

Ancient Beauty Recipes Differ Little From Today

By HENRY MacLENNON
United Press Correspondent
Rome—(UPI)—Women bent on glamour can take a tip from ancient beauty hints discovered in Italy.

Recipes for health, beauty, and love are turning up in attics and old books. Many of the tips are hundreds of years old.

One booklet, called "The Book of Miracles," recently was found in an attic at Catania. It contained 100 pages of "cures for mental and physical ailments and aids to beauty and baldness."

This booklet was compiled by a monk named Father Antonio da Militello. He transcribed recipes from ancient scripts and local usages which, he said, he personally "proved for their worth."

Only one recipe which the good friar did not try was a concoction of olive oil and the juice of lizards for baldness. He died in 1946 at the age of 90, completely bald.

Meat and Beeswax

These recipes began in the days of the Medici. Probably the most famous of all were pamphlets compiled by Caterina Sforza of Forli. She was one of the early beauty experts in the world. A descendant, Caterina dei Medici, made famous the Italian art of cosmetics and perfumes of the 15th Century.

But Caterina Sforza invented this Italian art. And while other great ladies of her day secretly tried out many beauty cures and aids, jealously guarding their finds, she published every one of her recipes.

Caterina Sforza had a natural beauty, but she always feared wrinkles and old age that would "deter a husband's love."

Most important for Caterina was the "liscio" or face cosmetic. She was not content with ordinary powdered rice or antimony for the cheeks, saffron for the lips, sage for the teeth, and charcoal for the eyelids and eyebrows. She came up with startling applications of fresh meat for the care of the face.

In face-creams, Caterina Sforza went for refined beeswax mixed with distilled water, which she applied in the evening and removed the next morning by washing off with specially preserved spring water.

Blonde Hair

A hand cream consisted of boiled nettle roots and leaves. Nettle juice also was considered good for dandruff.

Caterina Sforza invented a face-freshener of rose water in which two ounces of camphor, sulphur and myrrh had been steeped.

In Venice, women were the first to dye their hair blonde. Their method was to wash the

hair in egg and saffron and then bleach it in the sun on their terraces. It was more successful as a means to meet their lovers.

Caterina Sforza experimented with the problem of bleaching and came up with the usual egg and saffron wash, but added a distilled concoction of cinnabar and sulphur.

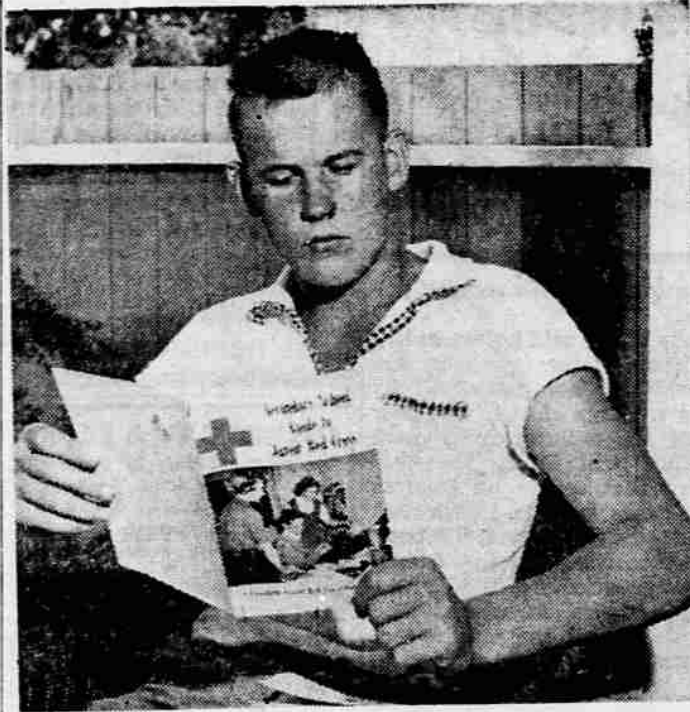
She also invented the first blonde tints. One was celadine (figwort), pink agrimony, roots and stalks of brush-broom, and oat hay, boiled slowly in a sieve container.

The second consisted of pomegranate peels, ash pith, broom flowers and melted soap. Both washes needed careful drying in the sun so that the hair would become the "color of gold."

For the lips, her remedy was aquavite and roots of myrrh steeped in a strong wine.

A good day-cream for the face was mashed bitter almonds cooked under a slow heat with iris of Levant flowers, mustard seeds, rose water and unrefined honey.

Beauty cures and aids have not changed much in 500 years, it seems.



Grant (Bud) Quinney Jr., son of Mr. and Mrs. Grant Quinney, 1015 Winchester ave., Medford, is shown above looking at some of the literature he received while taking a course in Junior Red Cross work in Vancouver, B. C. recently. Young Quinney, who has been active in the Junior Red Cross for about three years, was one of three youths from Oregon chosen to take the course given at the Junior Red Cross training center there. A group from Oregon and Washington toured the children's and veterans hospitals in Vancouver as part of training program and stayed in a dormitory on the University of British Columbia campus as guests of the Canadian Junior Red Cross. Quinney said that Junior Red Cross in Medford has been active for some time at the grade school level and an effort will be made to step up the organization's activities in the high school this year.

