

# Nebraska Land Co.

# In Our New Location First National Bank Bldg.

110 West Third Street, formerly occupied by the Wiker Music House

## FARM LANDS, CITY PROPERTY AND LOANS

### Aids to Grace and Beauty

By Priscilla Dean

#### Something Old and Something New

One of the greatest trials, apparently, to the average woman who wants to look well is that of an oily scalp and oily skin. The two go together. Usually the woman so afflicted does not know what is the cause of the oiliness and tries every kind of soap she can think of or that anyone can recommend. The more she washes her hair the more oily it seems to become and she despairs of ever being able to do anything to improve it.



The condition is due to over-active sebaceous glands. The skin appears thick, coarse and shiny and the pores are usually prominent. In another article I shall take up the subject of the hair and scalp treatment. Just now I am going to deal with receipts and remedies for various facial troubles.

In treating an oily skin with enlarged pores the person must continue the treatments daily for several months. Many women do not know this and get discouraged before there is really time for improvement to become noticeable. There should be vigorous massage after the use of hot towels. Any simple cream should be used providing it contains no wax.

An astringent cream that bleaches

and softens some coarse skins is made from the milk of 50 crushed almonds, one pint of rose water and one-half ounce of alum. Strain through fine cheese cloth. This can be applied to the face after it is thoroughly clean and free from blackheads.

Here is another remedy for an oily skin: Rosewater, 45 gr.; sweet almonds, 8 gr.; bitter almonds, 2 gr.; benzoate of soda, 1/4 gr.

And for a coarse skin this is recommended: Pulverized camphor, 20 gr.; powdered talcum, 1/2 oz.; oxide of zinc, 2 dr.; starch, 2 dr.

Two good astringent lotions for large pores are as follows: No. 1: Rose water, 6 oz. elder flower water, 2 oz. tinct. benzoin, 1/2 oz.; tannic acid, 10 gr.

No. 2: Alcohol, 12 gr.; tinct. benzoin, 2 gr.; liquid borax, 2 gr.; balsam of Judea, 5 drops.

Many people write to ask if they should try to squeeze blackheads out of their faces. Blackheads are little plugs of sebaceous matter retained in lazy and inactive pores. It is not only difficult and painful, but harmful to try to force them out until the skin has been thoroughly softened and cleansed by the use of hot towels. In this connection an especially good cleansing lotion is made from the following prescription: Acetone, 4 dr.; water, 8 oz.; boracic acid, 2 dr.; alcohol, 5 dr.; alum, 20 gr.

If the pores remain large after the blackheads have been removed, an

astringent can be prepared from: Sulphate of zinc, 1 dr.; sulphuret of potash, 1 dr.; rose water, 4 oz. (This mixture should be applied but once daily. Apply with absorbent cotton.)

There are some dry, scaly skins that are almost as hard to deal with as those that are oily. This condition is almost always due to a lack of good circulation and the consequent want of fat in the skin. The best remedy is that which comes by way of the stomach; eat. The food, however, should be very carefully selected, to be as nutritious as possible. Take plenty of outdoor exercise. Two good preparations for a dry skin are as follows: No. 1: Iodide of potash, 1 dr.; glycerine, 1 dr.; lanolin, 1/2 oz.; neatfoot oil, 1/2 oz.

No. 2: Lanolin, 1 oz.; cocoa butter, 1 oz.; glycerine, 1 oz.; rose water, 2 oz.

It is quite possible to cleanse the face without water if anyone so desires. It is not necessary, however, if a pure soap is used. A mild solution of glycerine and rosewater is usually soothing after exposure to the sun. Glycerine and witch hazel form a solution equally good.

An ounce of sunburn prevention is worth a pound of cure. A delicate cream, like the sweet cream from sour milk or plain cold cream, without wax, rubbed on the skin before going into the sun is the best safeguard. A brunette face powder, dusted over this cream is better than the white powder. Both red and blue veils counteract the piercing rays of the sun.

