

Bleaching Out Your Summer Tan

How to Mix and Apply the Peroxide and Lemon Solution to Accomplish Best Results



In Mixing the Bleaching Solution, Take Equal Parts of Strained Lemon Juice and 17-Volume Peroxide and Blend Them Together by Stirring in a Large Glass or China Bowl.

By Josephine Huddleston
Author of "My Secrets of Charm."

WELL, here we are again! Still interested in the various methods of doing a right-about-face in beauty, so that we may appear our smart and lovely self of past formal seasons, all trace of carefree, vagabond, Summer fun to be obliterated.

Sometimes I become discouraged with the need of continual change to meet the whims of precedent and fashion. It seems that we no more than achieve the tan of our heart's desire than the tang of chill frost is in the early morning air to remind us that the tan must go. At other times I find this business of changing the complexion to suit the season one of the most fascinating adventures in the world, for what can be accomplished in a short time, is nothing short of miraculous!

There are two perfectly sound reasons why Summer tan should be bleached as Fall approaches, unless one has the money to adapt the Fall and Winter wardrobe to the Summer complexion. Most of us, however, are not able to do this.

In looking through my Winter wardrobe, I find a number of frocks in perfectly good condition which must be worn this year. Not one of them blends with my Summer complexion!

Most certainly the frocks can't be discarded and although complexions can be retored by the use of liquid powders, this method is far more trouble than it is worth. For the few occasions when one may long for the Summer's tan during the Winter months, its illusion can be achieved more easily than one continually can cover up a natural tan.

First of all, necklines play an important part in the necessity for bleaching. Summer frocks usually are sleeveless, too, and while a dress without sleeves may seem to be merely without sleeves, a close inspection of the back of the arm where they join onto the shoulders will reveal two or three different degrees of tan. One dress such as is worn for golf or tennis will be cut well back at the arm holes to permit perfect freedom for swinging a golf club or tennis racket. Bathing suits are cut still deeper, both at the armholes and at the neckline.

Then, too, besides the various lines of demarcation between shades of tan, the coloring of Winter clothes is not as adaptable to tanned complexions as those colors which are featured during the Summer months.

Over-bleaching of the skin must be guarded against for methods which act instantly usually are too hard on the skin, causing undue dryness as the



As the Gauze Tends to Dry Out, Moisten It Occasionally by Dipping a Piece of Cotton into the Liquid and Patting it Over the Gauze, as Illustrated Below.

These Photos Posed by Miss Ethel Tranter, of the Chester Hale Ballet.

Saturate a Double Layer of Gauze with the Bleaching Liquid and Smooth It Over the Chest and Throat. The Moisture in the Gauze Will Keep It from Slipping Off.

least harm that can result and peeling, breaking out and similar irritation as the major dangers of using too strong bleaching solutions.

Personally, I think the most sensible plan is to bleach out the darkest spots first and, as they fade, to change to general bleaching by a mild method. In this way an even tone is gained more quickly and those parts of the skin which do not require lengthier treatment are not subjected to it.

A splendid preparation for the bleaching of deep tan is found by adding equal parts of lemon juice and seventeen (17) volume peroxide together.

Besides being positive in its bleaching action, it has antiseptic qualities which are worth considering.

Before using any bleaching preparation, the skin must be cleansed carefully so that the surface is in the very best possible state for the treatment. Following the cleansing all trace of cleanser must be removed either by rinsing the soap from the skin or sponging the last remaining particles of cream off by the application of skin tonic. Clear, cold water should follow the use of skin tonic to remove the tonic. Mix the equal parts of

strained lemon juice and seventeen (17) volume peroxide together in a bowl large enough to accommodate the strips of gauze which are to be saturated in the bleaching solution.

Most of you will find that your hands and arms, face, neck, upper chest and back are darker in hue than the lower chest and back. The more deeply tanned parts should be treated longer than the other parts.

The strips of gauze should be large enough to cover the parts to be bleached for, instead of just patting this solution on the skin, we are going to saturate the gauze with it and keep it wet for some little time after it is adjusted.

The illustrations above will guide you in placing the gauze. In one of the photographs you will note that our model has one strip folded across her chest and another picture that she is patting a bit of cotton against the gauze directly in the center of her chest.

The gauze was wet when adjusted and as long as it remains so the bleaching action continues. The young lady had a much deeper shade of tan in a V shaped patch, however, in the very center of her chest, caused by her preference for V necklines, both

Another Double Layer of Gauze Soaked with the Solution Should Be Applied to Each Shoulder and Upper Arm, as Shown at the Left, and May Be Pinned Together Front and Back.

A Double Layer of Gauze Soaked in the Bleaching Solution is Again Used for the Chin and Face. Stretch the Wet Cloth Under the Chin and Then Fold It Up Over the Cheeks and Face. BUT Before Doing This a Thin Film of Cream Should Be Applied to the Eyelashes and Eyebrows to Protect Them from the Bleach.

is easy to saturate a pad of cotton in the bleaching solution and then to pat it over the gauze at those places where the tan is deepest.

