

# Aids to Grace and Beauty

by Priscilla Dean

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## A BEAUTY SYMPOSIUM.

To be strictly accurate in the matter of detail, you should recline among cushions when you read this article.

The dictionary describes "Symposium" as "a convivial feast ending with an intellectual treat comprising extracts from the writings and sayings of a number of people on a given subject."

Unfortunately, the convivial part of today's feast must be limited, so far as I am concerned, to a flow of words. You to whom they are addressed may augment that simple menu according to circumstances and your own inclination.

The symposium element, however, will include information of varied character, gleaned from various sources and especially arranged in honor of the many friends who have honored me with their beauty problems.

Their letters came while I was absent. I had not intended to tell you that I was away, but it's too good to keep. I went on a honeymoon trip. I hope you will forgive me, but I quite forgot all about freckles and crooked noses and thin eyebrows and flappy ears. Not until I returned and saw all your letters did my conscience smite me. Some of your inquiries I will answer briefly now. Those correspondents who enclosed stamped envelopes for personal replies will receive detailed information by mail. Meanwhile, these general answers may be of benefit to other anxious beauty culturists.

Mrs. L. asks if the hump on her nose can be removed. I have not seen her nose nor the hump but I judge that a competent surgeon could easily bring about the desired improvement.

I know one doctor who makes a specialty of correcting pug, dished, humped, crooked, bent, broad, flat, narrow, upturned or long nose, flaring nostrils, falling septum and all other defects of the nose. Such a specialist can be found in any large city. Ask your own physician or inquire at any surgical hospital for the address of a reliable surgeon specializing in that line.

K. E. J. asks four questions. She wants to know how to reduce a double chin, if a vibrator is beneficial for the face, what is the best cream to use and what kind of powder is best for a dry, sensitive skin.

Dashing cold water on the chin and neck and rubbing lumps of ice over them is said to drive away deposits of fat. The head should be held high so that the chin will not bury itself in the neck. Sleep with the head on a small pillow and have the chin massaged. A rubber bandage could be used at night to hold the flesh in place, or even a thin, soft towel can be fastened securely

over the chin. By causing free perspiration this gradually reduces the flesh. In massage the fingers of each hand should be placed on the back of the neck near the base of the brain, with thumbs under the chin and palms up. The thumbs should pass, with heavy, rotary movement over the rolls of flesh from the chin to each side toward the ears. A solution made of three parts camphor water and one part alcohol into which the fingers can be dipped frequently aids the value of the massage.

It is impossible to mention in print special preparations for cold cream and powder. A reliable druggist can suggest the cream and powder best adapted to a dry, sensitive skin and, for the sake of his own reputation as a druggist, will certainly not recommend anything injurious.

A vibrator is usually beneficial, especially if some good, pure cream or a flesh food is applied to the face before the machine, just as would be done if the massage were given by hand.

Dottie's question can be answered only partially this time. To develop any part of the body the muscles must be strengthened and stimulated to increase the deposition of adipose tissue. For this purpose the use of a vacuum massage cup is better and more gently effective than manual treatment. It should be given daily, together with a liberal use of cocoa-butter, olive oil or lanolin. There

should be no hard pressure. The object is merely to stimulate the circulation of the blood in a gentle manner, causing it to deposit new tissue in the part of the body manipulated and developing it to almost any desired size. Before the massage, however, warm water should be applied to soften the skin and open the pores; after the massage cold water should be used.

Mrs. W. has tried various depilatories without benefit but I am sure if she will try Electrolysis she will have no more trouble with the superfluous growth on her chin.

E. A. says the sulphur and sage mixtures make her white hair look yellow. She asks if "walnut" is any good. I wrote so much about gray hair in a previous article that it seems hardly necessary to write more. No dye can be used for graying hair that will not be more or less apparent. Where one preparation may tend to give the hair a yellowish look the other will give it a dead, false appearance far more unlovely and really more indicative of advancing years than the natural gray hair. Help the gray hair along by an effective coiffure and instead of killing it with lotions, stimulate its life and lustre by the very best of care.

