

# THE FRENCH TWIST AND ITS CONSTRUCTION

**YOUR CROWNING GLORY AND ITS CARE**  
The Popular French Twist Is One of the Coiffures Used to Enhance the Beauty of the Hair—Read How It Is Done and Use It As Suggested On This Page.

BY LUCILLE DAUDET.

**L**OOKING at some women's heads you would think that they consider their hair a curse rather than a blessing. They either draw it together into one hard, ugly knot, or else they let it fly in all directions until they look demoralized. We're you to ask them the reason for their carelessness they would, in nine cases out of ten, tell you they can't do a thing with their hair. This statement they offer freely without ever having made an effort to bring out the best in their hair. Hair is a gift that is essential to woman's beauty. For this reason every woman should realize the importance of keeping her crown of glory in a shining and healthy condition.

Just as important as the care of the hair is the manner in which it is arranged. The style changes the contour of a woman's face as much as a war changes a country's map. A woman should study her features very carefully before arranging her hair in any style. She should consider her nose, her chin, her neck, her ears, separately and collectively. In general, it is far more becoming, and is always more graceful, for the side hair to lie horizontally than to be drawn up straight from the ears; it makes the ears very prominent and reveals the somewhat ugly way the hair grows around them. By using hairpins the hair can be trained to drape the ears in a becoming manner.

The woman with a small, well-shaped head can afford to wear her hair close to her head; but the woman with a large head with irregular "bumps" should be most particular to arrange her hair in a way to conceal faulty lines.

A sharp-pointed nose would be accentuated were the owner of the same to wear her hair in an extended psyché at the back. It behooves a woman with such a nose to dress her hair rather low.

The French twist which I am going to tell you about today is generally becoming to the older woman with a round face. It should not be worn by the young girl. In arranging the hair thus one may experience difficulty at first, but a little experience will soon make one an adept in this particular line.

The first thing to do is to have the hair waved, either by means of irons or curlers. Next brush the hair down over the face, the shoulders and the back. Carefully divide the hair at the crown of the head into a strand large enough to make a braid. Pin this braid to the head, so that you will have a foundation on which to work.

Divide the hair in front on either side. Comb the middle section back to form a low pompadour and then pin

the strand to the foundation. A make-up pencil will be found convenient for making an artificial hair line. It will also serve as an end to aim for when coaxing the hair to fall in a graceful manner.

Next pick up a generous strand of hair reaching from the temple to the middle of the head in back. This comb up over the head until it is as smooth as the hair in the photograph.

Now bring up the hair that has thus far been uncaught. This also must be combed until it lies smoothly over the head. Tuck the ends all carefully beneath the drawn-over hair. You will find it quite necessary to use a great number of hairpins, so that no ugly ends will crop out and thus spoil the entire effect.

Such a style of hairdressing makes the hair line at the nape of the neck very prominent. If the style is correct, all over the head the hair line is marked by the appearance of stubborn ends, it would be well to curl these ends as often as necessary. Or, better still, the use of artificial curls could well be made to beautify such a hair line.

If you appreciate your gift of hair, give it proper care, so that it will add to rather than detract from your general appearance. The majority of us cannot afford visits to a hairdresser, so we can keep the hair in a healthy condition at home.

A thorough brushing every night will do wonders to keep the hair healthy and attractive. If you wear your hair back from the brow, brush it over the brow. If you wear it parted, brush the hair straight back to the neck to the forehead. Then brush the hair from ear to ear. This, done carefully, will stimulate the circulation of the blood through the scalp.

After the thorough brushing you should massage the scalp well. Slip the fingers through the hair to the scalp; gently move them around and around on the scalp until you feel a loosen under the pressure of the fingernails. Go over the entire scalp.

If your hair is oily to such an extent that you cannot arrange it properly, you should use a good tonic which is minus oil. An oily head requires more frequent washings than a dry one. In between shampoos use alcohol on the hair. Mix with it a little oil of bergamot, if you object to the odor of the alcohol. Dip absorbent cotton into the solution and rub it on the hair. The alcohol cuts the grease and the cotton removes it from the hair. Be sure to use plenty of clean cotton during the dry shampoo process.

Hair that is unreal dry should be treated to tonics containing oil. Plain castor oil will be found effective. Apply it with a medicine dropper to the scalp after dividing the hair into strands. Then rub the oil well into the scalp. Do not apply it to the hair. For this, brilliantine can be used.

