

# A Special Routine to Correct Dry Skin

**Almond Meal and Olive Oil Supply a Nourishing Massage Cream Before the Bath**

These Photos Posed by Miss Martha Pacina, of the Chester Hale Ballet.

To Four Heaping Tablespoons of Almond Meal Add Sufficient Pure Olive Oil to Make a Smooth, Creamy Paste, as Shown in the Above Illustration.

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

**B**ATH tub time is here again! Once in every so often I just have to break forth with suggestions for what one might safely assume should be a private matter. There is so much difference, however, between bathing and BATHING that I feel the urge to offer some helpful advice even at the risk of intruding into your personal habits.

At this particular season the bathing problem should be considered as a definite phase of beauty, apart from facials and hair, for the skin itself has been undergoing some changes during the Summer months. Those changes must be analyzed carefully so that each one of you understand them and can undertake the type of treatment which will benefit you most.

For example, many of you have spent the Summer or a good part of it at the seashore bathing in salt water. Out of thousands who spent the Summer in such activity, hundreds failed to give special treatment to their skin to offset the change from ordinary city water to salt water. Some of you may have had showers in your Summer abode and could finish off your dips into the briny deep with a hot, soapy bath. Others prefer a more primitive abode of camping during the vacation period and, if so, their skin is in greater need of treatment.

Then, there are the things which excessive perspiration, caused from golf, tennis, long tramps in the woods as over the mountains, does to the skin to be considered. To say nothing of the excessive perspiration which is caused from the intense heat even when one is inactive. The condition of the skin of those who are not subject to excessive perspiration but who burn with the heat until their dry body is like a furnace that threatens to consume them, is another problem.

Sketchy bathing seems to be a part of Summer days, the one period of all the year when we should use soap and warm water abundantly upon the body. However, it is hard to step into a hot bath when the sun is high and the thermometer is registering a hundred or better, isn't it?

Whatever the activity of the past few months, I'll wager that ninety out of every hundred women are in need of some special bath routine right now, no matter how carefully they think they have followed the rules of hygiene during that period.

I know that I am a clean person and still my skin has improved greatly during the past few weeks since I snapped out



After the Cream Has Remained on the Skin for Fifteen Minutes After the Massage, Add One Cupful of Borax to a Tub of Hot Water and Give the Skin a Thorough Scrubbing With Soap and a Flesh Brush to Remove All Trace of Oil.

much of the tanned skin as nature had prepared for removal. And, I'm several shades lighter, believe it or not! And so are others who helped me test out the plan.

We've tried this treatment on all types of skin and regardless of the condition it has been improved, except, of course, where a skin condition required medical attention. On such skins I wouldn't attempt experiment for such cases belong in the care of a doctor. But for ordinary roughness, pimples, enlarged pores, blackheads, excessive dryness and such surface blemishes, you can effect the same beneficial results as I have.

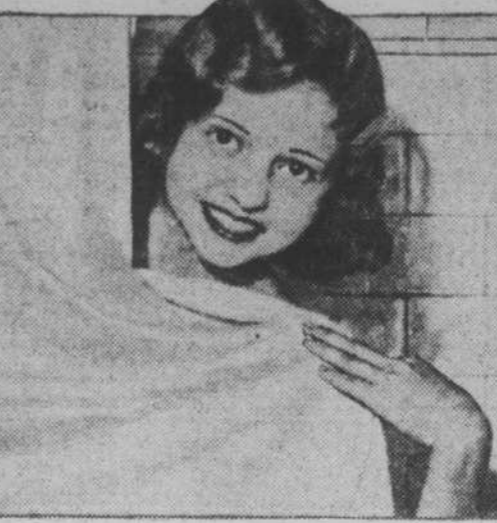
First of all the body must be massaged with oil. This even though you think your skin isn't dry. The first oil applications should be given before bathing.

Just saturate your skin with olive oil, applying it and massaging it into the skin until no more will be absorbed. Let this oil remain on for fifteen or twenty minutes while you are mixing your special bath preparation and while the tub is filling with warm water.

Two one-half cupful of almond meal add sufficient olive oil to make a smooth paste. You can buy the almond meal at any drug store and olive oil is available at any grocery store.

Smooth this paste over the entire body, massaging it over the skin as it is applied. If the skin is rough and marred by dry pimples scrub the paste over the body with a bath brush instead of massaging it with the hands. Let the paste remain on for

A Cool Shower After the Bath Not Only Rinses the Body of All Soap but Closes the Pores and Stimulates the Circulation.



five minutes and by this time the tub will be full of warm water. To one tubful of water add a generous handful of ordinary powdered borax such as is used for softening water.

