

— Woman and Her Interests —

CARE OF THE HAIR



THE summer is the best possible time for giving the hair any special treatment it may require, but with proper care the year round it is not likely to require heroic measures. In the summer, especially in the country, one can treat one's head to baths of sun and air

with very beneficial results. It is a mistake, however, from this as from several other points of view, to remain with the head uncovered in the direct sunlight for an unlimited time. The fashion of going bareheaded almost all the time, that girls at summer resorts adopted a season or two ago, had something to recommend it from the hygienic standpoint, but it can be carried to excess. In its effects on the hair, overmuch sunlight produces faded, bleached-looking spots which give the coiffure a streaked appearance that is not pleasing. To give the head its daily bath, let the hair down over the shoulders, and shake it out that the air and sunlight may play upon all parts of the scalp. Leave it down for an hour or two, and after you do it up again, wear a lingerie hat when you are in the hot sunshine. One should wear a cap of oiled silk when one is in bathing, and if by any chance one's tresses get wet by the sea water, they should be rinsed thoroughly in fresh water as soon as one gets to land. Repeated wetting and drying in fresh water is also to be avoided, but if the hair is arranged snugly well up on the head, and a water-proof cap is worn, one can bathe to one's heart's delight without unduly wetting the head.

As to the general care of the hair, begin with the scalp. If that is healthy, the hair will almost certainly be in satisfactory condition. Luxuriant hair, or the reverse, seems almost to 'run in families,' but even where the hair is naturally inclined to be thin, good care will make the most of what there is, and may stimulate the growth. Scalp massage is helpful by causing the blood to circulate more vigorously, with more nourishment to the hair follicles. One can easily give this treatment oneself, although it is rather tiresome. Let the hair down, and brush it out, then apply the tips of the fingers to every part of the scalp in turn, rubbing with a rotary motion. Begin at the nape of the neck and work upwards over the crown to the forehead, taking care not to drag the fingers through the hair or to rub so ungently as to loosen or break strands of it, or to hurt the scalp. It is of very little use to massage the scalp once in a while as the notion takes one. The treatment must be kept up regularly for weeks before improvement may be looked for.

Perfect cleanliness is, of course, essential. This does not mean that soap and water must be applied every few days. There are exceptional cases where the secretion of oil is excessive, when once a week is not too often to wash the head, while in many other cases once a month is quite often enough, provided a clean brush is used on it daily. If it is possible to procure it, always use soft water for the hair bath. The difference in effect between the use of hard and of soft water is enormously in favor of the latter. If there is a tendency to dandruff, spirits of green soap is recommended, otherwise pure white castile is satisfactory. Before washing it, braid the ends of the locks to prevent tangling. Have ready a basin of warm water, wet the hair, then rub the soap lather upon the scalp and let it remain three or four

minutes, after which wash both scalp and tresses, and thoroughly rinse out the soap in tepid water. Squeeze out the water as well as you can and wrap the hair in a towel, patting it to absorb as much of the moisture as may be. Then sit in a warm room, and make a business of getting the hair completely dry. A woman whose abundant hair is used as an advertisement for certain 'hair-growers,' in the drying process divides her trailing tresses into strands, and patiently re-divides these strands again, hair by hair, as it were, so that evaporation is hastened. Applying the hands to the scalp also hastens the drying at the roots of the hair. When it is partially dry, sit in the sunlight, or have some one fan warmed air among the tresses.

For the brushing which is so necessary to a well-groomed appearance, a fairly stiff but not hard brush is preferable. The 'hundred strokes' which used to be recommended is a good rule, but half the number every night is better than twice the number once or twice a week. The hair should be loosely braided at bed-time, never left with the hair pins in. Do not tie the hair tightly when doing it up, as this has a tendency to break it. Bone hair-pins should be used, not wire ones.

The Wife of the Chief Justice of the Supreme Court



Mrs. Fitzpatrick, whose husband is Administrator of Canada during the absence of Earl Grey, is the daughter of the late Hon. R. E. Caron, Lieutenant-Governor of Quebec. Mr. and Mrs. Fitzpatrick were married in May 1879 and have one son and four daughters. The Fitzpatrick home on Daly Avenue is one of the popular centres of Ottawa Society.

Weddings and Wedding Receptions



SEVERAL readers of the 'Canadian Pictorial' have asked for information regarding church weddings, and wedding receptions, and the present article will deal with all the points brought up at one and the same time. Some of the questions asked have been answered before, but as the topic of

weddings is a timely one, remarks may be repeated. To begin with, there is no 'most fashionable hour' for a wedding in this country. The hour is usually fixed in accordance with train time to whatever place has been selected for the spending of the honeymoon. It may be any time between eight o'clock in the morning and five or six in the afternoon, these hours, of course, not being a definite limit, as marriages are occasionally solemnized both earlier in the morning and later in the evening. An early morning wedding is not usually followed by a large reception. Often the bride elects to be married in her travelling costume, and the newly-wedded couple, accompanied by their attendants and a few friends, drive directly from the church to the train. However early the wedding may be, the bride may, if she chooses, be dressed in the traditional white, but she will have a simpler gown than if the wedding were taking place at noon, or at any time after twelve o'clock. At a morning wedding where a small reception is held after the ceremony, for relatives and intimate friends, breakfast may be served at one table, or, less formally, at several small tables, with one large enough to seat the wedding group, the parents of the bride and groom, the clergyman, and any aged relatives or old friends whom it is especially desired to honor.

In some places, what is rather meaninglessly called 'high noon'—twelve o'clock—is an hour in favor for the celebration of weddings. The arrangements for a noon wedding may be quite as elaborate as for one that is celebrated later in the day. The bride may be gowned as richly as she pleases, be attended by several bridesmaids, and hold as large a reception as she cares to do afterwards. The wedding breakfast following a noon ceremony differs little from a formal and rather elaborate luncheon. At the table, the bride and groom sit at the centre of one side, with the best man, and maid of honor next them, the bridesmaids and ushers along the same side or opposite, the bride's mother with the clergyman—or, if he is not present, the groom's father—is seated at one end of the table, and the bride's father with the groom's mother at the other end. The other guests seat themselves as they choose. The floral decorations of the table are usually in white, but a touch of pink or mauve, the bride's favorite color, may be added with pretty effect. Where the number of guests is large a 'stand up' breakfast may be served from a buffet.

When the wedding takes place any time between half-past two and six o'clock, the reception afterwards is much like an ordinary formal afternoon reception. The bride's mother acts as hostess, receiving the guests near the drawing-room door as she would on any other occasion. The bride and groom stand together within the drawing-room and receive the congratulations and best wishes of their friends. The guests are served with refreshments in the dining-room, standing or sitting about the room as at an afternoon tea.