

Aids to Grace and Beauty

by Priscilla Dean

ARTICLE TWENTY

Beauty Lost by Beauty Cure

We have all heard about people being killed by kindness. One of the saddest cases that has come to my knowledge is that of the young woman who recently wrote me a detailed account of how she had slain what beauty she once possessed by systematic ill-treatment. The pity of it is that the ill-treatment was given under the misapprehension that it was the best possible care. It is far better, sometimes, to let well enough alone.

I have written again and again that the very best aid to beauty is health. In nine cases out of ten, if the health is well cared for beauty will take care of itself.

So many apparent defects of beauty could be remedied better and in far less time if the woman in the case would consult her physician or correct her habit of living instead of applying more and more salves and lotions.

I am getting a bit out of patience with young girls who are so attractive in their youth and freshness that they do not require any artificial aid, yet who insist upon experimenting with a hundred and one "remedies," useful enough, perhaps, for cases requiring them but sadly harmful to the tender, sensitive complexions of girls in their teens.

Many of the girls who write to me are from small towns. They have little, if any knowledge of the outside world. I know, and they will sometime learn, that the continual use of cosmetics is bound to clog the pores of the skin and force them to enlarge in order to carry on their proper functions. Unless cosmetics are really necessary for the sake of hiding defects or for business purposes, as among theatrical and moving picture people, I am personally not in favor of their use. Certainly I do not favor cosmetics for girls of fourteen and fifteen years of age.

As an illustration of what damage school girls can do to their faces in their anxiety to grow up beautiful I will mention two letters I have just received. I am sure the writers of the letters will not object to having their cases quoted in order that other girls may profit by their sad experience.

One writes: "I have very enlarged pores on my nose and upper part of my cheeks. When I was a school girl I worried because I had a few pimples on my face. A person upon whose advice I thought I could rely, told me to steam my face every night for two weeks and then put on a lotion which was to remain over night. I followed directions. The pimples were not helped in the least. As I grew older they went away of their own accord. But as a result of the treatment my face was more disfigured by the enlarged pores than it ever was with pimples.

"Of course I at once set about repairing the damage. I used one so-called remedy after another but

without success. Finally I tried some much advertised home treatment given by a woman beauty doctor. For three months I followed her advice. Three weeks after I discontinued the treatment my face was worse than ever because, prior to that, the pores though open and enlarged, looked clean. After the course of treatment, however, they clogged with a dark substance.

"Lately I have been experimenting with witch hazel, using it full strength, night and morning. The skin of my nose soon gets drawn and begins to harden and whiten. In about three days the skin peels off. The new skin is an improvement because the pores are a little finer. I have used this peeling method twice but there is not enough improvement to encourage me very much. The open pores make my face oily and I am obliged to use powder constantly. I have tried squeezing out the pores every few weeks but it is a painful and difficult process. My face has now become very tender and sensitive."

And all just because a foolish young school girl commenced to meddle with her complexion before her face had really matured.

Here is an extract from another letter: "I am fifteen years old and have been so troubled because there are blackheads in my forehead and just above my upper lip I keep pinching them out but they come again, bigger than before. Would you advise me to buy a regular wash or an ointment. I tried something a friend recommended but it burnt my face and left a little brown scar so I did not use any more of it. I don't like the blackheads but they are better than scars. My arms and hands are covered with little hairs that do not look well when I wear short sleeves. I whisked them over the fire several times and burnt off the hairs but they all grew again much blacker and stiffer than they were before. Now I can't ever wear short sleeves. I don't know what to do. I am so worried that I am getting a wrinkle in my forehead. My freckles are worse, though, and I want to begin treating them right away."

If she begins to use all these things at fifteen, by the time she is nineteen she will be hopelessly dependent upon them; and by the time she is twenty-five she will be willing to pay any price to undo the damage her excessive and totally unnecessary care has accomplished.

What she ought to do is to live in the open air as much as possible play games, get tanned, freckled, if needs be, forget all about her looks and think only of cultivating good health. She will be beautiful before she knows it. If she tans, it will be a good, healthy tan such as our soldiers cultivated when they were in the training camp. Each of those tanned veterans soon bleached when he got black into civil life but the splendid physique and hardiness which he gained during the period of tanning will benefit him for the rest of his life, barring accident.

