

## Aids to Grace and Beauty

by Priscilla Dean  
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### How and When to Wash the Face

Washing the face seems a simple matter. Longfellow, you know, reminded us that things are not what they seem. And I am going to remind you that even washing the face is not an "empty dream," but a stern reality. Beauty demands it; cleanliness requires it. Not more than one person in ten performs the feat properly. It requires practice. Practice, we know, makes perfect. So if you want your face the perfection of beauty you must first learn to wash it. If you have already learned the method and have neglected to put it in practice you need not be surprised that your face already shows evidence of that neglect.

The time to wash the face is at night. The morning bath is to refresh one after sleep. The night ablution is to remove the dust and grime of the day. If the face is washed properly at night and the pores cleansed of all the accumulation of dust and grease, the surface of the skin will be left fresh and sanitary, the blood can circulate freely and the air cells perform their function without germ contamination. Prominent dermatologists as well as public health officials do not hesitate to say that by allowing the face to remain unwashed over night people openly invite skin diseases and other ailments such as influenza, infantile paralysis and similar infections.

While castile soap is the best to use for cleansing the face, some authorities advise applying this soap with a small camel's hair brush, dipped into fairly hot water, and that for coarse skins, or for those exposed to extreme dirt and grease such as in mills, factories and machine shops, a turkish towel, glove or wash cloth should be used. The use of sponges is discouraged by these same authorities, who claim that the latter are uncleanly and good germ carriers.

Two or three changes of tepid water should be used in rinsing off the soap after the face has been vigorously rubbed. In drying the face always use a soft towel and draw it lightly in an upward direction. Rubbing the face in all directions is harmful. Eventually it will make the skin flabby and wrinkled. Toilet waters, too, are usually injurious. They nearly always contain some ingredient which robs the skin of its fat, leaving it dry and harsh.

People with very delicate skins who wash their faces well at night frequently prefer to cleanse the face in the morning with cold cream instead of water. This tends to prevent chapping but is an excellent catch-all for dust throughout the day, and therefore makes the night bath all the more important.

If, at any time, you find that the soap you use irritates the skin, be assured that it contains some impurity and discard it at once. For whitening the skin it does no harm to use a few drops of tincture of benzoin in the rinsing water. The benzoin has a slight, aromatic odor that is decidedly pleasing and also serves to close the pores.

The use of cream and powder after washing is especially necessary for people who are about to go out into the sun or wind. The face, however, should be well dried before applying the cream, otherwise it will be

uneven and the result is such as can be seen daily on any street or in any theater.

Both powder and rouge can be used wisely and well, even to such extent as to be impossible of detection. And again, they can be applied with such lack of skill as will make a beautiful woman hideous. For women who want to use rouge I would suggest that the face of a normal, healthy, playing child should be studied. The flush in the child's face, you will notice, is not in one huge spot high on the cheek bones. It blends gradually across the upper part of the cheek to the white spot directly on a line with the lobe of the ear. Then it gradually grows pinker in the lower part of the cheek, but not so pink as above. The center of the chin and the center of the forehead are also slightly flushed and sometimes the lobes of the ears. It is all a smooth shading from white to pink and back to white again. People who teach the proper way of "making-up" usually lay considerable stress upon the importance of "blending" the powder and rouge.

Many women and young girls apply cosmetics in a manner that make them appear grotesque. Sometimes I wonder if they like in dark rooms or have no mirrors. Surely they cannot know what a fearful and wonderful appearance they make. On the contrary they usually seem to be under the delusion that they are exceedingly attractive. Once upon a time I attempted to unravel the mysterious "why" of their false belief. This is what I discovered.

A charming home, well-kept, heavily curtained, a dim subdued light everywhere. No high lights, not even in the dainty little dressing-room off the bed room. Everything was artistic but every light was shaded in some neutral tint that could not possibly reveal a defect or an over supply of powder on the face of the charming little woman who stood there, adjusting her hat preparatory to going to a matinee. She was very pretty. I had always admired her. Also I had always wondered why she persisted in marrying her sweet face with such a "clown-like" make-up. Now I knew. Her reflection, as it appeared in her mirror, was perfect. When we stepped forth into the sunshine of the street, the effect was ghastly. The moral is obvious:

Every woman who uses powder and rouge off stage should apply the "make-up" before a mirror that is close to a window, where the light can stream down upon the dressing table and illuminate it, not with the shade drawn down to a precise line with the mirror, thus hiding all blemishes.

