

By "MARIE."

MY Dear Girls.—So many of you want to know how to care for your complexions during the trying March weather that I am almost tempted to make a pun of my heading and entitle it "March Winds and Win(d)someness." However, for fear you would say, "It is wind-some-ness we want," I refrain. Since we cannot alter the nature of the bold, forward, blustering March of Ontario, which seems to have a natural born relation in every one of our fair provinces, it will undoubtedly be best for us to see how peaceably and comfortably we can live with this rude aspirant for spring honors, and how beautifully we can emerge from the ordeal.

Now to our task. Edith says: "I do freckle so terribly; even now I have a few rusty spots, and unless you help me I shall be afraid to look in a mirror at all by the first of April."

Maudie's complaint is that she tans a dark brown, and that brown tan makes blue eyes look washed out and turns golden hair almost whitish.

Another's cheeks and lips chafe; another burns and has a flaming face, which is most uncomfortable, and so on, *ad infinitum*.

Now we all know people who are fussy and noisy and ostentatious, but after all they cannot do us much harm if we pursue the "even tenor of our way" with caution and temerity combined, and wrapped in blissful serenity; therefore I shall try to show you how to treat March with her gusty ways like the aforesaid obnoxious person, and at the same time secure comfort and perhaps beauty, too, for yourselves.

To begin not exactly at the beginning, Edith and Maudie and almost every other woman and girl will have a smoother, softer, fairer complexion, if, upon coming indoors, after battling with the elements, they will, instead of washing their faces in water cleanse them with a good mild, pure cleansing cream. There are several good preparations of this kind for sale, but the one I know best, is about the consistency of a thick milk, comes in bottles, and may be bought at any of the big stores. Its full name is, I think, "Princess White Rose Cream." This cream is especially easy to apply to the skin, and if allowed to remain for ten minutes perhaps, then wiped gently away with a soft cloth, it it astonishing what an amount of dirt it brings with it, and what a soothing feeling it leaves behind. A little dusting of pure powder afterwards will be cool and comfortable and remove all traces of oiliness or shine. Before going to bed, almost every skin will be better if thoroughly washed, I might say scrubbed, with hot water and soap, unless the skin be very dry and sensitive, when cool water will suit better. Always rinse afterwards with two waters, the last one quite cold. Those who are already tanned or freckled should apply lemon juice while the face is still wet. The thin and wrinkled face will improve more quickly if, after the face has been dried, a pure skin food or fattening cream be massaged in the skin for five or ten minutes and allowed to remain on all night. For hands and faces that are simply rough or chafed, many prefer a greaseless cream. In using oily creams of any sort it is better to wipe off gently with a soft cloth what the skin has not absorbed from the rubbing.

In the morning wash the face, neck and chest lightly with clear cold water, using the hands instead of a cloth or sponge, and wipe thoroughly dry.

Before going out is the time to work against wind and weather. Find a cold cream which satisfies you and apply it gently to the face and neck, according to directions, which usually accompany such articles, leave it on for a few minutes, wipe off with a soft cotton cloth, then powder carefully with the best powder you can get. Do not use a puff or a dirty chamois skin, but some clean, soft old linen or cheesecloth. A good powder applied in this manner after a cream is used will remain on nearly all day, will protect the skin from sun and

wind and dust and will not injure the most delicate skin. Never make the mistake of buying poor cheap creams and powders. They look false and inartistic in the first place, and are often downright injurious. Good cosmetics are absolutely beneficial, as I could prove to you by several women I know who have made use of them and have retained very much of their youth and beauty through many trying years.

In the matter of soaps you may have to experiment for yourself. Personally I like a baby's mild soap, but have found an inexpensive shaving soap like my brother uses, to give me about the best results with Toronto water.

Lastly, before going out, use plenty of hair pins, then array yourself in that afore-mentioned wrap of blissful serenity—yclept a chiffon veil, which you must carefully but firmly adjust.

When you have followed my advice until the end of March you will find that instead of having a tanned, freckled and frowsy-looking complexion, you will have a pretty and peachy one, and will be able to speak of it as Viola did of hers:

"'Tis ingrain, sir,  
'Twill endure wind and weather."

And perhaps your "duke" will also softly answer:

"'Tis beauty truly blent whose red  
and white

Nature's own true and cunning hand  
laid on."

Then, indeed, will you feel repaid for the ten minutes' extra care you have taken mornings and evenings.

The business girl or lady who expects to be down town most of the day should carry in her purse one of the little French books of poudre papier, as she will find the leaves invaluable for dusting the face at any time.

I want to say to my girls and older women too, that while a good complexion goes a long way towards making a woman attractive, it is not everything. What about your hair, your eyes, your teeth, your figure? Are you too fat or are you almost scrawny? What is your trouble? Naturally I cannot help you all in one month, but if you come to me with your problems I am sure I can help you in many ways. Perhaps you have an eruption on your face or back? So many otherwise pretty girls have. I have studied these subjects for years, and will try to tell you from a simple, economic standpoint what will be best for you. Would you like a little help in choosing colors to suit you? I just love harmonious coloring, and if you will tell me your own style and coloring I'll suggest the loveliest things I can for you.

Perhaps you may have some suggestions to make. Don't hesitate; we want this page the brightest and most helpful one in the magazine. If you wish information that cannot be given through these columns, please send a self-addressed and stamped envelope. Address all communications to Marie, THE HOME JOURNAL.

IT is becoming more and more the custom for persons who are run down physically to take raw eggs. Formerly one thought it exclusively a diet for tuberculosis victims, but it is now ordered for neurasthenics and dyspeptics. It is no easy matter to swallow a raw egg. If nauseating to you there are various disguises for it. Salt and pepper make it more palatable. Or a little lemon or orange juice can be sprinkled over the top and the egg go down with it. One man who has become a connoisseur from long experience says the one and only way to dispose of the slippery article of food is to swallow it down as one would an oyster, with nothing to doctor it. This, he says, can be easily done by using a tall, narrow-mouthed glass, the narrower the better. This gives the egg a good start, it does not get a chance to spread over the top of the glass or one's mouth and is down before you know it.

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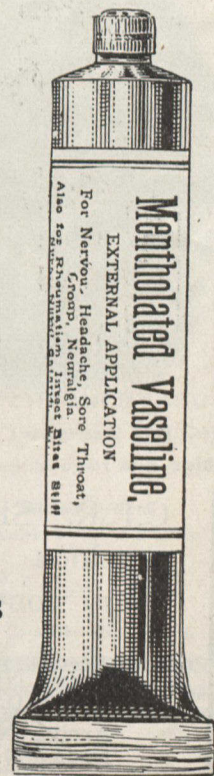


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