

Aids to Grace and Beauty

by Priscilla Dean

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Care of the Complexion

It is easier to ruin a good complexion than it is to remedy defects and prove a complexion that is not good. Often one application of an injurious cosmetic or the misuse of one's face in attempting to conform to vague and misleading directions given by some unqualified person will produce a disfigurement that years will not remove.

One girl wrote me that she had a number of blackheads in her forehead. Before I could reply to her letter someone advised her to pinch and prick them out and to use a small key to press down the surface skin around them. She followed directions, first steaming her face. The blackheads disappeared, but her forehead remained discolored in spots resembling moth patches. These became so pronounced that she consulted a physician. Various remedies were tried without avail. The brown spots became permanent. As time passed, they seemed rather to enlarge than decrease. Their effect was much more unsightly than the blackheads. That, of course, was an unusual case, but it serves to impress one with the great need of carefulness.

That which benefits one person's skin may produce altogether different results when used by someone else. Much depends upon what kind of a complexion one has to begin with and, as I have said before, upon the state of one's health. Bleaching lotions cannot make a bilious woman beautiful any more than dancing lessons will make a sway-backed, round-shouldered person graceful.

Even sulphur and molasses, that simple, old-fashioned prescription which sounds so harmless and has always been so widely recommended, is not infallible. At school one of the girls I knew cultivated a taste for the awful mixture, took it regularly and developed a beautiful complexion. She recommended the treatment to a classmate afflicted with pimples. The latter tried the experiment and, to her horror, the eruptions on her face multiplied so rapidly that she was forced to consult a doctor.

A good treatment for a thick, muddy skin that needs softening and stimulation is to bathe it occasionally with very hot water in which a spoonful each of borax and powdered pumice has been stirred. When the face has been well steamed and bathed in this solution, dry with a soft cloth, then massage with cold cream. Allow the cream to remain on the face about ten minutes before applying cold water. Use ice water, if possible, or even a piece of ice. Do not rub the face. The cold plunge is merely to close the pores. Dry carefully with a soft cloth and dust lightly with powder. Those who try this method once or twice a week

will be surprised at the improvement it will make both in the texture and appearance of the skin.

Great care should be taken in the selection of face powder. The cost of the powder and the elaborate box in which it is packed are no guarantee of its excellence. From sad experience I have almost come to expect the contrary. There are exceptions, it is true, but they are only apt to prove the general rule.

Some face powders seem to dry up and absorb the natural oil of the skin to such an extent that it looks dry and seamy, even though smooth to the touch. Others are so heavy and greasy that they appear like a paste. Each individual should select the powder best suited to her skin. A powder that is unpleasantly noticeable on one woman's face may not be visible on that of another. The varying shades of brunette powders now obtainable make it possible to suit almost any complexion.

In my opinion there is no excuse for blackheads. Care and cleanliness will prevent their appearance. Steaming and massage will remove them. The application of too much grease to the face will promote the growth of a soft down, not in the least beautiful and decidedly difficult to remove.

A great fad at the present time is "eye-brow shaping." I am going to tell of this in a special article at some future time. There are many young girls who have their eye-brows shaped as regularly as they have their nails manicured. Of course, their appearance is improved. Some very charming effects are produced. Nevertheless, I do not recommend the practice. Once commenced, it must be continued. In time it will naturally cause the brows to increase in thickness, as well as to become stiff and coarse. Greasing the brows and lashes with cold cream or vaseline will increase their growth and brushing will keep them smooth.

The continued use of cosmetics will, in any face, sooner or later leave traces which nothing will remove and nothing but more cosmetic and a veil will cover. Women who depend entirely upon artificial means of beauty are those who are veritable scarecrows when unadorned, who shrink behind doors when unexpectedly interviewed in the early morning and who cannot take part in any amusements or athletics where make-up is useless or out of place.

A dry, scaly skin is often caused by insufficient fat and poor circulation of the blood. For such cases all lotions which contain alcohol or other, borax, ammonia, mercury, zinc, or other ingredients of like nature should not be used. A mixture of glycerine and rosewater, on the contrary, will be found beneficial because of its smooth and soothing qualities.

Women of middle age who are anxious to ward off wrinkles are now devotees of the paddle. That expression may sound strange to those who have never heard of the custom. For their enlightenment I will tell

of the strange, slapping sounds which startled an elderly man some weeks ago. He heard them always at night. They would continue with more or less steadiness for at least twenty minutes. His sister, who had come from the east for a visit, occupied an adjacent room. Night after night the peculiar rhythmic slap, slap, slap continued. It made the man nervous. He decided to investigate. To his amazement he located the sound in his sister's room.

"I threw open the door, when she called to me to enter," he said, when relating the incident, "and there she sat, with a jar of tissue-building cream beside her and a queer little paddle in her hand, slapping and paddling her face so hard and so steadily that, for a moment, I thought she must be crazy. She insisted, however, that it was to prevent wrinkles and stimulate circulation. 'And, by jove!' he added, reflectively, 'I'll say this much for the treatment, it is actually doing her a world of good. I can notice the improvement myself.'"

Then I asked him if he considered it a waste of time for women to give so much thought and attention to their personal appearance.