Having done no swimming at all this season my own tan is from long hours on the golf course. I have three definite degrees of tan along the back of my arms where they join onto the shoulders and two or three circles and V's both on my chest and back. The lines between the various shades resemble a color chart in shades of brown! But, it isn't going to be difficult to gain one tone by following the plan suggested above. It might prove easier to have someone help bleach out the back for it is hard to reach this area. And it is even more difficult to keep the darker spots moistened sufficiently without getting the solution onto those parts which do not require so much bleaching. Two girls, both in need of bleaching, can work together some evening when they are free and get most of their tan bleached out.

Once the skin has attained an even hue, even though the tan may still be evident, nightly applications of the lemon juice and peroxide, applied directly on the skin with cotton will finish up the bleaching within a short time.

And, now let's think for a moment about precautions. There always are some to be considered! The bleaching treatment as outlined above is perfectly safe for those with a normal skin or one which is inclined to oiliness. Those with exceptionally sensitive skin, or skin that is inclined to dryness if not actually in that condition, must take precautionary measures.

During the past year a number

of different methods for this have been suggested in this column and although they proved successful I think I have a better plan. The result is much the same but other methods required the use of creams just before applying the bleaching preparations which meant a great deal more fussing around before one could get down to actual bleaching.

This year I've had an opportunity to experiment longer ahead of time with this particular phase of beauty culture and I've found that a series of reconditioning treatments for the skin previous to the actual bleaching works out very nicely.

Tanning has a tendency to dry the skin even when it isn't inclined that way normally. Therefore, unless you are certain that your skin is supplied with a normal amount of oil, it will be well for you to follow the new plan for a week before bleaching.

At night after cleansing the skin before going to bed, massage a liberal amount of olive oil over all tanned parts of the body. You will be amazed, probably, at the way the skin drinks up the oil much like a neglected plant absorbs a needed rainfall. Should any of the oil remain on the surface of the skin after ten or fifteen minutes, remove it with a soft cloth or cleansing tissues. Repeat this procedure nightly for one week. Then, even though you have a really dry skin condition you may use the bleaching treatment suggested above without fear of irritating the skin further. In cases of extreme dryness, it is well to repeat the olive oil applications after the bleaching treatments as long as may seem necessary.

What One Girl Wore---

By BETTY BROWNLEE.

FIND the new fashions charming and most flattering. Particularly interesting are some of the new coats that I have noticed on the Avenue within the last two weeks or so. Two warm yet is the heavy, much-furred Winter wrap, so girls are enthusiastically adopting the lightweight woolen coats that are so comfortable and so chic when worn over a silk frock.

One girl that looked especially well-dressed wore the coat sketched for you today. Fashioned of a finely woven woolen in a deep maroon shade, it featured the very new and very interesting crossed scarf neckline, the ends buttoning on either hip. The lines of the coat were so straight and slim that in effect it was rather like a dress. Nothing bulky or overweight about this type of wrap, which is so suitable for in-between seasons. The sleeves were tight-fitting with bands of the same material forming cuffs fastened with buttons. A narrow leather belt was the only touch of trimming.

Many women prefer this type of tailored coat to the sports coat. It really is a more practical investment since it can be worn with equal assurance at almost any time of the day and to almost any function—sports or semi-formal. It is simple and attractive enough to grace even an afternoon tea—and would be just as at home for spectator sports-wear.

For the girl who is inclined to be stout, I would recommend a sports or tailored coat of a fine woolen material—and there are



A Smart Coat for Early Fall Wear Is Pictured Above. Of Fine Woolen in Deep Maroon It Features a New Neckline and Slim Lines.

so many of attractive weaves this season—rather than the bulkier tweed which is hardly flattering unless the figure is what might be called stately.

Household Question Box

By Mary D. Wilson.

DEAR MRS. WILSON: Everything in my clothes closet gets moldy. I also have moths in the closet. Please advise me what to do. How can I clean piano keys which have turned yellow? MRS. G. A.

I think you had better give your closet a thorough cleansing and airing. Since you have moths, take the clothing to the sunlight and brush thoroughly. Wash the closet with strong soap. Burn a sulphur candle and spray the walls and shelves with oil of cedar, gasoline or benzine. Be careful of fire. If you have any garments to pack away, spray them with black pepper or tobacco and wrap them in newspaper. It is very hard to restore old ivory to its natural color. You might try cleaning the keys with lemon juice and salt.

DEAR MRS. WILSON: I have four yards of bright yellow oisioth which I would like

to make into something useful for my home. What would you suggest? HELEN.

Couldn't you cover a porch swing seat with this? It would make attractive sofa cushions for the porch—rainproof, you know. A tablecloth and dolly set could also be cut from it and the remaining cloth used for shelves.

