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Special Care of the Skin By Harriet Coates

THE warm season of delicate skin, for it brings many foes to the complexion.

The dust is one of them. It penetrates through the pores, which under the influence of the heat open wide, like a multitude of little mouths, and absorb it only too readily, only to become clogged and enlarged.

The sun, with its too ardent caresses, has an equally bad, if not worse, influence, for, if it is very intense it creates the same tendency towards blistering and chapping in the skin as blistering cold does, and it afflines scurf, counting, little brown, yellow dots, called freckles, over the face, which may be quite unbecomingly when they adopt a pure white forehead, as form a little saddle over the nose, but are far from attractive when present in such profusion that they have city an occasional dash of white skin elsewhere through.

These injuries to a sensitive complexion are the direct cause for inducing many women to refrain from free participation in healthful outdoor enjoyment, such as automobile, rowing, swimming, yachting and playing tennis, or indulging in walks.

However, they cannot entirely avoid to come in contact with sun, and wind and dust, and therefore must take precautions to protect the skin, by never permitting it to become parched.

This is only to be accomplished by the use of a well dressed woman, and one without which no street costume is complete, but it will prevent the dust from penetrating one's complexion, and will also, effectively ward off the sun and wind-sufficient protection for so small an effort.

In illustration No. 1, we are showing a veil, which is one of the best that can be worn, and is very fine, and the way of ornamentation is by having dark water from it, which, however, are far enough apart, that they will not irritate the skin, and are not blind or irritate them in the least. This is the main thing to observe when purchasing a veil.

It is well to wear the complexion veil, either white or flesh-colored, under the veil, for then the meshes of this latter may be as far apart and loose as they wish to be, under veil will keep the skin free from dust and sun.

Moreover, these fine mesh veils are also the most becoming things imaginable, covering the complexion as with a delicate film, and letting it appear doubly delicate and charming of coloring, and also admirably concealing any blemishes or imperfections.

They are practically invisible after the top veil is arranged over them.

To the second illustration, a toilet accessory is pictured, from which the modern woman, who cares for her appearance, never separates herself when going out—the vanity box. This is a little receptacle of gold or silver, often very elaborately ornamented with a jewel or chased design, and studded with jewels, or simply engraved, with the owner's monogram, and like a watch, carried on a long chain, but hanging from it loosely.

As small as this may be, frequently it is as large as a watch or a "pocket watch", and it is roomy enough to contain a little mirror. This is generally fastened to the cover of the box, and may be consulted, unattended by others, whenever one feels the necessity to bestow a critical glance upon one's collar or neck, the fit of the hat, or—most important—upon one's countenance.

Sanitizing this latter will oftentimes lead to the unpleasant discovery that a little smudge of coal dust has settled over the pink and white of the skin, and must be removed, or the nose has assumed a most unmodified "shine", and fairly aches to be treated to a dab of powder.

The vanity box will help you out of this dilemma. It contains a diminutive powder puff (illustration No. 3), which may quickly be passed over the nose, removing every trace of the "shine". On returning home from the shopping-expedition, afternoon drive, ride or auto trip the veil should be carefully removed, the hat laid aside and the collar removed. The complexion should be refreshed by a tepid bath of soap and water. Should any particles of dust have found access to the skin they will be easily removed before they have wedged their way far enough into the pores to stop them up.

Then the skin is carefully dried with soft towels, after which you can apply the following excellent home made lotion to your face:

Pure white vaseline, mutton tallow and almond oil (equal parts) should be kept in a jar and melted in a saucepan of hot water.

It is applied in the manner shown in illustration No. 4, using a woman's hair brush, which may be had at any drug store at a nominal cost.

The brush will distribute the liquid cream evenly over the surface of the face and neck, but will leave the skin in a better condition than if applied using the fingers or palms of your hands.

The mutton tallow forms a sort of waxlike coating on the skin, which is excellent for preserving and softening it, but will not make you fit to entertain visitors after it has been applied. Therefore it will be best if you use it immediately before retiring.

However, if you return early in the evening and intend to go out again, or see guests at your own home and



NO. 1. THIS VEIL IS NOT HARMFUL TO THE EYESIGHT.

still wish to change your skin immediately when coming home after a day or afternoon's absence, you can remove the traces of the tallow with a soft towel, after which apply soft towels wrung from ice-cold water to your face.

The residue of the water will contract the pores of the skin, leaving it clear and fresh as a rose, and all that will be left for you to do in order to be splendidly equipped for the remainder of the evening is to put some nice or other harmless powder on your face.

If the skin has a tendency to be oily or greasy it is best to counteract the condition by rubbing the pulp of grapes or of strawberries into the complexion from time to time. The acid contained in these will take the oily gloss away and will impart unusual softness and fineness of fiber to the skin, and you will be astonished to see how rapidly results will show themselves.

The skin of the grapes should never be used, for it will discolor the flesh.

HEBE'S HELPFUL ADVICE

To Fatten Neck.

