

the colliure is the thing-for upon this important part of a wom-an's tollet depends the becom-ingness of her hats and the suitability of her costume. And, be-cause the hair is so important, it is essential that woman shall pay atten-tion to her crowning glory, else how can she expect to compete with her sisters?

Tying up the head after the appli-

sisters?

But it is not enough simply to combine hair and to keep it well coiffed. It needs constant attention, and the well-appointed woman will find it almost compulsory to arrange for systematic treatment every week. Indeed, when each day I receive letters from women, not yet old, asking me how to keep the hair from turning gray, to please send some prescription to make the hair grow, and to please tell how it may be curied, it is then that I think how much trouble they could have avoided had they acquired early the habit of caring for the hair and of preserving its youthful luster.

for the hair and of preserving its youthful luster.
"But we have no time," I hear hosts of busy women crying. "How can we neglect our households to fuss over our hair?" True, it is hard, but I think if you will divide the treatment, reserving certain processes for certain days, it will take fewer of the crowded hours that are so precious. In this way you may do much without allowing the treatment to interfere with your daily routine. Others who are not so busy can spend more time upon each detail.

To look well the hair must shine. Heavy black hair may be dull and yet retain its richness, but the other shades should glisten with vitality. It is, there-

fore, essential to do all that you can to give your tresses the luster of health. On one day each week let the hair be treated to a dry shampoo. This weekly shampoo will cleanse the hair, while it will not suffer as it would were it wash will not surier as it would were it washed quite so frequently in soap and water. I must caution you, however, against letting the dry shampoo take the place of the monthly bath. This is essential to perfect cleanliness and should never be neglected. Let this be substituted. tuted, then, for the dry shampoo every

fourth week. The materials of the dry shampoo are finely ground cornmeal and a little fine orris powder. Let the proportions be a and allowed to remain about ten min-utes, when it is brushed out. Then more the treatment.

Irons do not necessarily injure the

then tied up for two hours. When the wrappings are removed at the end of the allotted time and the hair is shaken out, the scalp will be clean and a faint orris fragrance will emanate from the head. This kind of shampoo will not cause the hair to fall out.

cause the hair to fall out.
On the day of the wet shampoo a little clive oil may be rubbed into the scalp, and then the hair may be brushed until it is sieck and shiny. After this process the regular hot water shampoo may follow. This will remove the superfluous oil, but it will not impair the luster produced by the oil.
When drying the oiled hair do not rub it with the towel. Merely shake it out and rub it between the hands. In this way the hair is dried naturally, and the gloss will be perfect. This treatment is particularly good for blonde hair, which will glisten like gold after

or by one so inexpert that the hair becomes broken. Under ordinary circumstances the convenient curling tong is not at all harmful, and, in fact, the heat is said by some to be good for the ladies have their tresses pressed twice a week with a moderately warm iron.

women, either on account of the size of their pocketbooks or el- owing to the insecurity of the confure so easily affected by the weather, started to curl affected by the weather, started to curi-their hair at home, and have reverted to the old-fashioned method of wrap-ping locks around hairpins, then holding the head over the spout of a kettic filled with boiling water. When the hair has become sufficiently dampened it is allowed to dry again, and no until this drying process is complete are the hairpins removed. Hair thus curled will remain glossy and slesk, and will compare well with a regular "wave produced by the perruquier's iron.

other fact except that you will be glad

to accept, or regret you must decline, the invitation. If you have other things to say, it is better to write another letter, as the hostess usually keeps all the acknowledgments together, and does not wish to treat them as personal correspondence. Address all acceptances.

whoever is mentioned in the invitation. If you are invited to meet some one,

gret your sorrow at not having that pleasure. If you are sending a formal

regret, or acceptance, you may ignore the guest of honor entirely, for it is

considered superfluous to repeat the

I hope that I have now told you all

that you would want to know. If there

you may mention in an informal

marcel wave reign supreme that many

The New Faq

The Walnut Stain

Will you kindly inform me what is meant by skins of walnuts, and how can I obtain them? I want to use the walnut hair stain. Have tried a number of druggists to get the skins, but no one seems to know what I mean. DISTRACTED. know what I mean. DISTRACTED.

The skin of the wainut is the hull of
the unripe nut. These green hulls,
however, must be dried before they can
be used for staining purposes. You
should be able to procure them at all
druggists". If they do not have the
skins, ask them for the leaves or bark.
They may have either one of these, and
the stain can be made from them in-

Remedy for Freckles Flease give me a harmless remedy for L. F. G.

The following is harmless: Whitening Paste for Freckles. snound be subsuled by the state of obstinate freekles:

Lactle acld 3 ounces
Glycerine 4 ounces
Rosewater 1 ounce

The Walnut Stain Kindly state how and where one may obtain the walnut stain? Do druggists keep it? INTERESTED READER. I have answered this question in my letter to "Distracted," which you will find upon this page.

