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PRESERVING the BEAUTY of the HAIR LINE



The five points of beauty

Rubbing Soap with lotion

Pinning curls where temples meet

Going carefully over the hair line.

A WOMAN who had made a reputation for great beauty and sustained it until she was long past middle life once remarked to an admiring young friend: "I am not really the magnificent being you imagine me, but heaven dowered me with a hair line that grew into the five points of beauty, and care has done the rest."

Study the faces that have been preserved for us by the chisels of dead and gone Greek sculptors, and you will see this five-point hair line in all its perfection. The point in the centre of the forehead is very slight, with no suggestion of the more commonplace widow's peak; while those on either side of the temples are a trifle more decided, yet still exquisitely delicate in their pencilling.

Women with the five points of beauty usually have low, broad, unlined foreheads; their ears are almost invariably set close to their heads, with no disagreeable suggestion of baldness about them, and the same gracious beauty of outline seen at the forehead is nearly always carried out at the back of the neck.

Only one woman in fifty is thus dowered, however, and she must take care of her heavenly gift or its perfection will soon wane; while she who starts life with very mediocre charms can, by exercising patience and skill, develop a hair line that will be the envy and admiration of her fellow-women, but—she must begin early and practice eternal vigilance.

Frenchwomen understand the care of the hair intuitively, and this is one of the reasons why the French maid is so important and so much in vogue. We can't all have French maids, however, and the next best thing is to learn to take proper care of our hair lines ourselves.

THE BEST TREATMENT

Hair whitens first about the temples, and in this generation of rush and hurry these silver threads are a sign, not of old age, but of an overwrought nervous system. Get your nerves into good shape by the use of a tonic, but treat your hair at the same time.

Go over the roots every day with a small toothbrush dipped in castor oil. This is not an expensive remedy, for ten or fifteen drops will last for a month. If you prefer your brush wrapped in oiled paper when it is not in use, and barely moisten it with the oil. The idea is not to make the hair greasy, but to restore the natural oil, nourish the roots of the hair and get it into a normal condition.

Massage is excellent for hair that is too dry. Loosen the hair and go over every part of the scalp with the fingers, pressing the finger tips well into it. Do this night and morning for about five minutes, and the hair will be found first by a delightful tingling sensation as the circulation begins to improve, and finally by fresh growth of silvery hair all over your head.

If bald spots have begun to appear and the falling hair takes alarming proportions, a good tonic will help on the neck of the massage. An excellent liniment is composed of equal parts of distilled rosewater, 180 grams; aromatic vinegars, 60 grams; glycerine, 15 grams; linseed oil, 15 grams; and tincture of cantharides, 10 grams.

In this day of elaborate coiffures many women seem to think that if they have and put their hair and pile it up with pins, combs and ornaments, they have done all that is necessary. But the hair itself is not well cared for. Absolute cleanliness is a primary essential. Some women find it necessary to wash their hair more than once a month, others do it once a fortnight, or even once a week, with good results. If the frequent washing seems to dry and

fade your hair, try the "dry cleaning" process.

Let the hair loose, running the fingers through the scalp to separate the strands as much as possible, then divide the hair into little parts and brush each one of these thoroughly, until every part of the scalp is gone over. If you have a good comb, use it if possible, give your hair a sunbath.

Sunshine is a fine aftermath for a shampoo; indeed, the benefit of light and air upon the hair cannot be over-estimated. The young Breton peasant girls, who supply most of the finest hair in the world, are living exponents of the truth of this theory, for their hair grows to enormous lengths.

A shampoo that is good for dandruff is made from the yolk of an egg, a pint of rainwater, and an ounce of spirits of rosemary. An English method of cleaning gray hair is to cover the hair with rice powder, and after a little while brush out every particle of the powder and the dust comes with it.

Brushing is good for the hair, but it must not be done too vigorously or the scalp will be irritated and the long hairs broken. Don't fail to give your hair attention before you go to bed, and don't—no value your future looks—go to bed with it bound up. Brush it out and plait it loosely to keep it from tangling.

Many a good head of hair is being spoiled in these days of pomadours by "roughing" the hair or brushing it the wrong way in order to make the pomadour stand out. This disturbs the delicate scale-like structure of each hair and paves the way to baldness.

