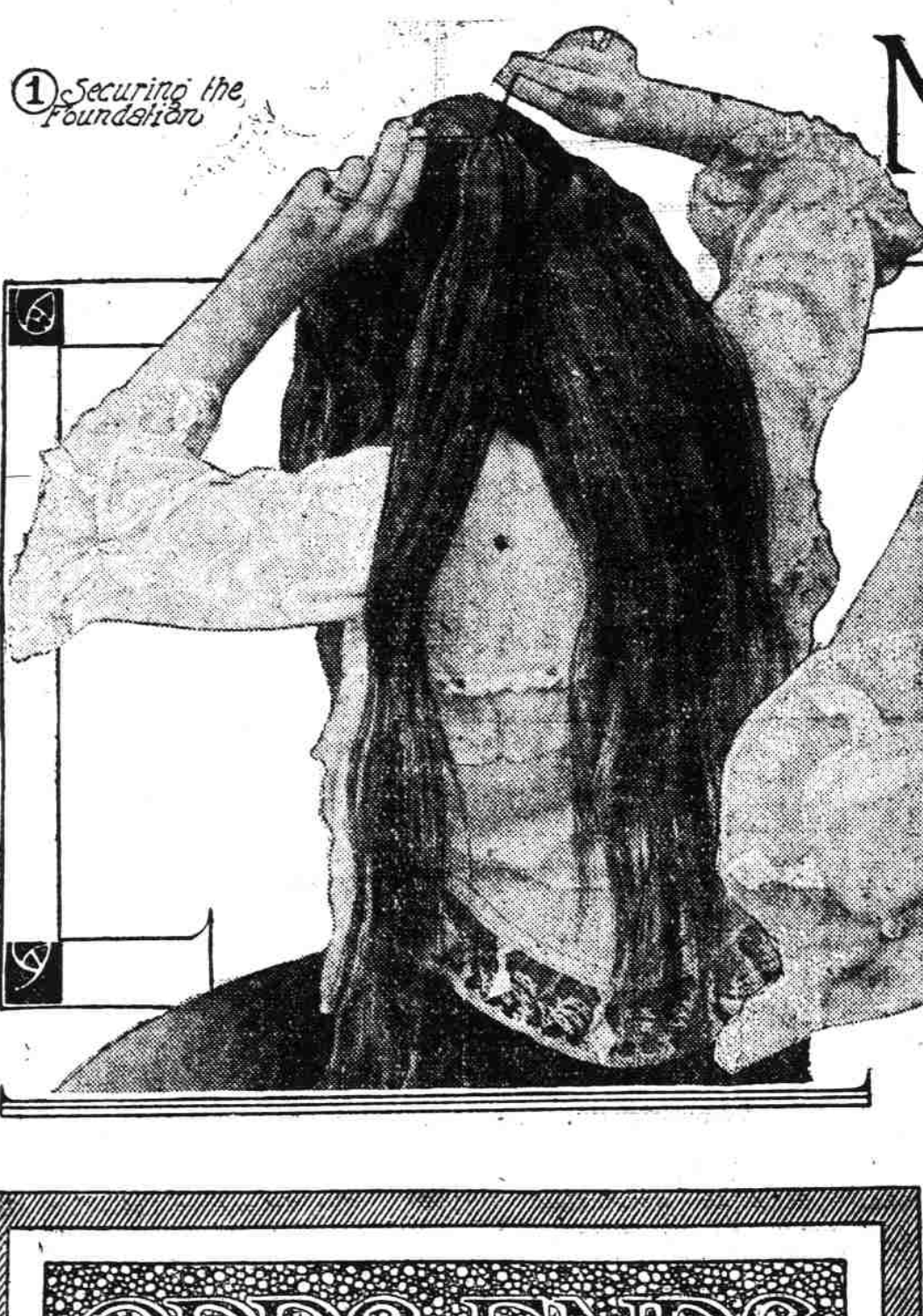


# MATCHING THE COIFFURE TO THE 1830 STYLES

① Securing the Foundation



② Pinning the False Curly Firmly



③ Bring Front Strand of Hair Over Top of Curly



④ Then Pin the Front Strand High on Head



## ODDS & ENDS

## ARRANGING THE HAIR How to Make It Conform to Your Style of Dress and Beauty.

BY LUCILLE DAUDET. . . .

