

CONCERNING HEALTH AND BEAUTY

By MRS. HENRY SYMES

PROFITABLES FOR BEE and BUTTERFLY



A Bandeau Over Waved Hair

There are so many soft, pretty ways to dress the hair at present that any woman, no matter how unattractive her face, can materially alter the contour of her face and soften her lines by a becoming coiffure. When I see a plain little woman with her hair drawn tightly back into a compact knot, I feel like pleading with her to allow me to dress her hair—to let me take at least ten years from her age. Two things a woman no longer young should remember are that the hair must cover, partly at least, the ears and come rather low on the forehead. The fashion of hairdressing today requires that these two points be observed by the young people as well. What is more trying to a face, old or young, than to have above it the hard, rigid line of a hat, with many a stray whisp or curl to fall from under it? It is interesting to note that an elderly man recently said that he recalled the time when it was considered immodest for a woman to allow even the tips of her ears to show. If this be true, I wish there were more modest women today. They would look so much prettier.

Now, there's that soft, low pompadour for the busy bee—the business girl. The arrangement is almost classic in its simplicity, and yet there is nothing hard, plain or tight about it. On the contrary, it softens the face wonderfully. This coiffure is more easily managed if one has naturally wavy hair. Separate the front hair from the back and comb the front hair into a soft, low pompadour falling loosely over the ears, and fasten at the back of the head rather low down with a hairpin. Then comb the pompadour and the back hair together and pin into a loose, firm coil or double-twisted figure eight. The short ends at side and front are twisted by the fingers into tiny ringlets if the hair is naturally curly. The iron or crimpers will, of course, have to be used if the hair has to be artificially waved and curled. Crimpers will not harm the hair if one is careful to use only those that do not cut or catch in the strands. The iron should be used only in cases of emergency and then most carefully. Very small crimpers could be used to curl the short ends, and so form the ringlets. If you can put a net upon the coiffure artfully, so that it is almost impossible to detect its presence, I would advise you to do so. This would keep you "tidy" for business hours. Be sure, however, to comb the only the long wisps, for the tiny ringlets must be allowed to creep under the edge of

It is well to remember that no matter how beautiful a coiffure arrangement may be it must suit the face or it cannot be worn successfully. It is also well to change the style of hairdressing frequently, so that different parts of the scalp and hair will be exposed to the light and air, and to guard against bald spots caused by the pins. If the hair is worn parted it is always well to make a different part each morning from that worn the day before.

A pretty fashion of arranging the hair for the wearing of a bandeau is the side part and low coil. The small ringlets, which keep the part from being too decided, can be made with the iron or tiny crimpers. After the hair is arranged place the bandeau about the head and pull the ringlets from under it.

For the girl whose face is long there is the low modified Psyche knot. Separates the front hair from the back just behind the ears. Pull the back into one long, firm puff and pin it lengthwise on the back of the head near the nape of the neck. Part the front hair in the center and draw it loosely back, endeavoring to cover the ears. After the coiffure is completely arranged you may pull the hair still further over the ears with the comb, pinning it in position at the side of the knot.

The side hair is fastened at each side of a back puff with shell pins, to hold it in place. The ends are then loosely coiled in fanciful little twists, that run along each side of the large puff. Bring the front hair well down over the forehead, especially if the forehead be high.

The high arrangement of the hair is for the girl with the round face. It is suitable for afternoon or evening. Again, the hair is waved and parted on the side. The front hair, too, is separated from the back hair behind the ears. The back is drawn up in a long puff to form the beginning of a Psyche knot. The extreme ends are not wound into the puff, but are left, projecting about two inches. These ends are afterward curled. The sides are drawn up and the ends of the same are wrapped about the Psyche. The extreme ends are left free for about two inches and curled. The little curls are then pinned gracefully about the knot with small pins. Two large shell pins ornament the knot and help to hold it firmly.

