HEALTH STRENGTH AND BEAUTY

Vanity's Toilet Aids

THE SIDE PUFF THAT GOES UNDER THE HAIR.

THE TAPE FILLET FOR WAVING THE HAIR.

THE BOUDOIR CAP, ONE OF THE MOST USEFUL OF VANITY'S TOILET AIDS.

JUST A TOUCH TO MAKE THE CHEEKS LOOK HEALTHY.

POWERING THE HANDS TO MAKE THEM WHITE.

VANITY is, after all, a fairly useful quality. A little of it is like pepper in the soup, a decided improvement, too much spoils the character and makes one absurd just as an overdose of condiment makes the first course at dinner unpopular with the diners.

Everyone likes to see a woman with a clear fresh looking complexion, glossy luxuriant hair and well cared for white hands. If these gifts of the gods are given her by Mother Nature she is indeed fortunate, but if that Dame has been niggardly who can blame a woman thus slighted if she employs a few tricks and devices of the fashionable toilet table to improve her appearance? Surely it is but a harmless vanity, to say the least, that tries to present the best face possible to a critical world.

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MOST people have gotten over the horror of false hair that possessed certain ladies and gentlemen with strait laced views more than half a century ago. Now we consider it just as proper to wear a switch or a puff, if we need one, as it is to select a hat that is becoming. Fortunately the huge rats, the clusters of puffs looking like nothing so much as link sausages and the uncouth hair frames have been thrown into the limbo of bygone fashions and a wavy switch, an artistic coil of hair or perchance a transformation to make the low pompadour look more fluffy, and the new side puff is all that is now sanctioned by Fashion. Curiously enough this latest aid to vanity is the most harmless of any for it is entirely concealed by the natural hair and no one but the wearer knows that it is there.

When parted hair first began to be widely popular a good many women found that this easily arranged and youthful looking style was not becoming to them because their locks, being fine and straight, insisted on lying flat at the sides instead of puffing out at the ears as wavy hair or hair that was very heavy would naturally do. It was then that some good genius—a French hairdresser I think—evolved the side puff, as it is called.

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THIS is nothing but an ordinary puff of hair, matching the natural tresses as closely as possible. It is carefully pinned to the head with invisible hairpins and then the front hair, from each side of the part, is brought over it hiding it from sight. This can be done either before the back hair is arranged or after, as is most convenient. It is not even absolutely necessary to buy this special sort of puff as any rather large hair puff can be used for this purpose.

Some women, I know, look upon rouge as an invention of the evil one and think that even the slightest touch of artificial coloring is a crime. Now morally such an idea has no ground to stand on; why is it any worse to make the cheeks look healthy, when they are perhaps naturally sallow, than it is to make thin hair look thicker by the aid of switches? Both these toilet aids are undoubtedly designed to give a false impression. When one talks of good taste, ah then the argument gains strength. For it is undoubtedly true that rouge nowadays is associated with a loud and often questionable class of women, that is the palpably rouged face is so associated but not the delicately tinted face of fashion.

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THE French say that the only crime about rouge is to have it show. A well-dressed Parisian uses only the merest suspicion of it, if her skin, as is so often the case, is inclined to be sallow. She tints it just enough to give the cheeks appearance of health, and many of our prettiest society women do the same thing.

"The trouble with allowing the average woman to use such a rouge," said a well-known beauty doctor to me the other day, "is that they have absolutely no discretion and put on about ten times too much. They likewise accentuate the artificial effect with powder which is all wrong if one wants to look like a lady and not like an actress made up for the stage. The best aid to vanity that I know of," she went on, "is a touch of liquid rouge put on in the right way. I take a small piece of absorbent cotton, place it at the mouth of the bottle and just tip the latter up once upon it. Then I put the cotton away and let it dry. I usually prepare several of these pieces at one time. When I think a customer looks pale and ill or that her skin is turning an unbecoming sallow shade which will certainly make her look old much quicker than anything else, I dip one of these pieces of rouged cotton in a little water to make it a lighter shade and rub it quickly all over her cheeks, rubbing just a trifle harder on the cheek bones at the outer corners of the eyes to make the tint imperceptibly deeper there. The forehead and the chin I leave alone but I rub the cotton very, very lightly just over the upper lip. Then I tint the lobes of the ears with the cotton, for no one who is healthy has pale ears, and when the operation is finished I defy anyone to detect a suspicion of make up, for the cheeks have simply the faint pink tinge seen in most normally healthy persons. All the powder I use is a dust on the nose to take off the shine, and even this I wipe lightly off with a piece of soft linen."

