

WOMAN'S WORLD

Diet, Care Needed in Skin Health

By Ertta Haley

SKIN should be at its best during warm months, well colored, smooth and satiny. Summertime, however, for many girls is the time when they encounter most of their difficulties.

Sun and wind can do unpleasant things to the skin unless you're careful. Both of them can be drying to the extreme unless the skin has adequate protection.

Too much sun when the skin cannot "take it" will result in a severe and uncomfortable burn, to say nothing of the fact that it may be ruinous to the appearance. Sun bathing will do wonders for the skin, because of the ultra violet rays of the sun providing vitamin D, but you should not overdo it. Start with a short exposure time and build this up at the rate of five or ten minutes a day.

If the skin is extremely delicate and sensitive, use any of the many lotions which permit tanning without the discomfort of burning. Even though you give skin the protection of a lotion, it's still wise not to sun without building the time of exposure by degrees.

Good Skin Care Starts Within

No cosmetic preparations can cure a bad skin. Skin health begins internally with adequate diet, rest and cleansing. If the skin is roughened, spotty or has a tendency to break out, look first to your diet for the cause.

Drink plenty of water for a thorough cleansing of the system.



Take sun in small doses . . .

Cut down on heavy or fried foods, pastries and other rich foods and substitute with fruits, vegetables, salads, light desserts and at least a pint of milk daily.

Though it may sound far-fetched, rest and exercise are essential to



Cleanse properly for satiny skin.

a smooth, satiny skin. Here's why: circles under the eyes cannot be removed except by adequate rest. A sallow complexion can be helped

Coordinated Casual



Teen-agers are living in coordinated casual separates like the one illustrated above. A cruiser blue blouse is teamed with a Buffalo Nickel print in Indianhead cotton for smooth and durable wear. The classic style blouse with a bow at the neckline and the gracefully falling skirt may be turned out on your sewing machine with ease after a few lessons at the local sewing center even if you're a novice.

only by stirring a brisk circulation that will flood the skin with a tinge of pink color that's desirable.

After you've checked the above pointers, then start on external care. Delicate skins with fine grain and a tendency to dryness may have to depend on creams and lotions for their cleansing. Average skins do well to combine soap and water cleansings with those of cream. Coarse, oily skin is best treated with consistent applications of soap and water.

How to Solve Special Skin Defects

Blackheads and whiteheads are common evidences of pore irregularities. They are both the result of oily accumulations. When the pores are open and the oily deposit collects grime, a blackhead results. When the oily deposit is under the skin, it is called a whitehead.

Cleansing is the answer to treating blackheads. The skin may be creamed or washed with soap and water, or both of these operations may be combined for best effect.

Hot applications may also be used on the face to open the pores and remove the grime. Another good idea is to use warmed oil and dab this on the skin with a clean pad or swab of cotton. When the skin is thoroughly warm and re-

laxed, with pores open, cover the finger tips with tissue and press out the blackheads.

If there is danger of bruising the skin and scarring it, it's best to continue applications until the blackheads yield, rather than treat the skin roughly to remove them at one time.

Soothe Skin After Treatment

The skin will be quite red after the treatment, particularly in the areas on which you have concentrated most. Pat on cream and let the redness die down.

After the creaming and a lapse of time, remove cream carefully and apply wads which have been dipped in ice water to the skin. These should be patted in an upward direction, with particular care being used around the eyes.

This application of ice pads should be repeated several times as it shrinks the pores and helps circulation, the astringent action of the cold drawing blood to the surface of the skin. The better the circulation, the easier it is for the blood to carry away impurities from the skin.

KATHLEEN NORRIS

'Point of No Return' in Politics

RECENTLY I was a delegate to a big New York convention in the interests of better citizenship. Hundreds of earnest, experienced men and women were there to make reports and speeches: the attorney general of the United States spoke; the mayor of the greatest city spoke.

The finest talk I heard, and it was in line with many others, was made by a white-headed, eloquent woman who asked us all to get into politics.

Oh, she didn't mean that you were to leave the children's lunches and the washing-machine and the vacation outing and "run" for something. What she asked was that you and I and everyone of us go to the little insignificant local political meetings, study the candidates for mayor and school board and state offices right in our own towns, hear men discuss measures and candidates—even if it is only for the job of deputy sheriff in a crossroads village of fifty souls.

Fatal Indifference
It is because of you and me, and our indifference to what is going on politically, right in our midst, that the great international issues go wrong. It is because of you and me that our representatives—who haven't the faintest idea what we want or what we think, because we've never told them—lead us into measures utterly unnecessary, extravagant, dangerous.

We women know that we could stop wars. We've always known it. But we can't stop them by passing resolutions and wiring our congressmen and senators. Too many of



"... get into politics . . ."

them care only for votes, and know full well that before the next election comes around we'll have forgotten all about it.

One senator from an eastern state answered a reproachful telegram from some 300 of his women constituents with a bland "Regret that I was unable to be in the house when the bill was killed." Another told me seriously that if he had kept a certain pre-election promise he would have been practically a dead-letter in Washington and given no opportunity at all. So naturally he hadn't kept it.