**T**HAT this is a season of elaborate trimming cannot be doubted. Embroidery and soutache braid are even more in vogue than they were last season. The latter decorates net or tulle embroidery, either applied or carried out in designs, is worked in with it. At the same time the rule of great simplicity of adornment, as regards suits, and of dressy toilets, whether designed for day or evening wear, holds good and women should be careful to see that dresses are trimmed suitably for the purposes for which they are intended.

Pinning a Braided Strand For a Foundation



A Pencil Will Give an Artificial Hairline



## ODDS & ENDS

**A** DAINTY baby pillow is made in this way: A plain center of the material is left quite large enough for the baby's head and a circle of oval eyelets worked which are run with pale blue or pink ribbon. A wreath of small flowers worked solid can also be embroidered just beyond the circle of eyelets if one wishes a more elaborate pillow. Finish the pillow case with a hemstitched hem, on the edge of which fine narrow Valenciennes lace can be whipped.

**I**T is considered very smart now to carry a colored handkerchief to match your costume. If you are patient and clever, you may be smarter still by embroidering your handkerchief in a small initial or monogram in color. One clever girl solves the monogram or group of three initials by copying her personal monogram from her stationery. She has to enlarge it usually, though in some cases this would not be necessary. If you cannot draw a good block letter trace some particularly good looking letters from the caption of an advertisement in a paper or magazine. The beautiful colors of the silk handkerchief so much in favor offer splendid opportunity for embroidering initials in equally as beautiful colors matching or harmonizing with the kerchief itself.

**S**OME women are so fearful of fire that they hesitate to use the dainty paper lampshades that are so cheap and lend such a soft radiance to a room. There is really little danger if the wire frames are large enough for the lamp. Do not use shades, however, after the paper becomes dry and charred, as they are then more liable to ignite. Another important thing in regard to paper shades is to keep them free from dust. Not only do they burn sooner when dusty, but they are not a credit to one's housekeeping. The tops should be changed frequently, as the paper costs but little and it is not much work to make a new top when the frame is there.

**T**OO much flesh on the neck is perhaps one of the greatest obstacles to beauty. It is almost as bad in appearance as a scrawny throat and is much more difficult to remedy. It is a far simpler thing to put on flesh on a woman's throat than to take it off, for if the tissues are fed with a good grease, such as cocoa butter, the neck will soon begin to take on flesh. To reduce a double chin and to tighten the muscles which have become loosened in a flabby neck, try this simple but efficacious exercise. Throw the head back as far as it will go, drawing the muscles taut. Now turn the head slowly as far to the right as it will go, then as far to the left. Repeat ten times, increasing as you become accustomed to the strain. Bathing the neck frequently with a piece of ice is excellent for keeping the flesh firm and for removing flabbiness.

**S**OME women cannot sleep well for the simple reason that they never do enough work to make themselves healthily tired. There are German rest cures that know how to deal with such women. They make them work—that is all. If a patient has insomnia she is set at sweeping off the garden walks, raking up the cut grass, at all kinds of light outdoor tasks calculated to make her physically tired. And she does it

all cheerfully, because it is part of an expensive "cure." She could do it all just as well at home, of course, but she never would. So she takes her course of labor because it is the thing to do, she is told, and soon, to her great delight, she finds herself ready for her healthy sleep at night, and generally quite willing to take a nap in the daytime also.

**A** REAL necessity to the woman who shampoos her own head is a jacket to protect her from the water that falls on the shoulders. Quite a practical jacket can be made from a turkish towel or from a straight piece of linen with a hole cut in the middle for the head to slip through. At the sides the jacket can be held together with cords, tapes or ribbon. Beauty can be added to the jacket by embroidering little flowers here and there over the front of same. French knots and lazy-daisy stitches fill in quickly. China blue and old rose are cheerful colors to choose for the stitches. The edge of the jacket can be finished with a rolled hem, a binding of braid or, if one has the time, a crocheted edge would increase the attractiveness of the garment. A simple coat could be made from a piece of stock sheeting. Should you be making the jacket for a gift, you might include with the present a bath mitten. This can be made from turkish towelling also. Or, a better idea would be to use a turkish washcloth for the purpose, since it is not necessary to have fingers or a thumb in the mitten. All that is necessary is to fold a washcloth in half, stitch it along the long end and one short end and finish the edges with crochet stitches to match that used on the jacket.

