

Aids to Grace and Beauty

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ARTICLE XIV

Faces Repaired While You Wait

Among my letters of late are several from women who ask if there are any reliable dermatologists where facial blemishes can be corrected.

There are. But two-thirds of those who think they need the attention of a dermatologist can greatly improve their own appearance by using simple external measures associated with proper hygiene. Diet and method of living must be looked into. There must be no foods that are heating, no fresh pies, bread, candy, nor meat two or three times a day. Plain food, with plenty of fruit and vegetables are essential. There must be out-door exercise and regular hours of sleep and the skin of the entire body should be thoroughly cleansed at least several times a week, the warm bath to be followed by a moderately cold sponging and vigorous drying. If, however, the condition of the skin is the result of impoverished blood or some internal derangement, the best recourse is to a physician.

Anyone afflicted with pimples or acne should not try massage. Gentle treatment and soothing, surplus ointments are recommended.

The majority of inquirers for dermatologists labor under a misapprehension. What they really want is information regarding plastic, or as it is sometimes called, cosmetic surgery. This is a part of beauty culture but it comes within the province of only the licensed surgeon. Much has been written and published upon this interesting feature of modern surgery. Personally, I have never investigated it, having had no occasion to undergo reconstruction.

But modern methods of transit are coming more and more to be classed as "extra hazardous." One never knows how soon it may be necessary to get a new nose, or have an ear stitched into place or a dimple sewed on. I believe in preparedness. If the time ever comes when it is necessary for me to be repaired, facially, I shall not linger on my way to the beauty reconstruction hospital, nor shall I fear to place myself under the skilled hands of the modern beauty surgeons. There are many who are wonderfully skilled in their profession.

Did you know that it is a comparatively simple matter to improve a pug nose, that flaring nostrils, a drooping septum or too much flesh at the end of the nose can be remedied in such manner that no scar is left, that little pain is suffered nor much inconvenience experienced in the way of temporary absence from usual duties? A nose with a prominent hump can also be improved by the removal of surplus bone or cartilage. Noses are considered especially easy to remodel.

Ears, too, can be improved. They need not flap in the breeze if you don't like them that way. By removing just a wee bit of the cartilage at the back of the ears they can be fastened back with a bandage for a few days, after which they will be as modest and retiring as anyone could wish.

Work about the mouth is considered more difficult. It requires great care and patience, but any such deformity as a hare-lip, for instance, should be operated on and can be overcome at almost any time, especially in childhood. About three years is said to be the best age for such an operation. It will heal quicker than and be entirely obliterated within a short time.

Several women have asked me

about the development of dimples. They want to buy a few. Frankly, I advise everyone not to invest in this commodity. The price is too great. That is, they will cost you, in regret, far more than the pleasure you will derive from the temporary gratification of your pride in their possession. The reason is simple. Nobody admires, nor wants to wear, perpetually a smile that will not come off.

The beauty of a natural dimple is that it appears, involuntarily and spontaneously, when the face lights up with pleasure. It does not intrude itself when the face is sad. Any woman with a made-while-you-wait dimple would appear to be smiling happily while she stood by the deathbed of her nearest and dearest relative. There is a time and place for all things. The natural dimple knows its place. It is a mark of joy. When trouble comes—that is the time for disappearing. The artificial dimple would remain, like Patience on a monument, "smiling at grief."

Sunken and sagging cheeks and mouth muscles are best helped by massage. A good tissue-builder like cocoa-butter should be used and the cheeks pushed upward with circular movements. If you do not understand the proper movements to use in facial massage you can easily get the idea from having your face massaged once or twice by a skilled masseuse, after which you can treat your face yourself. Drooping corners of the mouth are treated in the same manner and can best be helped by cultivating a smile.

Massage, however, must not be depended upon alone. Physical faults that tend to lower the vitality of the body must be corrected. There must be out-door exercise, physical culture and proper and regular eating. Any good beauty specialist will advise against the use of cosmetics. Eventually they ruin the texture of the skin and make even a fine-featured face look coarse.

As to superfluous hair, there are a variety of methods for its removal, but the only sure way and one which is not only harmless but beneficial is by the use of electricity.

All so-called depilatories effect only a temporary removal of the growth. Some women may be shocked when I say that a great many more women than they think for actually use razors, the same as men. Electrolysis, however, makes this unnecessary for those women who live in cities. There is a book called "Beauty Culture" that explains this treatment very thoroughly.

It may be a sudden change of subject, but before I close this article I want to answer the queries of a number of readers regarding sunburn. It can be prevented. Just the sweet cream from milk or a prepared cold cream without wax, rubbed on the skin before going out into the sun is the best possible safeguard. Over this a cooling face powder should be dusted. The brunette powders are best for this purpose and a red or blue veil should be worn. These colors will counteract the sun's rays. For the removal of summer freckles a simple mixture of peroxide and ammonia can be procured from any druggist. It is only necessary to use equal quantities of each ingredient in preparing the mixture. Instead of ammonia some people prefer witch hazel. Others use lemon juice in the same proportion. For freckles that are of long standing a more severe remedy is necessary. As this is apt to be poisonous it should not be resorted to except under the direction of a physician.

Priscilla Dean

Beauty may be only skin deep, but the impression it makes extends much deeper.