Once having got your hair into a good condition, look about for a coiffure that is becoming. Some women look well with a Madonna-like parting. Some can follow the example of the high-bred Japanese lady who strives after the semblance of the lotus flower in imitation of the apex of the sacred mountain of Fuji-san. Some are best suited by a high, smooth pomadour; but every coiffure is prettier if the hair that com-

poses it is well kept.

Where the care has come too late, a false curl will do its part toward filling up a bare spot, and it may not be necessary to cling to the curl for long. A cream made of red vasoline and a few drops of almond oil will sometimes produce the desired hairy growth when everything else fails. Warm this lotion before you use it, and apply with a small toothbrush.

Last, but not least, have a care to the back of your neck. Hairs straggling up a bare spot, and it may not be necessary to cling to the curl for long. A cream made of red vasoline and a few drops of almond oil will sometimes produce the desired hairy growth when everything else fails. Warm this lotion before you use it, and apply with a small toothbrush.

As I have said many times, the Vaucaire remedy works decidedly in its effects. Some people take it for over six months without perceiving any change, while with others the benefit is noticed after a few bottles. You are very young, however, to try artificial means to enlarge your bust; you have barely reached an age when the full growth of womanhood is attained. Why not try the general hygienic regimen given above and discontinue the specific cure for a time?

Lack of color is sometimes constitutional. Are you sure you are not anemic? And does your liver work all right? A diet of whole wheat bread, oatmeal, and fresh fruit, with a little of the Vaucaire remedy, will do you good. If you are in the open air, walk regularly and briskly, and you will find that your color will never be attributed to ill health, at least.

Years May Do It

As just a young girl, but would like to enlarge my bust one or two inches more, and would like to know what you advise.

Send a prescription to enlarge the bust and develop the neck as well. Would you advise me to take medicine or would you develop my neck and my bust only about one or two inches.

By no means should I advise you as a young girl to take medicine to develop your bust. You will probably fill out with increasing years, or if not, then it is time to worry about your neck of size. If you would like a plump neck, however, practice regularly the contour exercises given on November 15.

Here is another exercise that is also good to fill in hollows:

Lay the head in the palm of the hand at the temple, then move the head slowly toward the shoulder, resisting the movement with the force of the hand. Come back to the erect position of the head in the same way, resisting the pressure of the hand by the head. Repeat this exercise to the neck.

Clasp hands back of the head, and carry the head back, resisting with the hands. Take chin in hands and resist like exercise in the opposite direction.

Now move your head with a rotary motion, letting the head rest on the chest and far back on the shoulder.

Persist in these few exercises every day and you should soon have a plump neck.

Deep breathing and swinging the arms as far back as they will go, will help to increase the size of your bust.

Live in the open air as much as possible. Planting flowers in the open air, and you should soon have no need of an artificial developer.

Developing the Leg

D. D.—There is no better way to wrap the calf of the leg than to rise the lip-lose from twenty-five to thirty inches. This will also keep the ankles straight.

Advice to Correspondents

with cocoa butter or some good skin cream. My nose is full of small wrinkles.

The following lotion many of my correspondents write me has been used with good effect in getting rid of those little wrinkles you dislike.

Wrinkles are very often a sign of bad physical condition, and you should try to find your blood circulates well and that your digestion is unimpaired. Water drunk in large quantities, say several quarts a day, has a wonderful effect in clearing up the complexion, and a gentle massage with some of the skin foods so often given in these columns should help build up the tissues.

A Plaster Stick

Will you please tell me where I can purchase a "plaster stick" and how much it will cost? I have tried at several drug stores, but without success. M. A. B.

Commercial dressings are not given in this department. I am sorry to say, if your druggist cannot supply you with what you want, have him look it up in some wholesale catalogue of cosmetics. The price is quite reasonable, though I am not able to give it to you exactly. One package should last you a long time.

Discontinuing Should Make No Difference

Have read for some time your recipe for developing the bust. Would like to try for a few days, but I am not sure if it would be good to discontinue it, as is often the case with "orange-flower" cream for over a year, and find it very beneficial.

