

The Various Beauty Uses for Lemon Juice

In Addition to Its Value as a Bleach and Cleanser, Several Health Benefits Are Derived from the Sour Citrus



These Photos Posed by Miss Huddleston.

By Dipping Your Toothbrush Into

a Glass of the Warm Lemon and Water Solution and Using This as a Dentifrice, You Will Experience a New Method of Oral Hygiene Which Insures Health and Beauty to the Teeth.

It is Essential That Lemon Juice Used for Beauty Purposes Be Strained and With This Type of Combination Squeezer and Strainer the Process Is Simplified.

By Josephine Huddleston

Author of "My Secrets of Charm."

INSTEAD of shedding futile tears because the shape of your nose isn't like that of your favorite movie actress, or because your mouth is more generously constructed than you would prefer, spend your time and money and knowledge improving yourself as you are.

If all women would realize once and for all that changing the bone structure of the body is almost impossible, except when medical supervision is given, and would devote themselves to cultivating their natural assets, we soon would have a country of superlatively lovely women.

Far too many women let a feeling of "what's the use" envelop them because their features or figures aren't perfect. My work in beauty culture has brought me in close touch with most of the celebrated beauties of our present day. And, would you believe that among this group of girls and women I have not yet found one who could be called perfectly proportioned.

Always Keep a Cut Lemon Near the Kitchen Sink So That It Is Ready to Rub Over the Various Stains Which One Gets on the Hands Before These Stains Become Set.

Often I have had to look closely for the imperfection, but always it is there. Usually it is carefully concealed by the clever use of make up, by a type of coiffure which creates an optical illusion to mislead one, by a cut of frock which balances an otherwise unbalanced figure.

Perfectly groomed skin, hair and appearance are easily achieved, and they are the open door to popularity and loveliness. Provided, of course, that you cultivate a charming manner and a sweet disposition, too.

brought into a new popularity because recent scientific experiments have proved their value.

Because lemon juice is excellent for so many steps of our beauty routine, I usually keep a small jar of it handy to save the constant need of squeezing more lemons.

Such squeezers are to be found in almost every kitchen, but if you haven't one, the nearest dime store has hundreds of them for sale.

I usually squeeze half a dozen lemons at one time, pouring the juice into a half-pint glass-top, self-seal, fruit jar. This can be kept in the ice chest and, because it is ready, you will find yourself using it at times when you wouldn't if you had to stop and prepare the juice each time.

In the morning, add one tablespoonful of lemon juice to half a glass of cool or warm water. Dip your tooth brush into the lemon water and brush your teeth, using the lemon water as a dentifrice instead of the one you have been favoring. Brush the teeth in exactly the way you always do. Finished with the cleansing, rinse out the mouth with the remaining lemon water.

are favoring this type of antiseptic mouth wash and cleanser for the teeth. My first experience with it was almost a year ago when a famous dental surgeon in New York told me to use it instead of any other type of antiseptic after he had extracted a bothersome wisdom tooth. Whether the absence of pain and the swift healing of the wound can be charged entirely to the use of this antiseptic I can't say. But I never have had such an easy recovery from similar experiences.

If you don't care to let lemon water replace your usual dentifrice entirely, use it morning and night and the other one after meals. You'll find that the lemon water not only cleans the teeth but that it has a tendency to harden the gums, stimulate the flow of saliva, which not only cleanses but which is the key to proper digestion, and that it makes the mouth feel clean.

After the morning cleansing of the teeth, add two tablespoonfuls of lemon juice to one glass of warm water and drink it! Lemons abound in that vitally important vitamin "C" which is so elusive. Therefore, we can supply it by taking lemon juice and orange juice.

At night after cleansing the teeth with the lemon water, drink another glass of lemon water.

At some time during the day,

drink one large glass of fresh orange juice, to which two tablespoonfuls of lemon juice has been added. This is to tone up and purge the system generally, making its beauty benefit known in the clearing up of the skin.

The lemon rinse is an old story and a general favorite with followers of this column, so we don't need to devote much space to its use. Add the strained juice of two lemons to your final rinse water after shampooing the hair. This can be added to a bowl of tepid water and the hair submerged in the liquid or the lemon juice can be added to a large tumbler of water and poured over the hair.

Lemon water cuts any alkali residue left on the hair from soap, making it soft and glossy. If you have trouble making a wave stay in your hair, try setting the wave without rinsing the lemon water out. You'll find the wave remaining much longer, and that it sets easier.