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EVERY woman who is going out to a fashionable dinner or a card party or, in fact, to any place where her hands will be in evidence, certainly wants those important members to look white and well cared for. Now, though manicuring is all important to the appearance of a well-kept hand, all the polishing and clipping of the nails in the world will not make the hands themselves look white and unfortunately many women are cursed with red hands, especially in Winter. Red paws are an abomination on a well-dressed woman, but this state of affairs can be easily remedied with a little powder and cold cream. First rub the hands well with cold cream, wipe this off thoroughly and then powder the hands, rubbing the powder in well. Then wipe off all the powder that will come with a dry towel and the hands will be found to look naturally white.

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WAVY hair is much prettier than the straight variety, and many young women have found a way to give their locks a pretty natural looking wave without having recourse to the more or less injurious iron. To make this wave, brush the hair at night with a little water. If just a trifle of soap is put in the water the waves will be more lasting—and then bind it down with fillets made of white tape. Comb up the hair between these fillets and tie an old chiffon veil over the head to keep them in place. The fillet can be kept on until one dresses to go out if a boudoir cap is donned. And in passing let me remark that these same caps are about the most useful and becoming of all Vanity's toilet aids.

HEBE'S HELPFUL ADVICE

When the Head Perspires.

Martha:—Let the hair down and hang loosely around the shoulders at least one hour a day. At night part it down the back and braid it loosely in two braids and throw it over the pillow when sleeping. Once a week apply the following lotion to the scalp and rub it gently until dry. Shampoo every ten days or two weeks.

Bicarbonate of soda	¼ ounce
Borax	¼ ounce
Cologne water	2 ounces
Alcohol	1 ounce
Tincture of cochineal	½ ounce
Distilled water	16 ounces

To Develop Bust.

A. R.:—Deep breathing exercises will develop, combined with a gentle massage using cream made from the formula I will give you. In the early morning stand erect before an open window clad in a warm, loose gown. Rise slowly on the toes and inhale through the nostrils with mouth closed, hold the breath a few seconds, then drop back quickly on the heels and exhale through the mouth. Repeat ten times every morning, then bathe the bust with cold water. Every night bathe the bust with warm water then massage gently with a rotary motion for five minutes, each side.

For Bust Massage.

Lanoline	2 ounces
Cocoa butter	2 ounces
Olive oil	2 ounces

Oily Skin.

A Reader:—After cleansing the face at night apply this lotion and again in the morning:—

Astringent Lotion.

Eau de Cologne	½ ounce
Elderflower water	6 ounces
Powdered alum	20 grains

Mouth Wash.

Salicylic acid	120 grains
Tincture of myrrh	2 ounces
Tincture of soap bark	2 ounces
Cologne	4 ounces
Glycerin	1 ounce
Alcohol	3 ounces
Tincture of orris	2 ounces

Dilute with cold water and rinse the mouth whenever necessary. If the teeth are decayed have them filled or extracted as it is impossible to have a sweet breath with decayed teeth.

Strengthening the Back Muscles.

EVA A.:—Stand erect, place a cane or long stick across the shoulders, and grasp near the ends with both hands, with the fingers forward. Now sink slowly to a squatting position, and rise slowly to an erect posture. The trunk must be kept perfectly erect during the exercises. This will make the limbs more flexible and strengthen the ankles as well as the back.

Fur Stain.

E. L. M.:—The cleansing cream should be applied once or twice a day to remove any fur stain. Rub the cream over the throat with the tips of the fingers, allow it to remain on for five minutes, then remove it with a soft towel.

Cleansing Cream.

Oil of sweet almonds	4 ounces
White wax	1 ounce
White vaseline	1 ounce
Extract of violet	10 drops

Chapped Hands.

Mrs. D. D. E.:—Always use a very pure soap or almond meal when bathing the hands, and dry them thoroughly. Rub this pomade on the hands before retiring and wear a large pair of white cotton gloves.

Pomade for Chapped Hands.

Cocoa butter	1 ounce
Oil of sweet almonds	1 ounce
Oxide of zinc	1 dram
Borax	1 dram
Oil of rose geranium	6 drops

Superfluous Hair.