Into the tub, and then turn on the hot water tap and let it trickle slowly until the water becomes as hot as you can stand comfortably! Using lots of soap and a bath brush, scrub the body until the skin is a bright pink color, giving special attention to any areas which have rough skin or where the pores are apparently clogged.

Finished with the cleansing bath the body must be rinsed. If you have a shower, a shower attachment, you can buy the equipment for a first class shower spray for a small sum. Rubber tubing is not more than ten cents a foot and the shower attachment for it can be had for an additional dime; another dime buys the attachment which fits onto the water faucet.

The play of clear water over the body for four or five minutes is essential to remove all trace of impurities which the previous steps of the bath have brought onto the surface of the skin.

A vigorous rub-down with a clean, unironed, dry bath towel takes off the top layers of tanned skin which the oil soaking and subsequent scrubbing with soap and brush have loosened.

In addition to the removal of

the surface layer of tanned skin the pores will have been purged of all surface impurities, circulation will have been stimulated and the condition of the skin generally improved.

If the skin is known to be dry the bath should be followed with a liberal application of nourishing cream. The colloid creams which have a thick but liquid consistency prove splendid for this and far less troublesome to use than other types of nourishing creams. We're going to have more about these colloid creams in a special article soon, in the meantime just take my word for it.

For three days after this special bath routine content yourself with the usual type of cleansing bath. On the fourth day take another of the baths such as has been outlined above.

These bath suggestions should be followed regardless of the condition of the skin, except, as I stated previously, where a true medical state is present.

If blackheads or moist pimples are marring the texture of the skin, the tar soap treatment should be used before the daily bath on those days when the special bath routine is not taken. The tar soap treatment is simple. Just make a thick, creamy lather with tar soap and smooth it over the blemished areas, letting it remain on for ten or fifteen minutes. Wash off the lather when you get into the tub for your general cleansing bath.

To avoid any possible misunderstanding about removing some of the tanned skin by this method, let me explain once again that such skin is dead and ready for removal or it wouldn't come off with this treatment. A continuous process of sloughing off of dead

Your Favorite Bath Powder Dusted Over the Skin or Applied With One of the New Powder Atomizers, as Shown Above, Adds the Finishing Touch to the Routine.

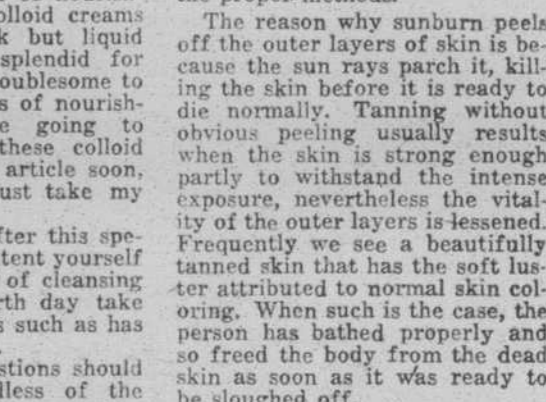
skin is in progress by the body, but many of us do not speed up the removal of the dead skin by the proper methods.

The reason why sunburn peels off the outer layers of skin is because the sun rays parch it, killing the skin before it is ready to die normally. Tanning without obvious peeling usually results when the skin is strong enough partly to withstand the intense exposure, nevertheless the vitality of the outer layers is lessened. Frequently we see a beautifully tanned skin that has the soft luster attributed to normal skin coloring. When such is the case, the person has bathed properly and so freed the body from the dead skin as soon as it was ready to be sloughed off.

When a glazed appearance characterizes tan, however, one may be sure that a layer of skin wants to slough off but needs help because the individual hasn't given the proper care to the skin each day.

The special powder spray shown above adds a luxurious as well as practical touch to the bath. The modernistic container is clear crystal and comes in three shades with the silk hose and bulb fitted to harmonize with the glass. The glass attachment funnels down into the powder so that when the bulb is pressed, an almost fairy-like spray of powder is released.

I'm in favor of this new way of dusting powder over the skin, as it prevents clogging the pores. With the regular powder puffs we're apt to rub rather than pat.



## What One Girl Wore—

By Betty Brownlee

**T**HE new season is really here. There is no doubt about it. And with it comes for almost every woman a new interest in the fashions of the day. The wardrobe needs replenishing and what fun it is to shop with the stores so full of charming costumes.

