

Save Stockings With Leg Care

Do you always know what causes a run in your stockings? Chances are you do, because this mishap occurs usually when you are hanging up your hose, putting them away, putting them on or just running your rough little hand up and down them to see if there are any runs.

It is generally agreed that runs are caused by a snag rather than sudden deterioration of a new or moderately new nylon. Therefore, gentle handling with soft hands guiding the hose up a smooth leg will help eliminate snags which result in runs.

The best way to guarantee snag-free hands and legs is frequent and generous use of a good lotion. Houbigant offers its famous Quelques Fleurs in a new plump bottle with a free dispenser which releases just the right amount of lotion for an application.

The lotion itself contains allantoin, a strange-sounding, medically accepted healing agent which stimulates the formation of healthy new skin tissue. This means that problem skin—skin that is scratched, cut, cracked, chapped or irritated by harsh cleaners—will greatly benefit from the healing action of allantoin.

Here are a few ways to lengthen the life of your nylons:

1. Be sure to buy the proper size. A stocking that is too short will be stretched into a run. And one that is too long is very uncomfortable and sags untidily.

2. Buy three or more pairs in the same shade so that when one stocking wears out you can mate the remaining good one with one of the other stockings.

3. Check your desk for rough surfaces.

4. Be sure your shoes are smooth inside. Sometimes only slight roughness in the wrong spot can start a run. Watch for roughness especially if you wear rain or snow boots. A rough cuff is almost sure to start a run as the stocking is not reinforced where the cuff rubs it. This is also a good place to be extra generous in applying lotion for even the best boot tends to irritate or chafe.

5. Never fasten the garter on the seam or on the sheer part of the stocking, always on the reinforced area to one side of the seam.



ROUGH HEELS, rough soles and ankles often cause snags and runs in nylons. Guard against this by keeping legs smooth and snag-free with Houbigant's Quelques Fleurs lotion which contains allantoin. This healing agent benefits skin that is scratched, cut, cracked, chapped or irritated.

SPRING HATS

White hats, lacy and flower-trimmed, like an iced birthday cake, are ready to go with Easter coats and dresses this year. They will give a frosted accent to the popular navy and emphasize the light look of whitened pastels for spring.

SPONGES

The new cellulose sponge sets that come with long or short handles give protection to the hands when washing dishes by keeping your hands out of the hot suds.

RICE CALAS

An old New Orleans breakfast treat are Rice Calas. Beat 2 egg yolks, stir in 2/3 cup sugar and 1 cup warmed cooked rice. Sift together 2 cups sifted flour and 2 teaspoons baking powder and add to the rice-sugar mixture. Mix well. Add 2 well beaten egg whites. Drop spoonfuls into deep hot fat and cook at 350 degrees for about 5 minutes or until a deep brown and done in the center. Drain on absorbent paper and sprinkle with powdered sugar.

BEAUTY IS ESSENTIAL ON YOUR WEDDING DAY

Like the blush on a rose, a radiant complexion perfects the bride's appearance on her wedding day.

Her glow springs from the joy of the day itself, but even more basically from a skin intelligently tended and tinted.

In planning the details of her wedding, she should put at the top of her list: A complexion with the petal-fineness of sheer velvet!

How much makeup to use, or how little, and what kind—Dorothy Gray's wise advice is that a bride take her inspiration from the romantic atmosphere of the great day. Color should be dainty, never deep or harsh. Yet it should have enough strength not to get lost in the grey shadows of a cathedral or the brilliance of candlelight.

Powder and foundation can be chosen and applied in such a way as to last long hours. (Queen Elizabeth's did on Coronation Day!)

If a girl customarily wears a lot of makeup, she would be well advised to gentle it down for her wedding. The rare one who uses but a little, should reach for her palette with firmer hand. It is not the day for noble experiments in makeup. Aside from needed toning down or strengthening, the expression should be that of the girl all her friends know — her most radiant and perfect look to be sure.

Greater beauty and poise will be her rewards if the bride plans her makeup in advance and gives her skin good preparation. By collecting powder base and powder, lipstick, nail polish, and perhaps some rouge and eye makeup, early, wearing it a bit and getting used to applying it, she will find she can apply it easily and beautifully when the wedding day arrives, even if she feels a bit strained.

Dorothy Gray advises the bride to choose foundation and powder with glow and to select lipstick, rouge and nail polish in medium-light shades, pinky or coral depending on skin tones.

She should be sure the bridesmaids wear cosmetic colors that will look pretty with their dresses. Most girls like a pinky lipstick. Very likely this tone will harmonize with a springtime color choice in bridesmaids' dresses.

