How False Ideas Mar Beauty

Mae Kelly

Iowa State College
extreme types, all others can easily be understood and their problems solved.

A list of suggestions follows that is based upon the laws of repetition and contrast, together with concrete examples of bad and good lines as well as materials for each type.

The Ideal Figure

Of a woman is said to be eight heads high. The average figure is a little less. The eight head figure is here discussed. You may be large, small or medium in size and still be of ideal proportion—that is, the length of the head would go into the whole figure eight times; three heads to the waist, the hip six to the knees and eight to the sole of the foot. The width of the shoulder is 1½ heads, and the hips are a little wider. Study your own figure. Do you think that approximately you could be placed in this class? The woman of average or ideal size and proportion, naturally has a wider choice of styles than has any of the other types given. The style of dress and the kind of lines may be left to her personal preference. However, this does not mean that she has no problems at all to solve—those of posture, color, texture and personality must not be overlooked.

The Slender Figure

In this case we will consider one that is taller and more slender than the average, with narrow oval face and long thin neck. What shall she wear?

In general she should choose curved lines which lead the eye from side to side. The decoration, if used, should be kept at the side or arranged in horizontal lines. In this way roundness of face and figure may be emphasized and width suggested. Vertical lines that lead the eye upward or downward should be avoided.

The heavy, slightly stiff materials, such as taffeta, serge, linen and gingham can be used to advantage. These materials naturally stand out from the figure, giving a suggestion of width and fullness, which counteract height. Organza is also suitable; unless the arms and neck are unusually thin.

Soft fabrics which fall in graceful curves, and do not cling to the figure are good, such as satin, taffeta, chiffon, and crepe. Tricolette and georgette may prove too thin and may cling too closely to the figure. Garments should be of medium fit, not so tight that the outline of the figure shows too plainly, nor so loose that they seem like a lot of cloth draped on a fragile frame.

Horizontal lines expressed in ruffles, tunics, short skirts, tucks and wide hems in the skirt, wide belts and sashes, all tend to produce width. Pockets or other decorations such as plaits or buttons, if placed at the side give a similar effect. Decorative sleeves, especially loose or short ones, give a suggestion of width and are therefore desirable.

A round neckline repeats and emphasizes roundness in the face. A high collar which covers a thin neck, or a rolling collar which shortens the distance between shoulders and hair line, makes the neck seem shorter and not so thin.

The hair may be worn full at the side and brought down a little over the forehead. One general rule of the hair should suggest roundness.

A becoming type of hat is one with a low crown and a soft, drooping brim medium in width. This shortens the distance between the hat and shoulders and makes the face seem wider and more round. Soft materials such as velvet, duvetyn, fur; and trimmings such as ostrich feathers, lend softness and fullness to the face. The hat also may be of contrasting color, which helps to decrease the appearance of height.

The long-haired furs, such as fox, raccoon or wolf, are in general most attractive—much depends upon the style in which they are made up. Apparent height may be reduced by a contrast between dress and footwear. However, the shoes and hose should not be much lighter than the dress. Example: white shoes with a dark dress are very bad.

The Short Stout Figure

The type considered here is shorter and stout than the average with round face and very short neck. What shall she wear?

She should choose vertical and straight lines. Decoration if used, should be arranged vertically. Four to the hips, six to the waistline, four to the hips, six to the waistline. These lines which tend to call attention to width and roundness of figure.

Tailored suits, dresses and hats are very becoming, because with these it is possible to introduce straightness of line, and they are void of the frills and fluffs that suggest bulkiness of figure.

She should be well corseted. This includes the brassiere, which is an absolute necessity.

Garments should fit easily and comfortably. A dress that is too tight makes a woman look decidedly larger. It makes one feel that she probably bought the biggest thing she could get, but still she was too big to wear comfortably on the inside of it. On the other hand, if the material stands out from the figure and is so loose that it seems bulky it is equally as bad.

Materials of average weight and softness may be used, such as serge, tricotine, crepes and linen. Stiff materials like taffeta and organza, are too bulky and must be avoided. The stout woman must also deny herself silks and satins with a high luster, for the high-lights present a series of lines which tend to call attention to width and roundness of figure.

Neither can she wear large checks, plaids, figures, or all-over designs for such materials would exaggerate her size. Plain materials, of neutral tone and dull finish are much more suitable. They are inconspicuous and will not place emphasis upon size.

Simple designs should be chosen. With the larger part of the costume of plain material and simple lines, it is possible to add a few touches of interest and make them mean something. The interest (Continued on page 6)
Naturally, she would. All her life, the weight of her body had been on the back of the heels, causing a heavy, peasant-like walk and a tired back.

