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TRESSES—GOLDEN AND BROWN

We invite our readers to avail themselves of the advice given by this Department on matters of health and personal appearance. If a stamped addressed envelope is enclosed with questions, a reply will be mailed direct.

By ETHEL CHAPMAN-BURNS.

Have you ever noticed when a man undertakes to describe a member of the "fair sex" he invariably begins with the statement that she has either light or dark hair, and can also inform you not only of its color, but of its beauty or lack of beauty as well. The hair is ever the most important feature to him, and no matter what else is forgotten, he will remember her hair.

Perhaps, after all, man's standard of estimate is not far astray, for it is important, and many a woman's appearance is spoiled or made by the condition of her hair. A pretty gown counts for very little if the hair is sticking out in stiff, unruly whisps or lying flat and oily in an unmanageable condition. If it is dry and dead-looking and thin, it adds years and weariness to her looks. Bright, smooth tresses, fashionably arranged, not only add to one's youth, but also to one's beauty.

It is such an encouraging subject—this—for no matter how dreadful the hair may be, give it attention and thoughtful care and the results will be amazing. If one has a crooked nose, a crooked nose it must stay, but let us rejoice that we have the power to transform our hair, and not by using dyes or bleaches either.

Nature has done a great deal for some in this respect, and endowed them with soft, fluffy hair, which seems always to abound in tantalizing little ringlets, but this admirable condition would not long remain if it were not for the careful, never-ending care on the part of the possessor. No matter how beautiful the hair may be, if it receives no attention, its charm will soon disappear.

As the health and luxuriance of the plants growing in our gardens depend upon the fertility of the soil in which they send down their tiny roots, just so the gloss and sheen of the hair depend on the condition of the scalp.

Every scalp requires a certain amount of massage to keep it healthy, especially if the hair is already thin and dandruff is present. People have paid hundreds of dollars to specialists for their advice as to how to treat the scalp to cure dandruff, and what have been the prescriptions? Merely this: Massage the scalp well every twenty-four hours for twenty minutes at least, preferably before retiring.

There is a right way and a wrong way, however, to do this, and the best method is to take down the hair, brush it, and then place the finger tips of each hand on either side of the head and work them gradually upward with a circular movement until they meet at the top of the head. At each turn of the fingers let them work lightly on the surface and then deeply. The first motion is for the hair follicles, the second to move the scalp on the head that it may become yielding and flexible.

Follow this by a brisk brushing of the hair, but not so brisk that the ends of the hair will be broken. Very few select their hair brushes with enough care. When you make your purchase, see that the bristles are not too even and close. The brush can do its work most efficiently if the bristles are not too stiff, rather coarse and quite uneven in length.

Olive oil is a splendid food for the hair; rub it on the scalp when massaging with the finger tips, being careful not to get any more on the hair than possible.

When hair is oily and full of dandruff, it seems necessary to shampoo it often, but it should not be done more frequently than every two weeks, or under exceptional circumstances, weekly. When not exposed to much dust or dirt, once a month is often enough to have the hair washed, but the healthy scalp must, of course, be clean.

The general health has a great effect on the hair. Pure air and exercise are essential if the locks are to be glossy and abundant. When your system is run down, the hair will at once give evidence of the fact and become faded and dead-looking. In some instances it may even become prematurely grey, but this is usually corrected when the general health is built up and the body is given its needed rest and change.

Perhaps a few words on the method of shampoo would be beneficial. Before the operation begins, have ready plenty of hot water, clean towels (not Turkish, for the lint will come off and cause trouble if these are used), comb and brush, and hair-pins newly washed in warm water in which has been put a few drops of ammonia, and your shampoo. Any preparation put up by a reputable firm is good, but if you prefer to make your own, the following formula may be used:

Oil of lavender.....20 drops
Soft soap 3 ounces
Rectified spirit 2 "
Water enough to make.. 6 "

If soap is used, it should not be rubbed directly on the hair; rather shave it in water and have it dissolved before starting the shampoo.

When all these are in readiness, dampen the hair with the warm water, and, placing the head over the bowl, part the hair and rub on the shampoo. Continue this until you have covered your head, then begin to wash the hair. To get the suds thoroughly washed out will require several changes of water and much rinsing. Have the next to the last quite warm, then follow it by a douse of very cold water and dry the hair.

A great many people forget that the hair needs fresh air. It is usually done up close against the head, and a change is beneficial. If you can let it hang loosely over your shoulders for a little while every day, exposed to the air and sometimes sunshine, do not neglect it, but if impossible during the day, try it at night.

Never use hair oil, as it makes the hair greasy and soiled looking, and robs it of its fluffiness, so much in demand for the fashionable coiffure.

While there is a great deal of general advice that may be given on the care of the scalp and hair, there is much that must be given to individual cases. To those who wish a private word of advice, I shall be pleased to send it. In some cases the hair may be too oily, and need a preparation to overcome that, or a treatment may be desired for hair which is too dry. If you wish assistance, address your request to this Department, with a stamped envelope for reply.

WINNIE BOY.—Your kind words of appreciation are most encouraging. I am always glad to receive letters which tell me that this Department is of practical value.

I would not worry over the brown spots on the arm, caused from the burn. Massage them often, using a little cocoa oil (not too much oil or it might bring a growth of hairs) and the spots will gradually disappear.

For the red nose try the following:

1 dr. boracic acid,
1 oz. glycerine,
2 oz. distilled witch hazel.

Put this on the nose often and allow it to remain on.

ALICE.—One who comes back from a summer vacation without what is commonly called a good, healthy tan is regarded as not having taken full advantage of his opportunities. Most people feel that in getting themselves well tanned they have done something meritorious—something that, in an obscure way, is beneficial to their health and well-being. So strong is the superstition that people will sometimes voluntarily submit their arms and faces to painful sunburn, and rejoice in the subsequent mahoganying of their skin.

As a matter of fact, there is no special virtue in a coat of tan. It is the protection that unaided Nature attempts to supply to the skin when it is attacked by the damaging ultra-violet rays. It filters the sunlight, and in that way weakens or eliminates the force of the rays. There is no reason for compelling Nature to take these preventive measures. A sun hat of light brown or green will perform the same service more efficiently.

The ultra-violet rays have the merit of destroying germs; but few persons, it may be believed, feel it necessary to acquire a coat of tan for that purpose.



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