

THIS GIRL SAYS SHE PRESERVES HER BEAUTY BY WASHING HER CLOTHES HERSELF IN HOT WATER EVERY DAY AND WRINGING THEM AND HANGING THEM ON THE LINE IN THE FRESH AIR

HERE is good news for the man with a family. Here is good news for the girl with nothing to do. Here is good news for the smart woman who likes to look as if she dressed on twice as much as she really has. Here is good tidings for the world of woman-kind.

Somebody has discovered that laundry work is good for the complexion. And a beautiful New York girl, hearing of the discovery, has put it to a practical test. She is doing her own washing. And thus far in her experiment she is able to report much success. Her work over the tubs is doing her a world of good, from a complexion standpoint.

This young woman, whose name is Ethel Bosley, is not doing the business half way. She is giving it a thorough, comprehensive, and practical test. She is washing



IT IS JOLLY GOOD FUN TO WORK IN THE HOT SUDS

SCRUB UNTIL YOU ARE ALL IN A PERSPIRATION



HANGING OUT THE CLOTHES IN THE OPEN AIR IS GOOD EXERCISE



STAND ERECT AND CARRY THE CLOTHES BASKET ON YOUR HEAD



HANG THE CLOTHES OUT IN A BRISK BREEZE

every day of her life. She is putting her clothes through the laundry process and is working at it as conscientiously and as carefully, as faithfully and as steadily, as if she were compelled to do it. She is the prettiest girl in her set, by the way, and the most popular.

Suggested by Countess or Princess.

Where the fad originated, and how Miss Bosley got her start, no one knows. Perhaps it was suggested by the laundry run by the countess of Essex, the laundry in which so many society women are interested. Perhaps it came from one of Lady Henry Somerset's practical ideas, the ideas she has advanced and by the following of which, young and pretty girls are made more independent, more useful, more capable of facing the world, and more beautiful. Perhaps it came from the practical laundry started at Sandringham, where the princess of Wales, who is the most original woman in the world, set the example of running a fine starchery and where the prettiest starched work in England is done. No one knows exactly how it popped into her pretty head. But one day an acquaintance spied Miss Bosley washing and then the secret was out.

Miss Bosley washes clothes every day. She dries them in the afternoon. She hangs them out in the wind and she brings them in and irons them. That makes a line of complete laundry work. By doing it she gets exercise and her complexion is "treated."

Better than Paddling in Brook.

"I soak the clothes for the cold water exercise. It is splendid for the lungs. By leaning over the tubs, and running the clothes through the cold water, you get the best muscle treatment in the world. Not for anything would I give up this part of the work. It is better than wading through a brook. You dabble your hands in the cold water and you cool the system and start the blood circulating. When it comes to washing the clothes," says Miss Bosley, "then your complexion gets the benefit. Rubbing them in the hot water brings out the perspiration. You take a bath that is as good as a Turkish bath. The steam comes up out of the tub and opens your skin. You feel in a glow all over. Your cuticle fairly drips with perspiration. It is splendid exercise for you. Nothing could be better. If society women in general understood the benefits of working over a tub of steaming clothes there would

be more washing done in one's room, and in one's own private kitchen, than there is now. Laundries would fall or go out of business and every woman would wear her own shirtwaist done by herself.

Hanging Out Gives Fine Complexion.

"Hanging out the clothes is fine exercise. Here you get the benefit of good fresh air. Hang out your own clothes if you want a fine skin, is what I tell my friends. I wash my clothes regularly every day. I get steam treatment for my face, I get exercise for my arms, I get deep breathing when I take the clothes out in the open air, and I get fine arm gymnastics when I put them up to dry on the line. Take it all in all, there is no better fresh air process than that of washing your own clothes daily. Just for fear all the women may start in to do their own washing, so as to have a nice skin, and for fear they may all start in wrong, it is as well to tell how the work should be done. Washing, no matter how beneficial, is hard work, and would be a pity to do it in the wrong way.

When you start in to wash—soaking the clothes—be sure that the water is clear and soft. Hard water injures the hands and does the clothes no good. Let the water be soft and clear. Filtered water softened by borax would be the best for the hands. The next best thing is good rain water with plenty of borax dissolved in the water.

Work with the Windows Open.

