



The Lamp of Beauty

By Alicia Evans Deland

to, before many moons a clear beautiful skin may be ruined for life.

How can this condition be overcome? Only by faithful adherence to a prescribed routine—by giving oneself regular treatments before retiring.

The first step in such a treatment is to cleanse the skin. An unclean skin can never be healthy and an unclean skin can never be beautiful. Pause a moment now, and ask yourself: "Is my skin oily or is it dry?" Upon your answer will depend the method of cleansing it to be followed. If you answer, "Yes, it is oily," let me warn you, here and now, never to use cold cream, which will only increase the amount of oil secreted by your pores. You may use a light vanishing cream in moderation, however.

The best way to clean an oily skin is, first open the pores by washing the face in quite hot water until you are red and flushed. Now lather your face well with a mild soap. A strong alkaline soap or very hard water will produce effects quite opposite to the desired results, so be sure of your soap. Pure Castile, like that used for infants, is very good, although there are plenty of other good mild soaps on the market.

If you have many blackheads, purchase a stiff complexion brush and use this to rub the lather thoroughly in the

skin. For a less serious condition, a vigorous massage with the tips of the fingers will do very well.

Rinse off every bit of soap from your face, then splash 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 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 as possible, may be used after the treatment.

Care of the dry skin requires an entirely different method of attack. In the first place, the dangers of a too dry skin are that it tends to become harsh and rough to the touch, and secondly a dry skin wrinkles earlier than an oily skin.

Hot water and soap are the worst things in the world for a dry skin, as they tend to make it even dryer. Cleanse the dry skin with cold cream every night, being sure to remove every vestige of the cream after using. Massage the cream into the face gently, then remove with a clean damp cloth. Rinse the face in cold water—then a vanishing cream or the face lotion to nourish and strengthen the skin will com-

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 ill effects of bad cosmetics constantly used. After all, the best is the cheapest in the end.

For Beautiful, Healthy Hair
Woman's crowning glory, whether it be short or long, is still her crowning glory. Becoming arranged, well-kept hair is a prime requisite if one would be as attractive as possible, and the hair, like the skin, requires attention and thought.

For a few years it was important to endeavor to match one's coat and hat. Now the ban is lifted—it is much smarter to have a hat of the same color, but of a lighter or darker harmonizing shade. Dark red and dark green coats will probably demand hats of these hues, a trifle lighter in complexion. With dark brown, negro brown is the proper hat shade—with a tan coat, brown in this new color is also good. Don't however, make the mistake of actually using contrasting colors—it is not the smart thing to do. The season's note is, harmonizing colors down to the last minor detail of the costume—do thou likewise by thy ne wfall hat.

NOW that summer is over, with its attendant sunburn, windburn and general rough treatment of the skin, it is time to turn our attention to that probably neglected subject. 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 skin, but it does tend to coarsen and open the pores especially where the skin is naturally oily.

The pores are the ends of tiny ducts, from which the natural oil of the body is eliminated. When they become enlarged, there is a tendency for the oil to clog up, attracting particles of dust and grime and eventually forming blackheads. So if the ravages of the summer sun are not attended

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