

How to be Healthy and Beautiful

By Mrs. Henry Symes

The Correct Way to Wash the Face

MOST women would indignantly deny the assertion that probably never in their lives had their faces and hands been properly washed. Yet, according to a prominent beauty doctor, this is actually the case. "They will cite," she says, "a twice daily scrubbing with soap and hot water and, in exceptional cases, an occasional ice-cold plunge, and then smile with conscious rectitude, utterly unaware of the fact that they have been treating the delicate skin of the face in a harmful and deleterious manner."

It is said that Queen Wilhelmina has never touched soap to her face, and her complexion is noted for its fairness and its soft texture. A very occasional use of soap, however, will do no harm, and will console those who cannot feel clean without it. But creams and the correct application of clear water should in great measure replace it, and will impart to the skin a healthy glow and firm pliancy that no soap can give.

Correct face washing may be divided into two sections—washing ordinary and washing extraordinary. The first includes the daily ablutions; the second, a grand monthly or bimonthly seance. Let us treat first of the regular twice or three times daily performance. Use a knitted washcloth or a soft towel, folded many times, and rub the face well with water as hot as you can stand, applying it not once, but two or three times. Then, as quickly as possible, before the effect of the extreme heat wears off, dash cold water repeatedly upon the face. The colder this water is the better. The effect of this is to close the pores, too freely opened by the hot water, which removed the dirt that clogged them, and thus to prevent chapping. Even better than this, however, especially for those with supersensitive skins, is to dip the hands into the cold water, and, instead of dashing it on the face, to massage the skin with the fingertips. Thus one gains the advantages of the cold without the attendant shock.

Now for the washing extraordinary! For this one requires three towels—one very much softer than the others—and plenty of both very hot and very cold water. Add to the hot water some such toilet preparation as the following:

Lotion of Lavender Flowers.
Crisp Lotion to be Added to Water When Washing.

Spirits of wine, rectified..... 1 ounce
Spirits of ammonia..... 1 ounce
Oil of lavender..... 4 drops
Mix liquids together. Bottle and shake.

If you do not care for the odor of lavender, pure alcohol (not wood alcohol) is good also, or a few drops of aqua ammonia will clear and soften the water. Now apply the hot water, without rubbing, simply holding the folded towel dipped in it close to the face, and repeating until the skin feels actually parboiled. Then take a little good cold cream and massage the face with it before the skin is entirely dry. Use the tips of the fingers, and work them over and into every part of the face, close to the ears where the lines come, up and around the eyes and between the brows. Now take a dry towel and wipe the face. You will be horrified at the grime that will appear on the towel after the rubbing. Then apply the cold water, as before, and the washing is complete.

Never dry the face by rubbing, but blot the towel very close and let it absorb the superfluous moisture. Some persons seem to depend on the drying for actual cleansing, and torture their faces by hard rubbing; as a matter of fact, it is only to prevent chapping that the skin need be dried at all. As a final touch you may, if you wish, lightly dust the face with a pure powder, being careful not to let it accumulate in the folds and lines. For those who dislike proprietary creams and powders, however good, the following tried and true formulas may be of service:

Witch Hazel Cold Cream.
Witch hazel..... 1 ounce
Spirits of ammonia..... 1 ounce
Oil of almond..... 1 pint
Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 1 ounce of rosewater.

Honey and Almond Cream.
Honey..... 1 ounce
White soap in powder..... 1/2 ounce
Oil of sweet almonds..... 13 ounces
Oil of bitter almonds..... 1/2 ounce
Oil of bergamot..... 1/2 ounce
Oil of clove..... 1/2 ounce
Balsam of Peru..... 1/2 ounce
Liquid paraffin..... 1/2 ounce
Mix the oil with the balsam, then mix the honey with the soap in a mortar, add enough of the potassa to produce a nice cream. Add this to the first mixture and continue to beat until you have a thoroughly incorporated emulsion.

Hygienic Talcum Powder.
Fining starch..... 15 grams
Powdered licium..... 20 grams
Powdered hyacinth..... 20 grams
Sisal or berse seed..... 20 grams
Essence of violet..... 20 grams

Powder of White Geranium.
(A Toilet Powder.)
Marsh powder..... 1/2 pound
Crisp rice, powdered..... 1 ounce
Oil of geranium..... 4 drops
Crush free from lumps. Add the perfume a drop at a time.

There are several little niceties of the

toilet to which but few attend. After washing, for instance, how many women think to smooth back the dry disarranged hairs about the face, to rinse out the mouth with lukewarm water and a good astringent, and most of all, to pay attention to the eyebrows and lashes? These last should receive special care, and the brows should be brushed back firmly, to preserve the perfect arch. A camel's-hair brush is indispensable in the toilet. The complexion brush, too, whether of cork or of rubber, is almost a necessity.

So much for the face! The hands, too, need far more careful attention than they usually receive. The "hot and cold water" rule is not so good for them, as they must be exposed far more to the elements. It is best to use tepid water,

gloves, made according to one of the following directions:

To Make Cosmetic Gloves.
Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

Cosmetic Glove Paste.
Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

Cosmetic Glove Paste—No. 2.
Home-made soft soap..... 1/2 pound
Olive oil..... 1 gill
Mutton tallow..... 1 ounce
After boiling these together remove them from the fire before adding spirits of wine, 1 gill; perfume to an amount to suit the taste, always being on your guard not to scent things too highly.

Cosmetic Glove Paste—No. 3.
Reddish wine..... 1 pint
Olive oil..... 1 teaspoonful
Melt in a water bath, adding with rosewater or some other perfume. This is a preparation which does not spoil.

The following preparation for use with cosmetic gloves is slightly more elaborate: Myrrh..... 1 ounce
Honey..... 4 ounces
Yellows wax..... 3 ounces
Rosewater..... 2 ounces
Melt the wax in a water bath and add the myrrh to it while it is hot. After heating thoroughly add the honey and rosewater. Pour all up and add glycerine by the teaspoonful until you secure a paste which will spread easily.

The next morning, careful washing will be necessary, to remove any trace of the grease, as otherwise it will take in floating particles of dust, and make the hands extremely uncleanly.

Two other formulas may perhaps aid in this "washing de luxe." Properly dried and warmed, the hands will never chafe, but should they, by accident, become chafed, the following cream will cure the condition. On the other hand, for those suffering from excessive perspiration, the powder given, rubbed into the hands before donning gloves, will be found of great benefit.

Cream for Chapped Hands.
White petrolatum..... 24 ounces
Paraffine wax..... 4 ounces
Alcohol..... 1/2 ounce
Oil of rose..... 1/2 ounce
Alcohol..... 1/2 ounce
Melt the paraffine wax, add the petrolatum and lanolin. Stir constantly, heating the water in during the process. Add the oil and alcohol when nearly cold.

Orris Powder for Perspiration.
Powdered orris..... 15 grams
Alcohol..... 20 grams
Starch..... 20 grams
Essence of violet..... 20 grams
Dissolve the acid in the alcohol; add the violet essence, then the starch and orris

powder, and has the additional advantage of never wearing out. If you do not care for or are unable to procure this, a stiff brush is a necessity. Use a hand brush with special bristles for the knuckles and the base of the nails.

After drying the hands thoroughly, be sure to push the cuticle back from the nails and press the nails themselves into good shape. Then massage well with a good cold cream, rubbing into the skin until not a vestige of the cream remains, and the hands are soft and white.

Only one thing more remains. Every night, before retiring, substitute for the cold cream, cosmetic

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