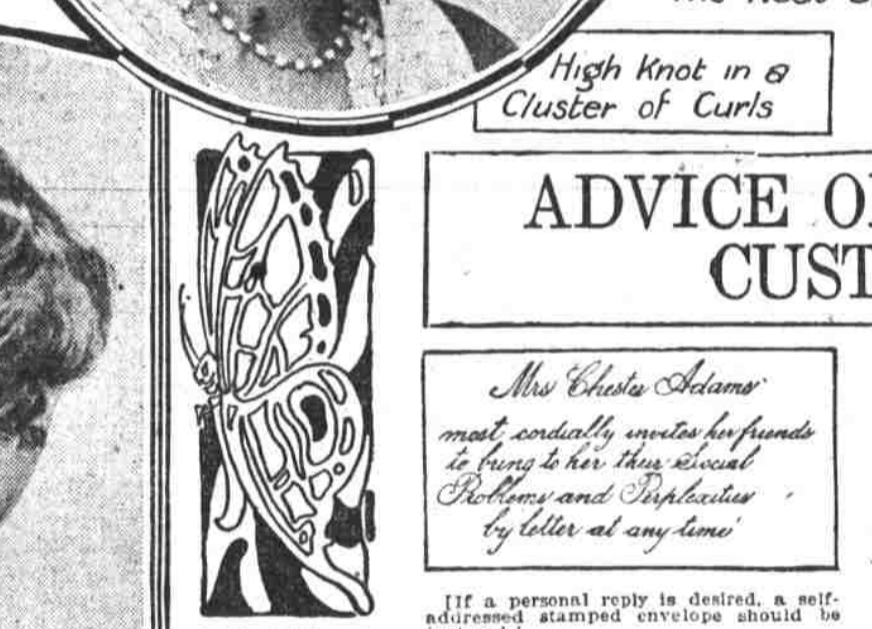
I am sure that you can fix your hair becomingly by following one of these attractive arrangements.



The Soft Low Pompadour



High Knot in a Cluster of Curls



A Modified Figure 8



The Nest Braid at the Back



An Artistic Psyche

ANSWERS TO BEAUTY QUERIES

REPLIES to letters 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 enclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

Chapped Hands

Dear Mrs. Symes: Will you kindly tell me what I can use on my hands, which chafe so very easily?
FLORENCE.

To prevent your hands from chapping you should be careful to dry them thoroughly after they have been washed. Do not wash them immediately before going out in the cold if you can possibly help it. A good cream rubbed into the skin will relieve their present condition. I am giving you the recipe for a very satisfactory one:

Cream for Chapped Hands
Paraffin wax 1/2 ounce
Lanolin 1/2 ounce
Water 1/2 ounce
Alcohol 1/2 ounce

Melt the paraffin wax and add the petroleum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

Face Is Greasy

Dear Mrs. Symes: I am 17 years old and am five feet three inches tall and weigh ninety-seven pounds. Do you think I weigh enough for my height and age?
JANIE.

A girl of your age and height should weigh from 115 to 120 pounds.

Trouble With the Eyes

Dear Mrs. Symes: My eyes have been giving me much trouble lately. Do you think this is because I read on the car?
K. P.

I feel quite sure that your habit is responsible to quite an extent. The way in which we all abuse our eyes, which are so delicate and so important, is serious. You should be careful to have the light fall from the left side while reading,

writing or sewing. Read only well-printed books and papers. Never read, write or sew while lying down. It is bad to read while feeling physically tired. You cannot be too careful of your eyes. Stop reading on the car for a while and see if there is not an improvement. If at the end of the test you still suffer, you should consult a reliable oculist.

A Skin Food

Dear Mrs. Symes: My skin is in need of nourishment. I should like to try your orange-flower cream. Please tell me where I can have the formula filled.
F. T.

Here is the recipe you desire. You can have the formula put up at almost any drug store. I am not at liberty to mention the name of any firm.

Cream of Sweet Oranges

Sweet oil of almonds 2 ounces
Orange-flower water 2 ounces
White wax 2 drams
Oil of sweet orange 1 dram
Spermaceti 2 drams

Half fill a saucepan with boiling water. Stand a jar in this. Stir the wax and spermaceti into the jar. Let it dissolve. Heat almond oil and add to the wax. Heat orange-flower water; add half a teaspoonful at a time, stirring the mixture quickly. Lift the jar out of the saucepan. Beat mixture with the whisk. Heat and add oil of sweet orange. Whisk until it is cold. Put in pots and cover with parchment.

A Rouge

Dear Mrs. Symes: Will you kindly give me the recipe for a rouge?
E. A. H.

Following are two recipes from which you can make a selection:

Liquid Bloom of Roses
Carmine 30 grains
Ammonia water 1 fluid ounce
Alcohol 1 fluid ounce

Bloom of Roses

Rosinlin 71 grains
Spermaceti 1/2 ounce
White petrolatum 50 grains
Alcohol 1 fluid dram

Perfume to suit.