L. H. is troubled with an oily scalp. That is a condition that actually requires treatment and will have to be answered by a letter because she must have a medical prescription. One thing she must not do and that is to continually wash her hair, thinking that soap and water will eliminate the grease. A few hours after a shampoo her hair will be as greasy as ever. The reason is that the glands are not performing their functions properly. An

astriugent lotion is necessary. The chances are that a person with an oily scalp has also a somewhat oily skin. Great care should be exercised as to just what astringent lotion is applied in order that no harm be done.

Mrs. C. as well as L. H. wants a remedy for thin eyebrows and eyelashes. They can be improved but the cause of their thinness must first be determined. That which might help Mrs. C. would perhaps not do for L. H. The condition of the health and skin must be taken into consideration, also whether the lashes and brows have recently fallen out or whether they are just naturally thin. To each of these correspondents I shall write a personal letter.

Miss A. W. W. finds glycerine and rose water soothing and beneficial to her face but fears its constant use may produce unpleasant results. I have never heard that preparation was in the least degree harmful providing the person who uses it needed it. In this case it produces a pleasant, soothing effect which would seem to indicate that it is just what is required. Personally I do not like the preparation for the reason that it

does not agree with my hands and face. It makes them feel sticky and greasy, therefore I do not use it. For the same reason I do not use camphor ice. Many people like camphor ice and find it beneficial.

This symposium is finished for today but I haven't come to the end of my list, by any means. I sigh when I contemplate the future for, like Tennyson's "Brook", Honeymoons may come and Honeymoons may go, but Beauty Culture goes on forever.

*Priscilla Dean*  
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The world is now in debt \$200,000,000,000. But of course that is not as bad as its looks—much of the money is owed right at home.

—Girls wanted at Alliance Steam Laundry.

California high school teachers (of the masculine persuasion, of course) have agreed to wear corduroy trousers as a protest against the excessive cost of regular pants, and now we

suppose the price of corduroy will go so high that wearing it will be tantamount to a confession of profiteering.

—Girls wanted at Alliance Steam Laundry.

We Grind Our Own Lenses  
**Drake & Drake**  
Doctors of Optometry  
Glasses Accurately Fitted  
All the Latest Styles  
in Frames and Mountings

**Clean Up Now**  
and  
**AVOID THE RUSH**  
A little later in the season you'll have to wait your turn. Use the phone today.  
**PROMPT SERVICE NOW**  
**Sam Shelton**  
Phone 575



PRISCILLA DEAN

# Herald Campaign Ends Saturday Night

See Page One for Particulars of How Campaign Will Close

## At The First State Bank at 8 O'clock Sharp

The stage is set for the final scene of the greatest prize distribution ever held in Western Nebraska. Some one will win a prize equal to a small fortune. The time is short. If you wish to help your favorite over the top—ACT AT ONCE. Concentration, determination, effort and action NOW are worth more than all the regrets in the world after the race has been lost

### List of Prizes

- 1st...Reo Six Touring Car, \$1985
- 2nd...Round Trip to California
- 3rd...\$50 in Gold
- 4th...\$35 Gold Watch
- 5th...\$25 Gold Watch
- 6th...Eastman Kodak
- 7th...Anasco Camera
- 8th...Gold Pendant

### Vote Schedule

For Last Week of Campaign

- |                       | votes  |
|-----------------------|--------|
| 1 year's subscription | 800    |
| 2 years' subscription | 4,000  |
| 3 years' subscription | 7,500  |
| 4 years' subscription | 10,000 |
| 5 years' subscription | 15,000 |
- And 50,000 extra votes for every \$20 club of subscriptions turned in

**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.

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

# PERFECTION KEROSENE OIL

**For Economical Tractor Operation**

Perfection Kerosene Oil keeps tractors working at highest efficiency. It provides the engine with dependable power that is maintained all day long without let-up. You may get more work done—more acres plowed, harrowed or harvested, at least cost when you use Perfection Kerosene Oil.

Perfection Kerosene Oil mixes evenly and burns up completely. Every drop is converted into power—and without choking up the engine with carbon, dirt or sediment.

For best results, standardize on clean, dependable Perfection Kerosene Oil.

Telephone our nearest agent and he will arrange for immediate delivery of Perfection Kerosene Oil in any quantity.

For gasoline-burning engines use Red Crown Gasoline.