Lemon juice for softening bath water is a new idea, but one that has proven a valued ally to beauty. Add the juice of two or three lemons to your bath water and see how much fresher and cleaner the skin is.

Continued daily use, softens and bleaches the skin, which is a beauty advantage. Dark spots or areas where the skin is rough

can be rubbed with a cut lemon before stepping into the tub, and if this plan is followed such blemishes on the skin will disappear within a short time.

Equal parts of lemon juice and glycerin make a splendid softener and whitener for the skin. Of course, all of you are familiar with clear lemon juice for bleaching tan and freckles, but this lotion, made of equal parts of lemon juice and glycerin, is for daily use to keep the skin soft and clear.

Saturate a pad of cotton with the lotion and pat it gently over the face, neck, chest and arms. If the skin is coarse on any of these parts, rub the open part of a cut lemon over them first, then finish off the treatment with the lemon juice and glycerin preparation.

After applying a generous amount of the lotion over the skin, continue to pat it gently with the pad of cotton for a few minutes. Remove the last remaining trace of the lotion from the surface of the skin with mild lemon water or your favorite astringent. By mild lemon water is meant one teaspoonful of lemon juice added to one glass full of cold water.

And as a final suggestion for lemons for beauty... ALWAYS keep a cut lemon at the kitchen sink so that you can rub it over discolorations on the hands just as soon as you are finished with the task which stained them.

What One Girl Wore---

By BETTY BROWNLEE

BUTTON, button, who's got the button," isn't much of a game this season. Everyone has buttons on everything that shows a flat enough design to mount them. Woven woolen skirts button conspicuously from belt to hem in front; flat crepes and sheer crepes button from neck to belt in back; whole sleeves adopt a top ridge of buttons from shoulder to cuff; large shiny metal buttons pop up like trophy badges on the chests of sports frocks. Even shoes have button clips and hats banded with narrow grosgrain ribbon closely laid with buttons have just made their appearance.

The frock illustrated in the sketch today was observed on the avenue last week worn by a very fashionable young lady of the social set. It is the type of dress that is so admirably suited for wear under one's fur coat.

Of heavy blue knitted material, it's mannish bodice cut on vest lines features two tabs at the front resembling the popular bolero treatment. Note that the button fastenings are of shiny nickel and the belt of material to match the frock has a square nickel buckle. A tricky patch pocket adds a sporty touch.

The graceful skirt is cleverly seamed and features flared sides. Of course, the sleeves are long and tight-fitting as is the manner of frocks on tailored sports frocks.

Choose a frock of this sort the next time your best beau invites you to a football or hockey game. You'll be warm and comfortable,



A Knitted Frock in Brilliant Blue Is Trimmed With Glittering Nickel Buttons. Vest Tabs in Front Achieve a Peplum Effect and the Graceful Skirt Is Seamed and Flared.

and as a result he'll find you a cheerful companion. You'll see, he'll repeat the invitation!

touching. We were using the pictures for our beauty column and the cast in the eye was caught by the camera.

If this girl could rise to such heights of public acclaim through the theatre, with a blemish of this kind, don't you feel that you, too, can rise above a nose that isn't just what you would have chosen if you had been permitted to select your own features? Or that you can overcome that too generous mouth?

And so we come to the business of the day, making the most of what we have by giving the best possible attention to our skin and hair.

For many long years the use of lemons in the cultivation of beauty has been extolled by myself and other beauty experts. Lemons are an old-fashioned beauty aid which have been

Household Question Box

By Mrs. Mary D. Wilson

DEAR MRS. WILSON: Sometime ago you answered an inquiry as to how to keep bureau drawers from sticking. I clipped your reply, but have misplaced it. Will you reprint this for me? Thank you.

MRS. E. G. Rub a little paste floor wax on the slides and also on the lower edges of the drawers themselves, and polish thoroughly. Unless vigorously rubbed, wax forms a sticky coating, but properly polished it forms a hard, smooth finish. A bar of hard, yellow soap may be used for the same purpose but is not quite so efficient.

DEAR MRS. WILSON: I do a lot of my own baking and my family is particularly fond of a jelly roll that I bake. However, I always have trouble

in rolling it without having the top crack. Do you know of any way to prevent this? Thank you.

