



**T**HOUGH undoubtedly the exposure to sun and wind so freely indulged in by motorist, golfer, and river enthusiast does untold good to nerves and the deep springs of beauty, it may cause surface damage, which detracts immediately from a woman's charm, but there is really no reason why, with commonsense care, the face should suffer from the weather-beaten, coarsened look, only too often the result of such healthful occupations.

In the first place, exposure to sun and wind naturally hardens and dries the outer cuticle of the face, and this must be combated by a generous use of good face cream. If every outdoor girl would bear this in mind her skin would be better than in winter, because it would have the additional tonic of plenty of fresh air. Whenever the face is much exposed the cream should be put on at night somewhat thickly, left for fifteen minutes or so, then gently but firmly rubbed in, and finally the surplus removed with soft muslin, a longer time being given to the operation than in the case of protected faces.

When the face is much exposed to sun and wind water should be only rarely used, never within two hours of going out or coming in, as bathing with water is one of the most common causes of painful redness and of confirmed burning. Instead some simple soothing lotion should be applied. Cold cream is all-sufficient and much better than water for cleansing purposes. Just before going out the face should be freely powdered, the powder afterward being wiped off with cotton, so much

that none is visible. Another way of protecting the skin is to always rub some cream well into the face before going out, especially nose, forehead and lips, where the skin is more delicate than elsewhere, and when no more can be absorbed powder should be put on. This will afford considerable protection, and should be remembered by all motorists. It will not show under the veil, and can be removed when you come indoors.

If the face really gets burned the plan to pursue when coming indoors is to cover it entirely with a thick layer of cream, leaving it on as long as possible while resting and dressing; then wipe it off and bathe the face with good eau de Cologne; then apply powder, to be also wiped off. Very little sunburn will then remain, and no painful flushing need be feared.

In this season of collarless and transparent blouses and short sleeves, the neck, chest, hands and arms should be treated in the same way. Another point for the motorist to consider is the hair, which no amount of careful veiling really protects from dust. It should be well brushed directly after a run, a good dry shampoo being used at the same time.

When touring in any style it is well to take with you a small quantity of face cream, powder, lotion, and also a small quantity of boracic powder, with which to make a wash for the eyes, for the dust and quick motion of motoring or driving is very trying for them, both for their health and appearance. To use it, dissolve a very small tea-

spoonful in a wine-glass of warm water; when quite dissolved and cool, bathe the eyes with it. It is soothing, cleansing, and stimulating, and makes the eyes look bright and fresh into the bargain. If you have been on a tramp and are unaccustomed to walking much, and your feet burn and are tired, dissolve a little powdered alum in water and bathe them in this, which quickly relieves and hardens them, and if they should become blistered, first prick the blister and then cover it with a piece of ordinary adhesive plaster, when not the least pain or inconvenience will be felt and the tiresome thing will heal right up. A teaspoonful of ammonia put in a foot bath of water will also give relief to tired feet, as it does refresh when added to a bath after a long day of games or travel.

Hair that is allowed to lose its gloss or to become oily and stringy is far from beautiful. Soft, glossy, wavy hair becomingly arranged will make even a homely face seem beautiful. It must be kept clean like every other part of the body, and if it is straight and requires curling to be becoming, it must be curled, not for dinners, teas, and calls, but for all times. Moreover, the methods by which that may be accomplished before breakfast are so numerous and so simple that there is no longer any excuse for curl papers and partly arranged hair even before one's own family in the early morning hours.

It is not easy to keep the hands in condition when one is doing housework or any other work in which one must struggle against the inroads of dirt and dust with scrubbing-brush and dust-cloth. One can, however, use thin rubber gloves for much of the work, be extravagant by using a soap which is not as strong in alkalis as the ordinary scrubbing soap, dry the hands thoroughly after washing, rubbing in a little glycerine and rosewater at the end of the day's work, and taking off stains as soon as they appear with acids, sulphur, etc.

By rubbing the hands with almond oil and French chalk and encasing them in loose kid gloves upon retiring, they may be kept soft and reasonably white if there is not too much rough work to counteract.

#### ANSWERS TO CORRESPONDENTS

**A**S I was still away from home when letters were received in response to the May issue of the C. H. J., some of the addressed envelopes did not reach me, and others forgot to enclose them. I am consequently answering those who have asked largely about blackheads, etc., through the columns this month. To those requiring more details I have written personally, hoping they would receive their answers earlier.

**MRS. —, GLANDFORD, ONT.**—I have sent your letter to a person who I think can give more information on the subject than I have time to do here. Thanks for advice for Polly.

**EDNA, MUSKOKA.**—To cure the flushing, take no hot drinks or soups at meal time and wear your clothes very loose. Bathe your face with witch hazel and hot water mixed, then cooler water, afterwards dusting with talcum powder. The royal vinolia is very nice. Take tepid baths at night, no cold ones.

**MRS. M. G. C.**—Read answer to Edna, Muskoka, in this issue. I think it will give you all the information you require.

**MRS. —, GLANDFORD, ONT.,** kindly sends advice to "Polly," who was told in a previous issue how to become plump. She says, "Drink three quarts of milk each day. I know from experience that it will fatten, as I gained forty pounds in eight months." One would require a good liver and strong digestion to do this, but it might be accomplished in many cases by peptonizing the milk. A druggist will explain the method.

**MISS B. BROOKSIDE, S.**—Do not squeeze out blackheads. It only makes them come in larger. The catarrh may cause part of the trouble. If you will put a few drops, say ten, of spirits of camphor, also a pinch of baking soda into a glassful of warm salted water and snuff or inject it into the nose two or three times a day before meals it will help cure catarrh. Before snuffing the water, by holding a little in the palm of the hand, you had better use a gargle of part of the prepared water.

MARIE.

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