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Edited by MARIE

THE January days are almost here, and while they are not the most melancholy of the whole long year, there are none more trying to the woman who desires to keep a fair and smooth skin. Roughened cheeks and chapped hands are not to be admired in any one, and the girl who wishes to be saved from them will find it necessary to take certain precautions and not relax in them.

In the first place do not wash your face and hands in hot water, and immediately afterwards expose them to the wintry air. Such proceedings will assuredly result in chaps and creases, to say nothing of the discomfort of smarting skin. Before going out on a very cold day, rub a small quantity of good cold cream into the face and hands, then dust lightly with a rice powder or talcum if you prefer it. If you return from a walk or a drive with your face stinging from the cold, wait some time before washing it. In fact, before washing it would be well to make another slight application of cold cream and wipe the face off, before applying water. "Ever so much trouble," says someone. It does not mean more than five minutes' attention, and it secures comfort and a pleasing appearance. Girls who do not grudge two hours of an afternoon, spent over a cheap novel, will complain of a little time given to securing a good head of hair or a desirable complexion. Let us be quite honest about it, and admit that we are too lazy to take care of ourselves. A girl away up in the North asks if glycerine is hurtful to the skin. There are many women who find that pure glycerine is darkening and "toughening." However, glycerine, rose water and a few drops of carbolic acid make an application which scores of Canadian girls find beneficial.

Another girl complain of dishwashing and says that it "spoils her hands," and that she simply hates washing dishes. Now here is an opportunity for a nice, proper little lecture on the beauties of dish washing and the joy of doing one's duty in the right spirit—with a quotation from Dr. Watts' little hymn on "the daily round and common task." But I do not intend to inflict any such advice upon you. To tell the truth, I also "simply hate" washing dishes, and find it difficult to believe any woman who declares a fondness for the operation. However, there are alleviations in the lot of dish washing if we will only look for them. I once knew a woman who, as a girl, had been much admired for her fresh complexion and daintily-kept hands. After her marriage, some of her dear friends prophesied: "Now that Bessie has to do all her own work, she won't have time to look so nice." But the years have gone merrily by, and although Bessie does most of the housekeeping, her hands are as white and soft as ever.

"How do you manage it?" asked a friend despairingly, "my hands always look like graters. They are either red or rough and look so stained beside yours."

"It isn't easy," said Bessie encouragingly, "but I am never ashamed to admit that I take good care of them. I never could see any sense in giving up taking care of one's looks just because one is no longer young. In fact, youth can afford to be a little careless, where middle-age is perfectly dreadful, unless it looks out for wrinkles and sallowness. You see, I wear gloves whenever I sweep or do rough work, and I use a small mop when I wash the dishes. I use good cold cream or some emollient every night and wear ventilated gloves while I am in dreamland. It isn't, really, as much bother as it sounds."

### ANSWERS TO CORRESPONDENTS

E. J. S.—From what you say regarding complexion difficulties, I should judge that the trouble is with the digestive organs, rather than with the skin. Do you have outdoor exercise every day, and do you sleep with the window open? Perhaps you are eating

too much rich or greasy food. Try lemon juice in hot water as a dose every morning and eat a good deal of fruit. Massage before going to bed will be found beneficial to the skin and restful, disposing one to sleep. The trouble you refer to, unless it take the form of eruption, is hardly ever a "skin" affliction. The disordered stomach is the cause of it all. I wish everyone could read "The Letters of Little Mary," epistles supposed to be addressed by the stomach to other organs, describing just how sadly it is misused by the "Master."

M. B.—As you refer to a very quiet wedding, I suppose you mean there are to be no guests, but immediate relatives of bride and bridegroom. In that case, the bride should not wear a veil. As to the bridesmaid, it would not be "incorrect" to have one, although it would be quite in good taste and custom to dispense with her services under the circumstances.

In order to answer your second question satisfactorily, it would be necessary to know something as to the shape of the face. Judging from other details I should say in the simplest style, with parting in the centre and coiled quite low, as you evidently do not need to add to any appearance of height.

A simple hair tonic which I have found beneficial is: Eau de Cologne, two ounces; tincture of cantharides, two drachms; oil of lavender, ten drops. Rub in well at night. The hair should be given regular "exercise" if you wish to keep in condition. It should not be too much curled and puffed, if it is to preserve natural strength and lustre. Let me know if there is any improvement in its condition. If one may judge from your letter, you are thoroughly healthy, and your "raven locks" ought to be silky and abundant.

COUNTRY GIRL.—You are not breathing in the right way—but, then, hardly any of us do; so you need not feel at all discouraged about your failure to inhale properly. Try deep breathing, early in the morning and late, and see if you do not feel better. Try it for a month, just by way of experiment. Most of us are simply starving for oxygen, and we are not aware of the need. Get a good supply in your lungs, and you will wonder why you have only felt half alive before. You know the word "inspiration" merely means "breathing in," and after a few moments of inhaling Ontario country air you ought to feel "inspired."

ELSIE.—Very possibly the dull feeling after an hour or two of work at your desk is directly due to the lolling position you describe. How can you expect to be at your best when, day after day, you sit like the "crumpled horn" of our childhood song? If you could see a few X-ray pictures of your vital organs cramped as they are by this daily, slouchy posture, you would need no more arguments to induce a determination to cultivate a normal posture.

MARGARET.—When the use of powder is desirable pulverized orris and other vegetable powders are preferable, as a rule, to carbonate of magnesia or oxide of zinc. Carbonate of magnesia is a good dusting powder on account of the large quantity of water that it can take care of—five and one-half times its own weight. Oxide of zinc takes up only one-fourth as much.

E. S. R.—Bathing is perhaps more important to prevent than to cure conditions leading up to an unwholesome-looking skin. The chief use of the daily bath is its refreshing, invigorating effect. In the largest number of cases a cool morning bath is productive of the most beneficial results. After many years of experience in treating skin disorders an eminent specialist says that a person "who works hard and perspires freely will have a far healthier and a really cleaner skin than he who eats heartily and leads a sedentary life, even though he may scrub continuously." The main benefit of a daily bath is due "not to its cleansing properties, but to its stimulating effect upon the nervous system."



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