**J**UST as this is one day of specializing, so is it the day of matching styles—that is, the style of hairdressing must be consistent with the style of the gown. Shoes, hats, gloves and wraps follow the same ruling. It is only by adhering to this rule that a pleasing symmetry is gained in the complete costume. For instance, with the bouffant skirt and the pointed bodice it is quite essential that one's hair should be pinned high on the head and should be arranged in curls at the side.

It is quite true that every one cannot afford to have the hair dressed in such a manner by a professional, but by following the directions given in this article the greenest novice should be able to gain a satisfactory result. This is the method: First of all brush the hair down around the head as shown in the photograph. Divide the hair at the crown, picking up sufficient to make a fairly thick strand. Tie it securely as illustrated. Then pin the rest of the hair.

Now pin the false curls at each side. Be generous in your use of pins, so that there will be no danger of the curls slipping. Drape a part of the front section over each cluster of curls. And then pin the front strand rather high on the head. This is necessary in order to place the psyche high.

In twisting the psyche arrange it as loosely as possible. A tight roll is not at all pleasant to look at and it hardens the features of the wearer. There are various ways of making a psyche, but the simplest method is to roll the hair over the fingers, or a foundation, if necessary, and spread and pin the hair a little above the crown of the head. It's a good idea to leave one strand ungathered in the front. This can then be draped around the psyche to hide any ugly ends.

Be most particular in arranging the front of the hair. Strive for a soft line. Don't be afraid to draw and pin the tantalizing whisps here and there. It is only by doing this that you can get your hair to look at all becoming. Be generous in your use of invisible hairpins to tie them to match hairpins and try to get them to match the color of your hair so that they will be unnoticeable. For the purpose of holding the psyche use bone hairpins. These add to the appearance of the coiffure, whereas the wire ones do just the opposite.

The greatest care in arranging the hair will avail nothing if the hair is not in a luxuriantly healthy condition. Nothing so quickly reflects a condition of physical fitness, or the reverse, as the hair. It is truly woman's crowning glory, and for this reason a woman should be willing to expend some time and trouble to keep it at its best. The brushing of the hair and the massaging of the scalp should be just as much a daily habit as is the washing of the body.

Hair which is inclined to be too dry can be improved upon by the application of castor oil or vaseline to the scalp. It is advisable to apply just a little at a time. Too much of the salve or oil is apt to make the head look greasy. Should the hair be oily it should be washed frequently, and occasionally an alcohol bath should be given it. This is done by covering a brush with absorbent cotton. Saturate the cotton with alcohol and then brush the hair. You will be surprised at the amount of dirt that will come off. It is not easy to state how many times the oil or the alcohol should be applied. The best statement is to say, as often as necessary.

In adopting the style of hairdressing suggested today be sure that it suits your features. If it is too high, lower the position of the psyche. If your ears are not things of beauty, bring the curls more to the front. There are lots of little ways you can modify the style yet change it very slightly in its general appearance. The placing of the part is another question which must be solved by the individual.

As a rule, the hair can be arranged much better if it is slightly curled. A wide wave is preferable to a narrow, tight one. It looks more natural. If you use curlers it will be necessary to dampen the hair before arranging it on them. To obviate the necessity for putting up the hair every night, you might use a quince-seed fluid on the hair. This usually makes the curl stay in for a longer time.

**CLIPPINGS** I WAS visiting a woman who has made a success in business, and after she had shown me around her shop and offices, full of fascinating things, she drew my attention to a card index case near her desk.

"That," she said, "is the most important of my possessions. And to that I charge a large part of my success." Of course I wanted to know what and why.

"I think that every woman who is in any but routine work should make a practice of keeping all clippings and have any reference to what she does. The amount of first-class material that is printed in the papers and the weeklies and the magazines is incredible. Most of it is lost to you, because you read it once and forget it. But make a habit of clipping all such items and keeping them where you can get at them, handy—mind, handy—and you are forming a library that is simply invaluable to you."

