

# Collecting College Clothes

College freshmen may make lots of mistakes, but one error they can escape is that of a hit and miss wardrobe. The college shops in the department stores will give you expert advice.

The girl going off to school for the first time should have these essentials. First, a three-piece suit, the suit to be worn for street and travel and the top-coat—of the Balmacaan type, also used over campus clothes. Best colors—the greens, the wines down to a deep raspberry, royal blue.

One very smart wool dress and two silk, tailored dresses, the latter for formal afternoon affairs, such as faculty teas, sorority parties, and for "date night" dinners.

Absolute essentials are one sweater set—a regulation cardigan and slip-on. Two or three extra sweaters and two extra skirts beside the suit skirt. The skirts should be "swing" skirts, circular, or having pleats. Lots of plaids will be worn, so have at least one and tuck in some plaid accessories, a couple of scarves or some short wool socks. And be sure to have socks to match all the various sweaters.

Some sort of fur coat is necessary, and this year's short coat, coming to just below the waist and swinging loose, can be used over the suit, the wool and silk dresses, and even do duty as an evening wrap. The bulky, chunky furs are smartest for this. Choose it in a civet cat, nutria, or the various dyed "bunnies."

Have at least two evening dresses, one with a jacket (a long-sleeved dinner dress is an extravagance). The jacket stays on for dinner parties and comes off for formals. One very formal dancing frock for the very gala occasions. Make it black, preferably, and you won't suffer from being too easily identified by it all year long. Vary the effect of the evening ensembles by the use of flattering hair ornaments, either wreaths of gay flowers or shells, or single flower arrangements. One pair of good black dancing slippers should take care of both costumes.



# Hair Stylist

Society women, just like their less wealthy sisters, like to think of themselves as movie stars. So Josef, the well-known hairdresser to an expensive clientele, treats each woman as though he were dressing her hair for a screen test. He seats her in a chair before a triangular mirror, and studies her in the mirror, never by looking directly at her features.

"In this way," he explains, "I see them as the public will see them. Nose, cheek bones, too wide a face—these can all be changed for the best by the illusion hair styles can give."

In a smart Fifth Avenue salon where he serves his purpose of making women look as they dream of looking, the famous hairdresser follows these general rules which he gave me to pass along to my readers.

1—If your face is thin and your forehead high, keep a flat effect on the top of the crown, free from any waves. Begin to wave the hair just above the ears. Many thin women make the mistake of piling hair high on top of head. That adds to their elongated look.

2—If width between cheek bones is noticeable, frame it with hair softly piled behind ears, rather than sleeking down hair and flattening at sides. Such framing will narrow the face.

3—If your neck is short and too thick, do not wear hair cut high at back of neck and head. This would only square the head. Wear it cut in a generously long bob.

# Soap & Water

Don't be afraid of soap and water for the face. Unless you are suffering from sunburn or eczema or ichthyosis, soap is a good beauty ingredient.

Select a mild toilet soap and use lukewarm water. Hot water may cause your skin to dry. Get up a good lather and work it into the pores. Don't overlook the neck or the front of your chin. The nose must get especial attention. Those nose pores need thorough cleansing to prevent enlarged pores and blackheads.

Rinse thoroughly. Use lukewarm water and be sure it is clear. You cannot rinse the face with soapy water. So don't try. After rinsing with warm water, rinse again with cold. Splash cold water all over throat and neck for stimulation of lagging muscles.

Dry carefully with upward and outward motion. This drying can be made into a form of massage. Massage stimulates circulation and improves the health of the skin.

Just because the air in summer seems clear and friendly, don't get the idea that your pretty face will not get dirty. It will, and when it does, the goddess of beauty will recommend—soap and water for loveliness.

## SLENDERIZING MARION TALLEY

Mrs. Penrose Lyly

Marion Talley invited me to luncheon. As I approached the Beverly Wiltshire apartments where she lives—as do Clark Gable and several other stars—I wished I had tucked a sandwich in my bag, for Miss Talley's feat of reducing from 130 to 107 pounds made me skeptical about the menu. But this is what we had to eat—chicken croquets, new vegetable combination, a salad and coffee. And she ate everything.

"Because I have eaten luncheon today with you," she explained, "I will not eat dinner. My breakfast was the juice of one lime, half a grapefruit and two oranges squeezed together. I love coffee — so I drink it half and half with milk.

"No, I never get hungry on this liquid breakfast and one meal a day diet," the genuinely lovely star of the opera, the movies and radio said. "If I am busy at work, practicing, studying for a concert or doing regular broadcasting, I find that my mind is so occupied that thoughts of hunger can't find place to stay. But when I do not keep mentally busy, then it really is hard to diet."

She wore a French blue-gray tailored suit which did flattering things to her sapphire blue eyes and auburn hair. The young lady who stepped out to instant success at 19 on the Metropolitan Opera House stage seems to have stayed unspoiled by wealth and fame.

"I must admit I really do love a very, very tender steak, even though I must keep my weight down," she says. "And chicken in any form is very hard to resist. So I eat both these things—but only once a day and then forget the other meal."

Marion is the friendly type who makes you like her at once. She uses no powder

but wears matching lipstick and nail polish.

"I go to a ranch every week-end for quiet and exercise, two ingredients necessary to any woman's beauty routine," she said. "And I am planning to have my mother and father come from Kansas and live with me. My sister Florence, who makes my clothes, is coming, too. Then my life will be even more pleasant.

"No, I'll not expect them to breakfast on liquids and eat only one meal a day. But if they do accept my diet, I think they will feel younger and lighter and much happier. Cutting down on food isn't the terrible thing most people think. Cutting down on your weight, however, is a wonderful thing. And I'm the one who can tell you that."

## CARD TRICK FOR BEAUTY

Place a deck of 52 playing cards on the table beside your bed. Go to bed early and get a long night's sleep. Wake up early, jump from bed, take the deck of cards and throw them away from you. The cards will scatter all over the floor.

Pick up every single card. Remember that you have knees for bending. Bend down on the knees, keeping back straight. When you have mastered the art of picking things up from the floor by bending down on the knees, you will have learned a lot about posture. When you have picked up all those cards, every muscle in your body will have had it beauty stretch and fat and extra poundage will begin to get worried. Do this little card trick every morning and watch your figure turn lithe and graceful.

## FROSTY DRINKS WITH SANDWICHES

When appetites are sharpened and throats are thirsty, these frosty milk drinks have a wonderfully reviving effect. The sandwiches can be made early, rolled in wax paper and kept in the refrigerator.

### CHOCOLATE CREAM DELIGHT

- 2 squares chocolate
- ½ cup water
- ¾ cups milk
- ¼ cup cream
- 3 tablespoons granulated sugar

Place chocolate and boiling water in saucepan, stir until chocolate melts and forms smooth paste. Add sugar, milk and cream, stirring to make a smooth texture. Cook five minutes in top of boiler. Add salt and vanilla if desired. Chill in refrigerator. Serve, topping each glass with two tablespoons whipped cream and shavings of bitter chocolate. Yield: 5