Perfect for the first cool days, when it is still safe to run around without a wrap, are the lightweight wool frocks being displayed. Many of these are cut in two-piece effect so that they resemble the ever-popular tailored suit. All are cut on simple, tailored lines and most distinctive, indeed, are the new wide shoulders.

Brown is in high favor in the color family as are all shades of red—wine and Spanish tile being especially courted. Green, too, comes in for its share of popularity both in the bright and darker tones.

At lunch last week we took particular note of the costumes worn by a group of young business women—most of them have such good taste and choose their clothes with excellent discrimination.

One girl seated next to us was attired in a new frock of lightweight wool that would do justice not only to the business office, but to the unexpected after 5 o'clock appointment.

The color, Spanish tile, was most becoming to her brunette beauty. The bodice, cut on surplus lines, was collarless, but to offset this rather severe effect a large and jaunty bow of leopard was placed on the right shoulder.



This Frock of Thin Wool Featuring a Surplice Collarless Bodice and Strikingly Trimmed with Leopard Makes a Charming Fall Costume.

Two convenient pockets added a cunning touch and, in fact, gave the dress quite a suity appearance. The slim skirt depended for distinction on clever seamings and comfortable pleats.

Using the Fingertips, Massage the Meal and Oil Paste Gently but Firmly Into the Pores of the Skin, Especially on Those Places Where a Slight Roughness Is Noticed.

of the gypsy Summer routine. And I've had a lot of fun with some of my friends who insisted that I couldn't improve the condition of their skin. You know, stepping under a tepid shower or into a tepid tub of water even when apparently liberal applications of soap are used several times each day, doesn't always insure a perfectly clean skin. And, never forget that the cleanest skins are the loveliest. Artificial beauty culture methods never will find any way to replace the advantages of absolute cleanliness.

Whether your skin is dry, rough, deeply tanned or marred by blemishes it can be cleared up quickly if you will be conscientious in your analysis of the condition and then take the proper steps to correct whatever is wrong.

Look at your arms carefully. Smooth your hand lightly over the skin. Do you find a tanned skin with a slight glaze over it? If so the top layer of tan is ready to flake off even though you aren't inclined to peel from sunburn or tanning. A few days ago I had a tan which was several shades deeper than the one I now have. Before resorting to bleaching methods to regain my normal complexion for Fall and Winter I worked off as

## Household Question Box

By Mrs. Mary D. Wilson

**DEAR MRS. WILSON:**  
I am planning to paint my bathroom and would like advice as to color. I do not care for all white.  
HENRIETTA R.

Sea green, a very light shade of green, is very effective for the bathroom. It matches the color of water when run into a white tub. Do the woodwork in ivory white or a deeper shade of glossy green enamel.

**DEAR MRS. WILSON:**  
Kindly advise me whether I should wash my pongee curtains again, and iron before dry. I washed them before I put them away but I didn't iron them.  
A. R.

The curtains will require no further laundering. Dampen them evenly all over and iron dry.

**DEAR MRS. WILSON:**  
I have a black bathing suit which has faded. Would like to dye it navy blue but am afraid it will fade when I wear it. Is there a way to dye it so it will not run?  
E. G.

There is no color-fast dye for home dyeing that I know of.

**DEAR MRS. WILSON:**  
I have a red and blue striped sweater. What color would you suggest to dye the sweater?  
IRENE.

Brown, purple or navy blue would all be good colors. You must choose a color darker than the present shades and any of these I have mentioned ought to take well.

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

## When You Give the Baby a Bath

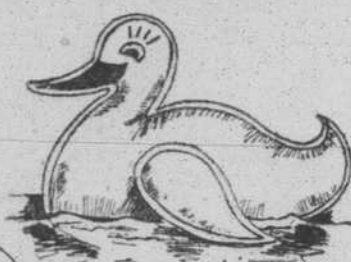
By Winifred Avery

**A** CERTAIN young lady named Joyce has come from Georgia to stay with me. She is a bit different from any other guest who ever came. Being a member of the younger set, she looks with scorn on the amusements affected by the older heads. I find my experience in entertaining one-year-olds is decidedly limited, in fact, my knowledge of the rising generation has always been synthetic. I seem to be breaking out lately with all sorts of toy ideas—and here is the current issue.