Shampooing the Hair

Dear Mrs. Symes: Kindly give me your advice for shampooing my hair. I am a blonde, and my hair reaches below my waistband. I never had

any trouble washing it until I was obliged to move to a city, where the water is very hard. Although my hair feels clean just after washing, it leaves my comb black and greasy. Last time I put a teaspoonful of borax in the first rinsing water, but with no success.

In the future try to use rainwater for shampooing your head. You will find this softer than the water from the faucet. If it is inconvenient for you to do this, add baking soda to the hard water. You may find the egg shampoo helpful in your case.

Egg Shampoo

To half a cup of pure white castile soap add a pint of hot rainwater. Set on the stove and beat 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 one-third of a teaspoonful of borax and a 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.

To Overcome Nervousness

I am very anxious to have you tell me what to do to overcome a nervousness that I have acquired in some way. When I play the piano for company I imagine every one is looking at me, and then begin to perspire freely.

Basic tell me if brushing the hair vigorously night and morning is good for it?
EMILY.

Your trouble comes from self-consciousness. You have your mind on yourself and not on your music. Now, if you will reverse matters you will not have the time to think whether or not your audience is looking at you. You will find that by doing this you will be able to render your selection in a more proficient manner.

Lotion for Weak Eyes

Dear Mrs. Symes: Kindly advise me how much boracic acid and water to use in a lotion for weak eyes.
D. V. B.

2. What can one use for reeding gums?
SUBSCRIBER.

1. Following is the formula for the lotion:
Boric acid 1 ounce
Boiling water 1 pint

ADVICE ON SOCIAL CUSTOMS

Mrs. Elsie Adams most cordially invites her friends to bring to her this evening Dickens and Disraeli by letter at any time.

[If a personal reply is desired, a self-addressed stamped envelope should be inclosed.]

THE GOLDEN SILENCE

I AM going to speak to you today about the value of being able to keep silent. It is so much better to have nothing to regret in the way of words than to wish that your tongue had not been so eager to voice thoughts that were hasty and foolish. It is better not to be ashamed at the recollection of unkind, unnecessary words.

In the matter of passing along the word of the gossip, you cannot be too careful. The repeating of a little bit of scandal that has very little foundation, if you would but take the trouble to investigate, is one of the most unkind things that you can do. I am always sorry for a group of young women who have no topic of conversation and must resort to the passing along of untruths that will positively harm the discussed person, who, of course, is not present to defend herself.

Have you ever made an unkind retort to an innocent question? And after you have done the damage, all the regrets in the world were not able to recall it or wipe out the harm that had been done. The unkind question is another thing that every one should learn to curb and to relegate to the golden silence. One day I heard a woman ask where the husband of another was, and there was an embarrassing silence before the reply was made that he was in prison. It was impertinent, and I sincerely hope that the questioner was as uncomfortable as the little woman who was unfortunate enough to be compelled to support herself. That is, of course, not the usual type of thing that occurs in everyday life, but it might happen, and you would never forgive yourself if you were the offender.

In a quarrel it is much more dignified to observe a silence and allow the other one to forget himself or herself and to have all the regrets. In this kind of an experience, which is not unusual in family or business life, there is such a chance to lose the self-control and pose that we value so highly that a firmer hold on the wish to say something must be kept if you would have nothing to regret. Some persons will say that it would be foolish to refuse to answer in an altercation, but it is my opinion that it is far more foolish to say too much in a manner that you yourself would not recognize.

The golden silence is particularly worthy its weight in precious metal when you do not know what you are talking about. Keep quiet in a discussion if you have to admit that you don't know very much about the topic of discussion and that you have based your opinions

a man to a woman and her two daughters? A man and wife to a group of girls?

1. Should a daughter shake hands with her mother's and father's friends when they are introduced to her?

2. Should a woman rise when an introduction takes place?

3. Is the following correct when making introductions: "Mother, this is Mr. Blank, and Miss Blank, allow me to present father?"

1. No; all except the olives should be cut with the fork. The olives are eaten with the fingers.

2. One is at liberty to ask for more beverage or food at a hotel. The proper thing to do is to call the waiter and make known your wants.

3. Ask the person who is nearest to the dish to please pass it to you.

4. Yes.

5. It would not be necessary for her to rise in church unless the man be very much older. In her own home she should rise to show the proper spirit of hospitality.