M. J.:—The electric needle is the only permanent cure for superfluous hair. Nothing that you can apply yourself will remove it for more than a few days. Water will not increase the growth, neither will anything prevent it.

Depilatory.

A. S.:—The ointment can be purchased at a drug store only. Any good druggist can get it for you. The lime is just ordinary lime pulverized and the ordinary laundry starch pulverized. Any reliable druggist will surely mix this for you.

Novelties in Hair Adornments

DAINTY little poppies in silk set among sprays of maidenhair fern in satin are the latest "vanities" in hair ornaments. They are newer than the Spanish rose, and of a lovely red scarcely less vivid than the geranium which has of late come into fashion and is extremely modish when used for the coiffure. These poppies and geraniums are attached to the top of a single hairpin and stuck almost anywhere in the coiffure but preferably at some place where the ends of coiled or twisted locks would otherwise show.

More elaborate but equally attractive vanity coiffures are the bands of jewels, crystals, beads and jets which are accurately fitted to the head before their fastenings are permanently adjusted. Some of these bands consist of a single strand going once around the head and joining in front under a tall aigrette composed of three tiers of loosely swirled gold wire, each one tipped with a jeweled pendant. Again the single strand encircles the right side of the head once, but doubles on the left side and terminates with an erect or a drooping ornament—whichever way is the most becoming. When several strands are used, a single high or drooping ornament is not so smart as a series of cabochons set flatly against the head or arranged in Russian coronet manner. This style particularly suits the semi-oval American face and is only trying above features that are abnormally long and thin.

The one principle to be kept in mind by pretty women—and every woman can make herself reasonably pretty if she tries hard enough—is that the coiffure "vanity" must become the individual. No matter how alluring, don't adopt it if it doesn't suit the face.

SACHET CORSET HOLDERS

Unless you keep the corset over-night in a sachet-scented holder, your clothes will not send out that intangible, faint perfume which adds to the attractiveness of a woman's personality. The sachet is merely a thickly-wadded half-yard square quilt that is held together about the corset with ribbons attached to the edges at the upper and lower ends of the sheet. Pale-toned China silk or satin edged with quillings of lace headed by narrow silk soutache makes a charming looking corset sachet. But if something very elaborate indeed is preferred, brocaded satin or Pompadour silk may be trimmed with gold lace headed with gold braid. Tinsel sash ribbon joined with gold or silver lace insertions make a gorgeous covering for the upper side of a corset sachet and on this sort are often put Empire wreaths of tiny flowers in satin and velvet.

Many women prefer to keep their corsets over night in long and narrow bags thickly wadded and scented. These receptacles are made of all manner of dainty fabrics, but are most substantial in plain satin or heavy corded silk, hand-painted or hand-embroidered, and decorated with old French prints framed with tinsel lace.

Light When Reading.

V. L. D.:—The light should fall over the left shoulder when reading. This is important for the young as well as the older people. A child should be taught to sit well back on the chair and to hold the head up when reading. The book or paper should be held to accommodate the eyes instead of letting the head drop forward until the chin nearly rests on the chest.

Nature's Color Scheme in the Home

MOTHER Nature as an artist has long held pride of place. She is continually providing a feast of beauty for the eye, and her gallery, whose boundary is the horizon, compels admiration. Unconsciously we cull our color schemes from her natural pictures and seek knowledge from her in her marvelous adaptations of hue.

Whether she obtains her effects by blending or by bold contrasts, Nature is always pleasing. The eye is never shocked by crudeness nor startled by the biazarre. Yet whoever will take Nature as her model in the color schemes of her home, will impress the beholder with her individiality.

"Get out into the heart of things;
Let Nature be your teacher,"

is good advice for the modern bride, or for the housewife intent upon renovations to her domain.

Let your eye linger on the common where the purple heather and the dull gold of the bracken will hold it as by a magnet, when once you have allowed the impression to enter.

Take this color scheme from Nature and imagine the resultant room!

A carpet of heather hue—an indescribable purple that would suggest the moors and heaths on entering the room! Dull bronze ornaments or, possibly, copper. Walls of the tint of the interior of a heather bell and for hangings that rich green, such as one sees in the eternal pines that stand as sentinels on the border of heath-land. Those whose taste inclines to frivolities may deem such a room heavy, but let them try the effect of its restfulness. Flowers may always be added at will, and the gold and bronze of chrysanthemums, the dignified splendor of the dahlia, and the dainty Michaelmas daisy, will all help in the color scheme.