It may be that you are one of the giving up kind. If so, you will slump down into the old easy position and exclaim, "goodness! I can't stand like that, I feel so stiff." You forget how long it has been that your muscles and internal organs have been permitted to say. Muscles out of the habit of working are not going to rejoice in having work suddenly thrown upon them. The muscles are too much like people in that respect. I beg of you, be patient with them. Every time you go to the mirror to arrange your hair, adjust your standing position. After a while, the muscles will not be so alarmed when called upon to bear their natural orders. Notice the standing habits of your friends and people whom you see on the street. Could you suggest any improvement?

Face the mirror. Stand squarely on both feet. Are your shoulders exactly even? Are your hips level? You are a most unusual person if you can honestly answer these two questions in the affirmative. Ten chances to one your dressmaker has told you that one shoulder was higher and one hip was larger. Again, you will probably look smug and say, "Oh, that's natural in our family." Did you ever wonder why it was natural? Did you ever catch yourself standing on one foot? You may doubtfully answer, "I don't think I ever did." Here is just where the trouble comes. Standing on one foot has become such a habit that you are not aware of the harm it is doing. Since your attention has been drawn to this fact, it won't be long before you will agree with me that standing on one foot is the cause of your lopsided position. The remedy suggests itself. Stand on each foot in turn until you can learn to stand erect on one foot, with the hips level and the shoulders even.

The feet must not be overlooked in this examination. Many wrinkles, painless expressions and difficult dispositions can trace their cause directly to the discomfort of the feet. The shoes, of course, have much to do with this, but our discussion is with the feet alone. As we have said before, the weight should always be on the forward part of the feet. More than that, it should be on the outside of the feet rather than the inner or the arch side.

You will say, "I run my heels over on the outside edge." All the better for you. Keep on. Heels can be more readily removed than the toes. You would be surprised if you knew the number of girls who have frankly confessed that they have deliberately attempted to have the heels of their shoes from running to the outside by consciously trying to shift the weight to the inner edge of the feet. When their feet begin to pain, many of them resort to arch supports. Of what value are arch supports? They keep the weight of the body off from the inside of the feet and shift it to the outside edge. This is greatly aided by pointing the toes straight ahead when you walk. Do not be afraid of becoming pigeon-toed as that is the more fashionable. The more the toes turn out the more the weight is forced to the inner edge of the feet. Did you ever watch the waddler? No matter whether she is fat or thin, if she turns her toes out when she walks, she has a waddling gait. If you long for the slim and graceful story book ankles, point the toes straight ahead and keep the weight off from the inner edge of the feet.

Try faithfully for one month to rid yourself of faulty standing and walking positions. See if you are not rewarded by knowing that you possess a more graceful figure and better health and with a happier state of mind.

What Kind of Breakfasts Do You Serve?

By N. BETH BAILEY, Associate Professor of Home Economics

HOW IS YOUR disposition at breakfast?

To start the day right, the breakfast must be a successful breakfast; it is necessary to have the entire family properly dressed and ready to eat together. A "bad" cap and kimono are for the privacy of one's room and should never be worn at breakfast. Perhaps even more to be bemoaned is the rather modern state where the lady of the house fails to arise for breakfast and lets the man either get his own food or go down town for it. If she wishes to help spend the family income the woman should help earn that income by preparing good nourishing food and by encouraging cheerfulness to start the day right for the man of the family.

Another necessity of the "right" breakfast is that this meal should meet the needs of the specific family, yet must be so simple that it can be prepared and served without too much effort and time. This would eliminate waffles, omelet or any other food that requires constant watching, unless one has a maid, or has a breakfast table which has an electric grill to be used at the table. It is far more important that the mother should preside at the table and insist on good table manners. The woman should preside over the pancake griddle and insure good pancakes.

The type of breakfast depends on the vocation of the family and upon their food requirements. If the family does not come home for the noon meal, it is quite desirable to have a fairly heavy breakfast. But, if the noon meal is the heavy meal of the day, a lighter breakfast will do.

The simplest breakfast consists of fruit, bread of some kind, and a beverage. Fruit is most necessary because of its refreshing acids and appetizing flavor. Acid fruits, either cooked or raw, are more desirable than sweet fruits as dates, bananas, and raisins. Dried fruits are very acceptable if soaked over night, cooked until tender and then only slightly sweetened. canned fruits, jelly, and jams also furnish variety. Of course, oranges and grapefruit hold first place for breakfast, and apples, raw or cooked, offer ample opportunity for change. The keynote in the preparation of fruit, as in the rest of the meal, is simplicity. Fancy shapes and styles should be reserved for invalid trays.

At breakfast, most people prefer a hot beverage. Toast is in best favor either as dry, French or milk toast. To serve milk toast, it is necessary to have a plate of buttered crisp toast, as oven toasted bread, and a tureen of milk. At a successful breakfast, this added nutriment. The whole meal of the day, a lighter breakfast will do.