A woman who has no favorable window position for her dressing mirror can always, before leaving the house, take a hand mirror and, standing beside a window or open door, inspect her face critically. If all women would make this a practice I am positive the majority would never leave the house until they had removed or, at least, improved their self-inflicted beauty mask. The woman I have referred to was naturally so pretty that her badly applied make-up was a real blemish. There are many others like her.

Priscilla Dean

The Alliance Herald, \$2.00 a year—and worth more.

## CONSTITUTIONAL CONVENTION NOTES

Lincoln.—Many school principals and teachers, headed by Superintendent Jesse Newlon of Lincoln, appeared before the convention last Friday and urged the enactment of a provision for a state board of education of seven members, appointed by the governor, the board to elect a state commissioner of education with jurisdiction over all public grade and high schools. Patrons of the rural schools opposed the appointive board.

Among the eleventh hour proposals submitted last Friday was one by Spillman, Pierce, which would substitute the state railway commission with a public utilities commission. Abbott of Douglas introduced some ten proposals, nearly all of which deal with public utility questions. Svoboda of Douglas would abolish the university regents, putting control of all public institutions of learning under one board. Donahoe of Douglas would forbid an increase of general taxation by the state or any subdivision of more than 6 per cent over the previous year, except by vote of the people. A proposal by Lehman, while not elaborate, bore all the earmarks of being the governor's code bill in constitutional form. It is No. 394.

At a mass meeting held Thursday, January 15, an organization was perfected to abolish capital punishment in Nebraska. Mrs. George H. Holden was made chairman and she will pick a temporary committee, composed of nine members, to assist her. It is the intention of the organization to use its efforts in the constitutional convention for the abolishment of the death penalty. The work of the organization will be state-wide. Delegate Flansburg of Lancaster county has submitted a proposal in the convention to abolish capital punishment by constitutional enactment.

Delegate W. H. Pitzer of Otoe county has presented a proposal designed to withhold the ballot from native born children of parents who themselves are not eligible to citizenship under the laws of the United States, and to withhold the ballot from persons convicted of felony or treason, or convicted under such laws of the crime or offense of membership in or conspiracy with any society or organization engaged in advocating or attempting to effect the destruction or overthrow by force of the government of the state or United States.

Several proposals affecting the legislature were introduced in the convention during the past week. They would reduce the number of house members from 100 to eighty, the number of state senators from thirty-three to twenty-seven, repeal the sixty-day limit on the length of legislative sessions and permit two-thirds of either house to dispense with the reading of a measure on three separate days.

A delegation of women conferred with the suffrage committee last week and urged that it report a suffrage amendment which will not contain the word "male" but will state that "all citizens of the United States, 21 years of age and upward, who have resided in the state for six months, shall be electors."

George C. Junkin, Gosper county, is the father of an amendment submitted to the constitution which would fix the limitation on the state debt at \$1 for every man, woman and child in Nebraska, or approximately \$1,500,000.

Although he knew in advance that it would have no chance of adoption, Delegate Norton, of Polk county, thrust into the hopper of the convention a proposal providing that the legislature shall in the future consist of only one house.

The committee on industrial relations is apparently deadlocked on the proposal to have the constitution recognize labor's right to collective bargaining.

The proposal to permit five-sixths of a jury to return a verdict in civil cases was favorably reported by the committee on the bill of rights.

The time has passed in which new proposals can be introduced, except by a majority of 51 votes of convention.

Delegate Epperson, of Clay county, author of a proposal to abolish the state railway commission, told the committee on public service corporations that the commission had not given the public a square deal in the way of telephone rates. The committee took no action.

A proposal introduced by delegate Epperson of Clay county, will, if adopted, declare all exchanges such as the South Omaha Live Stock exchange, the Omaha Grain exchange and similar concerns to be "public markets."

Flansburg of Lancaster has offered a proposal which would prohibit an appeal from district court to the supreme court in civil cases where judgment does not exceed \$500.

Up to the end of last week the convention had been in session twenty-four days, most of which has been consumed in submitting proposals and preliminary organization. The fact that the time limit for introducing amendments expired last Friday should act as an incentive to speed up the making of a new constitution.

