

## This Woman Likes Gray Hair, But Gets A Permanent

Asks Advice on How To Care For Her Hair.

By GLADYS GLAD,  
"America's Most Famous Beauty."

"Dear Miss Glad:—Perhaps you'll think me rather unusual, but I have gray hair—and I actually like it! However, I want to get a permanent, and was wondering what kind of a wave would be best. Also, is there anything I should do before the waving?"



Gladys Glad

MRS. R. F.  
Usually, flat-wound permanents are best for gray or white hair. When properly given, a flatly wound permanent will fall in wide, soft waves, and no kinkiness or unbecoming frizziness will be apparent, however, gray hair should usually be given a series of hot oil treatments, in order to recondition it. After the waving, such hair should be given additional hot oil treatments to counteract any drying effects, and bluing rinses to keep the hair soft, glossy and of a snowy-white hue.

"Dear Miss Glad:—I want to thank you for the excellent results I've achieved through following the advice in your 'New Figure' booklet. I've lost all of twenty-four pounds from my waist, hips and thighs, and my bust is now firmer and more developed. Indeed, I feel quite Venus-like, thanks to you. However, I'm a red-head, and would like to know what colors would prove most becoming to me. Can you help me in this?"

"MARION."

There are a variety of hues that may be successfully worn by an

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## The Wind Blows the Curls Forward

RINGLETS ARE NOW POSED HIGH ON FOREHEAD IN BANGS OR SWIRLS, BOBS SHORTER BEHIND OR LONG ENOUGH TO PIN UP.



SOME OF THE NEW SEASON'S COIFFURES

Courtesy of Harper's Bazaar

Turn last year's coiffure back to front, and you have the very latest fashion, it seems.

The wind-blown curls are wafted forward instead of backward, the wind having shifted from front to back.

If you have been wearing curls covering the back of your head, just transpose them to the top and you'll be all set. They'll sit there proudly in the form of bangs, or, if your face won't stand bangs, in swirls or fluffs.

The hair at the back of the head starts very flat. Short hair is cut shorter. Long hair is allowed to grow so that you have ends long enough to pin in place with barrettes or clips.

Curls which do not get quite to the brow are clipped in a pile, so to speak, Recamier-like, at the top of the head.

Tiaras are out, but you see an occasional fillet on heads dressed for medieval clothes.

## Women's Problems

By VIRGINIA LEE

I wish fathers who make such strenuous objections to their daughters having boy friends would analyze their motives.

Of course the first thing they would say was that they want to keep the girls safe. Safe from what? Just try to keep an attractive girl away from the males of the species and see what happens: She'll be very unhappy because such detention is unnatural. She sees boys at school, at her girl friends' homes—everywhere she goes, and they see her and try to get her consent to go out with them, or to go to see her.

Father's stern dictate makes her say no. But she doesn't like it, and sooner or later, if given no freedom, she will make up her mind that she isn't being fairly treated and is entitled to her fun, and she'll sneak out and meet the boy around the corner.

No father in his right mind will then think his girl is "safe." She not only may meet the wrong kind of boy, but she has acquired the habit of deceit.

To some parents children never are people. They are pets to be fondled or cuffed, but never to be

treated like humans. Surely a father or a mother who has lived with an intelligent girl for eighteen years knows fairly well that she will not willingly or knowingly do wrong. Why not give her, then, the safeguard of her home and parents as background, and see that she has an outlet for her natural social instincts, and especially for the society of boys her own age?

All this screed was caused by a letter from an eighteen-year-old high school senior who has decided that as she cannot talk her father into letting her have boy friends, she'll sneak out.

"Dear Miss Lee:—My dad will not allow me to have boy friends. I'm young, Miss Lee, and enjoy the companionship of boys at school. Always I must refuse an invitation. It's humiliating. My dad seems to think if I go out with a fellow I'll just marry any Tom, Dick or Harry. The fellows I would like to go with are just school kids like myself. I don't believe in getting married at an early age.

