

'Is my skin oily or is it dry?" Upon your answer will depend the method of cleansing it to be followed. If you answer, NOW that summer is over, with its attendant sunburn. cold cream, which will only increase the amount of oil secreted silverware and diamonds. The windburn and general rough treatment of the skin, it is by your pores. You may use a light vanishing cream in gold standard of values. Once a time to turn our attention to that probably neglected subject. moderation, however.

particles of dust and grime and eventually forming black-

There is no doubt of the fact that exposure to the rays of the

sun in summer is beneficial to the entire body, including the

Rinse off every bit of soap from your face, then splash

the tips of the fingers will do very well.

with cold water until your face glows. A piece of ice wrapped in a towel and rubbed over the face is a fine thing, but this should not be done more than once a week. The cold water or the ice will close the pores again, and this combination of thorough cleansing and reduction of the pores will in a short while improve the texture of the oily skin.

Of course, this treatment should under no circumstances be given more than once a day, but the face should be washed still her crowning glory. Becomingly arranged, well-kept as often as possible during the day with clear warm water.

If you find your skin losing too much surface oil by this method, a little vanishing cream, containing as little grease thought. as possible, may be used after the treatment.

Care of the dry skin requires an entirely different methsecondly a dry skin wrinkles earlier than an oily skin.

or the face lotion to nourish and strengthen the skin will com- the costume-do thou likewise by thy ne wfall hat.

"Yes, it is oily," let me warn you, here and now, never to use state St. High quality jewelry,

Fry's Drug Store, 280 N. Com'l, by washing the face in quite hot water until you are red and the pioneer store. Everything for everybody in the drug supply line, with standard goods and quality

uyer always a customer.

Telephone 165, Capital City Laundry. The laundry of pure materials. We give special atten-If you have many blackheads, purchase a stiff complex- tion to all home laundry work.

skin. For a less serious condition, a vigorous massage with plete the treatment. During the day the face may be washed in warm water without soap.

Besides a daily treatment of either kind which I have? described, an occasional massage by a skilled beauty specialist

will be beneficial. Be sure to use only the best and purest cosmetics, for not amount of treatments and massages can counteract the illeffects of bad cosmetics constantly used. After all, the best-

is the cheapest in the end. Fof Beautiful, Healthy Hair

Woman's crowning glory, whether it be short or long, is hair is a prime requisite if one would be as attractive as of sible, and the hair, like the skin, requires attention

For a few years it was important to endeavor to match od of attack. In the first place, the dangers of a too dry skin one's coat and hat. Now the ban is lifted-it is much smartare that it tends to become harsh and rough to the touch, and er to have a hat of the same color, but of a lighter or darker harmonizing shade. Dark red and dark green coats will Hot water and soap are the worst things in the world probably demand hats of these hues, a trifle lighter in comfor a dry skin, as they tend to make it even dryer. Cleanse plexion. With dark brown, negre brown is the proper hat the dry skin with cold cream every night, being sure to re- shade-with a tan coat, brown in this new color is also good. move every vestige of the cream after using. Massage the Don't however, make the mistake of actually using contrastcream into the face gently, then remove with a clean damp ing colors—it is not the smart thing to do. The season's cloth. Rinse the face in cold water-then a vanishing cream note is, harmonizing colors down to the last minor detail of

skin, but it does tend to coarsen and open the pores especially flushed. Now lather your face well with a mild soap. A where the skin is naturally oily. strong alkaline soap or very hard water will produce effects service always. The pores are the ends of tiny ducts, from which the quite opposite to the desired results, so be sure of your soap. natural oil of the body is eliminated. When they become Pure Castle, like that used for infants, is very good, although enlarged, there is a tendency for the oil to clog up, attracting | there are plenty of other good mild soaps on the market. heads. So if the ravages of the summer sun are not attended | ion brush and use this to rub the lather thoroughly in the Telephone and we will call. (*)

By Alicia Evans Deland

How can this condition be overcome? Only by faithful

The first step in such a treatment is to cleanse the skin.

The best way to clean an oily skin is, first open the pores



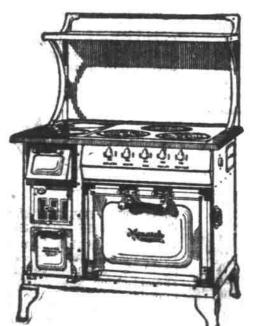
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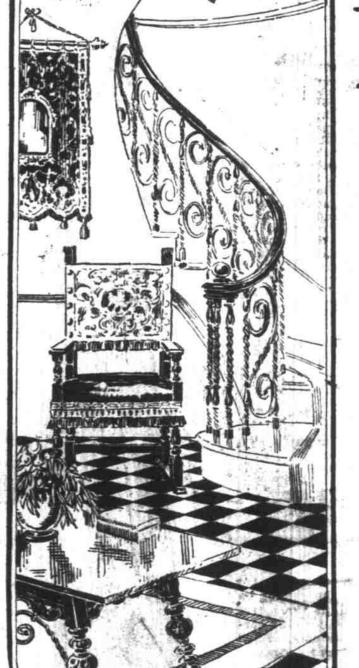
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