeater, stirring it into the mixture with the beater to prevent curdling. Add 1-2 of a

teaspoonful of borax and 1 teaspoonful of alcohol to preserve the shampoo. When ready to shampoo the hair, rub well into the scalp and rinse in several clear waters, using a bath spray, if you have one.

Falling of the Hair

Tincture of nux. vomica..... 1 ounce Spirit of rosemary..... 2 ounces Alcohol..... 2 ounces Apply several times a week to the roots of the hair.

The Daily Bath

Dear Mrs. Symes, Do you think that deep breathing helps the complexion in any way? PEARL. A quick bath every morning will beautify the complexion and brighten the eyes, and it will give one a feeling of freshness. Because of the poisonous fluids which the skin is constantly throwing off, the daily bath is quite necessary.

Fresh Air

Dear Mrs. Symes, Do you think that deep breathing helps the complexion in any way? BRNESTINE. If every one could be made to drink in fresh air night and day, she would have a clear, fresh complexion, bright eyes and a clearer brain. To think of breathing foul air is positively disgusting, therefore we should pay more attention to the condition of the room in which we are.

To Broaden the Chest

Dear Mrs. Symes, My chest is not so wide as I should like it to be, therefore I should be very glad if you would tell me some exercise which would broaden it. WOLFRADO. Depress the chest, letting the shoulders come forward, with the head up and back. Raise the chest by muscular effort, not by breathing, to the point of greatest expansion. Raise and lower the chest in this way eight times.

Hereditry

Dear Mrs. Symes, It is said that persons inherit the hair as well as the good traits of their parents. Do you think this can be avoided? WOLFRADO. It is true that we inherit certain peculiarities of our ancestors, but I think that careful training and education will check many of the potential-

ties toward evil. The right kind of occupation and a watch on the general conduct in life will prove extremely helpful.

For the Hands

Dear Mrs. Symes, For some reason my hands are very rough and red. I wish you would print a recipe which will improve their condition. M. L. Put into a bottle two ounces of glycerine, two ounces of water, four table-spoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Dark Eyelashes

Dear Mrs. Symes, I am a great admirer of dark eyelashes and should like mine to be a little darker than they are. Will you kindly give me the recipe for your best stain? FEGGY. Following is the recipe for a very good stain: Gum arabic..... 1 dram Glycerine..... 4 ounces Rosewater..... 4 ounces Powder the gum and gum and triturate small quantities of the powder with the glycerine until you get a uniform thick liquid in a powder, and then add the remainder.

Powder for Polishing Nails

Dear Mrs. Symes, As I am not a wealthy girl, I do my own manicuring. Will you kindly give me the recipe for a good but harmless powder for polishing the nails? BRUNETTE. Here is the recipe for a very good powder: Talcum powder..... 1/2 ounce Pumice stone, pulverized..... 4 ounces Mix thoroughly, add 1/2 ounce of carmine and a few drops of oil of rose, if a perfume is desired. Sift through silk bolting cloth.

Hair Is Lifeless

Dear Mrs. Symes, My hair does not seem to have much life. It lies too close to the head to be pretty. What can I do for it? MADGE. I think that if you will massage your scalp for five minutes night and morning and brush your hair for ten minutes daily you will soon see an improvement in your hair. An egg

shampoo will prove helpful also. See answer to "Sallie" for the recipe.

Bleach for the Neck

Dear Mrs. Symes, I do not wear low collars in the winter, consequently when the warm days come my neck is very brown. Will you give me the recipe for a bleach which I may make at home? EMILY. Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add: Pulverized borax..... 5/8 ounce Acetate of soda..... 3/4 ounce Tincture of guaiacum..... 4 drams Rosewater..... 1 pint Mix thoroughly and apply two or three times a day until the stain is removed.

Flat Chested

Dear Mrs. Symes, If I had nice eyes I would not be considered bad looking, but they are of a nondescript color, and I have hardly any eyelashes. Is there anything I can do to enlarge my eyes? Is boracic acid as good as anything to use when bathing them? I am using vaseline for my eyelashes. My neck is so bony and I am so flat-chested that I cannot wear evening dress. Do you advise me to use cocoa butter? Will it cause hair to grow if rubbed on the face? FEGGY. You can do nothing to enlarge your eyes. Eyes need not be large to be attractive. They may be very bright and expressive, no matter what their size. The occasional use of boracic acid is very good for tired or weak eyes. Vaseline is the best thing you could use to encourage the growth of eyelashes. I do advise you to massage your face neck and chest with cocoa butter once a day. This will not produce a growth of hair. Along with the massage form the habit of breathing deeply. There is nothing like it to develop the neck and chest.

The Effects of Acid

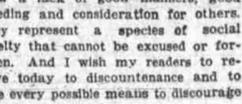
Dear Mrs. Symes, I have been told that vinegar impairs rather than aids digestion. What do you think about it? DOROTHY. The acid of vinegar, being a fermentation acid, renders the digestion of many foods with which it is taken more difficult, while vegetable acids, such as lemon juice and citric or tartaric acid, do not cause that objectionable effect. Vinegar retards salivary digestion and the digestion of those carbohydrates with which it is combined.

Solutions to Social Problems

Refuses to Marry Him

TO F—I am very sorry that your hopes have been crushed, but do not be discouraged. After the girl has seriously considered the matter she may come to realize that you were and are sincere. Be patient and give her a

Parted in the Center



Parted in the Center