"I do not," he replied, promptly. "I am a business man and speak from a business standpoint. A woman, to be successful in any business or profession needs to cover her age as much as possible. As soon as people begin to consider her passe, she might as well give up. I regret to say it, but I know it is true. People will contradict me, but facts bear out my statement. Schools and universities are turning out young, up-to-date graduates every year who have new ideas and great enthusiasm. They are fresh and youthful in appearance and the magnetism of their personality, when it is combined with ability, cannot help but attract. Naturally, the woman whose appearance conveys the idea that she is a few years behind the times, soon finds herself in the discard unless she happens to be at the head of some department where experience in that particular line is necessary.

One of the striking things I noticed during the war when I visited one of the federal employment bureaus in New York city was the large number of women past thirty-five years of age who were seeking and could not find positions. From fifty to a hundred such women were nearly always in the waiting room. They were capable, educated, experienced women—and every one I saw looked her full age.

One of these women, together with a young and inexperienced girl was directed to the gas mask factory. They started off together. The woman returned alone. Despite her excellent character and references she had been merely "placed on the lists for notification if her services should be needed later." The young and attractive girl had been the first one interviewed. She had been told to report the following day for work. Such is the value of personal appearance in the business world. In this case, if the woman had spent a little time every day in preserving youth and cultivating beauty it certainly would not have been wasted."

Priscilla Dean



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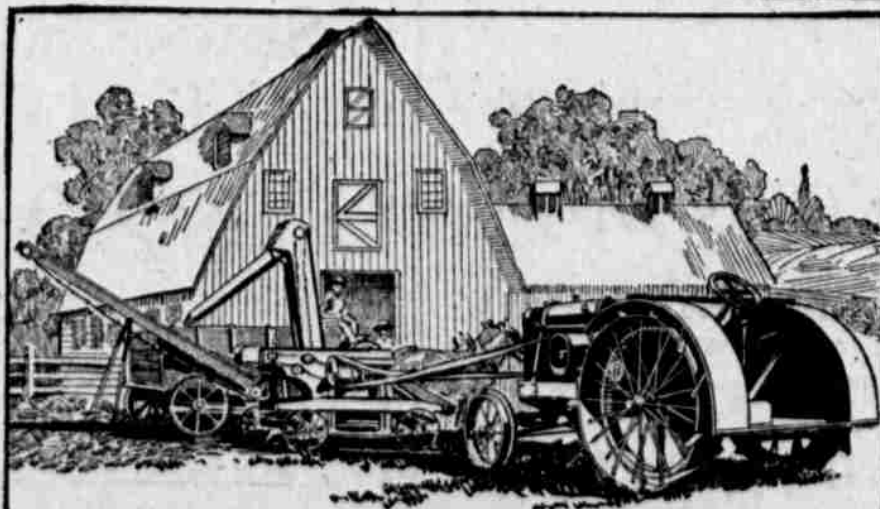
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Walls	15-20-14 in	2	750 K	9.42	2287	3.25	19.82	
Moline Universal	9-18-14 in	4	1600 G	8.20	2275	3.09	18.72	
Illion	18-36-14 in	4	800 K	8.12	3125	1.98	16.89	
Aultman-Fayak	18-30-14 in	4	800 K	8.06	2930	2.05	16.02	
Monarch	18-30-14 in	4	800 K	8.42	3640	2.29	15.91	
Waterloo Boy	12-25-14 in	2	750 K	7.12	2480	2.39	15.78	
Casa	15-27-14 in	4	950 K	8.08	2720	2.13	15.45	
Bates Steel Mule	15-27-14 in	4	900 K	7.95	2710	2.11	15.25	
Frick	15-27-14 in	4	900 K	8.67	2560	2.18	14.92	
Emerson	12-20-14 in	4	900 K	9.71	3000	1.67	13.42	
Haber	12-20-14 in	4	1000 K	8.94	2158	2.33	13.40	
Cletrac	12-20-14 in	4	1250 K	9.40	1892	2.65	13.36	
Parrett	12-25-14 in	4	1000 K	8.02	1802	2.73	13.11	
J.T.	12-20-14 in	4	1000 K	10.07	2285	2.13	12.99	
LaCrosse 2	12-24-14 in	4	750 K	8.55	2140	2.23	12.85	
Wellington	10-20-14 in	4	1000 K	8.90	1584	2.89	12.18	
Titan	10-20-14 in	4	530 K	7.67	1090	2.28	12.10	
LaCrosse 4	12-24-14 in	4	750 K	8.70	2080	2.07	11.51	
Avery	13-25-14 in	3	570 K	8.62	2710	1.37	11.29	
Portson	10-20-14 in	4	1000 K	7.68	1304	3.09	10.78	
Heiler	12-20-14 in	4	750 K	6.37	1972	2.04	10.76	
Wiltney	9-18-14 in	2	750 K	6.62	1526	2.63	10.66	
Casa	10-18-14 in	4	1050 K	8.04	1290	2.70	9.33	
L. I. Co.	8-12-11 in	4	1000 K	7.41	1642	2.15	9.31	
Bellevue	10-20-14 in	4	600 K	8.72	1575	1.91	8.92	
Siskiy	9-18-14 in	4	1100 G	7.95	2100	1.42	7.97	

Data from official report Ohio State University. Fuel data from official cards.



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