Wart Eradicetor

Will you kindly publish in your columns a remedy for warts?

AN INTERESTED READER.

You will find the following very ef-

Wart Eradicator.

Breakfast Should be Eaten Do you think it is wrong for a person to go without her breakfast? N. J. M. I know there are many persons who never eat breakfast, but I think it is best for every one to eat something be-fore starting out for the day's work.

Red Hands

What can I do with my hands, they are so ugly and red? I never do hard work, so cannot understand why my hands are not white.

MARY. It may sound absurd, but it is true that very often red hands are caused by tight collars, tight sleeves and tight belts. belts.

Never use very hot water on the hands, and avoid cheap, highly scented soaps. After bathing, use a mixture of rosewater and lemon juice.

Foot Powder Kindly send me the recipe for a for powder. My feet perspire so dreadfull that I am very anxious to obtain some goo powder to check the trouble. T. Y. K. You will find the following recipe for foot powder very satisfactory:

Foot Powder. Salicylic acid 5 grams
Salicylic acid 2½ grams
Starch 15 grams
Violet talcum powder 15 grams
Dust over perspiring feet, which should be
bathed at least once daily. Lines in the Forehead

I have quite a number of lines in my forehead. Will you kindly give me a good skin food and directions for massaging? BETTY. Apply the following skin food to your forehead, rubbing with the finger tips in small circles. The general movement should always be upward and outward.

round and mix. Two or three drops of pound and mix. Two or three drops of a perfume is required.

To soften a tooth brush that is too stiff, place it in a glass of cold water overnight. This will also prevent the bristles from coming out. Never Bind the Hair at Night

Birthmarks

Is it ever possible to remove birthmarks? Very often birthmarks are success

Dyspepsia Sufferer

I have been suffering with dyspepsia for quite a white and have been following a diet list, too. Can you suggest anything further for me to do? DISTRACTED.

further for me to do? DISTRACTED.

In addition to dieting take pienty of outdoor exercise. Drink a tumblerful of hot water half an hour before meals. This last is an excellent remedy, for it relieves thirst and washes out the stomach. Do not drink fluids with meals. Avoid soups and chew every bite of food thoroughly.

Tooth Powder

Please give me a recipe for a good, harm-ess tooth powder. What can be done with a tooth brush that is too stiff? EMILY. The following is a harmless recipe fo

a tooth powder:

sult a reputable physician. Old-Fashioned Skin Lotion Will you kindly publish the recipe for the old-fashioned skin lotion? Following is the recipe you desire Old-Fashioned Skin Lotion.

removed by electrolysis. Con-

Notice Difficults for the say I will be sorry for not taking my hair down when I go to hed, but as I wear it rather loosely during the day I don't see that any harm can be done. What is your opinion?

MAZIE. Your friends are quite right in thei flowing and unbound at night. It is far healthier and gives the hair an oppornier and gives the hair an oppornity of being trained for some at a different way from that in the day-me. It also receives petter ventilation and gives the scalp a better chance of breathing healthily during the night.

## Find a Way for Exercise

ANY girls have written me that they have no time to take exercise; that they work all day and only stop to think they would realize that from morning till night they are exercising their bodies, but the question is do they perform the exercises correctly?

rectly?
When waking in the morning hold the lower part of the body rigidly to the bed and raise the upper part of the body erect to the sitting posture. This is a splendid exercise, and before very long one will be able to control the muscles so that the legs can be held quite flat.

cles so that the legs can be held quite hat.

When dressing have the windows wide open and fill the jungs with the morning air.

Every time you pick up something from the floor let the bending come absolutely from the hips and not the knees. This exercise will make the waist supple.

If you walk to and from your work you have a splendid opportunity for exercise. Keep the body straight, but not no attrained, unnatural position, the abdomen letter back and the chest forward. Breathe deeply as you walk glong.

## Advice on Social Problems.

Mrs Chester Adams st contrally mertes her friends lobring to her their Social Problems and Perplaceles by letter at any time

Forms of Acceptance

Forms of Acceptance

NE general rule governs the acceptance or refusal (usually called "regret") of every invitation, and this is that each invitation must be answered in the same form in which it is written. This rule really holds good in all correspondence, the tone being decided by the first writer. About general correspondence I will write later. At present I want to tell you the forms of acceptance and regret which you should use when you receive the invitations mentioned last week.

\* the invitations be of the formal kind, written in the third person, you reply, as far as possible, in the form of the cavitation, thus:

Mr. and Mrs. James Johnson accept with pleasure the kind invitation of Mr. and Mrs. Paul Robinson for dinner at eight o'clock on Monday, the twenty-fifth of January January eighteen kindiged and nine.

In other words, if the invitation be In other words, if the invitation be addressed to a "Mr. and Mrs." the acceptance also must read "Mr. and Mrs." As 'to the name of the entertainment, the time and the date, these may be copied from the invitation and worded after the same form.