"Miss Lee, if you only knew how many times I have tried to explain to him, but it is useless. He just can't see my point. I'm just desperate. One Sunday evening I introduced a fellow to my folk and was quite shocked when I was permitted to go with him. But oh, the fireworks when I came home! I'm so discouraged I'm

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## Household Hints

By MRS. MARY MORTON

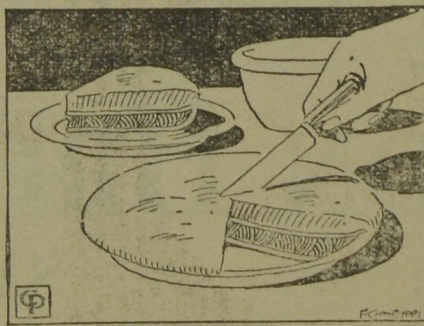
### TODAY'S RECIPES

**Maple Cream Cake**—½ cup butter, 2 cups light brown sugar, 2 eggs, well beaten; 1 cup sour milk, 3 cups sifted flour, 1 teaspoon soda, 1 teaspoon baking powder, ½ teaspoon salt, ½ teaspoon salt, ½ cup pecan nut meats. Cream butter and sugar, add well-beaten eggs, a little each time, beating well between additions. Add the flour sifted with dry ingredients gradually, alternating with sour milk. Lastly add floured nut meats. Bake in moderate oven 350 degrees for 25 minutes.

**Easy Creamy Frosting**—1 egg white, 1 cup confectioner's sugar, 2 tablespoons butter, 1 teaspoon vanilla, more sugar if needed. Beat egg white until stiff, add gradually 1 cup sugar. Cream butter, add ½ cup sugar and vanilla. Combine both mixtures. Beat until creamy, adding more sugar if needed to make the desired spreading consistency.

**Meat Salad**—1 cup cooked pork, lamb or veal, diced; ½ cup asparagus, diced; ½ cup celery, diced; ½ teaspoon vinegar, mayonnaise, 1 hard-cooked egg, 1 tablespoon salad oil, asparagus tips, celery tips salt and pepper lettuce. Mix the meat, celery and asparagus. Add the salad oil, vinegar and seasonings. Moisten with mayonnaise. Arrange on lettuce and garnish with the celery and asparagus tips and sliced egg.

**Surprise Cake**—2 tablespoons butter, 1 cup sugar, 1 egg, 1 cup tomato soup, 2 cups flour, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon nutmeg, 1 cup raisins. Cream butter and sugar, add eggs and continue mixing. Sift flour, measure and sift with soda, baking powder and spices. Mix raisins in with flour. Add tomato soup to first mixture alternately with dry ingredients, beating well after each addition. Bake in a moderate oven, 375 degrees Fahrenheit, about 40 min-



A knife dipped into hot water will cut a slice of the pie without marring it.

### MENU HINT

**VEGETABLE PLATE**  
BAKED POTATOES  
SQUASH CARROTS and PEAS  
SLICED TOMATOES  
MAPLE CREAM CAKE with FROSTING  
TEA or COFFEE

The vegetable plate is subject to many variations, as the seasons change or your fancy dictates. It is a colorful affair, and should be used more often in the average family. Inexpensive grill plates, in either china or glass, are nice to serve a vegetable plate on.

utes. Most people prefer a cream cheese frosting for this cake.

### FACTS AND FANCIES

#### Loony But It Works

A housewife dares us to try this hint. Buy your usual cut of steak, but do not have it cubed. Instead, carefully remove bone and large gristle, then wrap steak in two or three layers of waxed paper. Adjust wringer on washing machine so it is not too tight and run steak wrapped in paper through the wringer two or three times. With correct cooking this will make the most inexpensive cuts of meat as tender as the best. Sounds rather idiotic, doesn't it? But just try it.

#### Fresher Frocks

Upon removing your dress, place it immediately upon a hanger and place in a current of air to thoroughly dry out. Look over it to see if it has acquired any spots or needs pressing before being put away. Then a bag or sachet may be suspended inside the frock before it is placed in the cretonne bag ready for the next wearing.

