

How to Refine the Texture of Coarse Skin

•A Facial "Scrubbing" Twice a Week
Followed by Ice Massage
Is Recommended
As the Best
Treatment for
Enlarged Pores



These Photos Posed By Miss Lovoy Sabilla of "Hold Your Horses."



If Your Skin Has a Tendency Toward Coarseness, Twice a Week Use Soap and Lukewarm Water and a Soft-Bristled Complexion Brush for Cleansing the Pores.



Next: Wrap a Small piece of Ice in a Square of Soft, Thin Velvet With the Nap of the Material on the Outside. Massage the Face with This for Several Minutes Using an Upward and Outward Stroke.



After You Have Gone Over the Entire Face With the Ice Wrapped in Velvet, Then Use a Soft Tissue to Remove All the Moisture and Excess Tissue Cream from Around the Eyes.

After Wetting the Washcloth With Lukewarm Water and Rubbing It Over With Soap, Use Your Fingers to Work Up a Rich Lather Before Applying It to Your Face.

By Delight Dixon

ENLARGED pores—the bugaboo of the fastidious woman! Today I'm going to give you suggestions for treatments that will banish coarse skin texture so you, too—with the use of the new cosmetics—may have a normal skin that's soft, smooth and lovely.



Enlarged pores, you know, don't happen all of a sudden; furthermore, no one is immune from this beauty-mar-ring condition. For years science has been busily engaged in an effort to get at the root of it and there have been many plausible answers to that important question, "What causes enlarged pores?"

One of the most accepted answers (which comes from a famous dermatologist) is that we

do not shed our skin fast enough. Thus old skin, layer upon layer, accumulates on the surface. The lower layer—which is called the reticular—is constantly renewing itself and merging into the upper layer of the dermis; so that if the outer layer would always flake off as it should, our true—or outer—skin texture would always be smooth and fine.

Incorrect cleansing methods, improper cosmetics, poor circulation, wrong diet, lack of fresh air and insufficient sleep are all given as contributing factors to this unlovely condition.

By incorrect cleansing I mean the use of creams when your type of skin should have soap and water; or, conversely, the use of soap and water when a good cream would prove more beneficial. Or, again, when cleansing preparations—soap or cream—are permitted to remain in the pores. This is believed to be what originally opens the way for coarse skin.

When the skin is only superficially cleansed and the pores

permitted to remain unclean, even the smallest of them will be forced to expand through the daily accumulation of impurities which you may be unconsciously encouraging. Therefore, every trace of cream, soap or cosmetic must be removed from the pores with each cleansing. Don't forget that!

Take, for instance, the matter of soap and water for the regular facial bath. Most women moisten their washcloths with water, rub soap over them, then apply them directly to the skin. This is wrong because the larger particles of soap are then implanted into the pores and can only be removed by rinsing and rinsing. The correct way to perform this simple rite is to moisten the cloth and rub the soap over it. Then, using the fingers or the palm of the hand, work the soap into a soft lather before applying it to your face. This breaks up the larger bits of soap so the minute particles in the lather will float into and out of the pores with an easy rinse.

When make-up is more easily removed with cleansing cream, it's necessary to remove all of it from the pores. Then follow with an application of skin tonic to remove any greasiness which might have settled deep in the pores. An astringent should only be used when the pores are scrupulously clean. When it is used on unclean skin, the pores are not able to close and the texture becomes coarser and coarser.

Good circulation is necessary to skin loveliness as it enables us to throw off pore impurities more easily than when circulation is sluggish. Instead of soap, cream, cosmetics or grime finding a comfortable "haven" in the pores, the rapid flow of blood roots the intruders and so aids in keeping our skin clean, almost transparent and finely textured.

If your skin is of fine texture, simply continue using the cleansing method that best suits it. If, however, its texture is only now becoming coarsened, "brush up" on its regular cleansing if you wish to avert worse beauty complications, namely, comedones (blackheads) and excessive oiliness.

Then Follow the Facial Scrubbing With a Cool Water Rinse and a Liberal Application of Witch-Hazel or Skin-Toning Lotion to Soothe the Face.

In addition to the cleansing routine you now employ, use a soft complexion brush at least twice each week. Have it generously lathered, then use it to scrub the impurities from the pores. This done, rinse the skin with tepid, then cold water. Be liberal with the rinse as the pores must be absolutely freed of all soap before they can normally contract.

Next moisten a pad of cotton with witch-hazel or skin toning lotion and rub it briskly over your face for a minute or two. This will gently close the pores and prepare the skin for the next step which is the ice massage. Never put ice directly on the skin. Wrap it in a piece of velvet with the nap side out. This, you'll find, is ever so much softer and gentler than gauze.

Begin low on your throat (you might as well get in some good corrective or preventive work on underchin muscles) and rub the velvet-covered ice up to the lobe of your ear. Completely ice-massage your neck, then move the ice from the corner of your lips upward and outward to your hair-line. Before applying this frigid beautifier to the under eyes, it's advisable to cover this area with a heavy coating of tissue cream or pure lanolin.

