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If You Would Have Shining Locks . . .

By Virginia Rowe

DOESN'T that girl have beautiful hair? It always looks so soft and shining and so well-brushed. How on earth does she manage to keep it so lovely?"

Some women just seem naturally blessed with lovely hair. Others have to struggle for it. But even naturally pretty hair must be well-carded for if it is to remain "a crowning glory."

Most beauty experts agree that daily attention is the greatest consideration in keeping or in attaining a well-groomed coiffure. Daily brushing is a real necessity. Proper brushing is important, too. One woman says, "hair that is incorrectly brushed seems to be exactly like a cake that is cooked on the outside and all soggy in the center." Brushing must be more than surface deep.

Of course the first thing to do is to obtain a brush with a good firm, fine bristle. Then try your fifty strokes morning and night for awhile and see if your hair doesn't become less stringy and listless.

One authority recommends brushing from the scalp to the ends of the hair while another one says to grasp the hair in bunches, hold it out from the head, and brush across the strands, as you would play a violin. Then brush from the roots out. This cross treatment is excellent for the scalp. Between strokes the bristles of the brush should be wiped on a clean towel.

Brushing accomplishes many desirable results. It cleans the hair of a surprising amount of dust. It distributes the oil the length of the hair and thus helps to keep it glossy and free from split ends and a dry, strawy look. It stimulates the circulation of blood in the scalp, and this of course, is desirable.

For women who object to brushing because it makes their hair more oily or destroys a wave, we suggest a daily massage. Beginning at the base of the head, press with the cushiony ends (not the fingertips) of the fingers and thumbs and move the scalp in circular fashion. The palms of the hand may also be used to advantage. Work over the entire head for at least five minutes, or until the entire scalp tingles. It is sometimes easier to move the scalp if a tonic is used. If a wise choice is made, difficulties such as dandruff can often be overcome.

One hair expert particularly recommends massage for hair treatment for summer, when it is such a problem to keep the hair clean without excessive shampooing. Since massage stimulates the scalp, it is comparable to brushing for keeping it healthy. However unlike brushing, it allows the oil to stay on the scalp and does not distribute it through the hair. Since the hair is less oily, dust does not collect as rapidly. The same expert emphasizes the fact that the fingers should move the scalp, not just slide over it.

Next in importance to daily care is the shampoo. Hair needs frequent washing in order to be clean-smelling, healthy and manageable. Of course the frequency depends on the dryness or oiliness of your hair, whether you live in the country or the city, and the climate. Indications of need of washing are especially the latter.

Headers usually like a lemon rinse because it has some bleaching power. It also helps to remove soap curds from the hair, especially if the water used is hard. Vinegar is used by many persons for the same purpose. A little brilliantine after the shampoo will give a gloss and softness to hair that feels and looks dry.

If your hair is naturally oily, apply the soap lather without first wetting the hair. Wet the hair first, however, if it is naturally dry. Three separate latherings and rinsings are necessary for a shampoo. If your hair is naturally curly or permanently-waved, keep pressing it up with the fingers as it dries to help preserve the wave.

Whether your waves are natural or professional, whether you wear your hair long or short, off-the-face or with bangs, or whether you wear it severely straight, daily attention to the hair and scalp is of utmost importance to insure beautiful and shining locks.

The newest shampoo for the person afflicted with dandruff is a hot oil treatment which both cleanses and lubricates. Many women know the value of an application of hot oil before the shampoo in improving the looks of their hair. This new shampoo is made of water-soluble oils. It it warmed and massaged into the scalp. Then the head is steamed by wrapping in a towel wrung from warm water. After the towel has cooled, the hair is ready for washing with warm water. This preparation works up a good lather, so no other soap is necessary.

If you use any oily preparation on your head, take it off and, if you are a blonde, use it before shampooing. Br nettles may, if they like, use it afterwards, but it darkens blonde hair when used after washing.

An interesting preparation for blondes whose hair begins to darken and become oily several days after washing is suggested by one hair expert. By applying it sparingly, letting it dry, and brushing out the white deposit which has absorbed the extra oil, you can make your hair fluffy and bright without disturbing a marcel. This does take out a water wave, though.

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Authorities differ as to the best time to comb hair. Some say that combing while wet gives the hair a musty smell because the under-hair cannot dry properly. They recommend fluffing the hair dry, then applying wave lotion to the surface and setting, after dry. Others say it makes no difference.

If overly-active oil glands give your hair that soggy look, why not try a pinitar shampoo which is slightly astrigent? On the other hand if your hair becomes dry and straw-like, olive oil is the approved remedy. It can be incorporated in your shampoo, or can be applied before washing. Plenty of lather and plenty of rinsing are absolutely essential, especially the latter. Some form of spray or shower is practically necessary for home shampooing.

Nothing is so sure an indication of a woman's neatness, or such an asset to her personal charm as soft, luxuriant locks, neatly brushed into a becoming coiffure. A few minutes a day will do wonders for any woman really interested in keeping her hair lovely.