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Altogether delightful was the effect obtained by one follower of Nature in her decorative scheme. On entering this room one received an impression of gray clouds in which an orange sun was sinking. And it was just such a natural picture that gave the inspiration.

"It was one Autumn day," she said. "I saw a huge orange ball in a dome of gray. I was fascinated. I steeped my eyes in the beauty of it, then came home determined to copy Nature in planning my boudoir. The level grayness relieved by the touch of orange seemed to me a perfect color scheme."

Certainly the room in which she had carried out her natural scheme struck me as being very beautiful.

The walls were of an unrelieved gray tint and the carpet reminded one of lichens and mosses. The curtains and other hangings were of gray muslin, diaphanous as tulle or chiffon, but the outer hangings were of rich orange velvet. Splashes of orange came again in the coverings of cushions and footstools and, at the moment, a gorgeous chrysanthemum flowered in one corner, whilst sister flowers bloomed in a massive pewter bowl on the left side of a bijou grand piano.

As Muriel remarked, the beauty of such an arrangement lay in the fact that— should the eye become tired of the scheme it was easily altered.

"I have merely to vary my hangings and, by changing their color, I have a new room," she said. "A rich purple would be magnificent with gray, and there are lovely tones of blue which, with china, would completely alter the effect and provide me with a different color scheme."

A stroll in the country when the finger of Autumn is discernible everywhere, when Nature seems to have opened her wardrobe doors and brought forth every gown, will provide us with numerous ideas. Sunset effect provide us with numerous schemes. All is gorgeous, but nothing clashes. Old rose and misty purples, rich yellows and amber shades, veiled blues and delicate greens. And the sea! Who has not been struck with the changing lights on water?

A sea-green room presents endless possibilities. Ebony furniture reminds us of giant rocks standing out of their natural element, and for relieving touches go to the sunset colors as you see them when the sun sinks behind a watery horizon.

There are people who make green their ground-work color in most schemes. They are not minus wisdom, for green is essentially Nature's pet color.

Take the colors that blend beautifully with green, and imagine the hundred and one shades of this color. Everyone will see that green is a good shade to which to pin one's faith. The study of a stretch of woodland will soon show the student of color schemes the endless possibilities of the shades. They range from the tender, indescribable green of birth to the hoary green of age.

We may truly say that there is no excuse for being inartistic. We have an eternal model before us and in Nature we find our best teacher.

WHEN VANITY IS A VIRTUE—By Hebe

IT has not been so very many years since little girls were told that it was very "vain" for them to look at themselves in the glass and were thereupon instructed to look up certain scriptural quotations on the subject of vanity.

As a matter of fact, however, is it vanity only in every case which tempts us to gaze earnestly at our reflections and urges us to make the best of what beauty we possess and to improve ourselves if possible?

There is a decided distinction between vanity and self respect and there should be no mistake in regard to the definition of the terms. I, for one, am decidedly of the opinion that our self-respect leads us to keep ourselves sweet and clean and to be as lovely as possible externally as well as internally. "cleanliness is next to Godliness" and its moral lesson you have already found out if you have ever attempted any slum visiting. Personally I believe that cleanliness promotes Godliness.

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SINCE we are to inhabit our bodies for a life-time we certainly should be expected to keep our abode as attractive and wholesome as can be. It is not only bad house-keeping but unsanitary to dwell in a poorly run neglected establishment, nor is it any moral support to mind or soul to dwell in a neglected uncared for body.

It is, of course, vanity in its truest sense to deck the person with gaudy unsuitable clothes, to cloak a poor complexion with artificial coloring, to pose and to use conscious means to show off one's attractions. A woman who does that always reminds me of a house gaily painted without and with lace curtains at the windows but ill-kept within where it does not show.

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AS a cloak or as an advertisement of one's charms it is, of course, vanity pure and simple which dominates the motives for self-decoration but when there is a natural and honest desire to look as well as possible why is it necessary to impute a wrong motive?

