

THE COMPLEXION AND ITS CARE

By ISABEL A MALLON



THAT every woman should wish to have a beautiful complexion is as natural as that a gardener should desire each of his peaches to have a perfect skin. If peaches require to be carefully looked after, to be protected from too intense heat, or from too great

chill, it is certain that a thousand times as much care is required for the skin of a human being. It has been claimed that the finest skins in the world are seen in England, but this is not so. For while an English woman's complexion is most beautiful while she is young, after she passes twenty-five she is apt to show a too great tendency to redness, which bright color exploits itself on her cheeks, her elbows, and to her regret, very often all over her nose. The land of beautiful complexions is that of wit—Ireland. There, where it is never very hot and where a natural moisture exists in the air, the skins, even among the peasantry, are a clear white with an exquisite pink coming and going on the cheeks, a pink that is absolutely suggestive of a real rose. Among the better classes, where good food is the rule, not only are the most perfectly beautiful complexions, but the most perfectly beautiful women to be discovered. The combination of black hair, blue eyes and a clear skin is the one oftenest seen in the land of bogs, a combination that a painter pronounces perfect. In America, where we have extremes of heat and extremes of cold, the women incline to delicate complexions requiring much care, but which when properly cared for are lily like in their beauty.

THE FIRST GREAT NECESSITY

IT cannot be doubted that what one eats will make or mar the skin. The famous French writer on food, Brillat-Savarin, says, "rich food makes beautiful women." But this was badly translated; he meant by it, not rich as indicating greasy, or oily, or heavy food, but he meant good food, that which is properly cooked and which is fresh. The pale pasty complexion of many of our women is attributed, without any extra thought, to too much pastry, too many sweets, over-done meat and an insufficient quantity of fresh vegetables. The green salad in any shape, from the long curling lettuce leaf to the crisp little watercress, is a constant beautifier, and more than this, regularly eaten, it quiets your nerves and gives you a pleasant sleep. But if you flood it with vinegar and powder it with sugar you have simply made for yourself a dish that will have no effect upon you whatever, unless it should be by the force of the vinegar to break the enamel of your teeth.

The right way for you to eat this most beautifying of dishes is to have upon it a good French dressing, that is, one formed of pepper, salt, a small portion of vinegar, and a large portion of good, sweet olive oil; if you do not care for this then eat your salad as did the hermits of old, dipping a leaf in some salt and having with it a piece of bread and butter. All fresh vegetables, especially asparagus, tend to improve the skin. I do not say give up all sweets, but I do say eat them in their proper place; that is, after you have had your dinner and when you will not require a great quantity. Pastry, if eaten at all, must be so light that it is above reproach; then it will not have any apparent effect on the skin, but it will tend to fatten you.

Meat should be under, rather than over done, and whoever carves for you should give you a thin slice, so that it may be easily chewed, which means easily digested. Mutton and beef will tend to strengthen you, while fowl and game of all kinds, as well as fish, are direct agents working in the interest of your complexion. To the fact that so many chickens are eaten in the south many doctors attribute the peach-like skin possessed by southern women. However, each person while governed by general rules must make individual ones for herself, as that which is one man's meat is another one's poison is particularly applicable as applied to the result on the skin. Too much cannot be said about the value of all fruits, and if to begin the day you can get nothing but an apple for your breakfast it will be much better to eat it than to permit yourself to go without any fruit. Oranges, grape fruit, melons and all the small berries are not only desirable, but really aid in getting one's constitution in such good condition that clear eyes and a good skin are the natural results. If you do not care to eat oranges, squeeze the juice of them in a goblet, weakening it with a little water and drink that. The first great necessity toward making one's complexion good is the knowledge of what to eat.

Speaking of fruit, how many people know that one of the most cleansing, as well as the most delightful washes for the teeth, is a ripe, sweet strawberry. The way to use it is to take it by the stem, press it against one's teeth, rub it all over them, and then, still retaining it in the mouth, rinse your teeth off with clear water, which, when it disappears, carries the crushed strawberry with it. Not only are the teeth whitened and made clean by this, but a delightfully fresh taste is given to the mouth.