### STYLE WHIMSIES

Fingernails are paler this season, tortoise-shell clips, tippets, more bangs and grandmother's jewellery are all very, very chic.

Filmy evening frocks for winter wear are very much in the picture. They're made of lace, net, and Schiaparelli has a new glass silk in transparent weave.

If you're the type of gal to wear bangs becomingly, the short, curled type that is a bit of a frizz over the brow, is the stylish kind, and wear your neckline as high to the chin as is becoming, to go with the bangs.

## Abdominal Belt Helps Breathing If Properly Worn

The Middle-Aged and Elderly Folk Gain Relief, Says Physician.

By LOGAN CLENDENING, M.D.,  
Cleveland College, Western Reserve University.

It is always pleasant to be able to record a new treatment which gives definite promise of relief to a distressing condition. Especially so when the method of relief is simple.

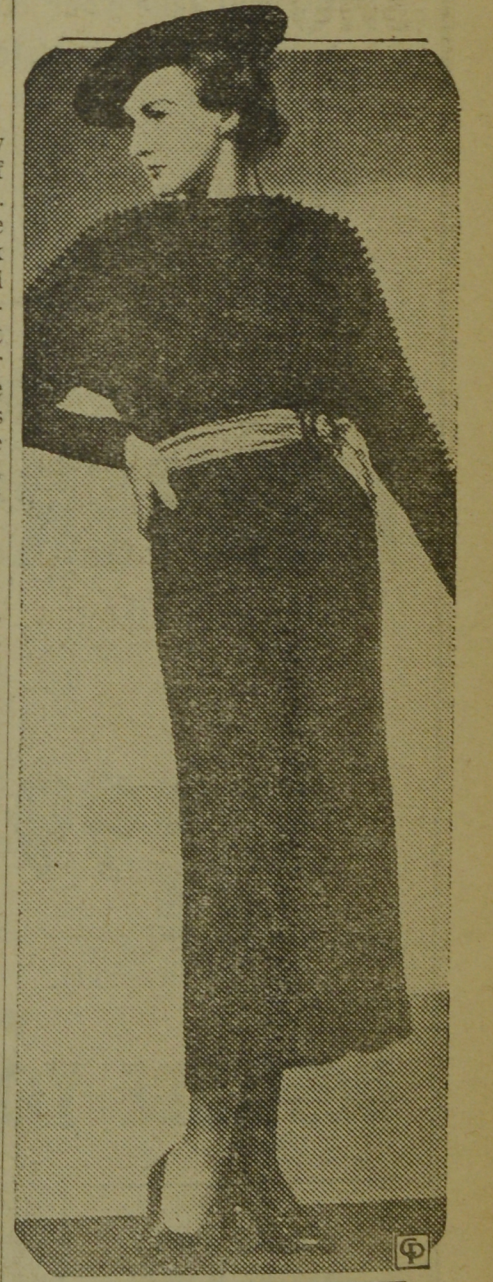
Many middle-aged and elderly people, especially those who are overweight, develop a condition of the lungs which is named "emphysema." In this, the lungs expand greatly so much so that the chest becomes barrel shaped. The excursion of the chest in breathing is greatly limited, and the shortness of breath causes great discomfort and disability.

It seems that it is largely due to the fact that the expanding lungs push the diaphragm down, and this pressure on it is sufficient to limit its motion. Inasmuch as the diaphragm is the principal muscle of respiration, this partial paralysis greatly embarrasses the breathing. Up to a very short time ago there was very little that was known that would help these patients in any way at all.

The treatment just recently introduced consists in the application of an abdominal belt. This belt presses on the abdomen suf-

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## "Popcorn" Weave



This attractive frock is made of dull lustre chardonize in a weave called "popcorn," because of its slight nubby roughness. The sleeves are cut in one with the bodice, and are trimmed with rows of buttons. A wide sash of blue, green and gray taffeta ribbon, shot with gold thread, is a bright touch for the dress, which is ideal for luncheons, teas or cocktail parties.