FAIRVIEW

Ambrose Hadly returned home Wednesday from Hot Springs, S. D., where he spent the winter at the old soldiers' home.

Mrs. L. A. Dean returned to her home in Gering Sunday, after visiting several days with friends here.

S. W. Luce bought a Case tractor and plows from Henry Rust, with which he intends to do considerable breaking.

Mrs. J. W. Claussen returned home Monday from the east, where she spent a couple of weeks visiting relatives and friends.

Mrs. William Sappen has been spending several days with her daughter, Mrs. Ferd Trenkle, whose little son, Cecil, aged eleven, died Monday night after a few days' illness with scarlet fever.

Hall Rust, J. T. Lawrence, Arthur and Adrian Hahn were among those who took the eighth grade examination in Alliance last week.

Mrs. Fred Nason has been quite ill for the past few days, but is getting better at this time.

County Superintendent Opal Russell was visiting the schools in this neighborhood Wednesday.

Myree Kro'n went to town Tuesday to accept position at the Herald office.

Mrs. William Nye spent Wednesday with Mrs. Charles Trenkle.

Evan Lewis sold his quarter section of land to Acheson Bros., for which he received \$50 per acre.

S. B. Libby and wife of Weiser, Idaho, arrived here Wednesday for a visit with their brother-in-law, Grandpa Nason. Mr. Libbe was an old settler here, having filed on a homestead nearly thirty-five years ago, and was at one time county treasurer of Box Butte county.

Rev. Mr. Baker, district superintendent, will hold services at the Fairview church Sunday morning, April 3. Everybody welcome.

J. W. Good has decided to run again for State Senator for the Twenty-eighth Senatorial district. Mr. Good is well known here, and he is running on his record. He is a man of sterling integrity and sound business capacity, and it will be well for this senatorial district to keep him in his present office. His record is an open book and needs no commendation from us.—Rushville Recorder.

FROM THE CLASSIFIED.

Wanted—House in country by a couple with no children until October.

For Sale—Two highly bred cats. At home evenings.

Wanted—Man to do work in dog kennel; \$12 a week; sleep in or out.

For Sale—About 100 year old chickens.

FUTURE BUSINESS.

On a big flat-faced rock along a railway line that wends its picturesque way through the Rockies, a Colorado evangelist painted the question:

"What will you do when you die?"

Another advertising gazook came along and painted underneath the question:

"Use Delta Oil; good for burns."

—Corvallis Times.



JOHN J. PERSHING for PRESIDENT

A Nebraskan led us in War—

A Nebraskan can lead us in Peace—

And—Nebraska decides!

NEBRASKANS! Show your colors!

Let the world know where you stand.

Are you going to join with California in putting that state's favorite son across?

Are you going to play "second fiddle" to New Hampshire by helping that state make a New Hampshire man President?

Or, are you going to join with other Nebraskans in giving your own Favorite Son the biggest majority a candidate ever received?

New Hampshire has Wood; California has Johnson; NEBRASKA HAS PERSHING.

If any other state had Pershing, would you expect it to give him less than its unanimous support?

NEBRASKA MUST NOT BE FOUND WANTING.

Pershing would not accept the nomination from professional politicians. He will accept it when it comes to him from the people of Nebraska.

The nation has weighed the other candidates and it waits. Its eyes are on Nebraska. Let Nebraska nominate Pershing, and the rest of the United States will elect him by the biggest majority ever given a Presidential candidate.

Do your part as a Nebraskan and an American! Go to the polls on April 30th and vote for—

Pershing of Nebraska for President

Note: This advertisement paid for by the subscriptions of Nebraska citizens.

ZEDA-LEE Saves One Broom

There are many ways by which a person can economize. Little ways with little articles of the everyday, very common kind. In the home, for instance, the housewife can save on such an item as a broom. She fully realizes that if she uses a ZEDA-LEE.

With the NEW STYLE LEE BROOM she can cut the sewing after the straw has worn well up, then with the threads removed she still has a flexible broom, good for almost again as much sweeping.

The fibre shield protects the shoulder against breaking. Underneath this shield the patented construction keeps the broom corn in a firm position, and pointed down in a natural way. This is an exclusive feature of the ZEDA-LEE. It saves one broom, and makes the NEW STYLE ZEDA-LEE a double service broom.

2 BROOMS IN 1

Choose a ZEDA-LEE. Sweep with one and find out why thousands of users feel justified in having selected it for permanency in their homes and stores.

LEE BROOM & DUSTER COMPANY
Boston, Mass., Lincoln, Nebr., Davenport, Ia.

Largest and highest-rated independent broom manufacturing establishment in the universe.

Karo

YOU don't have to pay the present high prices for your jams, jellies and preserves nor the high price for store candy.

Use Karo—the Great American Sweet for every purpose. Karo is another word for economy.

Many women have learned that Blue Label Karo is not only a delicious spread for pancakes, but will sweeten their food at much less cost than sugar, and make the most wholesome Home-made Candy.

Stewed fruits, candied sweet potatoes, brown bread, muffins, coffee cake, pudding—hundreds of foods are now prepared by the best cooks with Karo.

NOTE: Your grocer is selling Blue Label Karo by the dozen cans—the best and cheapest way to buy it. Ask him the price.

CORN PRODUCTS REFINING COMPANY
17 Battery Place New York

In the Blue Can