THE VALUE OF BATHING

EVERY woman flatters herself that she knows how to bathe, and that she does it well, and yet when some one induces her to take a Russian bath it dawns on her that never before has she been entirely clean. Personally, I recommend the Russian or vapor bath taken once a week as the greatest factor toward preserving the skin. It is not as exhausting as the Turkish bath, it causes a natural perspiration, the pores of the skin throw out the dirt that has accumulated in them, clogging and making them unhealthy, while the thorough scrub that follows and which one cannot give to one's self, removes every possibility of uncleanness, and the various showers and sprays brace one up and make one feel capable of great deeds. Women who cannot take a Russian bath, however, can have its near equivalent at home. That is, a very hot bath can be gotten into and one can remain there until perspiration is the result; then the shower, warm at first and gradually growing colder, can be used, after which the bather will feel as if her skin were as smooth and white as satin.

I cannot too strongly recommend the use of the hot bath. The great beauty of Mrs. Langtry was her fine skin, and people who did not know credited her with taking a cold bath every morning, whereas the truth was that she took one so hot that for a few moments she could scarcely stand putting her foot in it, but in which she eventually got and from which she went back to bed where she took a cup of tea and a bit of toast, which formed her breakfast. If one has not time for a hot bath in the morning it is equally good at night, and if one finds it difficult to sleep, the cold spray can be omitted and the languid feeling resulting from the hot water will tend to make tired eyelids droop upon tired eyes.

THE BATHING OF THE FACE

IF I asserted that you did not know how to wash your face you would think that I had said something that was at once rude and displayed of my ignorance, and yet do you? Do you take a basin full of water and laving your face with your hands dry it with a rough towel, believing that the harder you rub the more attention you are paying to your face? That is not washing your face. That is giving it a dab. The requisites for a good bath for your face are a big basin, a soft towel, a cake of pure, good soap, and considerable wisdom. With a rough towel you treat your face as if it were made of iron, you enlarge the features, you risk injuring the eyes and you make your skin coarse. The face wants to be gently, but thoroughly dried with a soft, absorbing towel. While advocating the use of hot water for the face, still, as it is not always desirable in cold weather if you are going out, I would say use water that has the chill taken off of it. Then with a thin flannel wash cloth, well rubbed with soap, give your face its first treatment, closing your eyes so that the soap, like truth, may reach to the innermost parts; after this wash the soap thoroughly off your face, and if you use a good quality of soap the shiny appearance, which is so often offered as an objection to using soap, will not exist. There seems to be an idea that women must not use soap upon their faces, though it is plentifully used upon all other parts of the body, few remembering that the face, above all other parts, is exposed to the dust and the wind, and requires special treatment.

If your skin has a dull, dead feeling, throw a few drops of either eau de cologne, gin or whiskey in the water, and give your face a thorough bath with it. This tends to exhilarate the skin, and if the circulation is bad will bring the blood to the surface so that a pretty blush is the result. Where the skin is inclined to be dry, vaseline or cold cream, well rubbed in at night and thoroughly washed off in the morning, will tend to make it smoother and less harsh.

SOME SIMPLE MEDICINES

THE simplest medicine for the skin, the one that will cool it when it is sunburnt, and will do much to remove summer freckles, is the oldest known preparation. It is said that Cleopatra used it, and that it was prepared regularly for Mary, Queen of Scots. It is the preparation known as "Virginal milk." It is made by taking a quart of rose or elderflower water, as is most fancied, and adding to it one ounce of simple tincture of benzoin, drop by drop. Keep this well corked, and when you wish to use it throw a teaspoonful in a basin of water; this quantity should give the water a faint milky hue and the odor of pine. Be sure and get exactly the ingredients mentioned, for any other tincture of benzoin may prove injurious to the skin.