Almond Milk

Will you please send me the recipe for lotion for premature wrinkles, and where I can get the almond milk? I tried in Boston and could not get it. T. S.

I am very sorry it is against my rules to give commercial addresses. The almond milk, however, should not be difficult to obtain at any large drug establishment. For the formula of the astringent lotion for premature wrinkles, see the answer to "A Faithful Reader."

The Vaucaire Remedy

Mrs. J. E. McK—It is not at all unusual for women to lose their hair after the birth of a child. You should aim to get out into the air as much as possible and try a nourishing, fattening diet, such as meat, eggs, cocoa, or chocolate; also, as much as you can, eat of such pliant, puddings and custards, and such vegetables as macaroni, potatoes, rice and cauliflower.

Sleep as much as you can, do not overexercise, and, above all, do not

Removing Small Wrinkles

I would be very thankful to you if you would tell me something to this matter. My nose wrinkles, and I have not been able to get rid of them.

Do Not Grow Discouraged

I have been using Dr. Vaucaire's remedy for the bust for three months, but it is not doing much for me. I am a married woman and would like my bust to be a little larger, as it is very small. Do you think I am too young to use this cream?

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I read with great interest your toilet tips. Will you please tell me about Dr. Vaucaire's bust developer and a physician's prescription to restore natural color to the hair? I am sure you will be able to help me. I have tried many things, but none seem to do the work.

To Reduce Flesh

E. B.—You will find practically all the information you desire in the answer to Mrs. J. E. McK. The Vaucaire remedy is not primarily for the bust, but when taken in connection with malt extract, it will do you good. However, why not try cod liver oil for a time in addition to your flesh-gaining diet? It is very useful if your thinness comes from a rundown system.

Preparing the Vaucaire Remedy

I have used five bottles and notice some improvement in bust and neck, but want to keep where I now have, but up exactly as Dr. Vaucaire intended.

Most of the recipes for a good skin food. One that will build without clogging the pores.

The color of the preparation is quite a deep green. Does that seem right? K. D.

I am very sorry that I cannot give you commercial addresses. Any good druggist should be able to compound the ingredients, and the formula is followed

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Orange-Flower Cream

Oil of sweet almonds, 1 ounce; white wax, 5 grams; spermaceti, 4 grams; borax, 5 grams; glycerine, 1/2 ounce; rosewater, 2 ounces; oil of neroli, 15 drops; oil of bergamot, 15 drops; 15 drops of perfume.

Melt the first three ingredients, add the glycerine to the orange-flower water, and dissolve the borax in the perfume; then pour it slowly into the mixture, stirring constantly.

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Witch Hazel Cold Cream

One ounce each of white wax and spermaceti; 1 pint of almond oil; 1/2 ounce of witch hazel; 1/2 ounce of rosewater; 1/2 ounce of glycerine; 1/2 ounce of perfume.

Melt the wax and spermaceti in a water bath, add the oil, then the witch hazel, and lastly the perfume. Stir until the mixture is thick and smooth.

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Keep brush wrapped in oil paper.

A Series of Questions

S. Y.—How could you do so dangerous a thing as to look at blackheads with a hairbrush? I am not sure you are not a little bit of a dandy. Try the sulphur and molasses recommended to "A Grateful Reader," and try the general treatment of blackheads advised.

Shampoo for Oily Hair.

Talk of 1 egg, 1 pint of hot rainwater, spirit of rosemary, 1 ounce. Beat the mixture thoroughly and use it warm. Rub it over the scalp and hair, and wash with clean water.

Reducing the Hips.

C. T. R.—Owing to your heart trouble, you must be very careful about over-exercising. I could not think you were finding lip curling too violent, however. Take a stationary position, hands on hips, and breathe in and out, keeping the chest and shoulders immovable. Contract the leg muscles used in this exercise as you breathe.

Pomade to Reduce Fat.

Iodine of potassium, 1 gram; vaseline, 30 grams; olive oil, 1 ounce; perfume, 15 drops. Rub the pomade on the face and rub all over the face twice a day.

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 2 ounces; distilled sulphate of iron, 10 grains; rectified spirits, 2 ounces. Mix, then rub on the hair, and wash with essence of orange or essence of lemon, 1 or 2 minims. Apply to the roots every day.

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