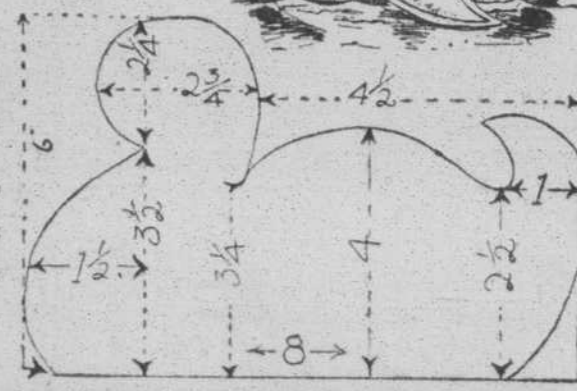
This duck is not half as hard to make as you think. You can cut your own pattern if you will take a piece of paper 8 by 6 and measure off the space I've indicated and draw lines between the spaces as I've shown. I know you think you can't draw patterns—I get letters from you all the time telling me so, but just try this.

I would suggest that you make this out of heavy muslin. I used oilcloth for mine, and it was hard to work with. The two sides have to be finished up before they are sewed together. The bill is sewed in place. The eye is worked around with black floss

This Floating Duck Amuses the Tot While Mother Uses the Soap



The Drawings at the Right and Above Show How the Duck Looks When Finished and Also Give the Measurements for Laying-Out the Body. The Sketches Below Are Patterns for Making the Other Details.



stuffed and a lead weight put in the black place in the center is made—also of the floss. I never say eye winkers on a duck—but then I have not known many. Anyway, they do add to the expression and I recommend them.

The wings are double, slightly stuffed and curved into points at

the ends. These are attached to the sides. The two sides are placed together and bias tape sewed around. The duck has stuffing of Kapok. That is a cotton-like material that can be had anywhere, where bedding things are sold. It's very light and will not absorb water like cotton. I found that quite a little weight is required in the bottom of said duck to make him swim upright and not turn over on his side—use a few stones or lead weights. I have a snapshot of this duck I made and I'll send you one if you want to see him in action.

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
<b>Breakfast</b> —Quince and Apple Sauce Corn Pancakes Coffee	<b>Ready-to-Eat Cereal</b> Cream French Toast Coffee	Bananas Farina Cream Scrambled Eggs Coffee	Fruit Corned Beef Hash Gems Coffee	Cantaloupe Graham Muffins Marmalade Coffee	Oranges Tripe in Batter Gems Coffee	Cereal Clam Omelet Parker House Rolls Coffee
<b>Luncheon</b> —Creole Gumbo with Boiled Rice Porcupine Pears Maple Layer Cake Cocoa	Minced Mutton on Toast Mashed Sweet Potatoes Prune Delight Tea	Succotash Rolls Pumpkin Pie Coffee	Mock Chop Suey Potato Salad Spiced Apple Sauce Cakes Tea	Cream of Tomato Soup Cheese Crackers Rice Pudding Caramel Sauce Hot Chocolate.	Cold Sliced Mutton Potatoes Stuffed with Cheese Stewed Apricots Wafers Cocoa	Bouillon Prime Ribs of Beef Potatoes Roasted in Pan Tomato Cakes Brussels Sprouts Apple Pie Cheese Coffee
<b>Dinner</b> —Cream of Chicken Soup Scalloped Oysters Mashed Potatoes Succotash Dressed Lettuce Chocolate Flake Pudding Hard Sauce Coffee	Clear Soup Roast Pork Baked Potatoes Apple Sauce Baked Squash Chocolate Tapioca Pudding Wafers Coffee	Boiled Corned Beef Potatoes Turnips Cabbage Lettuce Salad Steamed Coffee Pudding Cheese	Fried Filets of Flounder Riced Potatoes Turnips Creamed Peppers Celery Sliced Oranges and Bananas Coffee	Corn Fritters with Bacon Mashed Potatoes Creamed Cauliflower Beer and Green Pepper Salad Coffee	Corn Fritters with Bacon Mashed Potatoes Creamed Cauliflower Beer and Green Pepper Salad Coffee	Cold Boiled Ham Scalloped Potatoes Tea Cake

**Favorite Recipe of the Week—**  
\*Chocolate Flake Pudding  
1 pint milk 1 teaspoonful  
3 cupfuls corn 4 teaspoonfuls  
flakes butter  
1/2 cupful sugar 1 egg  
cocoa  
Scald the milk, remove from the fire, and add the sugar, butter, cocoa and flakes. When cool add the egg, well beaten. Pour into a buttered pudding dish and bake in an oven registering 350 degrees F. for one hour. Serve hot with hard sauce or cold with whipped cream. For variety one-half cupful of raisins may be added. This serves four people.