# WRESTLING MATCH

## AT IMPERIAL

THEATRE

# Friday, Jan. 30

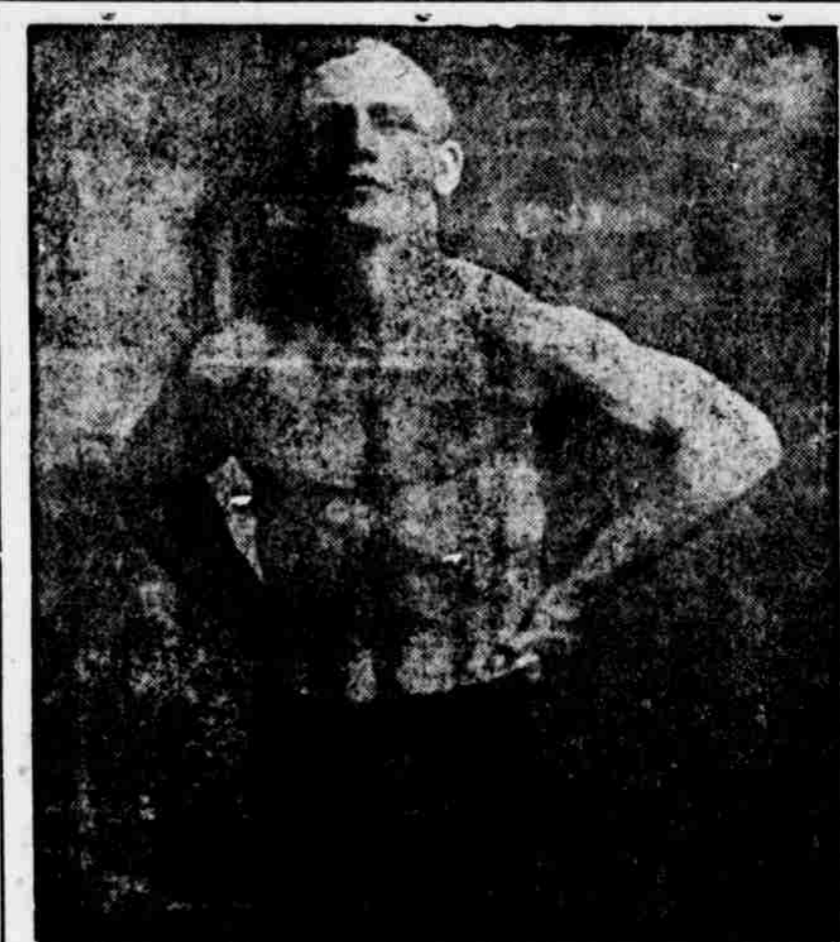
## Arthur Wheeler

ALLIANCE, NEBRASKA

WEIGHT 205 LBS.

VS.

# Clarence Eklund



CLARENCE EKLUND

Light Heavyweight Champion of the World

Buffalo, Wyoming

Weight 175 lbs.

Style—Catch-as-Chatch-Can, to be governed by Police Gazette rules. Two best out of three falls to a finish

Cleanest of Sport. Best of Order

Ladies Cordially Invited

## Photo Play for Evening

An Extraordinary Photodramatic Version of Larry Evan's Novel Starring

Jack Sherrill and Mable Withee

IN

### "Once to Every Man"

A Production like this comes but once in a lifetime.

FOX COMEDY

### "Her Husband's Wife"

CURRENT EVENTS—LATE NEWS  
USUAL MATINEE AT 3:00 P. M.—15c & 25c

Lower Floor \$1.10. Balcony  
with Smoking Privileges \$1.65

## The Aspirin Situation

### Don't Be Deceived

by Aspirin advertisements being run by those who seek to discredit all Aspirin Tablets except those made by them.

### The Facts Are

that we regularly handle large quantities of Aspirin U. D. Co. Tablets that we know are Pure and Genuine. They are rigidly tested by first-class chemists and are put out by a firm of the very highest standing, the United Drug Company of Boston. We, as Rexall Druggists, are their exclusive agents in Alliance.

The Aspirin patent expired in 1917 and any one can now make Aspirin and sell it under that name.

Aspirin U. D. Co. Tablets are put up in packages of 12's; 24's; 100's. The price is moderate, for there is no profiteering in United Drug Co. business methods.

## F. E. HOLSTEN