For instance, take a girl who is badly freckled so as to be actually homely although otherwise her features are good. When she knows those blemishes can be harmlessly removed and thereby render her an attractive young woman can you call it mere vanity which actuates her to put her spare pennies into removing the pests which have made her shy and self-conscious? A girl who is homely and knows herself to be homely is apt to grow retiring and stand an uneven chance of success in either the business or social life unless she is able to rise above it. The trouble is not so much that she is incapable of mental activity and affection, and not that others do not know she is worthy but that the nicknames flung at her from childhood and her knowledge of her deficiencies in looks have tended to backen her natural buoyancy and made her sensitive about herself and resulted in a pitiful lack of self-confidence and ambition.

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FRECKLES are of course nothing compared to the dreadful ravages of smallpox and skin diseases of one sort or another which render the fairest complexion repulsive. Why then should not one use a safe means to remove smallpox pittings when it can be done?

When smallpox was of common occurrence and the results inevitable how many maidens were sacrificed to its ravages? The blemish in more than one case decades ago caused broken engagements and shattered many romances. Fortunately we know better nowadays how to combat both the disease and its consequences but would you call it vanity to attempt to restore a scarred face to its pristine smoothness?

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I CALL it sheer carelessness for a woman to neglect her appearance. It is an important asset in either a professional or domestic career and I think women are beginning to realize that more every day. It is no evidence of vanity to be well-groomed. It is a sign of good breeding not only to be appropriately dressed but to be well manicured and well kept in regard to hair and complexion and all the details which go to make up the toilet of the careful woman.

I hope you note the distinction between well dressed and expensively dressed. To be well dressed by no means requires to be expensively dressed and I consider no woman well dressed who is conspicuously clothed beyond her means. If we cannot change our gowns five times daily we can be neat about gloves, shoes, collar and veil. If these things be good they will cover a multitude of faults with the gown.

If you have but one gown be sure that it is in good taste and since your conscience will be clear of extravagance let us hope that thereby your face will be less drawn than if you were worrying over how to pay for five gowns which you thought it necessary to provide out of an income suited to one.

It is vanity to think too much of finery of course but it is surely not blamable to look as well as possible with what you can afford to spend. It is as I have often remarked quite possible to buy pretty and becoming clothes even if they must be cheap and it is quite possible to be shoddy in very costly garments.

I do think that the fear of being considered vain is apt to lead us far on the very road we wish to avoid. In our efforts to avoid vanity we appear so self-conscious and belittle ourselves so conspicuously that we actually seem to others to possess the quality we wish to deny.

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SELF-CONSCIOUSNESS is indeed a supreme condition of vanity because it leads us to consider ourselves so constantly that our wish to appear well to others makes us really vain. This sort of vanity can only be overcome by self-forgetfulness and has nothing to do with the honest effort to care for our bodies as they should be cared for, and as tastefully gowned as we can afford. In other words a little of the right sort of vanity is a very good thing because it leads us to endeavor to keep ourselves in good condition and to avoid sinking into the slip shod careless neglect we are apt to assume when we think the world does not treat us exactly as it should.

The most dangerous form of vanity is that of self-satisfaction and for that reason I have left it to the last for emphasis. I don't believe that mentally, morally or physically any of us are so faultless that we cannot be improved. Those who see no room for improvement in themselves are truly vain. Satisfaction is very dangerous indeed to the beauty for not only does it prevent her from searching for and overcoming any small defects but it also tends to make her careless of the charms she already possesses and then before she can wake up to the fact she has reached the zenith of her beauty, it has sometimes gone before she has begun to realize that it has even reached its heights.

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WE cannot be prodigal of our good looks and when we are so fortunate as to possess them we should certainly try to preserve them. Professional beauties realize this fact and never allow the lines and other defects to make a beginning but others are not as careful although they have all the more need to keep what they have.

It is not entirely vanity, is it, which leads us to ward off the threatened attacks of Father Time? Or if so it is a vanity distinctly to be encouraged, for there is nothing like a youthful face to keep a woman young in spirit. A row of wrinkles and flabby cheeks greeting one in the glass are enough to make any woman age in spirit as well as outwardly.

FEMININE EXTORTIONS

They are few and far between, but still they exist. This rare member of the sex is the girl who actually asks men companions to purchase her anything for which she may take a fancy. It is decidedly unfair to the man, and he dislikes the feminine thoughtlessness. He will soon desert a girl who has the weakness. It is surely unfeminine.

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