

The Dressing Table

THERE are many varieties of skin, but certain precautions may be observed in bathing by which most of us will profit.

Don't bathe in hard water; soften it with a little powdered borax or a handful of oatmeal.

Don't bathe the face while it is very warm or very cold.

Don't attempt to remove dust with cold water; give the face a hot bath with soap; then give it a thorough rinsing with clear tepid or cold water.

Don't rub the face with too coarse a towel; treat it as you would the finest porcelain, gently and delicately.

Don't be afraid of sunshine and fresh air; they have bloom and color.

Don't neglect sleep; you can even sleep yourself good-looking. A long nap and a hot bath will make any woman good-looking.

The girl with an oily skin should avoid steaming the face with hot cloths unless she uses applications of ice and an astringent lotion later. As she is more liable to blackheads than if she had less open pores, their appearance must be guarded against. If they form they should judiciously be pressed out with a watch key. In bad cases wash with a lather of green soap. Rinse well with cool water, then apply cold cream or a soothing lotion. In extreme cases of blackheads professional treatment is necessary, as there is danger of permanent injury to the skin by wrong use of metal.

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A REACTION has set in in hair dressing at Paris. No more marcel waving, no more of the long worn pompadour.

At the present time there is in all coiffures an endeavor to bring out unexpected lines.

Light curls and puffs are still fashionable and are arranged in effects that one can scarcely become accustomed to, there being a cluster over the ear and bunches at the back and low over the forehead.

The flat torsade of hair is still, however, worn drawn tightly around the chignon of curls set high upon the head, with a line of curls on the forehead.

A charming head-dress recently seen was of old gold material, the ends deftly hidden among the hair, while an immense black aigrette was placed at the side, well back.

Do not use a brush to remove tangles. This is a too common practice that is responsible for much of the badly split hair of the present day.

Remove tangles with a comb of smooth, even teeth, used gently and regularly, then brush steadily from the roots down to the very end of the hair.

There are few scalps that are not benefited by daily brushing for five minutes. Occasionally, however, when the hair is fine and delicate, or is falling badly, brushing should be omitted as too severe.

Brushing with an unsanitary brush is worse than nothing. If it is too much trouble to wash a brush after each using, at least wash it once every two days.

This cleanly precaution takes but a few minutes if a little ammonia is put in a basin of water and the brush dipped into it several times, then into fresh water. Dry quickly in the sun, and the back is not injured.

Do not economize in your brush-buying. Cheap bristles tear the hair and may injure the scalp. A brush with an air-filled back is advised by many hair-dressers. When the hair is not heavy, a narrow brush, such as is used for shampooing, is a good choice for daily brushing, for it is more likely to get into the scalp.

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AN English authority on matters of the toilet gives a few hints which are quite worthy of attention.

Don't grumble at rain, but consider it as a beautifier. Most of you carefully shelter from even a few drops, but, instead, you should expose your face to every soft shower. It cleanses and softens the skin wonderfully, greatly helping to smooth away the little fine lines that spring up like mushrooms after a period spent in a dry, hot atmosphere.

Sea-bath at Home.—Some of you cannot leave home, very probably, or have to go into the country, and so miss

the sea-bathing that would so refresh and invigorate your tired body and nerves. Well buy a supply either of the sea-salt sold in tins, or ordinary coarse salt, and add enough to your bath water to make it quite salty.

What about your hands? Don't you find they get ruined in the summer holidays? What with rowing, tennis, gardening, picking fruit, &c., mine are soon not fit for civilized society. Soon however, I mend matters, for I always have on my washing-stand half a lemon and a piece of good pumice-soap. The first toilet article removes stains, and keeps the skin beautifully soft and white, and the latter not only cleanses splendidly, but rubs down any little rough places caused by outdoor pursuits.

Bran-water is so soothing for the skin after being out in the sun and dust. Boil a large handful of it in boiling water, about a pint of the latter, for five minutes, then strain it off ready for use. Another splendid complexion hint is, go in largely for butter-milk; drink it, and bath your face, neck and arms with it. Try it, and you will be the envy of your acquaintances when you return home. Probably you will be able to have quarts of it for the asking if you are revelling in the country. A well-known beauty used, it is said, to bathe in it, and attributed her good looks solely to its action.

Ordinary Baths.—Always add toilet ammonia to your fresh-water bath, with two or three tablespoonfuls of rose-water. The combination will be found most refreshing, and tones up the skin.

In the hot weather, and for those who like a cold plunge, the addition of about half to one pint of toilet vinegar to the water proves both cooling and invigorating.

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THE lemon figures as an ingredient or the basis of innumerable toilet washes and complexion creams. The clear juice, rubbed on the face will lighten freckles and whiten the skin. It must not be used however just before going out in the sunshine or the skin will freckle worse than ever. For most complexion uses the clear juice will be found too harsh. It should be combined with alcohol or glycerine. Add to the juice of one lemon one ounce of glycerine and two ounces of water or violet extract or rose-water. Shake thoroughly to mix the ingredients and keep in a closely-corked bottle. Rub over your hands while still wet after washing. Dab them lightly with a towel instead of wiping them.

Here is a recipe for a simple shampoo made of lemon. Pour the juice of three lemons upon two ounces of salts of tartar, add about two quarts of warm water and use as an ordinary shampoo. This will make the hair soft and fluffy and is an excellent cleanser. If one has sufficient time at her disposal it is a good idea to boil the juice, boiling the skins with it. This makes a stronger solution of the lemon. A few drops of perfume or atar of roses added will leave a faint scent upon the hair. The mixture of salts of tartar should never be allowed to stand. It should be mixed fresh for every shampoo.

There is no excuse for your having stained hands nowadays, no matter how much time you must spend in the kitchen. A slice of lemon, or a skin from which the juice has been squeezed, rubbed on the hands will remove stains of all kinds. As a nail cleanser equal portions of lemon juice and alcohol help to remove stains. It should be applied upon absorbent cotton wound about a sharpened orange stick. At night the hands should be liberally anointed with a toilet cream, and loose white cotton gloves worn to save the bedclothing.

Lemon-juice will cleanse other things besides the skin. Copper may be cleaned by rubbing with a lemon skin and salt. It should be wiped at once with a cloth or chamois. Iron rust and ink stains may be removed from linen by rubbing with lemon-juice and salt and then exposing the spot to the sun.

For feverishness and unnatural thirst soften a lemon by rolling it on some hard surface, cut off the top, add sugar, working it down into the lemon with a fork, then slowly suck the lemon.

No Young Woman

Or man with any pride, so far as their personal appearance is concerned, should allow their faces to remain blotched and discolored with



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