It is the delicate, tinted makeup base that spreads a film of sheer

velvet across the complexion and helps powder cling hours longer. This is the important preparation that is the basis of a truly radiant, beautifully groomed look. It should be dotted with fingertips onto forehead, cheeks, chin and throat, then blended lightly as far down as the dress neckline will come.

Face powder of fine, velvety consistency should then be applied—pressed on with cotton. The cotton should then be turned over and the extra powder dusted off. With a bit more pressure used where the neckline of the dress will go.

If the skin tones are good and neither very pinky nor very peachy, foundation and powder should be selected in the shade nearest the skin's own tone. Powder and base somewhat pinky in tone will brighten a sallow skin, in rachel tones, they will tone down a too pink skin.

Lipstick, of course. A bit of rouge should be used if a girl is very pale, has dark circles, or customarily uses it. Nail polish should be a soft pink or coral, a shade similar to lipstick and rouge. If the natural nail look is preferred, a colorless polish should be used and a whitening stick run beneath the nail rim.

Usually a bit of eye makeup makes any girl's eyes look bigger and deeper. It can be applied so inconspicuously as to be unnoticeable. Light brows and lashes really need a bit of darkening with eyebrow pencil and waterproof mascara. Iridescent eye shadow, beautifies the expression of the eyes.

Fragrance should be dainty, a fresh scent like a springtime nosegay.

The sparkling complexion doesn't bloom in one day. Skin beauty is the result of careful and constant grooming.

During the crowded and tiring days of planning and festivity that precede the wedding, there will be a temptation to fall into bed without giving the face a proper cleansing. One night of complexion neglect can take days to repair. An unclean skin is fertile breeding ground for skin blemishes, the last thing the bride wants to have happen.

Emotional excitement preceding the wedding can sometimes bring



THE BRIDE-TO-BE should allow plenty of time for make-up and dressing on the day of the wedding for she knows that haste makes nervousness. Her Sheer Velvet Complexion is prepared by perfect cleansing cream and skin lotion chosen to suit her skin type. Over this she blends Sheer Velvet Film which spreads a gossamer veil of color across her skin and helps her powder cling for hours longer. Sheer Velvet Lipstick gives a moist, bright look to her lips and will retain its brilliance for hours. It is the final touch to her velvety natural-looking make-up. In addition to foundation, she has used face powder, plus eyebrow pencil and mascara because her brows and lashes are fair, and a touch of rouge. At right, good wishes remain warm in her heart, but lipstick evidences of them are fussed off, then her Sheer Velvet Powder compact is used for a touch up. The gown is from Pandora Frocks, made of nylon tulle, neck and waist applied with rosettes in imported Swiss repousse. Photos are courtesy of Dorothy Gray, Ltd.

out a bump or two on the skin, so the bride-to-be should be particularly careful about the nightly cleansing.

Each night during the weeks before the wedding, she should cleanse her face and throat by following the long-proven skin care method of the Dorothy Gray Salon: cleanse, stimulate, lubricate.

Throat and face should be cleansed each day with cleansing cream that best suits the skin. If the skin is young, normal, or sensitive, a light, fluffy salon type of cold cream should be used. If it is really dry, it will benefit from use of a dry-skin cleanser, which lubricates as it cleanses and discourages flakiness.

Creams and lotions are best applied with upward, outward motions, starting at the base of the throat and working up onto the face.

Skin lotion on cotton, used after the cream has been massaged off,

takes off the final film of dirt and stale makeup picked up by the cleansing cream. Then when the cotton pad is turned over and the throat and face patted gently but firmly, the circulation is stimulated. A fresh rush of blood to the skin's surface brings both glow and help in maintaining an unblemished skin.

Then a night cream should be applied.

If a bride-to-be follows this three step beauty routine each day in the weeks before her wedding, she will find she can do it very quickly. She will help her complexion wonderfully and establish a superb beauty program for the future.

Before the tinted foundation is applied, the face and throat should be prepared in the same way as the first two steps above, with cleansing cream and lotion. The base blends beautifully on this clean, fresh and moist complexion!

COOKING RICE

Clean packaged rice need not and should not be washed before it is used. The American grown rice on your grocer's shelves is some of the finest in the world and the milling of the rice is in itself a cleaning process. Cook rice in the exact amount of water needed. All the water should be absorbed during the cooking. The cooked rice should not be rinsed after it is cooked. This causes food value to be lost and keeps the grains from being fluffy and dry.

CHOCOLATE PANCAKES

Add 2 1/2 cups chocolate milk, 1 egg and 2 tablespoons butter, melted to 2 cups Aunt Jemima Pancake Mix, stirring lightly. Bake on hot, lightly greased griddle, turning only once. Fold pancakes in half. Serve with vanilla, chocolate, peppermint or chocolate chip ice cream. Makes 7 to 8 servings.

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