

BEAUTY CHATS

EDNA KENT FORBES

CLEANSING CREAMS

There are few women who can get along without using some sort of cold cream. I am not particularly in favor of cosmetics—at least, not when exercise and common sense methods of living are so much more desirable as a means to beauty. But cold cream I consider as necessary as soap, and in some cases, even more necessary.

If you have a dry skin you will need a cold cream containing a certain amount of vegetable oil, since this is readily absorbed; but if you have a normal skin and no wrinkles to bother about you can get along just as well with a mineral oil cream which simply cleanses.

An excellent formula for such a cream is as follows:

White Wax.....1 ounce
Spermaceti.....1 ounce
White Mineral Oil.....5 ounces
Rose Water.....1½ ounces
Powdered Borax.....30 grains
Perfumed Oil.....15 drops

Melt the wax, spermaceti and oil together over a slow fire. When all are melted together remove from the heat, add the borax and slowly pour in the rose water, which has been slightly warmed. Stir and beat until the liquid begins to congeal, then pour off into jars.

A little of this can be rubbed into the face before it is washed in order to avoid chapping from the winter winds. After a train ride or a long journey in the car or carriage a little of this cream should be rubbed in before any water touches the face. It can be used as a general cleanser and even rubbed into the skin before exposure to cold winds. It is nothing but a cleansing agent; it will not grow hair; all it does is to get out dirt from the pores where even soap and water will not reach.

Anxious—It is so hard to get rid of freckles that it is much better to spend your efforts in avoiding them rather than curing them. All mild skin bleaches will help to remove them, but can never be absolutely depended upon.

Blackheads are another matter. You must, first of all, have your digestion in good order, and you must be sure that there is no constipation. Then you can begin to treat the black pores themselves. If you will write me a letter with a self-addressed, stamped envelope enclosed, I will be very glad to mail you a formula for a blackhead cleansing powder. This is rubbed into the skin when the pores are open and absorbs the black grease of the blackheads. When it is washed out much of this blackness comes with it. Repeated treatment with the blackhead

powder, hot water and cold cream, will cure the most obstinate case, provided always that your physical condition is normal.



After cold cream is needed as a cleanser.

After the "Flu" or Any Severe Sickness

You Must Enrich the Blood to Restore Strength.

To overcome weakness after any severe sickness nothing equals Vinol, our cod liver and iron strength-creator and body-builder—because in a natural manner Vinol creates thousands of red corpuscles and enriches the blood, quickens circulation, increases the appetite, promotes sound, refreshing sleep and soon the entire system is filled with renewed life, vitality and energy.

Mrs. Chas. Moore says: "Influenza left her so weak she could hardly walk, but Vinol quickly restored her strength the same as it has for a great many of her friends who have been ill."

Your druggist sells Vinol, therefore do not accept any substitute.—Advertisement.

COMPETITION GREETED BABE RUTH IN CUBA

(By Associated Press)

HAVANA, Nov. 19.—During the series of baseball games played by the New York Giants in this city, Babe Ruth, the champion home run hitter, compiled a batting average of .345, but managed to hit only twice for the circuit. He scored five times. His efforts with the bat resulted in two home runs, three triples, three doubles and two singles. He struck out six times.

Ruth was signed by a local promoter for ten more games in this city. During the contracts in which he figured during his first series here capacity crowds gathered at the baseball park, the enthusiasts having but one ambition—to see Babe hit the ball out of the park.

Toriente, a member of a team which met the Giants last week, eclipsed the efforts of Ruth by hitting three homers in one game. As a result of this feat he has been named by local lovers of baseball as the "Babe Ruth of Cuba."

"SAFETY FIRST" TAUGHT

(By Associated Press)

DETROIT, Mich., Nov. 19.—"Safety first" will be taught in all public schools here. It was tried as an experiment last year. Accidents to the school children were decreased fifty per cent, according to police records.

Mrs. Mary Duerr, Oxford, Dies Suddenly; Physician Gives Poisoning as Cause

OXFORD, O., Nov. 19.—Mrs. Mary B. Duerr, aged 61 years, wife of Jacob B. Duerr, died suddenly yesterday at the home of her son, Charles J. Duerr. She was taken ill with what her physician says was intestinal poisoning, and died in twelve hours. Mrs. Duerr had gone to her son's home to assist his wife in caring for her father, John McGonigle, whose condition from hardening of the arteries is critical.

The Oxford township Sunday school convention will be held in the Methodist Episcopal church Sunday evening. Three addresses will be made: "What Shall the Oxford Churches Do for the Religious Education of the College Students?" Prof. Thomas L. Feeney, of Miami university; "Suggestions for a Sunday-school Curriculum for College Students," Dr. J. V. McMillan, of Miami university; "Suitable Courses of Study for Young People of High School Age," Homer Edison, of Midletown.

The alumni of Miami university living in southwestern Ohio is planning a big reunion and dinner at the Hotel Metropole, Cincinnati, on Thanksgiving eve. An unusually large attendance is expected in view of the fact that Miami will close the football season with the University of Cincinnati on Thanksgiving morning. Also the affair is being planned as a farewell for Dr. Alfred H. Upham, Miami's alumni secretary, who will leave on the day following Thanksgiving to become president of the University of Idaho.

New York Wages Double Those of 1914; Is Report

(By Associated Press)

NEW YORK, Nov. 19.—Average earnings in this city's representative trades in September, 1920, were double what they were six years ago and, generally, \$2 a week higher than they were a year ago, according to a report prepared by the Industrial Bureau of the Merchants Association. The report declares that, while the city's industrial activity has receded somewhat from the high water mark established during the war, there is no indication of a general slump in manufacturing.

Charts giving the average weekly earnings of workmen, combining both office and shop employees, for September, 1914, 1915 and 1920, show for the above named years respectively:

Stone, clay and glass products:

\$12.96, \$26.58, \$35.11. Metals, machinery and conveyances, \$14.50, \$27.21, \$30.67. Wood manufacturers, \$12.49, \$24.26, \$28.42. Fur, leather and rubber goods, \$11.77, \$27.00, \$26.43. Chemicals, oils and paints: \$13.67, \$24.79, \$27.00. Printing and paper goods: \$15.58, \$27.36, \$31.38. Textiles: \$9.72, \$21.03, \$24.79. Clothing, millinery, laundry, etc., \$12.40, \$27.68, \$26.46. Food, liquors and tobacco: \$11.60, \$23.40, \$26.04. Water, light and power: \$15.79, \$30.91, \$35.59.

The general average of these industries for the three years runs: \$13.06, \$26.17, and \$28.44.

Lightning Hot Drops when some one has a pain—and pain vanished every time this old reliable remedy was used.

New fangled and more costly things have won the younger generation away from some of the good old-fashioned remedies, but the demand for Lightning Hot Drops is greater today than ever.

Nothing else so quickly relieves cramps, stomach and intestinal pains, rheumatic and neuralgia pain, toothache, earache and similar distresses.

Lightning Hot Drops, for internal and external use, costs only 30c and 60c a bottle. At druggists—guaranteed.

Lightning HOT DROPS

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