

# THROUGH THE LOOKING GLASS

By Eleanor Nangle.



## Special Massage Gives Luster to the Hair

The first step in a famous professional scalp treatment that restores hair health and luster is a diagnosis through a reflector mirror.

Massage is in order. First the operator runs her fingers close up the scalp from the back of the head to the ears and then shakes the hair outward.



With palms still clinging firmly to the scalp over the ears, the fingers are closed over the top of subject's head.

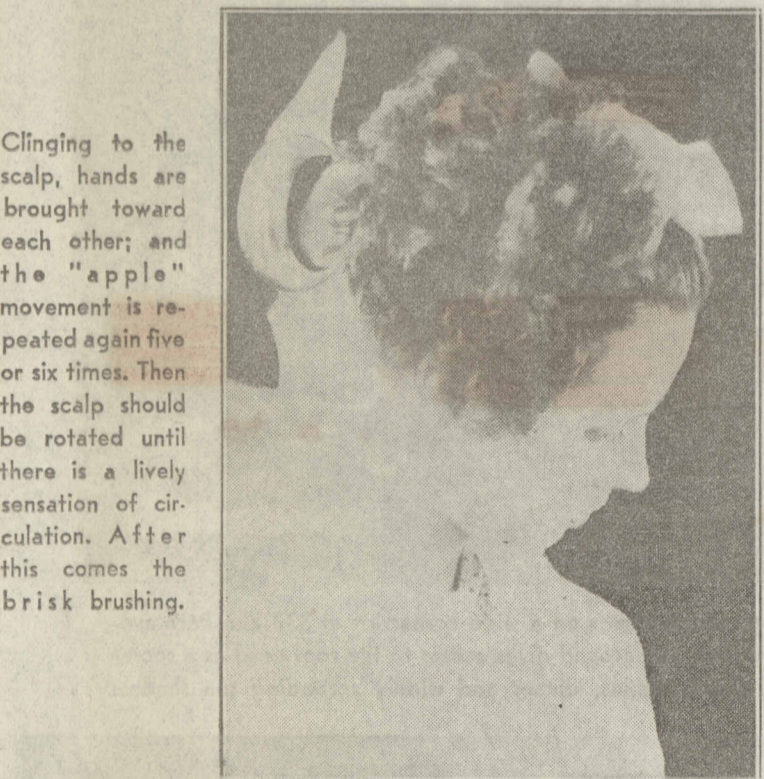


In this position the operator is holding the scalp tightly with her palms, the cushions of her knuckles, and the entire length of all the fingers.

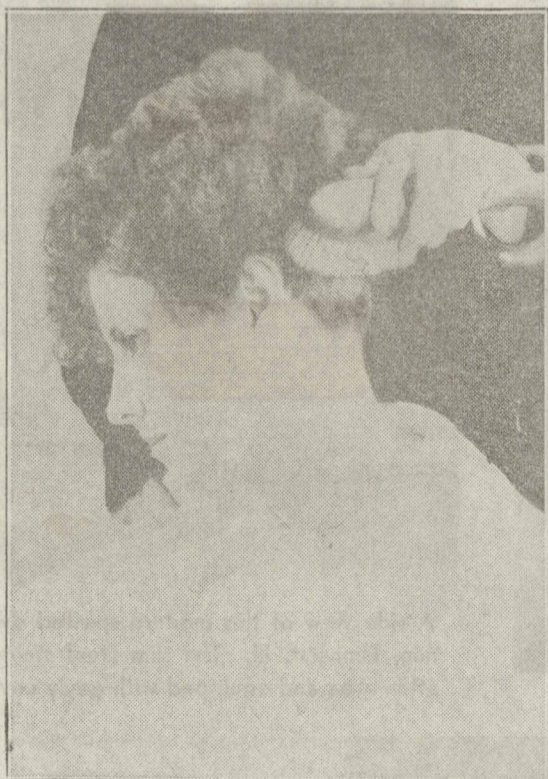


From the position shown at the right above, the scalp is firmly lifted and twisted with the same motion one would use in breaking out an apple. Moving each hand in an opposite direction, the entire scalp is circled, with pressure on an upward lift when the rotary massage movements.