When you have gone over your face, throat and the nape of your neck with the ice, use a tissue or soft linen towel to pat

the skin dry. Then to further aid Nature in shedding the outer dermis, saturate a piece of cotton with a strong astringent and pat it over your face. This, with the soap and water cleansing, followed by a vigorous rubbing of skin-toning lotion or witch-hazel and the ice massage, will dry out the surface layer of your skin so it will flake off. Have you

noticed that after correcting chapped facial skin it appears doubly smooth? That is because the outer layer has flaked off. With this home treatment Nature is aided in her renewing process and the skin will be improved in texture and at least one shade lighter in color.

For a very young lady, say fifteen to twenty, it's best to use as mild a treatment as possible to refine the skin. When cosmetics are not generally used but large pores persist in giving the skin a coarse appearance, it's well to begin corrective treatments at once.

The regular use of oatmeal bags will refine the skin and help keep it white. You can buy these little bags already made or you can make them yourself by putting one teaspoonful of oatmeal in a square of gauze. One bag may be placed in the basin of face-cleansing water or, if a slightly stronger solution is required, you may moisten the bag

and rub it directly over your face. Rinse the skin with cold water then saturate a piece of cotton with witch-hazel and rub it upward over your face, especially over the nose, forehead and chin.

The nightly use of oatmeal for the face cleansing should bring a noticeable improvement after the second week. Oatmeal serves a fourfold purpose: it softens the water, acts as an excellent cleanser, is astringent, and whitens the skin.

You'll also find a splendid assortment of facial packs and masks in your drug or department store. These may be used at home and are especially compounded to correct enlarged pores.

What One Girl Wore---

By Betty Brownlee

EVEN though scientists and weather experts claim that our Winters are getting milder each year, there are occasionally days when the woolen frock is a blessing. It is almost a necessity to include one or two smart warm frocks in the Winter wardrobe.

Sheer wool crepes are lovely. Even tweeds are made with so fine a weave that they have entirely lost that bulky appearance so long associated with them.

Soft jerseys and rabbit's wool make dresses that are as practical and comfortable as one could wish for, and they are not the least bit scratchy as so many of them used to be.

Consider, for instance, the very up-to-the-minute wool crepe frock sketched today. You could put this on in the morning and keep it on right through the tea date. And it's simple enough for the business girl to wear during business hours, too.

Of navy blue, it is cut one-piece, though it has a simulated two-piece tucked line at the hips. There is a youthful tucked collar of light blue taffeta that ends in an ascot tie. The cuffs repeat the tucked treatment and are of the same fabric. A gleaming gold metal belt slips through loops and adds an effective color contrast.



A Charming Frock of Wool Crepe in Navy Is Set Off With a Collar and Cuffs of Pale Blue Taffeta. A Glittering Gold Metal Belt Adds a Smart Touch.

Household Question Box

By Mary D. Wilson

DEAR MRS. WILSON:
I use brown sugar occasionally for cooking. I find that it lumps so quickly and as a result it is difficult to measure it accurately. How can one prevent this? Thank you.

HOUSEWIFE

Keep the sugar in an open jar or canister in the refrigerator and it will become and remain soft and free from lumps.

DEAR MRS. WILSON:
I use rubber gloves when washing dishes and in attending to many of my household tasks. They seem to wear out so quickly. I wonder if you can tell me of any way of caring for them, so they will last longer. Thank you.

MRS. D.

The life of a pair of rubber

gloves can be greatly prolonged by proper care. Wash and rinse thoroughly after each using, dry by patting with a soft towel while on the hands, and dust with talcum powder to remove the last traces of moisture. Then turn wrong side out and again dust with talcum to absorb all moisture due to contact with the hands. Mend cuts immediately with patches of adhesive tape applied to the under side. When the ends of the fingers begin to show wear, turn the gloves and use them the other side out, the left glove thus becoming the right, and vice versa.

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

Mandy, Ol' Black Joe's Wife

Another Member of the Home-Made Family of Dolls for the Nursery

By WINIFRED AVERY.

LAST week we had "Old Black Joe," head of the Brown family! Now comes Mammy Mandy, plump and smiling, to bring cheer to the doll family. Any little girl would love these quaint ducky dolls.

Mandy is made of brown saten (or percale). Over her yarn hair is tied a 6-inch square of yellow calico. Her dress is bright purple with white stripes of bias binding, and her crisp dainty apron is trimmed with yellow rickrack and bands. You may use any color scheme you

like best—but I'd suggest not using red, as it is not pretty with brown.

