

## Care of the Complexion



Is there any attribute of beauty more to be admired than a good complexion? A clear, healthy-looking skin and an agreeable expression make even a plain face pleasant to look upon, while without them a high degree of beauty is impossible.

It takes time and perseverance to improve a poor complexion. Many defects, unsightly redness or pimples, brown spots, extreme sallowness, are the result of some disorder, and a physician should be consulted. It is useless to try to do away with the effect until the cause is removed. Judicious exercise daily in the open air, keeping the living rooms thoroughly ventilated, sleeping with the bedroom window open, securing plenty of sleep, avoiding late hours, going without rich pastry and strong tea or coffee, eating lots of fruit, vegetables, and such other foods as make good blood, and are easily assimilated, taking quantities of cold water between meals,—the advantage of all these is more or less understood already, but what is not generally recognized is that the mental state affects the complexion by reason of its action on the nervous system,—another reason why, worry, anger, bitterness, melancholy, and kindred emotions should be speedily overcome, and cheerfulness, amiability, kindly thoughts and feelings determinedly cultivated.

Now for the care of the complexion, in relation to externals. One of the rules that are general in their application is, always treat the skin of your face like the delicate tissue that it is. Do not scrub it into minute ridges with a rough towel, or use upon it any but the purest of soaps; do not expose the face to sudden extremes of heat or cold, as from beside a hot stove at once into the frosty air, or vice versa, and never wash it within an hour before going out or after coming in. If one's face is dusty after coming

in from a walk, or drive, or automobile run, we should first wipe off the dust with a soft handkerchief, and then rub in a little cold cream which works wonders in extracting dust from the pores, as will appear when the cream is wiped off; these precautions before washing prevent the unpleasant burning sensation which follows when water is applied to the face immediately after out-door exercise.

For the rest, each must to a certain extent be her own guide. The question of a proper soap is an important one; some find one kind suitable, some another, and there are women who find that a small bag of bran or oatmeal in the water agrees with their skin better than any soap. One must experiment for herself as to soap or no soap, hot water or cold. Only soft water should be used in any case. It is of the utmost importance that the skin should be kept perfectly clean, but this does not necessarily mean repeated washings; which tend to make the complexion look harsh and rough. A good time to wash the face is just before going to bed. Have a basin of water as hot as can be borne agreeably, rub a little pure soap on your hands or the face cloth if one is used, and wash the face carefully, then rinse every trace of the soap off in luke-warm water, and pat perfectly dry with a soft towel. If there is a tendency to enlarged pores splash the face with cold water before drying it. If the skin looks dried out, or feels so, rub in a little good cold cream—bought from a reliable druggist—while the face is warm from the bath, and let this remain on all night, washing it off, first with warm, then cold water, next morning. Rub gently, and use only as much cream as will be readily absorbed. Steaming the face once a week or so is a cleansing process excellent for the complexion. If the skin begins to look relaxed, it needs a tonic lotion. An ounce of simple tincture of benzoin in a pint of rose-water, makes a milky looking fluid,



Hall's Hair Renewer has been sold for over sixty years, yet we have just changed the formula, the style of bottle, and the manner of packing. As now made, it represents the very latest researches, both at home and abroad. A high-class and thoroughly scientific preparation.

**Falling Hair**—Promptly checks falling hair. You save what you have and get more, too.

**Dandruff**—Removes all dandruff at once, and prevents its further formation.

Ask for "the new kind"

The kind that does not change the color of the hair.

Formula: Glycerin, Capsicum, Bay Rum, Sulphur, Tea, Rosemary Leaves, Boroglycerin, Alcohol, Perfume. R. P. HALL & CO., NASHUA, N. H.

a little of which added to the cold water in which the face is bathed helps to make the skin white and firm. One of the best bleaches for any superficial darkness of the skin is strained lemon juice diluted with rose-water, or added to milk. This may be dabbed on at bedtime, allowed to dry and remain on till morning. The lemon juice and rose-water also acts as an astringent, good to use when the pores are enlarged or the skin begins to look 'ruffled.' A succession of milk baths is effective for a badly nourished condition of the skin.



The following is said to be a good remedy for toothache:—Saturate a piece of cotton wool in boiling vinegar and rub the gum around the aching tooth with it. Fill the cavity in the tooth with wool. If the pain does not ease within five minutes, make another application.

### PATTERN COUPON.

Please send pattern shown in the accompanying cut, as per directions given below.

No.....

Size .....

Name .....

Address in full

.....  
 .....  
 .....

Be sure to cut out this illustration, and send with the coupon, carefully filled out. The pattern cannot reach you in less than a week. Price, 10 cents, in cash, postal note, or stamps. Address, Pattern Department, 'Canadian Pictorial,' 142 St. Peter street, Montreal.



NO. 5756.—LADIES' OVERBLOUSE.

No more becoming style has taken the popular fancy than the pretty overblouse. This one is made of plaid taffeta, and is cut out in the upper part to show a dainty lace blouse underneath. The mode is quite simple in construction, and may be easily and quickly made. Most of the seasonable waistings are adaptable, such as henrietta, wool batiste, taffeta, and the novelty silks. For 36-inch bust measure 1 5-8 yards of 36-inch material will be required. Sizes for 32, 34, 36, 38, 40 and 42-inch bust measure.



NO. 5749.—SMALL GIRL'S DRESS.

A smart little dress is here pictured as developed in dark red henrietta, simply finished by machine stitching. The skirt is pleated all around, turning away from the front in panel effect. The waist is laid in tucks in the front upper part, and blouses slightly over the belt, which may be of leather. An odd and pleasing touch is given by the yokes that extend over the tucks in the front. Cashmere, serge, challis, linen and gingham are all appropriate for the making. For a girl of ten years 5 1-4 yards of 36-inch material will be required. Sizes for 8, 9, 10, and 11 years.