Next movement starts with one of the operator's hands at the top of the forehead, the other at the base of the neck. Hair is stretched out with the fingers and held in this position while the hands are tight on the scalp. This pressure on an upward lift when giving the rotary massage movements.



Clinging to the scalp, hands are brought toward each other; and the "apple" movement is repeated again five or six times. Then the scalp should be rotated until there is a lively sensation of circulation. After this comes the brisk brushing.



The sides of the bristles are placed parallel with the scalp with a vibratory pressure that forces the bristles through the hair and onto the scalp. Then, with a turn of the wrist, the brush is flipped out to the ends of the hair. This treatment and cleanses the scalp and hair.



On top, the hair is parted and the brush pressed down with the same vibratory grip. The brush is turned slightly, then brought through the hair to the very ends, which should roll over into a curl.



The brush is then placed flat on the side and again pressed onto the scalp at the temples and again brought outward. This treatment is given in three shops in Chicago.

## A FRIEND IN NEED

Set of Chessmen Forms the Request of Shut-in; Tricycle and Violin Would Cheer Two Poor Children; Your Aid in These and Other Needs Will Be Appreciated.

By Sally Joy Brown.

WE hope that this column will catch the eye of one of the devotees of the time-honored game of chess, and that he or she will appreciate and perhaps be able to fill the following request: "Dear Miss Brown: I wonder if you or one of the readers of your notes could possibly supply me with a chess set. My request may be a bit strange but, due to a heart ailment, I have been unable to work for the past few years and during that period of enforced inactivity learned to play the game. During the summer I took advantage of the set in the neighborhood club house, but the doctors at the clinic forbid my going out much in cold weather. The winter won't seem half so long if I can secure a set of chessmen."—J. O.

If you have some extra kings, bishops, etc., won't you write or phone me for this man's address, so that he may enjoy them?

An organization devoted to the care of dependent children makes the following appeal:

"Dear Miss Brown: I wonder if you could help us find a tricycle for one of our youngsters in a boarding home. Bobby, almost seven years old, has to walk six blocks to school and, as both his feet are crippled, it is very difficult for him to walk any distance at all. He could manage a tricycle nicely and, as the doctors say he is mentally far above the average child, it seems a pity not to give him every chance we can."—V. G.

The road will always be rough for this youngster, and your sturdy son's discarded tricycle will smooth the way for a few years, if you'll just pass it on to Bobby!

A. E. O., a missionary, writes from a small town in Minnesota:

"I would be happy to have you remember me if any reader offers books in the line of Greek or Hebrew textual material on the Bible. 'The Companion Bible,' a Hebrew-English inter-linear Old Testament, Smith's 'Dictionary of the Bible' or any other authentic work along these lines would be most acceptable. Another book I greatly need is an unabridged dictionary of the English language."