"Of course this question of handiness is the chief one. The best collection of material on earth will not help you if it is not immediately available. My way is to keep all allied clippings in one big envelope. Each of these envelopes is indexed under a number, and all the items it contains are marked on a slip. These are kept in that card index case. All I need to do when I want a clipping on any subject is to look for it alphabetically in the index, take out the envelope that has the right number, and run through the items."

"I am able to discard old and useless material, or supersede one item with a better one by this plan. Nothing is lost. There is no fussing with paste, no big books to take care of. I can subdivide as much as seems good to me."

"It is a plan I advise all working women to follow; even the woman who simply runs her own house will find it an endless help and joy."

who has acquired the doctor habit, a woman who loves nothing in the world quite so well as an opportunity to tell the doctor of her ailments? She has poured them out to unwelcome ears, to forced listeners, till she longs for some one who can really appreciate it all, who sympathizes with her in her troubles; so she sends for the doctor or goes to see him. This becomes almost a mania with some women, who have few outside activities to divert them. Their minds naturally revert to themselves and they think of their unfortunate condition until they become saturated with the poisoned thought.

**W**HERE much sewing is done at home it pays to have a separate sewing room fitted with the latest conveniences for cutting, fitting and measuring. This room should be light and airy, if possible opening on an upper porch, where work can be taken on pleasant days. A one-windowed dark room is bad both for work and worker. Have low side lights or a table with a good student lamp if sewing must be done at night. Low, straight-backed, armless chairs, with or without rockers, and several footstools of drawers or a highboy, where materials and implements can be neatly kept. If there is no closet in the room use a wardrobe or put hooks at one side of the wall from a projecting board, across which string a curtain.

**F**INE satin stitch, sometimes called French stem stitch, is among the most difficult kinds of embroidery to do well. A good substitute is what is known as satin outline. It is much used as an edge on figures to be filled with seedling or fancy stitches. To work it make a fine outline stitch along design, then cover with a close over-and-over stitch, taking up only the stitch itself, not any of the material. Somewhat similar is the cording stitch, except that the under-stitchery is run and the over-stitch is taken through the running stitches to form a sort of diagonal cord. This makes a good effect when the over-stitch is done in color, as blue and white, red and white.

**D**IET of oranges will clear muddy complexions and reduce superabundant curves. Lemon, taken internally, quenches thirst and prevents the bad habit of over-indulgence in ice water. Lemons clear the skin, assist digestion and have a tendency to rid one of obesity. Applied externally, they are a bleach which will remove stains from fingers and neck, freckles from arms and cheeks and other sallow blemishes. Pineapples will sweeten the voice, restore the quality if it has grown husky and aids digestion, which means that it will help to beautify the complexion. Apricots are used for the same purpose and are much favored by the Orientals.

**D**O you know that your stomach slumps—actually slumps from two to four inches in your body if you make a practice of worrying and fretting?" said a woman lecturer to her audience recently. "First your mouth droops till you can't lift the corners of it. Your chin gets big—oh, you're anything but an impressive picture then! But worse comes. Your stomach slumps and coils up on itself, and your diaphragm sort of falls on your stomach and your stomach gets irritated and creates poisonous gases. Then your heart feels as if it were giving out, and you say, 'Oh, I don't know what's the matter; I can't climb these stairs—I must have heart disease.' Heart! Legs are to climb stairs with, and poor misguided women think they have got to pull themselves up with their hearts. Stop playing dirges inside yourselves. Tuck your abdomens back into the right places; don't worry and you'll be all right."

**O**NE of the tendencies of ill health is to make one morbid. People who are constantly thinking about their ailments, worrying about their troubles, suffering pain, often develop a morbid passion for sympathy. They want to tell everybody of their aches and pains, to describe their evils, says a writer. Have your symptoms known a woman