## THE NEW NECK RUFF

**T**HERE is nothing which helps to make the costume more than the important neckwear accessories, and perhaps the neck ruffs and capes for suits and blouses are the most effective additions. One simple style uses the net cape which falls from the top of a rather high collar. This cape is full and the edge may be pleated or hemstitched, plain or embroidered. The high collar, underneath, which shows plainly through the net, is finished at the front with a tiny bow and long ends of narrow ribbon.

To wear with the suit of taffeta and serge or the all-taffeta gown, one may make a ruff of the taffeta and white mousseline. A neckband of velvet ribbon really holds the two ruffles together, and continues in long ends down the front. The taffeta is cut with deep points at its upper edge and stitched, the front one accentuated with tiny roses. The joining of the band and the full upstanding mousseline ruff is invisible. Mousseline is used to make another cape collar suitable for wear over the edge blouse. The undercape reaches several inches below the shoulders, and over it is fastened a smaller fitting cape, ending in deep embroidered scallops. A ribbon band at the neck connects them with an upstanding neck ruff.

The woman who owns a few ostrich tips may put them to use as a neck ruff. Using a band of white satin ribbon as a foundation, she uses two or three laid flat to form the band and two more to cross in front.

## HOW EDITH MADE GOOD

**I**F you want to do something why don't you learn to trim hats?" Edith's father said, looking at her over the evening paper. "Trim hats," said Edith disdainfully. "Why, I know how to do that already." "All the more reason why you should do it, then," persisted her father.

"But, father, there's nothing exciting about trimming hats. I want to do something to make money; I want to be independent; but trimming hats seems such a mediocre thing to do. Why, I've done my hats and helped other girls with hats all my life. When I set about doing something in earnest, I want it to be something worth while."

"Did you ever hear that old saying about doing a thing well?" said her father.

"I have," said Edith, smiling.

"Learn to do one thing well, and no matter how small it is, the world will make a pathway to your door."

Edith repeated it to herself thoughtfully. "It isn't a bit what I had dreamed of doing," she sighed.

"But you know something about it, you have an idea about how to begin. It's for you to experiment and find a way to make the work fascinating." "That sounds promising; well, I can try anyway." And Edith resolved to find a way to make her work the thing of beauty that she had always dreamed a career must be. Edith Lanning's father had been wealthy—just now he was facing a business crisis. Edith had always had plenty of money. At the school where she had gone for two years she had developed a remarkable talent for hats. An old hat in Edith's skillful fingers could be so changed as to give it a different aspect. She used to do it as a favor for the girls, and her own hats were always models of Frenchness. The girls used to oh and ah about her wonderful knack, and exclaim delightedly:

"Oh, Edith, you could easily make money doing hats if you ever had to."

The idea that finally came to her was not particularly brilliant, but she solved to try it out. She invested a small sum in straw, flowers, ribbons, general hat shops, got some ideas and went home, resolved to try them out. After a hard day's work, she had two hats ready for wear even to the sicken linings fastened in their crowns. It had been so exciting making them, but she had refrained from saying a thing to any one in the family.

She packed both hats carefully in a hat box and went down to the little shop where she had seen them displayed. A rather slim, pretty girl asked Edith what they could do for her.