**STANDARD OIL COMPANY**  
(Nebraska)  
Omaha

## AN APPRECIATION

The Herald takes this opportunity to compliment the many candidates in the Prize and Auto Campaign for the excellent work done to date. Hundreds of new subscriptions have been added to the Herald list, making its circulation the largest of any Western Nebraska newspaper. These subscriptions are a big asset, not only to the paper but to the community as well.

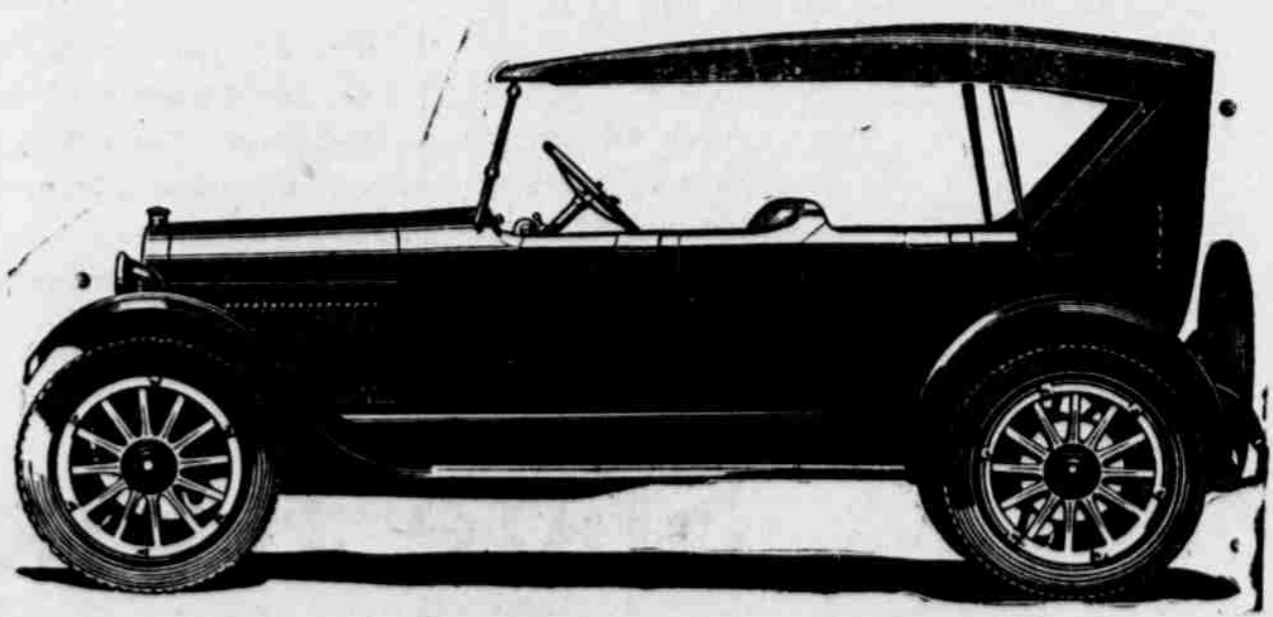
In selecting prizes to be awarded only the best were considered. Whoever wins the Reo Six is assured of a brand new car of sterling worth. The other prizes are in keeping with the liberal lines along which the entire contest has been drawn.

But a few days remain in the campaign. To those who win, the heartiest congratulations are due; to those who fall we can truthfully say that they did well and are deserving of commendation.

The campaign is now in the hands of the judges. The campaign manager has nothing more to do with the campaign—his duties ended last Saturday. Mr. Brayton has proved himself fair in all matters and The Herald takes this opportunity to publicly acknowledge that the trust it placed in him has been lived up to the letter.

Immediately after the close of the campaign the voting records will be an open book. If you think your competitor did not work and turn in the business come down to the Herald office at any time and see for yourself. Any contestant, or his or her representative, will be privileged to check up the records.

In conclusion the Herald again wishes to compliment the many participants in this campaign. The end is but a few days away, and this expression of good will is made in advance—knowing that every contestant realizes that he or she has had, and will have, an absolutely square deal.



**REO SIX, \$1,985. GRAND CAPITAL PRIZE**  
Purchased from the A. H. JONES CO.