Openings Available For Nurses in VA

Portland — Increased appointment and promotion opportunities for qualified professional nurses in the Veterans administration are now available, according to Dr. J. Gordon Spindlove, manager of the Portland VA hospital. Dr. Spindlove said that Miss Zelia M. Huffman, chief of the nursing service, is available for telephone or personal interviews with registered nurses interested in learning more about the new standards or who are interested in applying for current or anticipated vacancies in the hospital nursing staff.

Best Shortcake

Warm fruit has sun-ripened flavor. For the best shortcake ever, heat a can of cling peach slices in their syrup, add halved fresh strawberries, and spoon over individual biscuit shortcakes. Top with a spoonful of whipped cream, or a little soft vanilla ice cream.

Hot Dogs and Wine

Simmer hot dogs in burgundy or other red or white table wine. Make a zesty sauce by stirring in your favorite relishes — such as chili sauce, sweet or dill pickle relish, mustard — when the meat is heated. Serve on crusty rolls.



Play togs are designed for every activity under the sun and shaped for every hour of the day. At left a striking, madras plaid poncho tops shorts in a vibrant-hued duo by Mr. Gee. At right an orange, polka-dot dress by Brigrance of Sportmaker can be shortened to a playsuit with a concealed drawstring tie.



Four smiling governors' wives acknowledge New York City's "Salute to the Nation" and to their States as they model especially-designed hats, each bearing the official flower of their State. They are (left to right) Mrs. Le Roy Collins whose hat is made of Florida's favorite, the Orange Blossom; Mrs. Edmund S. Muskie wearing the Pine Cone of Maine; Mrs. A. B. Chandler, Kentucky's Goldenrod; Mrs. Harold W. Handley, the Zinnia of Indiana.

Raisin Treat

When children ask for sweets, serve this nutritious snack—raisin bread sandwiches with a filling of soft cream cheese and apricot marmalade. Raisins are a wholesome addition to a child's diet because they are rich in natural fruit sugars and supply several valuable minerals and vitamins, including calcium, phosphorus, iron, Vitamin A and several B vitamins.

Stuffed Squash

Make the most of the squash season. Baked stuffed zucchini is a perennial favorite. Cut each squash in half lengthwise and fill with an onion bread stuffing flavored with crumbled cooked bacon and chopped ripe olives. Bake 30 minutes in a moderate (350 degrees F.) oven.

Summer avocados are in the market now, and their fine flavor makes them excellent salad fare. Try this avocado sour cream dressing over crisp mixed greens. Combine mashed avocado with sour cream, lemon juice, grated onion, salt, pepper and a dash of tabasco.

Laundry-Shoe Bag



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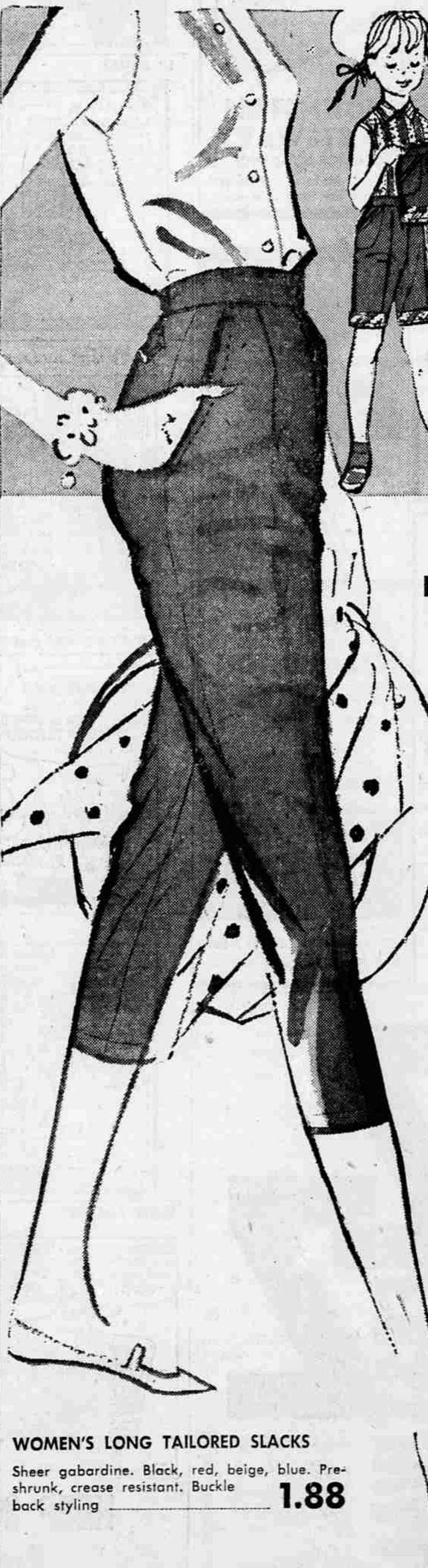
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