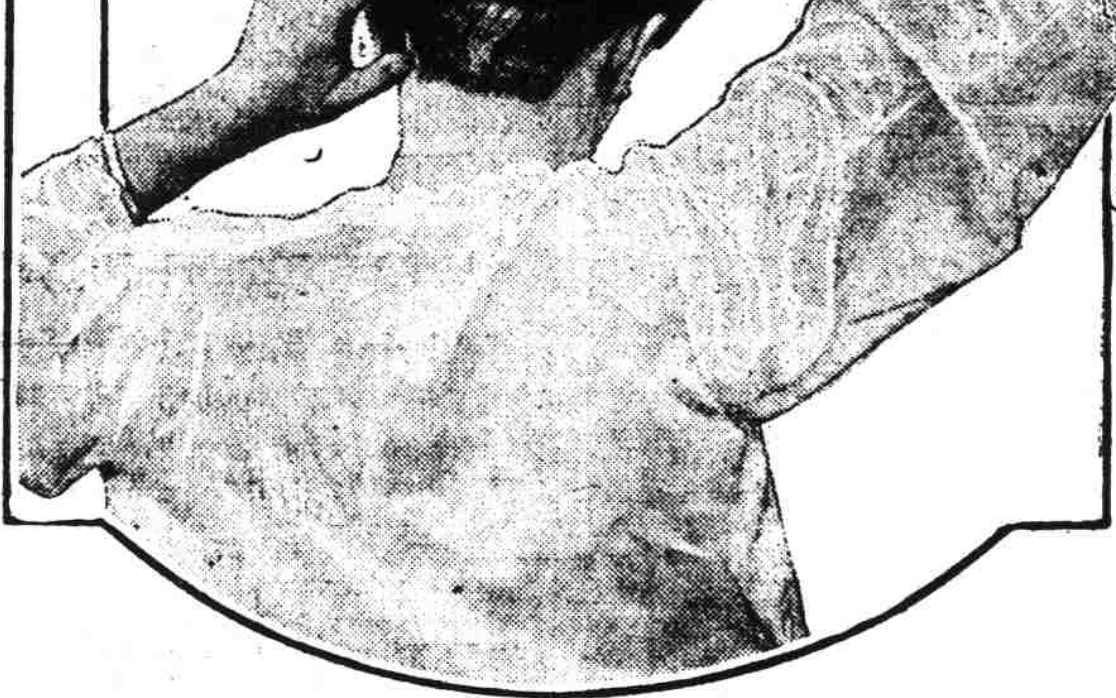
"I want to see Madame herself," Edith explained sweetly, and a moment later a stout woman with gray hair came out of the inner room and looked Edith over in a superior manner.

Edith took the seats out of the box and displayed them proudly. "Of course you recognize these hats," she explained to the astonished woman. "I copied them from two models of yours. One was priced at \$28 and the other at \$40. Both of these cost \$8.60. Do you think you would have any use for me here?"

Madame looked at the girl shrewdly, taking in her youth, her eagerness, her attraction at one glance. Then she smiled.

"Young lady," she said finally. "I can use you. You'd \$20 a week do for a beginning? You can go into the designing room immediately. Do you like this kind of work?"

"I love it!" Edith responded promptly, suddenly conscious that she was telling the exact truth. Her father had been right; she would develop the talent that had been given her. Already she was on the right road to success.



## USEFUL BOOKS FOR CHILDREN

- BY MRS. McCUNE.
- W**HEN the carefree age is past and the boy or girl must choose the life task, there are books which have for their subjects various vocations and ways to make a success of them. If you have already helped them to find out their gifts by means of simple and varied pastimes, it will be so much the easier for them to decide, now, what is their real bent.
- THINGS THAT THE LITTLE CHILD CAN DO.**  
Stick and Pea Plays—Pratt; Lady Hollyhock—Walker; Little Folks' Handy Book—L. and A. B. Beard.
- HOUSEHOLD ARTS.**  
A Little Cookbook for a Little Girl—Burrell; Household Sewing—Banner; American Girl's Handy Book—L. and A. B. Beard; Home Candy Making—Rorer; How to do Beadwork—White; How to Dress a Doll—Morgan; How to Make Baskets—White; Saturday Mornings—Burrell.
- THINGS FOR BOYS TO MAKE AND DO.**  
American Boys' Handy Book—D. C. Beard; Boat Building and Boating—D. C. Beard; Book of Football—Camp; Field and Forest Handy Book—D. C. Beard; Harper's Outdoor Book for Boys—Adams and others; Official Handbook (Boy Scouts of America); Swimming—Brewster; Reading List for the Boy Scouts of America—Rush.
- GARDENING AND HOME PETS.**  
Garden Book for Young People—Lounsberry; Our Home Pets—Miller;
- Little Gardens for Boys and Girls—Higgins.  
**GAMES, MAGIC AND PARTIES.**  
Book of Children's Parties—White; Conundrums—Cutter; Magic—Hopkins; Magicians' Tricks—Hatton and Plate; What Shall We Do Now?—Candfield and others.
- DRAMATICS AND STORY TELLING.**  
Children's Classics in Dramatic Form—Stevenson; Little Plays—Dalkeith; Fairy Tales a Child Can Read and Act—Nixon; House of the Heart—Jackay; How to Tell Stories to Children—Bryant; Patriotic Plays and Pageants—Mackay; St. Nicholas Book of Plays and Operettas.
- BUSINESS BOYS AND GIRLS.**  
Helps for Ambitious Girls—Drusdale; Letters of the Farm Boy—Wallace; Winning Out—Marden.
- MODERN WONDERS.**  
Boys' Book of Airships—Delacombe; Boys' Book of Inventions—Baker; Boys' Book of Steamships—Howden; Careers of Danger and Daring—Moffett; Fighting a Fire—Hill; How It is Made—Williams; Story of Gold and Silver—Samuel.
- BOOKS FOR THE NATURE LOVE: BOOKS FOR ANIMALS.**  
Four-Handed Folk—Miller; Training of Wild Animals—Bostock; True Bear Stories—Miller; Chapters on Animals—Hamerton.
- ASTRONOMY.**  
Half Hours with the Summer Stars—Proctor; Starland—Ball.
- BIRDS.**  
First Book of Birds—Miller; Bird Stories from Burroughs; Bird Book—Eckstorm; Bird Life—Chapman.
- NATURE FICTION.**  
Animal Stories Retold from St. Nicholas; Animal Story Book—Loug; Black Beauty—Sewell; Four Hundred Animal Stories—Cochrane; Wild Animals I Have Known—Thompson-Seton; Farmer Brown and the Birds—Fox; Kindred of the Wild—Roberts.