DEAR MRS. WILSON: Please tell me how to remove ink from a brown linen table runner. Also from a rug. MRS. B. L.

Soak the ink stains in buttermilk. This will soften the stain, and it can be washed out with warm water. Lemon juice and salt is not too strong for the color of the linen or rug. There is an ink remover you can purchase at a stationery store which may help also.

In this column each week Mrs. Mary D. Wilson will answer all questions concerning the household.

How to Make a Biscuit Pillow

Select a Pretty Material and the Rest Is Easy

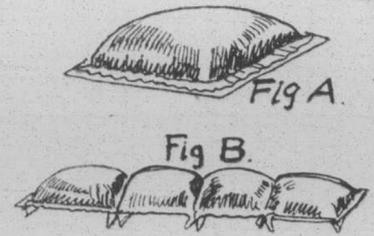
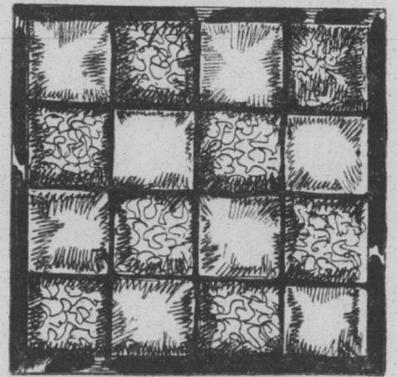
By Winifred Avery

I HAD a letter the other day from one of my readers asking for some articles about things that could be made as gifts or items for church bazaars, so here is one idea. The biscuit pillow is not a new idea. I'm told that our great-grandmothers went in for them too.

I can't think of anything more simple to make than this, to have such a colorful and pleasing result. The pillow that I've shown here is a sixteenth-inch one, and the squares are made accordingly. If, however, you

4"

5 1/2"



The Drawing Above Shows How the Pillow Looks When Finished in Sixteen Squares. The Sketches at Left Are the Recipe for Making the "Biscuits."

want to make a larger one you can make the squares to fit into the space evenly by making them any size that can be divided evenly into the size of your pillow. Each biscuit takes two squares.

The lower one is five inches and the upper one is five and a half. The upper square has a gathering thread run all around it and it is drawn up to allow for cotton stuffing to be put in. I suppose this might be called "cotton

yeast"—or maybe it is baking powder! Be that as it may, the biscuits on this pillow are made to be raised about the same size. The single biscuit is shown in Fig. A. This shows the stuffed top sewed to the bottom square. Fig. B shows how the squares are sewed together. They are attached in rows of four, and then the rows are sewed together. This is all there is to the pillow top. The under side can be a plain piece. I've shown a double fold around the edge, but one can use a cord if preferred.

Questions may be sent with enclosed stamp for reply to Miss Avery in care of this newspaper.

APPETIZING MENUS FOR THE WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast. Baked Apple Scrambled Eggs	Orange Juice Oatmeal	Tomato Toast Crisp Bacon Waffles Coffee	Fresh Peaches Boiled Rice Cream Rolls Tea	Grapefruit Fried Sausage Bread and Butter Coffee	Apricots Oatmeal Coffee	Stewed Prunes Flaked Cereal Rolls Coffee
Luncheon. Cream of Onion Soup Toasted Muffins Fresh Berries Tea	Creamed Vegetables on Toast Cookies Iced Tea	Chipped Beef with Eggs Fresh Celery Bread and Butter Iced Coffee	Bacon and Eggs Lettuce French Dressing Muffins Iced Tea	Spaghetti Cheese Sauce Sardine Salad Rolls Tea	Cold Cuts Baked Beans Lettuce and Green Pepper Salad Rolls Tea	Clear Soup Roast Beef Mashed Potatoes Wax Beans Tomato Salad Mocha Cake Demi-tasse
Dinner. Lamb Stew New Vegetables Biscuits Fruit Salad Coconut Pie Demi-tasse	Chicken Fricassee Boiled Onions Creamed Rice Lettuce Salad Peach Pudding Coffee	Clear Soup Chicken Hash Baked Green Peppers Lettuce and Cucumber Salad Rice Pudding Tea	Roast Veal Spaghetti Corn on Cob Sliced Tomatoes Cookies Prune Whip Demi-tasse	Broiled Mackerel Spinach Boiled Potatoes Combination Salad Cherry Fudding Coffee	Vegetable Plate Beets, Potatoes, Tomatoes Spinach and Cauliflower Cup Custard Demi-tasse	Shrimp Salad Mayonnaise Toasted Crackers Stewed Fruit Small Cakes Coffee

"This Week's Favorite Recipe—Mocha Cake.
1 cup sugar
1 cup flour
1/2 cup cocoa
1/2 cup powdered coffee
Beat the yolks of eggs with the sugar and add coffee, flour and baking powder. Beat whites of eggs and add last. Bake in two layers in a moderate oven. Put between layers and on top one-half pint heavy cream, beaten stiff and flavored with strong coffee and sweetened to taste.