Let me say right here, that one can never accept or refuse an invitation too soon. The idea seems prevalent among

tion promptly indicates that the re-cipient has been favored with very few bids;" hence is overanxious to grasp the one opportunity presented. This notion, while apparently plausible, is quite erroneous, for people who receive many invitations answer them with business-like promptitude, so they may enter the dates on their engagement tablets and avoid the embarrassing situation of hav-ing made two engagements for the same hour of the same day. So you see that if you answer an invitation prompt-ly you will not only be quite up to date, but also be courteous and tactful. All invitations must be answered ex-cept those to teas and to church wed-dings. These two need no reply, and if they are not attended, cards may be sent later. All other invitations require an immediate answer. invitations answer them with business-

sent later. All other invitations require an immediate answer.
The form of "regret" reads:
Mr. and Mrs. James Johnson regret their inability to accept the kind invitation of Mr. and Mrs. Paul Robinson for Mrs. Paul Robinson for Mrs. All Washington square.

til Washington square.

You see, when you are sending regrets, you need not be so very particular about repeating the time and the nature of the entertainment, for, if you are not going to attend, it is a matter

are not going to attend, it is a matter of no importance. Informal invitations may be answered in the same style in which they are written. If they are addressed to Mr. and Mrs. Robinson, they should be answered by Mrs. Robinson, who will include her husband's name with her own. It is not customary for a wife to accept an invitation when her husband is unable to attend. This is merely a customable to attend. This is merely a customable to attend. This is merely a cusnable to attend. This is merely a cus-om, and is not in any way compulsory, me must use one's own taste in a mat-

likely to be sent to a whole family are tea cards and wedding invitations, and ceremony, no matter what time of day it may take place) requires a written acknowledgment, and an acceptance usually means a present for the bride. While this is not a hard-and-fast rule, the feeling is growing stronger every year that whosoever accepts a "break-fast" invitation must send a present. If Mr. and Mrs. Robinson received such an invitation, and Mrs. Robinson was sure that her husband could not go, while she felt that she could go, she may accept both for her husband and for herself. As it is not a seated affair, Mr. Robinson's non-appearance at the last moment would cause no embarrassment nor inconvenience to the hostess. ceremony, no matter what time of day

## PROMPT REPLIES POLITE

A card party invitation requires an immediate acknowledgment and must be regarded as an almost unbreakable engagement. A dinner party is impor-tant and if, at the last moment, a husband or wife is unable to attend, then the other should also stay at home so the number of guests will not be unequal. This may usually be arranged over telephone, depending much upon the intimacy existing between hosts and

An invitation to a dance and a ball An invitation to a dance and a ball may be accepted even if there is some doubt about your ability to go. As these two functions are usually large and the number of guests accepting need not be taken into consideration, it is safe to assume that you will be able to at-

In writing an acceptance or a regret,

one line, while that of the writer of pies another line-as shown in the form Second, that all words are spelled out, even the year. Abbreviations and numerals indicate haste, and are, therefore, very bad form.

Use neat and attractive, but not flam-

boyant, note paper, and write the ac-ceptance or regret, if it is in formal terms, only upon one side of the folded sheet, leaving the other three entirely blank. If it is an informal note, then a page and a half should be sufficient. It quite unnecessary to mention any

is any point that I have hope my friends will call the fact to my PERPLEXITIES SOLVED

## When Sending Invitations When sending out an invitation would you write Mr. and Mrs. So-and-so an family on the outside or inside envelope. GRETCHEN.

If you are using two envelopes, it is or you are using two envelopes, it perfectly allowable to use Mr. and Mrs. on the outside envelope and Mr. and Mrs. and family on the inside envelope only. It is better form, however, to address the invitation to Mr. and Mrs. address the invitation to Mr. and Mrs. and the Misses So-and-so on both the inside and outside envelopes, and, if there are any sons to be invited, a separate envelope should be addressed to the Messrs. It is a matter of no vital importance, the only really important thing being that the envelope be addressed to both husband and wife. In a few weeks I am going into this matter of invitations very thoroughly.

When Drinking Tea, Coffee and Cocoa

Is it proper to sip tea, coffee and cocoa from a spoon?

BLANCHE. After once or twice testing its heat, do not use a spoon.

Call the Second Time Is it all right for a young man who has called upon a young woman once to call again without her asking him to do so?

D. M. C.

Yes, if the young woman once invited him to call and treated him cordially on his first visit. However, it would be better if he asked her permission to call and then make an engagement.

Should a knife and fork or spoon be used when eating pie? SUSPENSE. A knife is never used. Pies should be eaten with the fork. After Marriage

After Marriage

Is it right for me to correspond with one or two men whom I knew yery well before getting married? My highest all the properties of the men and thus thinks it is proported by the men and the state of the men to de so. The men to d