A Generous Strand of Hair is Drawn Over the Head

## THE KITCHEN

- Chicken Croquettes.**  
Cut cold roasted or broiled chicken in small pieces, place in earthen dish. Season well with salt and pepper and the juice of one lemon. Let the meat stand one hour; then make a fritter batter and stir the pieces into it. Drop by the spoonful into boiling fat. Fry till light brown. Drain and serve immediately. Any kind of cold, tender meat can be used this way.
- Cream of Pink Roses.**  
One quart of cream (part cream and part nice rich milk will do), one cup of sugar, half a teaspoon of red fruit coloring, one teaspoon of extract of rose, yolks of six eggs or three whole eggs, heat the cream boiling hot; stir in sugar, then the coloring, beat the eggs very light and pour in the cream, stirring all of the time. Boil in double boiler until it thickens, cool and freeze.
- Tutti Frutti.**  
Put one pint brandy in a stone jar, add the various fruits as you can get them. To each quart of fruit add the same quantity of sugar and stir the mixture each morning until all the fruit has been added. Raspberries, strawberries, apricots, peaches, cherries and pineapples are the best to use. This is fine to use in connection with grape fruit. Prepare as usual and in the center of each half put one teaspoon of the tutti-frutti.
- Chopped Meat Cake.**  
Try this for your lunch boxes: Two pounds of beef, cut fine or put through grinder; five crackers, also ground; one egg, butter size of egg, if there is no fat in the meat; one cup of milk, pepper and salt and a small onion ground, if you like this flavor. Bake in a bread tin slowly about two hours.
- Resolves.**  
Take your minced meat and add half as much bread crumbs as meat, moisten with a well-beaten egg or a little thickened gravy. Press into small eggs, cups or small baking dishes, turn them out into a baking tin, put a little bit of beef dripping or butter on top of each and bake about 20 minutes. Serve with thickened gravy or tomato sauce. This is fine for using up leftover meat of all kinds.
- Baked French Toast.**  
Butter slices of bread, according to the size of the family, place in a shallow pan and pour over them a custard prepared in the usual way for French toast. Bake until the slices have taken on a rich golden brown. Very nice for breakfast or supper. Can be used for dessert by serving with a foamy sauce.
- One beaten egg, a scant pint of milk and a pinch of salt should be enough for six slices.
- Appledore Soup.**  
Three medium-sized potatoes boiled until tender in salted water, then mashed. Fry three tablespoons of chopped onion in three tablespoons of butter, add to this two tablespoons of flour and one quart scalded milk. Cook five minutes, then add potato; then add one and a half teaspoons salt, half a teaspoon each celery salt and paprika, three tablespoons of tomato catsup, one teaspoon chopped parsley. Serve immediately.
- Beanpot Stew.**  
A choice dish of meat is prepared of the cheapest cuts of meat. Legs and neck piece may be used. Beef, fresh pork, lamb and veal can be used together. Cut them up in lengths of three inches or so; take off all fat and outside rinds, place in bean pot with a few cut-up potatoes, a carrot and two or three small onions, one slice of bacon, half teaspoon pickling spices, salt and pepper to taste and one teaspoon sugar. Fill with water one inch from top, cover tight and do not uncover until ready to serve. Bake from four to eight hours, according to amount of meat, the slower the better. About two pounds of meat is needed for a two-quart pot.