There is a mixture that leaves a powder upon the skin and acts as a protective agent. No face powder need be used. The receipt as I have it, is: Calamine powder, 20 gr.; oxide of zinc, 1/2 dr.; glycerine, 1/2 oz.; lime water, 6 dr.; rose water, 4 oz.

The powders should be mixed with the glycerine until a paste is formed, and then the lime and rose water added. Before using, the mixture must be well shaken.

For summer freckles equal quantities of peroxide and ammonia, or peroxide and witch hazel, or equal quantities of glycerine and lemon juice will be found effective. Some girls prefer rosewater and ammonia, using half wine-glassful of the rosewater to six drops of ammonia.

These are all favorite receipts of mine. I have mentioned them before. Judging from the number of inquiries I receive each day they must have been forgotten. One correspondent wants a remedy for a red nose! Think of it. I imagine every woman who reads this statement aloud in the presence of her husband will be interrupted by a surprised exclamation. I can almost hear the words:

"Great Scott! Where did she get it?"

Well, I don't know, but she wants to get rid of it quick, and I have recommended twelve drops of glycerine to one-half ounce of refined chalk. But remember, that is for a non-alcoholic red nose. No others need apply.

# PAINTS

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Will be opened some time in the middle of June at 222 Box Butte Avenue, in the building formerly occupied by Vaughn & Son, and the Nebraska and Co.

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**J. C. Harvey**

222 Box Butte Proprietor Alliance, Neb.

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### Another Royal Suggestion

## BISCUITS, BUNS and ROLLS

From the NEW ROYAL COOK BOOK

**BISCUIT!** What delightful this word suggests. So tender they fairly melt in the mouth, and of such glorious flavor that the appetite is never satisfied. These are the kind of biscuits anyone can make with Royal Baking Powder and these unusual recipes.

#### Biscuits

2 cups flour  
4 teaspoons Royal Baking Powder  
1/2 teaspoon salt  
2 tablespoons shortening  
1/2 cup milk or half milk and half water

Sift together flour, baking powder and salt; add shortening and rub in very lightly; add liquid slowly; roll or pat on floured board to about one inch in thickness (handle as little as possible); cut with biscuit cutter. Bake in hot oven 15 to 20 minutes.

#### Royal Cinnamon Buns

2 1/2 cups flour  
1 teaspoon salt  
4 teaspoons Royal Baking Powder  
2 tablespoons shortening  
1 egg  
1/2 cup water  
1/2 cup sugar  
2 teaspoons cinnamon  
4 tablespoons seeded raisins

Sift 2 tablespoons of measured sugar with flour, salt and baking powder; rub shortening in lightly; add beaten egg to water and add slowly. Roll out 1/2 inch

thick on floured board; brush with melted butter, sprinkle with sugar, cinnamon and raisins. Roll as for jelly roll; cut into 1 1/2 inch pieces; place with cut edges up on well-greased pan; sprinkle with a little sugar and cinnamon. Bake in moderate oven 20 to 25 minutes; remove from pan at once.

#### Parker House Rolls

4 cups flour  
1 teaspoon salt  
6 teaspoons Royal Baking Powder  
2 tablespoons shortening  
1 1/2 cups milk

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients stirring until smooth. Knead lightly on floured board and roll out 1/4 inch thick. Cut with biscuit cutter. Crease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Place one inch apart in greased pan. Allow to stand 15 minutes in warm place. Brush each with melted butter and bake in moderate oven 15 to 20 minutes.

#### FREE

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But you must do your part by depositing regularly a portion of your earnings. We will guard it for you, pay you interest on it, and then when the time comes when you need it, you will find it ready.

## Start Preparing Now

Start now preparing for your opportunity. It may come any day and you want to be ready. The one sure way to do this is to open an account at once—TODAY. Come in and see us. We will be glad to co-operate with you in every way possible. Don't wait to say: "How I wish I had begun a bank account six months ago. I need money badly. It would have been little or no trouble and I would have had enough by this time to start on."

# The First State Bank

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