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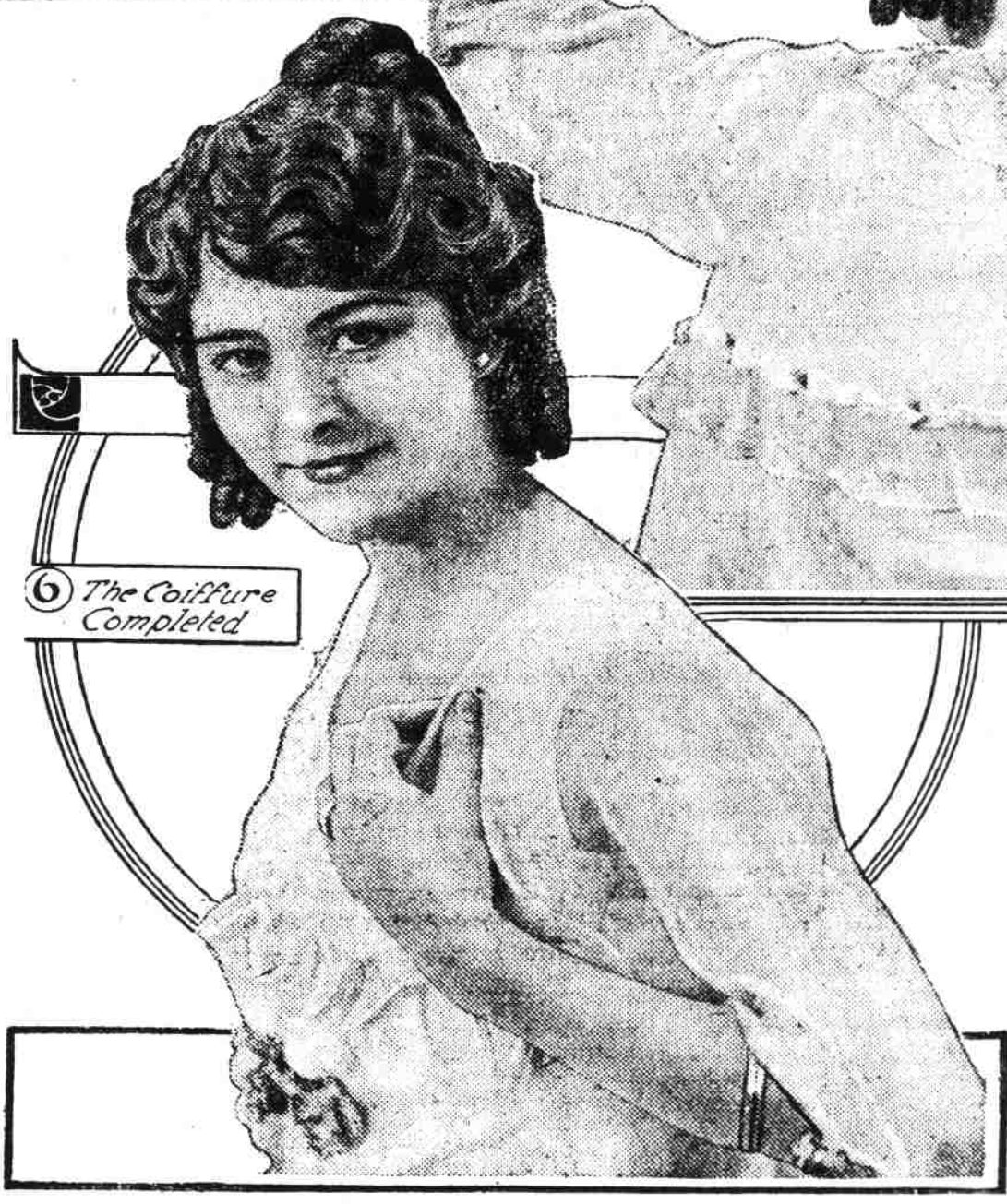
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⑤ The Coiffure Completed

⑥ Twisting the Hair Into a Psyche Knot

## LEARN TO SAVE MONEY

BY MRS. McCUNE.

**W**HEN Martha Glenn went to work with an engagement ring on her hand, there was a sentimental flutter among the rest of the girls. Martha, twenty-three, tall, brunette, was saleswoman and mannikin in the establishment of Henri, exclusive dressmaker.

When Martha returned from her two weeks' summer vacation a few months later with a wedding ring beneath her diamond, and placidly kept on working, the girls agreed that "it was an awfully queer thing for a bride to do."

Wilfred Haynes had the manly reputation of Martha's giving up work when they married, and letting him support her on the \$30 a week he earned as a constant. But Martha said to Wilfred, "If we save a reasonable amount of money on \$30, we must live simply."

"We can save at least \$5 a week," replied he.