MRS. R. J.: Olive oil is very good to massage the neck. Let your daughter practice this should stand erect before an open window, and in a loose gown, take long, deep inhalations through the nose with mouth closed, and rise slowly on the toes, at the same time hold the breath a few seconds, then exhale quickly through the mouth as she comes down on the heels. Repeat ten times, night and morning. Let her sleeping room be well ventilated. The cleansing cream will not grow hair. Cold cream is very similar to cleansing cream and can be used for the same purpose, if you desire. The following will whiten the neck and arms temporarily:—

Rose Water 8 ounces. Glycerine 1-2 ounces. Oxide of zinc 1-2 ounces. Dissolve the oxide of zinc with a portion of the rose water, put in a bottle and add the balance. Shake well and apply with a fine sponge. Dry with soft towels.

To Reduce Redness. D. D. D.: Indigestion, tight lacing, constipation, too rich food and acidity of the stomach are frequent causes of red nose. You must first try to find and then remove the cause. Bathe the nose with tepid water, then massage with this cream:—

Red Nose. Sulphur precipitate 5 grams. Glycerine 5 grams. Cherry laurel water 5 grams. Precipitate chalk 5 grams. Cologne spirit 5 grams. See other formula under your initials given to-day.

Gray Hair. M. C. B.:—In your case I think the following formula will be better than the sage tonic. This works in the line of nature and cannot be called a dye. Remember that massage is very necessary, as it brings the blood to the surface, it strengthens the hair and keeps the scalp in a healthy condition.

To Darken Gray Hair. Rust of Iron 1 drachm. Old ale 1 pint. Oil of rosemary 12 drops. Cork loosely and agitate daily for two days. Let stand for three hours, then decant the clear portion.

To Make Rosewater. E. F. H.:—Take a quarter of an ounce of lump magnesia, grind it to powder in a mortar with a pestle, add six drops of oil of rose, and grind together well. Take two quarts of distilled water and one pint of cologne spirit, mix and shake well; then dissolve the magnesia with a portion of the liquid. Have another bottle, funnel and filtering paper ready, pour the magnesia mixture in the funnel first, then keep adding the remainder of the liquid until all has been

filtered. Unless you use a quantity of this it is clearer to buy the rosewater. To lighten the hair you can use two tablespoonfuls of peroxide of hydrogen in the last rinsing water. Remember that a bleached head is a constant care and never pretty, so my advice is not to use a bleach.

Shampoo. Mary:—A small quantity of alcohol can be added to the shampoo with perfect safety. Examine closely what you say is hair that falls and goes to ashes. I think you will find it is lint from the towel, and that it also sticks to the brush. It is most likely that you have not rinsed the soap out thoroughly.

Superfluous Hair. Quaker:—The electric needle is the only permanent cure for superfluous hair, and can be used only by an expert. The charges range from one to five dollars per hour. A good operator will not leave a scar. It is best to pay a good price and get good work.

Brittle Nails. Estelle:—Nails that split usually indicate that there is not sufficient lime in the system. Each night massage them well, with vaseline, and particularly around the base of the nail and the corners.

Reading When Lying Down. R. E.:—It is indeed a very bad practice to read when lying in bed. From the position of the head, and the strain the eyes are obliged to be in, the eyeball becomes flattened and impairs the sight.

Sa Bathing. T. T. C.:—Sea bathing has the advantage over the ordinary tin bath as a tonic, because little fine particles of the salt adhere to the body, closing the pores and preventing taking cold, and with the friction of the clothing stimulate the circulation.

To Change Shape of the Nose. E. T.:—Name of epistaxis or firm are not given in this column. I would not advise you to attempt to change the shape of the nose. You had better be content with the one nature bestowed than take chances of having a scar. Facial massage will help to reduce the pores. Cleanse the face with cream at night and toilet water in the morning. The following lotion can be used twice daily.

To Reduce the Pores. Elderflower water 4 ounces. Eau de cologne 4 ounces. Tincture of benzoin 1 dram. Tannic acid 10 grains

To Reduce Flesh on Nose. D. D. D., and Interested:—Extract of Rhatany 5 grains. Tincture of benzoin 16 grains. Paint the nose with the above at night in the morning it can be removed

THERE is no sin in looking as well as you can even if it requires some artificial aid to accomplish certain effects.

The fault to be found in "falling nature" is that it is an often obvious, therefore in poor taste.

It seems a fatal desire on the part of a woman when she first begins to "make up". She does not know when to stop, in fact, how to go about it at all in the right way.

Surely any woman may be excused for adding a false front or a few finger

puffs when her own hair, either by illness or approaching age, requires some assistance in decently covering her scalp.

Indeed, nowadays false hair is openly confessed to and the art lies in achieving a becoming coiffure not in hiding that part of it which once adorned the head of some fair French peasant girl or from any source the best bought hair is obtained.

The question of the very artificial preparations used for whitening and tinting the cheeks is, of course, open to criticism. Here the question of injury

to much her masseuse will discover some new lines around her mouth.

If she is wise she will invest in a hair tonic, and massage the scalp. It is, besides, almost imperative to depend on some false puffs and switches now, in order to fit the fashionable hat. Women, nowadays, who have such a mass of hair that they do not have to add any to it are the exception rather than the rule. The sensitive woman can console herself with this reflection and flaunt a gaily be-curled and be-puffed head without a quail.

