

# BEAUTY for YOU

By GERALDINE FOX

The Distinguished Authority on Beauty Culture.

**EDITORS NOTE:** Geraldine Fox has answered hundreds of letters on health and beauty. If you have questions about your personal health, write to her, enclosing stamps and self-addressed envelope, and your letter will be given a personal reply. Address your letter in care of this newspaper.

Would you dare to treat a friend like you do your stomach?

This is a question worth considering very carefully, because half the misery and suffering that the human race has, exists just because men and women do not give their stomachs a fair chance.

## Do you know how to relieve rheumatic pain

Doctors will tell you that to relieve rheumatic pains you must remove the cause. That is what St. Joseph's Prescription C-2223 is intended to do. It attacks rheumatism at its source by cleansing the system of acid poisons which cause inflammation and pain.

C-2223 is the original prescription of a reputable physician who used it in the treatment of sub-acute and chronic rheumatic aches and pains, gout and neuralgia. Ask your dealer today for the 60c trial size—or the regular \$1.00 bottle which is sold on a money-back guarantee.



**St. Joseph's Prescription C-2223 FOR RHEUMATIC ACES AND PAINS**

The young woman—and the older one, too—who wishes to be beautiful is eager to put something on the outside to add to her good looks, but she misses the truth that real beauty comes with perfect health, and that both are greatly affected by the condition of the stomach.

Not long ago a young woman with really wonderful features came to see me. She told me she did not know what to do next, for she had tried everything in order to cure the ugly pimples that formed little knobs on her face and neck. These little places were inflamed, they were hurting her, and what was more, they were completely ruining her natural beauty.

In only a few short weeks, though, she was happy with a perfect skin. The pimples were gone, and she was really beautiful. There was a fineness of feature that set her out like a cameo against a light background. She was charming, as she might have been all the time if she had just given thought to the food she ate.

This is what she did in order to clear up her skin: She began eating ice cream instead of rich chocolates, and heavy pastries. Instead of drinking a cup of strong coffee with her breakfast she contented herself with a glass of hot water as soon as she was up in the morning. Then at breakfast she drank a glass of some fruit juice. Sometimes she drank orange juice, other times it was pineapple juice, or the juice of a grape fruit into which a little sugar had been stirred.

She had made a habit of eating meat twice a day. On my advice she dropped the meat sandwich at noon and ate whole wheat bread sandwiches made with tomato and lettuce as filling.

Instead of eating heavy meals, she stopped before she was completely satisfied. She stopped over-working her stomach. She gave it a chance, and just as soon as she did this, the waste that had been accumulating in her system as a result of her heavy diet, was stopped. Her skin began to clear up and she was happy.

You cannot eat heavy meals of white bread, potatoes, meat and such foods and keep perfectly well, unless you are doing the heaviest kind of work out of doors. When you try to follow such a diet, you are simply inviting disease, and ugliness to come a-running.

Instead of doing this, you can chase them away—can send them running by remembering that your stomach needs to be given a square deal. Do not overwork it, nor give it foods that are hard to digest.

If you want to have a beauty that is based on health, this is the only way.

# Timely Tips When Cooking Goodies

By BETTY BARCLAY

Exclusively for the Illustrated Feature Section.

**A** tablespoon of quick-cooking tapioca is excellent for thickening rhubarb, apple, and berry pies. Prevents running out. Scatter it over the fruit or berries in place of flour. It does not lump and improves the flavor.

Is the convalescent tired of cream toast? Bacon curls, cooked until crisp and golden brown, will change the flavor of the toast and perhaps revive a flagging appetite.

A baked dish of either spaghetti or macaroni is even better warmed over than when first served. Merely be sure to warm over in a smaller

baking dish and serve as attractively as possible so that it will have none of the ex-marks of a repeat dish.

### FOR THE CHILDREN'S SCRAP BOOK

Take a cup of boiling water, two level tablespoons quick-cooking tapioca, three tablespoons sugar, one teaspoon lemon juice, a pinch of salt and a pinch of cinnamon. Cook until very thick in a doubleboiler. When cool, it will make an excellent non-injurious paste for the kiddies to use.

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