"That isn't a drop in the bucket!" cried Martha. "If I keep on working we can save five times as much."

"But you will be working!" he exclaimed.

"I'll be working anyway at home. I shall spend no more energy on professional work than I would on housework. My position is easy and pleasant."

So Martha continued at Henri's. She and Wilfred lived comfortably in a little apartment with girl to do the work. Weekly they made their joint deposit in the savings bank.

At the end of the first year the proud pair counted \$1,000 in savings. When Wilfred invested the sum in bank stock, which paid 6 per cent, divided, Martha laughed, "Now there are three of us working—you and I and the thousand dollars."

Then Wilfred asked Martha to give up work.

"And be saving only \$5 a week, \$500 a year!" she said. "I have worked for my own living long enough to know how a man would feel with the responsibility of a family and saving only a small margin of the weekly salary. Such a man knows he must keep his position, that he must play safe and take anything from his employer. No wonder some men are broken spirited and have no initiative and no nerve. By getting money ahead I want to save you from pegging away at one little position for years."

"My working hasn't interfered with our happiness nor my good. We have lived better and built wisely for the future."

Wilfred still worked for \$20 and Martha for \$20. At the end of the second year they had another thousand to add to the first that was earning 6 per cent for them. So five years passed. In savings and interest, for which there was no slavish skipping, they had some \$5,700 in 6 per cent investment. Wilfred applied for a responsible position with a new firm at \$20 a week and got it. Therein Martha realized that in these five years they had accumulated something better than mere money.

"Our investment," she said, "has given you courage to leave a sure place to gamble on making good in one less sure. You have confidence and independence. As a result, you are now earning alone what we both earned before."

## MILADY'S BEAUTY

**G**ENERAL, careful treatment of the hair will soon restore its life and luster. When the hair becomes dry and dead-looking it is usually suffering from too frequent shampooing or an improper manner of renovating. Brushing for ten or fifteen minutes every night will act as a splendid stimulant.

**A** PLEASANT powder to use with the huge bath puff found in the stores nowadays is made of two ounces of rice flour, two ounces of powdered talcum, two ounces of powdered orris root and one-half pound of cornstarch. After being mixed the ingredients should be well sifted through a muslin cloth.

**O**F all times, that immediately following the bath is the best for manicuring. Just as regular as clockwork—more so than the work of some clocks—should the cleaning and shaping and polishing of the nails be done when they are soft and pliable after being in the water.

**A**LTHOUGH many of the leading "beauty doctors" regard facial massage as always injurious in the long run there are others who do not share their opinions. One is the director of the institute of massage in the University of Berlin. He strongly advocates the practice, provided it is conducted in his special way and without any use of creams or other skin foods. In removing wrinkles of the forehead the masseur stands on the right of the patient, who is seated. The right and left hands are employed. Each hand moves from the root of the nose upward and outward toward the scalp, but the movements are zigzag, not in a straight line.

**W**OMAN'S foot, when perfect, is hollowed out well, both inside and out, with a high instep, short heel and long, straight toes, slightly spatulate at the ends. This is the type of the most beautiful foot. It is, on the whole, a foot not frequently seen in its perfection, for often one or the other element of beauty is wanting. The rarest point of beauty is the hollowing of the outside of the foot. If any one would

convince himself that the hollow on the outside of the foot is rare, let him watch the prints that seaside bathers leave when they step on a dry plank walk. Most of such footprints show a greater or smaller hollow on the inside of the foot, but nearly every one shows a straight, wet mark on the outside. That water could flow under the arch of the foot without wetting it is an old and good rule where feet are concerned.

**B**y massaging the throat every day the stringy appearance that indicates age may be staved off indefinitely and the hollowness directly at the front of the neck will not appear to indicate the absence of youth. In addition to massage, tissue-building creams must be applied to nourish the flesh and to help tighten muscles. An unguent particularly suited to the throat is made from half a gram of tannin, thirty grains of lanolin and twenty grams of oil of sweet almonds. The last two ingredients should be mixed by placing in a basin set into boiling water. The lanolin should be soft, but not hot. As soon as it is in this condition remove from the heat and beat, adding the tannin while the mixture is still soft, but not warm. This cream is to be used night and morning.