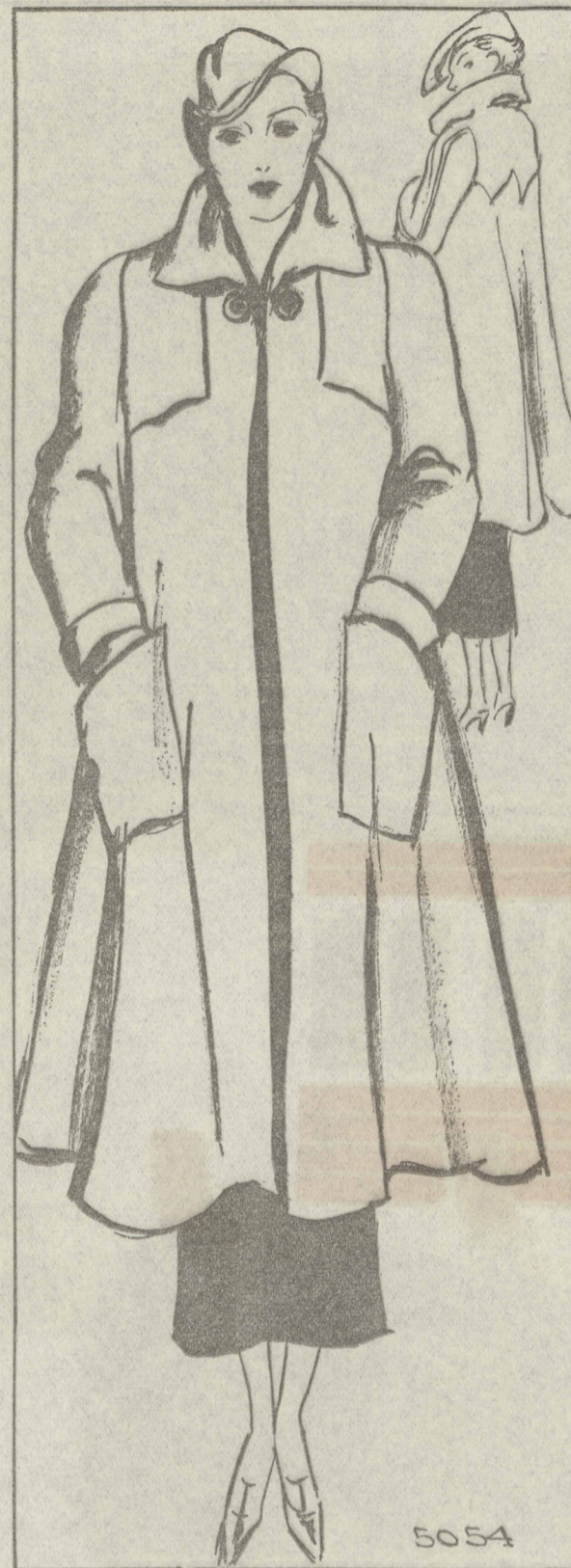
H. McF., a man of 66, writes as follows:

"Dear Miss Brown: I think that if I had a suit of clothes and a top coat or overcoat I could secure clerical work with one of the railroads. My clothing is now so bad that applying for positions does me no good, so I am coming to you to ask if you will please try to secure for me a suit, size 38, and a coat, 40 or 42. I have been out of work since January, 1930."

Securing employment is doubly difficult for the man over 50—won't you write for his address if you have clothing in his size? His height is 5 feet 10 inches.

"Dear Miss Brown: I hope and trust you still have me on your list for a suit of clothing, as the winter is coming and I need one badly. As I am alone in the world and have no

## Paris Pattern All-Weather Coat Has Slanting Pockets



No. 5054—The Paris pattern for this coat is available in sizes 12, 14, and 16, and in 36, 38, and 40 inches bust measurement.

By Bettina Bedwell.

PARIS.—[Special.]—If you can sew, here is a coat about which Paris has gone crazy and which is going to be sold in exclusive shops in the United States. It is not too difficult to cut, and you should make it of woolen something like camel's hair cloth. The original model was made of a traveling blanket, and you might so and do likewise, if you need a coat for all-weather wear. Select one that is gray in color, or one that is plaid or striped.

The collar may be worn turned down in back, but if you want to be chic in the Parisian manner, turn it up as it is shown. Two big buttons, attached like cuff links, serve to fasten it.

The pockets derive much of their chic from being set onto the coat at a slant. The sleeves have a welted seam down the center, outside, which makes the shoulder bulky and smart.

one to help me. I have to ask the kindness of some one. I appeal to you to do what you can for me."—A. W. C.

