

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

THE COIFFURE EXPLAINED STEP BY STEP



Arranging Front and Sides.

Disposing of Loose Ends.

Division of Back Hair.

Rolling a Puff to Form a Psyche Knot.

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.

When we look at coiffures on the stage, in the street or in the house we are struck with the seeming quantity of hair possessed by every woman. Can it be possible, the thoughtful must surely wonder, that every one is blessed with such luxurious tresses? Can it be that the day of thin heads has gone? This is surely not the case; the hair of the average woman is even more scarce than ever. The effect, however, is luxurious, and it is with the effect that we are chiefly concerned at present.

"But how do they do it?" you ask. "Do they wear rats, do they use false hair or do they wear wigs?"

Sometimes one and sometimes another, madam. But the woman whose hair looks best arranges it with skill and, perhaps, with the assistance of some bought hair. That is why her appearance is so wonderful. That is why she looks always coiffed just right.

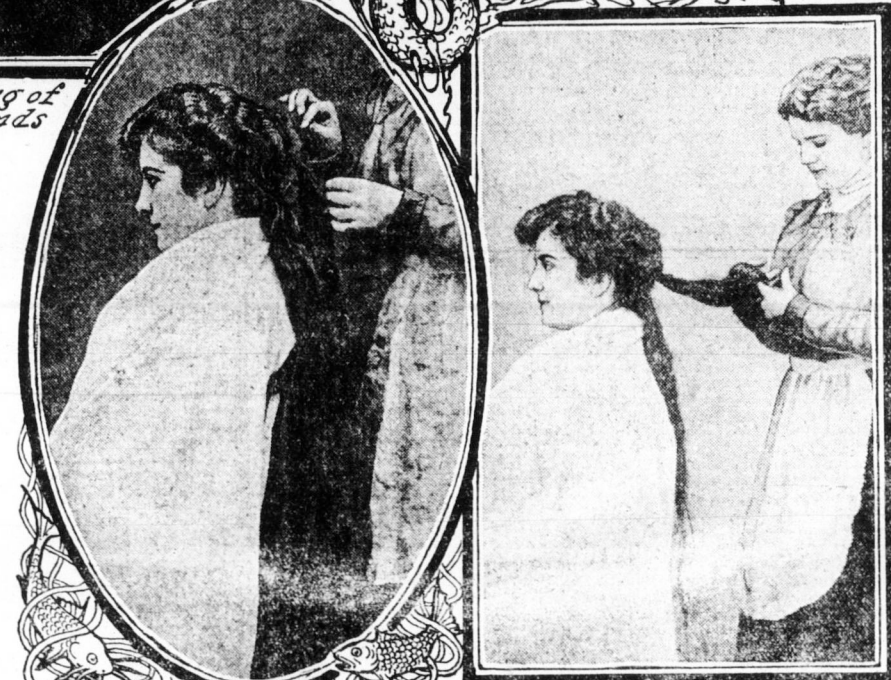
And it is this secret I wish to divulge to you today, so you, my friends, will not say that there is a point I have neglected; that I have not in every way tried to do my duty by giving you all needful information.

When you are arranging your hair, remember that you can get no satisfactory effect if you attempt to economize in

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 married. 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-



Division of Back Hair.

Rolling a Puff to Form a Psyche Knot.

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.

In the picture the hair is to be ar-

ranged 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

the roll and let the real hair hang as shown until the next stage in the process.

The tied portion of the hair is then brushed out and made into a lengthwise puff. This should be held in place with large hairpins, one at each end (now you see why these giant pins are useful), while several small pins may make security doubly sure.

It then remains only to dispose of the lower portion of the back hair. As shown in the pictures, it is again di-

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 sometimes requires three or four weeks.

All correspondents who desire an immediate answer must enclose 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 flat and fast for some time, but I am not getting any improvement. Is there anything else I can do?