Fresh air and sunshine are the best possible aids to beautiful hair. Don't begin doing it up on the head too soon. Let it hang loose as much as possible; wear it in braids; don't

spoil it with hot irons and break it off with patent curl appliances. Be natural. Cultivate personal charm more and artificial complexions less and you will be referred to as beautiful much sooner than you expect.

They say that love is blind to defects. I think that the average person can be made blind to defects if some worth while quality is made so conspicuous as to rivet the attention and admiration, to the complete obscurement of less attractive features and abilities.

Cleopatra's reputation for beauty was due not to the perfection of her face but to the subtle charm of her magnetic personality.

I read once that the much famed beauty of Madame de Stael was entirely in her genius, which was manifested in every movement of her body and surrounded her plain face like a halo.

Many prominent women of today who are reputed beautiful are, in reality, plain looking. It is some higher and better quality shining forth through their personality which magnetises and fascinates to the extent that the observer unhesitatingly describes them as beautiful.

Some day, when you have exhausted your adjectives in describing such a woman a friend, less impressed and of a cold analytical mind will shock you by exclaiming:

"I don't see anything beautiful about her. I know lots of women much better looking than she."

Yet those very women would doubtless pass unnoticed in any large assembly and the one whose beauty was of the intangible, indescribable variety would not only have her picture published in every newspaper in town, but would have a dozen movie contracts laid at her feet.

It is the woman who has begun to fade who needs artificial aids, not the young girl whose beauty is yet immatured and undeveloped. To her I can recommend no better aid than nature. Care, you know, is said to have killed a cat, and despite the fact that pussy has nine lives, Beauty has but one. Beauty can survive a certain amount of care. But there is a limit, beyond which beauty fades and dies, the victim of too much care. (Copyrighted 1920 Universal Service Syndicate.)

Priscilla Dean

A Worth-While Job

A pessimist and an optimist were discussing life from their different viewpoints. "I really believe," said the former, "that I could make a better world myself."

"Sure!" returned the optimist; "that's what we are here for. Now let us get to work and do it."—Boston Transcript.

For Publication Only.

"And about the salary?" said the movie star.

"Well," said the manager after a moment's thought, "suppose we call it \$5,000 a week."

"All right."

"Of course, you understand that the \$5,000 is merely what we call it—you will get \$500."—Boston Transcript.

One on the City Editor

A certain eastern city editor had a notice above his desk: "Accuracy! Accuracy! Accuracy!" This he always pointed out to new reporters.

One day the youngest cub came

in with his report of a public meeting. The eagle-eyed city editor read: "Three thousand, nine hundred and ninety-nine eyes were fixed on the orator."

"Here, what do you mean by such stuff?" wrathfully asked the C. E. "That's accuracy, sir. There was a one-eyed man there." The C. E. went out for a drink.

The next decline, it is announced will be in wheat and flour. What was the other one in, has anybody noticed?

Why worry about who will be the presidential nominee this year, when any politician can tell you? And nearly all of them do—each naming a different man.

Prohibiting the Turk from having a navy is not going to make him behave. He has been able to get any place he wanted without one.

If the town is not too large, public opinion will satisfactorily regulate the behavior of its residents; or they will emigrate.

—\$2.50 a year—and worth it.

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MEN who make tire buying their year-in and year-out business, buy Diamonds. Note the great many big corporations that equip their cars with Diamond Tires.

One of them, like many more, writes—"We have used Diamond Tires for the past two years and have not had to ask for an adjustment. We recommend Diamond Tires to anyone desiring full mileage and complete satisfaction." What Diamonds do in hard business service they will more than do for you in passenger car service.

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Another Royal Suggestion

DOUGHNUTS and CRULLERS

From the NEW ROYAL COOK BOOK

DOUGHNUTS made the doughboy happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

Doughnuts
2 tablespoons shortening
1 cup milk
1/2 cup sugar
1/2 teaspoon salt
1/2 cup flour
1/2 teaspoon Royal Baking Powder

Cream shortening; add sugar and well-beaten eggs; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about 1/4 inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 30 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

Afternoon Tea Doughnuts
2 eggs
2 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon grated nutmeg

Crullers
4 tablespoons shortening
1 cup sugar
2 eggs
2 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon Royal Baking Powder
1/2 cup milk

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/4 inch thick and cut into strips about 4 inches long and 1/4 inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

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