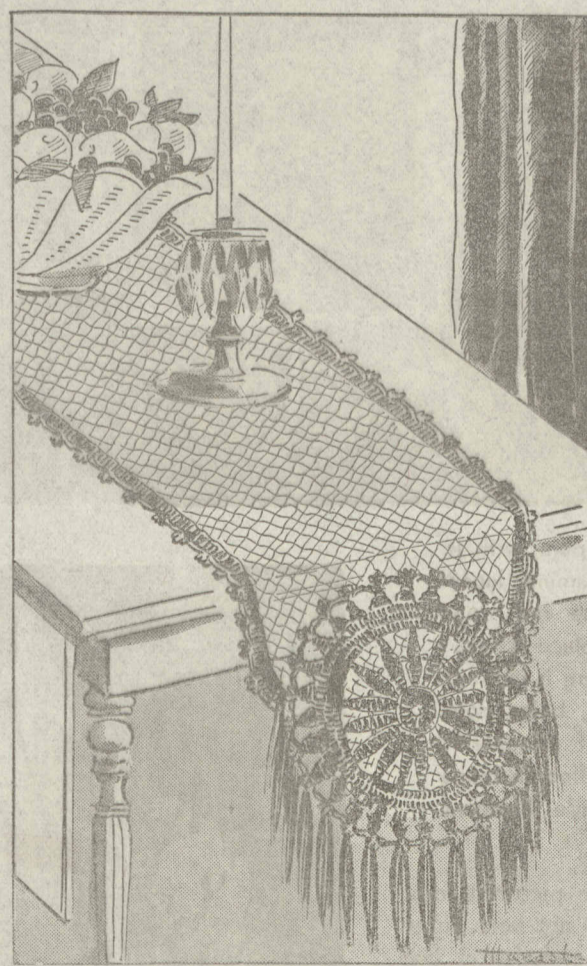
Mr. C. wears size 38 and has needed a suit for some time.

"Dear Miss Brown: Again I take the liberty of writing to you, as my only hope is that you will help me again. As I have been unable to get work all summer and have no overcoat for the winter I am appealing to you for a coat, size 40 or 42, long. I am 6 feet 2 inches tall."—C. L.

Mr. L. received some assistance from this department many months ago and proved to be a deserving and grateful person.

G. D. has been promised a job doing outside work this winter. He is in need of warm underwear, size 40, shirts 15 or 15½, and shoes, size 10.

## Fish Net Combined with Wheel of Fortune in a Table Runner



By Ellen Bruce.

The crocheted wheel of fortune has a diversity of uses, not the least of which is combining the design with material to make a table runner. In the case of the runner shown here it is merged with old-fashioned fish netting. Years ago when fish net was wanted it was necessary to create it by means of a tatting shuttle. Nowadays it is available in the curtain section of department stores, by the foot, one of the few materials sold in this manner. Since it is 55 inches wide, only a foot of net is required to make two runners. One ball of dress cotton is sufficient for both.

The crochet pattern itself is extremely simple—a good one on which

beginners may start. An important factor many novices fail to consider when taking up needlework of any kind is the understanding of the various symbols when following instructions. For example, instructions reading \* to \*, translated, mean to repeat instructions between the two stars or to repeat the same pattern a given number of times before proceeding with the next step.

If you wish instructions for crocheting the wheel of fortune lace pattern for a table runner illustrated today, send 10 cents in stamps or coin to Ellen Bruce, Chicago Tribune, or call at one of the Tribune Public Service offices, 1 South Dearborn street, Tribune Tower lobby, and Hall of Science, A Century of Progress.

## Fashions Make Slender Throat Line Necessary

Thick Neckline, Extra Chin or One Threateningly Flabby Are de Trop.

By Antoinette Donnelly.

IF you never had a good throat line in your life, get it now! The late fall and winter styles demand a fine throat and chin line and nothing but! With those rippling fur collars, your foxes, and your sables, you must have the throat line to carry them off. Also the new evening frocks, as you have noted in the smart fashion magazines, bare the throat and expose the neckline mercilessly. If there is anything to hide, such as an extra chin, a wattled underchin, a scraggly neck, or a thickish one, be on your guard.

For some inexplicable reason women give up on the conquest of a better chin and throat line. They can and do change a waistline, a hipline, or leg into something miraculously better. Throat line, chin, and jaw line afflicted with the ordinary insignias of neglect, age, and faulty posture, are comparatively easier to remodel. Honestly, I have seen remarkable transformations in women who have made up their minds that they're not going to be judged by a double chin, or a doubling one, drooping cheeks and jowls. It takes stamina to remodel this part of your structure. But it can be done. It can be done without plastic surgery. You can be your own surgeon and take a reef in where it is needed. You can tighten the muscles and do all that is needed to present a youthful profile to the world. As has been said, the muffled up throat shows to further disadvantage where there is blemish to be remedied. Another thing, the styles call for the "proud" walk. Perhaps you think the chin and throat lines have nothing to do with the walk. They have. You might call them the monitors. If the head is held correctly there will be fewer "creases" under the chin. There'll be less doubling. And there will be style of head bearing, which the stylists insist upon for the season's clothes.