For greasiness of the skin what is known as toilet vinegar is desirable; this may be applied with a soft rag, and it should be dabbed, not rubbed on the face. By the by, do not use soap either before or after the toilet vinegar, as the acid of one will decompose the other, and an undesirable effect may result. When the skin is stained from furs, or black material close about the throat, a slice of lemon rubbed over the marks will effectually remove them. Lemons are good taken both internally and externally, drinking lemonade frequently giving an impetus to the digestion, while the juice of the lemon applied to the skin is commended for removing freckles and tan.

A RECEIPT FOR A COMMON COMPLAINT

BECAUSE of her sensitive skin the American girl is particularly apt to freckle, and these freckles seem to give her a great deal of worry. Now, my dear child, if you will only think that with the autumn chills the freckles will disappear and stop worrying, you will be much happier, and will gain a bright look in your face where otherwise wrinkles might come. Funny enough, men never object to freckles, and I think it is because they are sure that the girl who has them is displaying a clean face, and cleanliness, which with them means daintiness, is always admired. However, if you insist upon a prescription to try and remove the sun spots I will give you one recommended by one of the greatest authorities on skin, that is, Dr. Erasmus Wilson: "One ounce of elderflower ointment add twenty grains of sulphate of zinc; mix this well and rub it into the skin at night; in the morning wash it off with plenty of soap, and when the grease is completely removed apply the following lotion: Infusion of rose petals, half a pint; citric acid, thirty grains. All local discolorations are said to disappear under this treatment, and if the freckles do not entirely yield they will in most cases be greatly ameliorated. Should any unpleasant irritation or roughness of the skin follow the application, a lotion composed of half a pint of almond mixture and half a dram of Goulard's extract will afford immediate relief." I give this prescription because it comes from a famous skin doctor, but I do not vouch for it; instead, I advise enduring the freckles and not bothering about them.

MADAME GRISWOLD'S Patent Skirt-Supporting Corsets AND SKIRT SUPPORTERS,



Combined with her Patent Corset Springs, make the most comfortable and durable corset that can be found. These Patent Springs are designed to take the place of the bones in any part of the corset, and are guaranteed not to break.
LADY CANVASSERS WANTED.

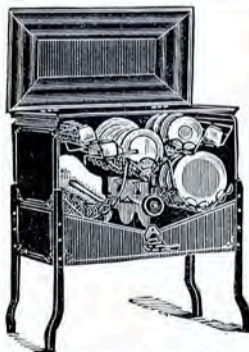
For circulars and terms to agents send to
MADAME GRISWOLD,
923 Broadway, New York; 7 Temple Place, Boston, Mass.; or to General Agents, M. M. Wygant & Co., Fredonia, N. Y.; J. B. Putnam, 126 State street, Chicago, Ill.

DON'T WEAR STIFF CORSETS FERRIS' GOOD SENSE



Corset Waists are now made in various shapes
SHORT, MEDIUM and LONG WAIST for CHILDREN MISSES LADIES
Made in **FAST BLACK** drab and white. All genuine have Clamp Buckle at hip.
MARSHALL, FIELD & CO., Chicago.
Wholesale Western Agents Send for Circular

FERRIS BROS., MANUFACTURERS, 341 Broadway, N. Y.
For Sale by ALL LEADING RETAILERS



WHAT A WOMAN CAN DO

SHE can wash, rinse and dry 10 or 100 dishes at one time with a machine, without chipping or breaking a dish, and without using a dish mop or towel; she can save from two to three hours per day of disagreeable work, and prevent the destruction of her hands, by simply purchasing the light running and noiseless Stevens Dish Washing Machine. You run no risk, as every machine is guaranteed to do its work perfectly or money refunded.

Send for illustrations, testimonials and special offer. Agents wanted.

STEVENS DISH WASHING MACHINE CO.
No. 37 Arcade, CLEVELAND, O.

BOARDING AND DAY SCHOOL FOR GIRLS

Park Classical School, N. Y. City. Reopens September 21, at 7 West 54th St. A parent wishing to educate daughters in New York can live with them at the School. MRS. LEWIS & MISS KEISEY, A. M., Principals.