Unenviable Membership
No, we can't improve or serve our country by passionate appeals to men already in office. But we can reach them by nominating them to a new society recently invented by myself. This unenviable membership in the Y.D.G.B.T.O. will reach them—it will scare them, we will have no trouble with them once we get it going.

Those letters stand for "You-Don't-Go-Back-To-Office." In the case of local offices, change the last letter to your state or town. Know something about the men you have elected before the next election comes about, no matter how humble the job, and then get a few women together and decide which ones are eligible for the Y.D.G.B.T.O.

To do that intelligently you must watch your paper, and go to a few meetings. I say "a few," because, before you know it, you will become so absorbed in this new obligation that wild horses won't keep you away. Encourage your husband to go. Encourage the children, from 10 years up, to take an interest in

Be Smart!



The softly rippled texture of seersucker is suddenly one of the interesting fabric fashions of the season, and one that makes lots of style sense in swim suits. Choose nylon in a woven fabric used for dress-maker suits or a rippled weave with elastic yarns for an utterly smooth fit, and in either case, you have an unusual and smart looking suit that is at its best in or out of the water. For your more serious moments, when you go for swimming in a big way, the classic suit can take to spun nylon or wool, as you choose.

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AROUND THE HOUSE

For best reading conditions a room should have a good general light in addition to direct light from a reading lamp.

Grape stains on your hands may be removed by rubbing the stained fingers in the pulp of a fresh tomato.

Did you know that citrus fruit pits should be removed before the fruit is added to preserves, otherwise flavor may be affected.

The meat grinder helps make meat tender. After grinding, any meat cooks as quickly as a tender cut.

Since frankfurters are cooked when manufactured they need only be heated; cover them with boiling water and simmer (do not boil) for about 5 to 10 minutes until they are thoroughly hot.

A good way to cool loaves of freshly baked home-made bread is to set them on wire cooling racks or across the edge of the baking pans.

ASK ME ANOTHER?

- A General Quiz
- The Questions**
1. What criminal was known as "Baby Face"?
 2. Why is a football called a pigskin?
 3. What are the boats used by Lieutenant Bulkeley and Ensign Cox in their raids in Binanga Bay called?
 4. What college is Peter of Yugoslavia now attending?
 5. Where is the Atlantic Ocean west of the Pacific Ocean?

- The Answers**
1. George Nelson.
 2. Because originally it was made from the bladder of a pig.
 3. Q-boats.
 4. Cambridge, in England.
 5. Panama.

Next time the youngsters hint at "having something different for supper" try serving mashed and seasoned sweet potatoes baked in the shells of tart apples.

Mix chopped tongue and hard-cooked eggs, season with salt and pepper and mix with salad dressing for a sandwich filling. Serve on a plate with shredded cabbage and cucumber topped with dressing.

Thrust toasting sticks or forks into a cube of butter before putting marshmallows on them. The marshmallows won't stick then.

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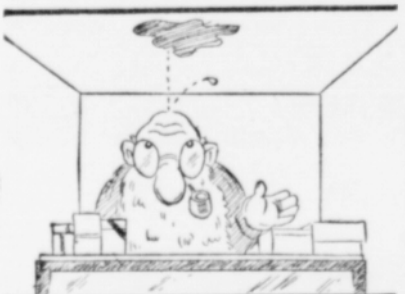
THE READER'S COURTROOM

Upstairs Tenant, Downstairs Drip

By Will Bernard, LL.B.

Is an Upstairs Tenant Liable for Letting Water Drip on the Floor?

A pair of newlyweds moved into a flat over a stationery store. One evening, the wife absent-mindedly left the faucet running in the wash basin—with the plug in! During the night, water leaked steadily through the floor and dripped onto some merchandise in the store below.



The merchant later filed suit for the damages he had sustained. At the trial, the young couple protested that the mishap had been "absolutely unintentional," but the court decided they were liable anyhow. The judge said that each tenant in a building must use "reasonable care" not to damage the property of fellow-tenants.

A 10-year-old girl, riding on one of the "flying horses" on a merry-go-round, decided upon an experiment. Paying no heed to warnings posted on the wall, she dismounted, looked around a bit and then tried to climb back on. But as she did so, the heel of the descending horse struck and injured her ankle. She later brought suit against the owner for damages, but the court ruled against her. The judge said that, by disobeying the posted rules, she had "brought her injury upon herself."

Do Courts Recognize The Law of Gravity?

A telephone repairman was aloft one day, fixing a wire, when the cross-arm on which he was leaning suddenly broke off. Injured in the fall, the repairman sued the company for damages. In his petition, he told everything that had happened—except that he forgot to mention dropping to the ground! The company promptly seized upon



this technicality to insist that the claim was no good. The company argued that, in presenting a legal claim, nothing may be "left to the imagination." However, the judge brushed aside that objection and allowed the repairman to collect. He said the court took it for granted that, when the cross-arm broke, the law of gravity took over the situation!