The Dalles Daily Chronicle.


| MEANS TOWARD GOOD LOOKs. Trifles Which Ald in Kvepling Women's Faces Falr 20 A well-known writer snys: "A wom- | LEAVE THEIR NIGHTGOWNS. |
| :---: | :---: |
|  |  |
| and $\begin{aligned} & \text { and bouly } \\ & \text { We all } \\ & \text { know that lovelincess er mind }\end{aligned}$ |  |
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|  |  |
| - Fineness of the skin, daintiness of |  |
| The body and rosiness of the complex- |  |
| ing, as a means both of obtaining and retaining them. A cold bath is a good |  |
|  |  |
| tonie and nerve bracer, but it neither cleanses nor beautifies the skin fo any |  |
|  |  |
| extent. <br> Nor should delicate zirls or women think of indulging in it anless |  |
| no advised by their physician. The temperature of a beautifying baith shouldbe from 70 to 75 degrees, and it should |  |
|  |  |
| be of daily occurrence. Ordinary water, that is, water neither particularly |  |
|  |  |
| hard nor soft, is not sufficiently el ing to the skin, and a French 6 r |  |
|  |  |
|  |  |
|  |  |
| momenfs before the bath is ready. This renders the water very milky, and has |  |
|  |  |
| a wonderfuly softening and whitening effeet. Baths in which milk, bran |  |
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|  |  |
|  |  |
|  |  |
| use of a simple unguent made famons centuries ago set us the example of perfect personal cieanliness as the ro |  |
|  |  |
| perfect personal cieanliness as the road with very little trouble, and it is de- |  |
|  | Old people who requir |
| Best white vinegar one pint; ro |  |
|  | d |
|  |  |
|  |  |
| feeling snd a dainty perfume will reThere There are many little skin troubles |  |
|  |  |
|  |  |
| Which are both persistent and trouble-some, and vex oues very soul by ap- |  |
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