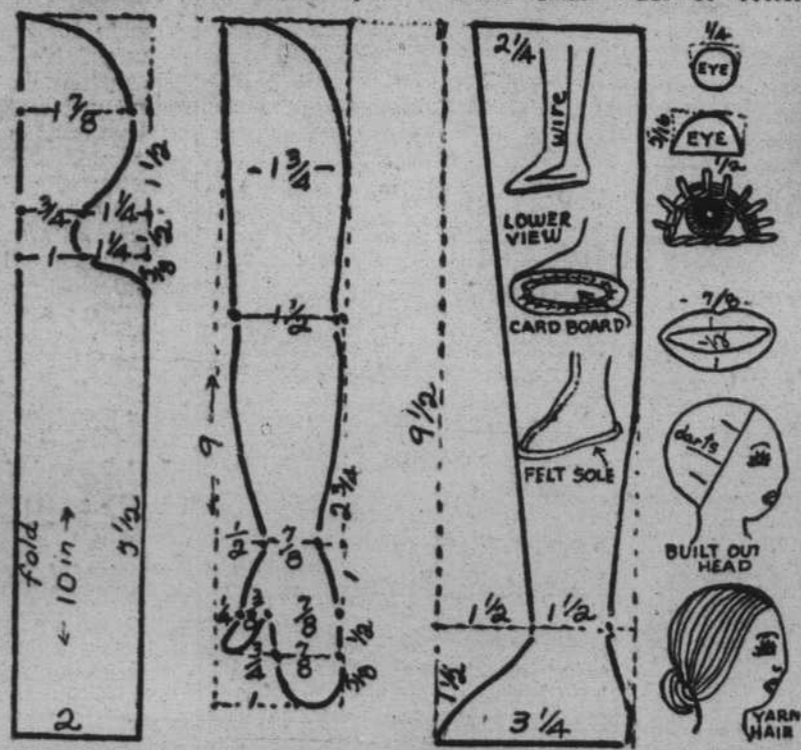
Make your pattern from the chart. Draw around it on your folded material and stitch on the marks. Then cut out and turn. Put wire down through the body and legs. Lighter weight wire is used for the arms and in center of each finger. Stuff the face toward the front, shaping as you go. Glue on the eyes and work in floss eyelashes. Run a thread from eye corner through head to back and pull in slightly. Stuff small wads of cotton



This Drawing Shows How the Mammy Mandy Doll Looks When Finished. Her Skin Is Brown Saten or Percale Stuffed With Cotton, With Wire Inserted in the Legs to Make Her Stand Up.

down in head for nose and tuck around to shape it. Glue red mouth to white muslin and trim down to fit the lips. Glue to face and tuck corners as eyes were done. Stuff hands slightly and stitch in fingers. Build out hair as shown and make yarn hair by sewing on loops.

I haven't room for dress patterns, but I'll send you a chart if you will send your name and address with a stamp for mailing to Winifred Avery, 120 Liberty St., New York City. Please do not send stamped envelope, as chart fits in special envelope.



The Sketches Above Show the Shapes and Sizes of the Various Parts of the Doll With Correct Measurements for Each Piece. Also (at the right) Are Sketches Showing How to Make the Feet, Eyes and Hair.

APPETIZING MENUS FOR THE WEEK

	MONDAY	TUESDAY
Breakfast	Peaches and Cream Oatmeal Coffee	Pineapple Fried Sausage Wheat Cakes Coffee
Luncheon	Grilled Bacon Toast Fried Oysters Cole Slaw Muffins	Vegetable Soup Muffins Cup Cakes Ice
Dinner	Boiled Smoked Tenderloin Spinach Lettuce Salad French Dressing Apple Pie Demi-Tasse	Broiled Steak Onions Mashed Potatoes Peas Shredded Lettuce Pineapple Whip Demi-Tasse

	WEDNESDAY	THURSDAY
Breakfast	Baked Apples Flaked Cereal Ham Biscuits Tea	Oranges Bacon and Eggs Cereal Coffee
Luncheon	Creamed Chipped Beef Browns Bread Apple Pie Cocoa	Baked Stuffed Peppers (Bean and Bread Filling) Rolls Baked Apples Tea
Dinner	Veal Stew String Beans Fruit Salad with Thousand Island Dressing Chocolate Cake Tea	Chicken Fricassee Boiled Rice Boiled Onions Cup Custard Tea

	FRIDAY	SATURDAY
Breakfast	Boiled Eggs Toast Stewed Tomatoes Coffee	Baked Bananas Fruit Sauce Tomato Toast Coffee
Luncheon	Bacon and Beans Biscuits Cole Slaw Cold Beverage	Fruit Salad Creamed Dressing Toasted Muffins Coffee
Dinner	Clam Chowder Creamed Fish Cakes Cucumber Salad Raisin Pie Demi-Tasse	Breaded Pork Chops Wax Beans Baked Sweet Potatoes Nut Cake Tea

	SUNDAY
Breakfast	Oranges Fried Scrapple Syrup Rolls Coffee
Luncheon	Roast Pork Glaced Sweet Potatoes Cauliflower Bananas Bread Pudding Demi-Tasse
Dinner	Shrimp Salad Muffins Mixed Fruit Coffee

Favorite Recipe of the Week—
Bananas Bread Pudding
8 slices of bread 1/2 cup sugar
or 3 rolls 4 bananas
2 cups milk 2 egg whites
Break bread or rolls into small pieces. Pour over this milk and sugar. Let it soak. Add the egg whites beaten stiff. Slice bananas into a pudding dish and pour the mixture over. Bake for half an hour. Serve hot with marmalade sauce. This recipe serves six.