I am going to give you two simple exercises guaranteed to give you a smarter head setup. The first, to determine whether you are holding your head [and body] properly: A test and an exercise, you may call it. Let us assume you are walking for standing with hands down at sides, palms in. Now, just turn the palms and forearms out and note if your chin doesn't take a better position, along with your whole body. That is the test. Now for the exercise. Keep walking that way, every time you think of it during the day. And think of it often!

Then, as a neck, chin, and throat line exercise do this not less than twenty-five times, twice a day. It is simply marvelous for the entire upper structure of the body, especially for that between-the-shoulder-blades thickening and the lumps at the back of the neck. I have given the exercise before, but I repeat it because there is none better that I have found for giving strength and style and youth to the head, neck, and throat. It's simple to do. You can do it any time, almost any place. I have scores of tributes to the worth of this one exercise, done over and over again, from women to whom I have passed it on. To West Point, incidentally, I must give credit for my learning it.

Stand with back to the wall, using a small folded towel or handkerchief to protect the back of the head. Feet must be together, about a foot and a half forward, hands extended forward full length. Do with hands at sides or on hips until you get the technique of the body movement, but use the hands forward position as soon as you can. The weight of the body is on the head and feet. Now, then, bring the buttocks to the wall without moving head or feet; forward, back, forward, back, twenty-five to fifty times.

Where none may see, let your head fall back as far as you comfortably can, and chew great, wide "chaws." It is neither elegant to describe or do, but great for the chin, jaw, and throat line.

The point is to do something about the new chin and throat line, realizing that something can be done, that in six weeks' time there will be shown a truly remarkable improvement, providing you are conscientiously consistent in your DAILY effort as outlined here.

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## Custom of Bartered Brides Still Prevailing in Serbia

THE old custom of buying and selling brides in southern Serbia still prevails. Prices vary greatly. Sometimes a girl fetches as much as 30,000 dinars [about \$600] and sometimes as little as 2,000 dinars. Most of the bartered brides are in their early twenties.

## Stout Women Learn Easy Way To Lose 20 Pounds of Fat

Age	Height—Weight in Indoor Clothes and Shoes										
	5 ft	5-1	5-2	5-3	5-4	5-5	5-6	5-7	5-8	5-9	5-10
18	109	111	114	117	120	123	127	131	135	138	142
22	112	114	117	120	123	126	130	134	138	142	145
26	115	117	119	122	125	128	132	136	140	144	148
30	117	119	121	124	128	131	135	139	143	147	151
34	120	122	124	127	131	135	139	143	147	151	154
38	122	124	126	129	133	137	141	145	149	153	157
42	125	127	130	133	136	140	144	148	152	156	159
46	128	130	133	136	139	143	147	151	155	159	164
50	130	132	135	138	141	145	150	154	159	163	167

If you're fat—first remove the cause! KRUSCHEN SALTS is an ideal blend of 6 mineral salts your body should possess to function properly. When your vital organs fail to perform their work correctly—your bowels and kidneys can't throw off that waste material—before you realize it—you're growing fat. Take one half level teaspoonful of KRUSCHEN SALTS in a cupful of hot water every morning—in three weeks get on the scales and note how many pounds of fat have vanished. Notice also that you have gained in energy—your skin is clearer—your eyes sparkle with glorious health—you feel younger in body—keener in mind. KRUSCHEN will give any fat person a joyous surprise.

Get an 85c bottle of KRUSCHEN SALTS from any leading druggist anywhere in America (lasts 4 weeks). If this first bottle doesn't convince you this is the easiest, safest and surest way to lose fat—if you don't feel a superb improvement in health—so gloriously energetic—vigorously alive—your money surely returned.



AT ALL DRUGGISTS  
It's the LITTLE DAILY DOSE that Does It!