The trouble is that when she discovers how much younger she looks with a full head of hair she resolves to change the color also. One alternative demands another and when the desired shade does not suit her complexion the latter must be made to suit her hair, also too often by artificial means.

The wise woman is chary about changing the color of her hair. She realizes that it is ridiculous for her to come out as a Titian blonde after she has been displaying gray hairs for years.

Indeed she does not allow age to come upon her unawares. She starts in training to ward off the evil day before it comes too near. If she can't ward it off entirely she does not attempt a de-bilitate costume and a colored coiffure to hide it.

As a usual thing the natural color of our hair is the shade most becoming to our eyes and complexion, and if an attempt is made to color the hair it is best to try to restore the original color by treatment calculated to nourish and stimulate.

People are beginning to realize that the gray tinge is really becoming and suits a mature face much better than any artificial tone, and is therefore becoming more becoming than a face framed in soft white hair.

The addition of a few puffs or even a pompadour of the natural hue, gives the needed touch of beauty to the hair-dressing and no coloring need be attempted.

The point that a woman must watch closely is her mouth. All the art of the

WHY SHOULD YOU DREAD OLD AGE?

By Hebe



NO. 1. THIS VEIL IS NOT HARMFUL TO THE EYESIGHT.



NO. 4. ALWAYS APPLY AN EXCELLENT HOME MADE LOTION.



NO. 2. ALWAYS CARRY A VANITY BOX

mandu upon it or abuse it by using it up in advance.

To keep herself young a woman must, always keep herself up to the mark mentally and physically by an active, sensible busy life—not too much spoiled in her home life to take a wide interest in outside topics, and not too busy in any one given direction to prevent her from getting plenty of outdoor exercise, the required amount of care to keep face and figure young, preserve her hair and keep up her interest in social life.

In other words the woman who keeps her interests young and active never grows old until she is actually infirm, and not always then, if those about her include her in their pursuits and pleasures.

Summer Neuralgia.

Many a woman dreads Summer because of neuralgia. It is almost impossible to keep out of drafts, and over-heating is apt to be followed by chills that means the fatal twinges.

Especially if one is traveling is the discomfort of neuralgia hard to bear. The wise woman will take with her not only her special medicines, but will carry a small alcohol heater in which hot applications can be prepared at a minute's notice.

In places where hot applications are inconvenient, with such a heater flannels can be made tauty hot and used instead. Carry small rolls of flannel cut in short strips. These can be heated by being put in the tin cup over alcohol lamp. Watch carefully that it does not burn.

If the flannel be dipped into hot turpentine even southern twinges of neuralgia will yield. This, by the way, is an excellent treatment for neuralgia, den cramps or pains. Pour about a tablespoonful of turpentine over the flannel, make both very hot and apply to the spot affected.

Summer Headache Cure.

Though mint under certain jovial mixtures has been known to give away a Summer headache, it is also a cure for them, according to one sufferer. A woman was much troubled with headache that came from rest. She tried many remedies used by her mother, but to no avail. She had a small quantity of fresh mint leaves gathered, washed into a juicy mass and bound across the head with a handkerchief. Relief quickly followed. This was due, it is said, to the fact that the woman in the soothing odor of the mint as much as to any healing qualities. Some after the position was applied she drank into a refreshing sleep and a quiet much used strong remedy.

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Shampoo for City Hair.

A young woman who has tried all sort of remedies to keep the oil out of her hair says she gets best results by using a shampoo made from pure olive oil soap in which a pinch of soda has been mixed.

Put a cake of soap into a quart of lukewarm water to make about half a pint. This is bottled and kept for future use.

Before shampooing take a couple of spoonfuls of this jelly, mix it with a pinch of soda, do not get much suds, the soda is enough—use only a little of the suds which has been left over with hot water.

Another way to apply the shampoo mixture to scalp is to part the hair in streaks and rub it on with a tooth brush or small hair brush.

After the scalp and long hair has been washed it should be rubbed thoroughly with finger tips and thoroughly rinsed.

These Unsightly White Spots.

The small white spots upon the finger nails, which are so ugly as they are common, are not as serious as many persons seem to think. Sometimes they are caused by an impoverished system; more often by carelessness in handling the nail before it has fully developed.

This is often done with the instruments used to press back the cuticle at the base of the nail. Never use a steel file for this purpose. The skin can easily be worked loose with the fingers of the other hand; but if artificial means are preferred, choose a blunt orange-wood stick. If the nails seem especially sensitive to spots cover the entire nail with cotton to avoid any possibility of bruising.

Strengthening the Facial Muscles.

When one is very tired and the facial muscles seem to be twisted into a tight knot, try massaging them with a soft sponge or cloth wet with very cold water. Besides resting the muscles of the face the cold water acts as a tonic.

Here is a tip for the woman who feels herself a "sight" from fatigue. Mix only will she feel rested after her cold mopping, but the tiny wrinkles and tired lines will disappear and she will look years younger. Quite as strengthening as the cold water is the hot rubbing. Put a small lump in the clean linen cloth and pass it across the face in opposite directions to the wrinkles or fatigue lines.