To soak a shirtwaist, throw open the windows and lift the shirtwaist high in your hands. This gives arm and shoulder exercise. Dip it in the tub, lift it, dip it again, and keep on lifting and dipping until the shirtwaist is wet thoroughly. Then let it lie in the deep water. Open the windows before you begin. Working with closed windows, winter or summer, is a poor plan. A close room injures the lungs and makes the complexion muddy. Moreover it is bad for the tissues. Women with adipose tissue invariably work in a warm room. Washerwomen, cooks, and houseworkers of all kinds are almost always too stout. They get fat in spite of the

exercise they take. This is because the room in which they work is too warm and too close. It breeds a kind of unhealthy fat. If they would throw open the windows and breathe deeply they would be a great deal better off. Hot air, remember, makes you stout and it makes you lousy. It makes your muscles soft and your nerves unsteady. It gives the skin a dull, pudgy look, as if one were made of putty.

Dress in Light Wash Fabrics.

When she comes to the washing of clothes she must be careful. The air must be good; the soap must be the best; the water must be soft and she must understand the art of getting all the benefit possible. If she does it right she will take a Turkish bath at no expense whatever; if she does not do it as she should do it, she will be uncomfortable all the rest of the day.

Dress lightly and entirely in wash fabrics. Wear no flannel next to the skin, and, if possible, dress in two or three garments. It would be nice if one could go barefoot, but there are few who can do this. Besides, barefootness tends to widen the foot and break down the arch of the foot. Therefore it is best to wear the shoes one is accustomed to wearing.

The temperature of the room should be cool and there should be a draft blowing through it. Why not set the tub out in the back yard? Or, if this is impossible, take it on the roof. A roof garden laundry would be a novelty, and one well worth watching.

Let your clothing be of the kind that can be taken off as soon as you have finished your work and put out in the air. Better still, wear a fresh suit for your laundry work, a plain shirtwaist that can be turned in at the neck, and a calico skirt. This is an ideal laundry uniform. Don't dress up too much. No one is going to see you.

Makes Beautiful Rounded Arms.

Laundry girls have round, beautiful arms. Their flesh is pink and they have the tint of health. There is nothing in the world that equals the beneficial effects of steam and hot water upon the skin. Every pore is kept open and the skin stays pink and pretty.

There is a beauty parlor in London where they treat the skin with soap. The soap which is of the best, of course, and which has been properly tested until it is known to be good for toilet purposes, is made into a heavy lather and rubbed on the face. It is rubbed and rubbed with the finger tips, and always in a circular motion. Pretty soon it becomes dry. It has entered the skin and has dried it. Next comes the steaming process, after which the soap is all washed out of the skin. It is said to be good for the cuticle.

If there is anything at all in the soap treatment then the girl who runs her own laundry has the best of it. She can treat her face every day and can test the result as she goes along. But don't, of course, rub laundry soap into your skin. Let the hot suds steam it. That will be enough. The more steaming the better, and the hotter the suds in which you work the more steam there will be. You pay \$3 in a beauty parlor to have your face steamed. In laundry work you get it steamed-for nothing at all. And there is exercise and perspiration thrown in.

Rubbing Benefits the Back.

The motion with arms is important, namely the rubbing of the goods upon the washboard. This exercises the muscles of the back and arms and gives you plenty to do. Doctors say that washerwomen seldom have trouble with the back and kidneys. Their exercise is such that they keep in good condition. Don't be afraid to lean over the tub and rub the clothes. It is the best thing in all the wide world for you. It keeps your muscles active and wakes up your nerves into doing their best work. Laundry work has its beneficial effect upon the system all along the line.

Wringing out the clothes is good for the arms and neck. It develops the biceps. Rubbing the clothes upon a washboard reduces the hips and strengthens the back. The muscular exertion of putting the clothes to soak brings out the biceps and makes the throat full and round. Washing the clothes in the hot suds steams the skin and makes the complexion better.

Cool Off Before Going Out.

It is a bad thing to check the perspiration suddenly, and for this reason it is well to cool off a little before going out to hang up the clothes. Let the system cool gradually. Drink a glass of water, wash the hands in cold water. Cool off little by little, taking twenty minutes for it. Then go out and hang up the clothes.

If you cool off too suddenly you will check the perspiration and the cold will close the pores and clog them. This will give you a touch of rheumatism, which can only be cured by steaming the pores open again.

Hanging up the clothes is glorious exercise. Put your laundry in a basket. Balance the basket upon your head and start off. Hold your chin up; let your head be erect; breathe through your nostrils and let your stride be long and steady. Now, if ever, is the time to try deep breathing. Walking with a basket of clothes upon the head will give you body pose.

It will teach you how to carry your chin. It will afford you an opportunity for deep breathing. And it will give you outdoor exercise.