MRS. ARVOLD R. Turn the roll out of the baking tin upon a cloth wrung out of cold water. Then spread the jelly, and as it is rolled, the steam from the wet cloth will prevent the shrinking and consequent cracking of the top crust.

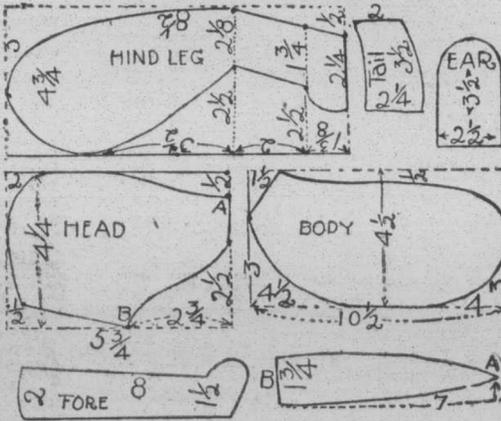
DEAR MRS. WILSON: Can iodine stains be removed from woolen? Thank you for any suggestion you may offer.

MRS. R. Yes. Sponge with alcohol, ether or chloroform.

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

An Ideal Gift for the Small Child

This Perky Young Terrier Is Easy to Make from an Old Bath Towel



By WINIFRED AVERY.

CALL this the bath-towel dog. He is no soup hound, either, he is a real terrier. He could be made from a small bath towel—one that could be had for ten cents, or the material could be had by the yard. It takes about 20 inches.

I've made the drawings as plain as I can with all the measurements marked. This pattern can be drawn, believe it or not, if you will follow the directions. There are dots shown on the drawings which you can mark on your pattern, and draw lines as I've shown between dots. It is not half as difficult as you think.

The pointed piece marked A and B goes for the nose to the neck. A sort of backbone. Points A and B are marked on the head. When the head is stuffed

The Above Group of Patterns Show the Shapes of the Various Pieces of the Terrier and Give the Measurements for Cutting Them Out. At the Upper Left Corner is a Sketch of the Pup, Whiskers and All, as the Upper Left Corner is a Sketch of the Pup, Whiskers and All.

his whiskers are sewed on. I made these of white yarn in loops sewed where whiskers seem to be needed. The eyes can be buttons or felt or embroidery.

The nose is brown, or pinkish. This dog stands about 11 inches high. I have a snapshot of mine, if you'd like to see him in pictures, I'll send you one.

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 Peaches Oatmeal Toast Milk Coffee	Tomato Toast Boiled Eggs Cereal Coffee	Oranges Pancakes Coffee	Plums Flaked Cereal Fried Scramble Biscuits Coffee	Pineapple Waffles Coffee	Baked Apples Sausages Tomato Sauce Cereal Coffee	Grapefruit Beacon and Eggs Toast Coffee
Luncheon	Celery Soup Crackers Cheese Salad Cold Beverage	Creamed Vegetables on Toast Strawberry Jam Tea	Baked Sausages String Beans Fried Potatoes Jam Cookies	Baked Tomatoes (Rice and Cheese Filling) Muffins Cocoa Cream of Onion Soup	Salmon Salad Pickles Toasted Muffins Coffee	Pineapple and Cream Cheese Salad Biscuits Tea	Pot Roast Browned Potatoes Noodles Cucumber Salad
Dinner	Meat Loaf Crescent Sauce Baked Sweet Potatoes Squash Poached Fish Coffee	Boiled Ham Boiled Potatoes Cold Pudding Cold Fruit Apple Pie Dessert	Cold Baked Ham Potato Salad Baked Peas Mashed Carrots Coffee	Veal Stew Vegetables Fruit Salad with Fresh Dressing Fried Potatoes Tea	Vegetable Plate (Potatoes, Beans, Peas, Carrots and Cauliflower) Poached Eggs Lemon Cake Dessert	Liver and Bacon Lettuce Fresh Dressing Escalloped Potatoes Lemon Pie Dessert	Tapoca Pudding Demi-Less Cold Cut Warm Rolls Tea

The Week's Favorite Recipe—

BAKED TOMATOES

Cut the tops from large tomatoes and scoop out as much of the pulp as possible. Season this with salt, pepper onion juice. Add a mixture of cooked rice to it and repack into the tomato shells. Sprinkle a little cheese over the tops of the filling before baking. Bake until tender and the tops are browned in a moderately hot oven.