It is not time for you to feel discouraged—you must remember that it took some time for the flesh to accumulate, therefore, why shouldn't it take time to reduce it? It will require at least six months of vigorous exercise and careful dieting to lose much of your superfluous flesh. If you are persistent, you cannot fail to succeed eventually.

Bloom of Roses

I would like to have the recipe for a harmless rouge—will you please print one as soon as possible?

Here is a recipe for a harmless rouge:

Rosebuds	10	grains
White wax	10	grains
Stearic acid	10	grains
Alcohol	10	grains

Perfume to suit.

Brush the dye in alcohol, add this solution to the fats previously melted and stir until the mixture has cooled.

Bran Bags

Of what use are bran bags in the water and how do you make them?

Bran bags have a softening effect upon the skin, which is very good for nervous people. Fill a bag made of cheesecloth with the bran; put it into the warm bath water and allow it to soak. One should remain in the bath only a few minutes; then, after resting for a little while, the body should be massaged.

Outstanding Ears

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

The only way to make your ears less conspicuous is to arrange your hair in such a way as to cover the defect. You might bandage your ears every night before retiring.

Lotion for Premature Wrinkles

Some time ago I saw a recipe in your paper for removing premature wrinkles. Will you please publish it again?

Following is the recipe you desire:

Alum, powdered	10	grains
Almond milk (thick)	10	grains
Rosewater	10	grains

Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

For Perspiring Feet

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

At night soak your feet in hot salt water. In the morning use the following as a dusting powder:

Burnt alum	5	grams
Salicylic acid	25	grams
Starch	15	grams
Violet talcum powder	50	grams

Brillantine for Hair

Kindly tell me what brillantine does to the hair, and please give me the recipe.

Brillantine is used to give a gloss to the hair and to keep it smooth. Following is the recipe for same:

Sweet almond oil	8	fluid ounces
Alcohol	4	fluid ounces
Glycerine	4	fluid ounces
Oil of rose geranium	12	drops

Rubber Mats

What can be used in the bathtub to prevent one from slipping?

A great safeguard is the rubber mat, made to cover the bottom of the tub, or a bath towel. One should be very careful not to slip in the tub, for one misstep may easily result in a broken rib.

To Develop the Legs

Kindly publish an exercise to develop the legs. I have been told to do so, and I do wish I could get rid of them.

The following exercise will do much to develop your legs:

Rise on the toes, count five; lower the body until the heels almost touch the floor; repeat eight times, touching the floor with the heels only on the eighth count. Repeat the same exercise, riding on the heels. Cocoa butter is excellent for massage of the neck and chest.

Bags Under the Eyes

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

Sometimes these little bags are due to loss of sleep, sometimes to worry, and sometimes to constitutional troubles. Massage will often improve the appearance, but you must discover the cause and then remove it.

Before Washing the Head

Please tell me how to use egg on the head. My hair is so very dry and thin, and I think egg will improve it.

Beat up an egg well with about two tablespoonfuls of water and rub the mixture thoroughly into the scalp just before washing the hair.

Scant Eyebrows and Eyelashes

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

Every night thoroughly rub some plain vaseline into your eyebrows. Rub from the bridge of the nose outward. Pure vaseline rubbed on the edges of the eyelids also stimulates the growth of the lashes, and does not hurt the eyes.

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.

Either sweet milk or buttermilk rubbed on the face every night before going to bed is very good for the skin.

Parasites in the Hair

Will you kindly tell me through your columns something that will destroy head lice?

The simplest and quickest way to destroy head lice is to wash the head in gasoline—do not use just a little, but 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.

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 these 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 dainties 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. "Twosing"

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 go "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 no more. Such behavior should not be tolerated. 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.

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, be 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.

NOT OLD-FASHIONED

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, do 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. 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?

No! A girl should not put herself into a position of indebtedness to a man unless she is engaged to him, and even then it is not right for him to bear her expenses. Furthermore, she should not be anywhere together without a chap-

eron, where such a contingency might occur.

The Bride's Veil

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

The bride may wear her veil over her face going into the church, in which