6. Mrs. Smith, may I introduce Mr. Brown to you and your two daughters, Miss Evelyn and Miss Kathryn Brown? When making a man and wife known to a group of girls, this form may be used: "Mrs. Blank let me present Miss Brown, Miss Smith, Miss Cross and Miss White; and, ladies, may I present Mr. Blank?"

7. Yes, if they take the initiative.

8. A woman always rises to receive an introduction to one of her own sex, unless she is in a group at the time of the introduction. She need not rise when a man is presented to her unless she is hostess.

9. The first form of introduction is all right; but I think a less formal way to introduce your father would be to say, "Miss Jones, I don't think my father has yet had the pleasure of meeting you."

Making an Introduction

Dear Mrs. Adams: When introducing a man to my sister who is married, whose name should be mentioned first and should I call her by her married name?
KATHERINE.

Your sister's name may be mentioned first. The proper form to use in such a case is "Margaret, this is Mr. Brown; Mr. Brown, this is my sister, Mrs. Jones."

Answering an Invitation

Dear Mrs. Adams: How soon should an invitation to a dinner be answered and what kind of paper should be used for the reply?
DOROTHY.

Such an invitation should be answered within twenty-four hours after its receipt. The reply may be on a correspondence card or a sheet of note paper.

Answering an Invitation

Dear Mrs. Adams: When you are invited to a dinner, should you tell me what should be the form of a reply written after the receipt of an invitation in person?
HELEN.

The reply should be written in the third person and on note paper.

The Bride's Expenses

Dear Mrs. Adams: Kindly enumerate for me the expenses that the bride bears?
SUEAN.

Her expenses include the engraving, addressing and posting of invitations or announcement cards, every detail of her wedding dress, the music and flowers and awning at the church, the carriage to convey the bride and the bridegroom to the church and the reception or breakfast following the church ceremony.

Serving Shellfish

Dear Mrs. Adams: Will you kindly tell me what kind of a plate shellfish is served?
MARGARET BRIDE.

Shellfish upon a bed of cracked ice is served in a deep plate, and this is set upon a second plate to protect the tablecloth in case the ice should melt and flood the first platter.

Leaving for the Theater

Dear Mrs. Adams: 1. When a young man calls to take a girl to the theater or other entertainment, should he be the first to leave the house?
2. Upon returning from the theater, if the young man stops a few minutes at the door to finish a subject of conversation, should he remove his hat while talking?
3. If a young woman asks a man to call, after meeting him at a party, and he does not care to, what don't he say?
4. How may a young man break off corresponding with several girl friends, after becoming engaged, without telling them the real reason?
5. A friend of mine is to marry one of two sisters. She is not acquainted with the young lady I am invited to the wedding. Should I send her a present, or only my friend's fiancée?
6. Another friend is to marry very quietly and only select intimate friends as to witness the ceremony. Afterward announcements will be sent to all friends. Should they be sent to those persons who were at the wedding?
7. At the beginning of a meal should the dishes be passed to the person at one's right or left first?
ALBERT.

1. The girl should make the suggestion. 2. The hat should be removed. If the weather is extremely cold, however, the girl should ask him to replace it on his head again, so that he will not catch cold.

3. He can get around the matter by thanking her for the invitation and refraining from saying yes or no. If she sets a date, he can excuse himself on the plea of having a previous engagement.

4. The only thing he can do is to discontinue further correspondence. Ignora all future letters. 5. Send a gift to your friend's fiancée. 6. No. 7. A host always serves first the person sitting at his right; therefore, it may be wiser to observe this rule all around the table.

Solutions to Social Problems

Which One to Use

DEAR Mrs. Adams: When a number of utensils are set before one at the table which one should be used first?
D. V. B.

The general rule is to use the one furthest away from the plate and work in toward the same. When one is in doubt about such a matter, it is well to imitate the hostess.

A Number of Queries

DEAR Mrs. Adams: I should like the following articles to be cut with a knife? Fritters, tomatoes, cheese, olives and fried oysters?
D. V. B.

1. It is proper to ask for more water or coffee at a hotel? How should this be done?
2. When vegetables are placed on the table is it proper to pass one's plate or ask to have the dish passed to one?
3. What is the proper way to do the right thing in this case?
4. If a person asks me to visit her should I thank her for the invitation?
5. Should a girl rise when a man or woman shakes hands with her at home or in church?
6. What is the proper way to introduce