

BEAUTY CHATS

SOME TOILET HINTS

Paris, November 9, 1920.
If I hoped that I would be able to find here a great many new lotions for the care of the skin and hair, I see now that I am sure to be disappointed. Paris is indeed the place where many of the best of these things are made, but most of the toilet lotions are extremely complicated to make and contain ingredients which we would find it impossible to purchase at home.

However, there are a few simple lotions which are widely sold here and which anyone at home can make for herself. Personally, I am inclined to think that these are quite as effective as the more expensive and more complicated varieties. I would like, for instance, to give the formula for a strawberry emulsion, which is splendid for irritable, dry or scaly skin, and which is somewhat astringent and, therefore, good for the middle aged as well as the young woman.

Strawberry Emulsion.
Strawberry juice, 1/2 tumbler full
Powdered hexax, 1 generous pinch
Eau de Cologne, 20 drops
Fresh milk, 1/4 glass.
This will be sticky if the strawberry juice is sweetened. In that case, I think if you add a little more cologne it will make it right, since most strawberry juice, to be obtained now, comes in now. This makes a delicious looking emulsion which can be patted on the face after washing and allowed to dry in.

It is a very pretty color and it is supposed to lend a healthy tinge to a

sallow skin. This emulsion was sold me in a perfectly lovely little bottle for a great deal of money. It will cost practically nothing to make at home.

Mother's Darling.—I would not advise you to try anything more complicated in treating the nose than to massage and tap it with the fingertips, to stimulate circulation, and then to rub it with ice. This will tend to overcome the flabbiness. Of course if you are too stout, as you say you are, you will find it a great improvement if you will reduce. Frequently these lines around the cheek are nothing but the result of too much flesh on the cheeks.

Stenographer.—It is not true that if one is too fat in any special part of the body, the whole body must be reduced. You are troubled with the common ailment of all stenographers—fat that collects below the waist around the hips. In your particular case, I wouldn't advise you to go without corsets, but would suggest instead that you wear hip-confiners to bind in the hips, leaving the waist free. Take bending and stooping exercise to reduce the flesh around the waist. You are, from your description of yourself, about 20 pounds overweight, so, of course, if you reduce to normal the hips would not be so large.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So, if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

A SWEETHEART AT THIRTY

The Story of a Woman's Transformation
BY MARION RUBINCAM

ESTHER'S NEW IDEA

Chapter 50

We never did any work Sunday afternoons. That was a rule observed religiously in the house, and a very welcome rule too. For aside from any religious or sacred respect for the day, it gave us the only hours during the week to relax, to think about things other than the immediate task, to take hold of ourselves once more.

Violet and James would go together often, and sit under the trees in the little woods across the fields from our house. Violet would carry her books along and would read aloud and study, while James lay on his back on the grass and listened. It was rather charming, and so unlike the spirit existing between most brothers and sisters that we knew.

"What are you reading all the time?" Esther said fretfully one hot Sunday as the two started away. "Elementary psychology," VI answered.

"Humph," said Esther. "I don't see as any such fancy knowledge will do James any good. Won't make him plow any better, as Jim would say." "James is so interested in machinery," I said. "I wonder what books or magazines I could get him about that?"

"Machinery!" Jim said suddenly, coming through the door in time to hear my question. "Don't talk to me about James and machinery! I let him repair the reaper when it broke this summer and you should have seen the mess he made. Cost me \$25."

He fairly stormed out of the room. I turned around to Esther in surprise. She shrugged her shoulders a little—an action that somehow emphasized the layers of fat over them and over all her body.

"James wanted to make up some sort of engine, I dunno what," she explained. "So last winter he borrowed some little wheels from the reaper and some ball bearings. Jim tried to run it, not knowing, and it wouldn't work of course, and got stuck somehow. I don't know how. Anyway, James remembered and put back the parts he'd borrowed, but even then something was strained and it cost Jim a lot of money."

She walked, flat-footed, across the room.

"Well, I guess I'll lie down a bit," she announced. "What you doin', Enid?"

"I'm going to rest, too, perhaps read," I said, starting upstairs to my room.

I looked at myself in the unfriendly glass when I was alone. I did not look as well as usual.

That is the tragedy of age, after all—at least, the tragedy of middle age. Youth can put almost any strain upon its vitality, and wake up with rosy cheeks and bright eyes next morning. But we who are in the middle period must be so careful. We have so little to give out that we must some-

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It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic croup, hoarseness or bronchial asthma.

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I ought to know it," was her method of excuse.

She had taken off her housedress and the flimsy corsets she sometimes wore, and rolled around herself a curious old garment. It had once been a housedress; it was striped gingham with the wreck of a ruffle around the wide skirt, and a hastily put in seam where the sleeves had been shorn off at the elbow. Esther's method of making a kimono out of it was to slit it up the front and turn back the raw edges. The voluminous affair was wrapped around her now and held by being grasped at one side with her hand.

"Go right along, don't mind me," she said, stretching out on my bed.

I turned a little red. I felt somehow that I was doing something wrong in trying to make myself look better. But there I was, with cold cream on my skin and my hair down, and there was nothing to do but go on with my treatments.

I remembered when she found me once trying on a white dress and her remark that there was "no fool like an old one." I became a little defiant. I got up and went through the stretching and bending exercises Helen had taught me.

"These will keep the figure flexible and young," I said, and unconsciously I spoke in superior tones.

I glanced at her careless wrapper—and at the pretty kimono which somehow made me look so much younger. Then I went on with my treatments, explaining what I was doing and why. And Esther, flat on her back, watched with a great deal of interest.

"Yes, you do look better," she conceded, sincerely though grudgingly, when I was through. "And that way of doing your hair does improve. I slipped into one of my pretty dresses, and stood up for inspection. And then Esther made an amazing remark: 'I been thinking,' she said slowly, 'that since going to the city did you so much good, made you new all over, as I might say, that I would go back with Violet this winter. I can stand a little improvement myself, I guess. Besides, you seem to have had a real good time.'"

And again I felt that unseen hand, clutching my throat and stifling the life breath out of me.

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Heart Problems

Dear Mrs. Thompson: Is it always the man's place to ask to call, or is it permissible for a lady to ask him to call before he has expressed a desire to do so? THANK YOU.

It is really the woman's place to invite the man to call. I have observed, however, that men ask permission to call whether they have had an invitation or not. Some men are so conceited that they feel a woman is running after them if they are invited before they have asked permission.

If someone is showing particular interest in you, I think it would be all right for you to ask him to come to see you. Do not urge him to come, of course.

Dear Mrs. Thompson: I have been going with a boy for two months and lately he has been bringing other girls home from work. He asked to take me home, but I would not let him take me home. He tells me not to talk to other boys, but he talks to girls just the same.

I love him very much, but he doesn't seem to care for me as much as he used to. He has my ring. I asked him to give it to me, but he won't. Does he still care for me? He said he was going to buy me a ring. Should I take it if he gives me one? BLUE EYES.

The young man seems to be interested in you or he would gladly return your ring and would not object to your talking to other men. Try not to show your love for him. If

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he thinks you are in love with him his indifference will grow.

Do not accept a ring from him unless you become engaged.

Dear Mrs. Thompson: I am a girl of nineteen and I have a really great question. It is most important and urgent to me.

I like two boys. One I like very much and the other I like a little. The one I like a little I think I could learn to love more than I do the one I like very much. Do you think it is a mistake for a girl to let herself learn to care for a young man who does not show he will ever care for her? C. R.

Be master of your thoughts as far as possible. If you encourage yourself to fall in love with some one, you will be building an ideal which may not be like the character of the man you think you love.

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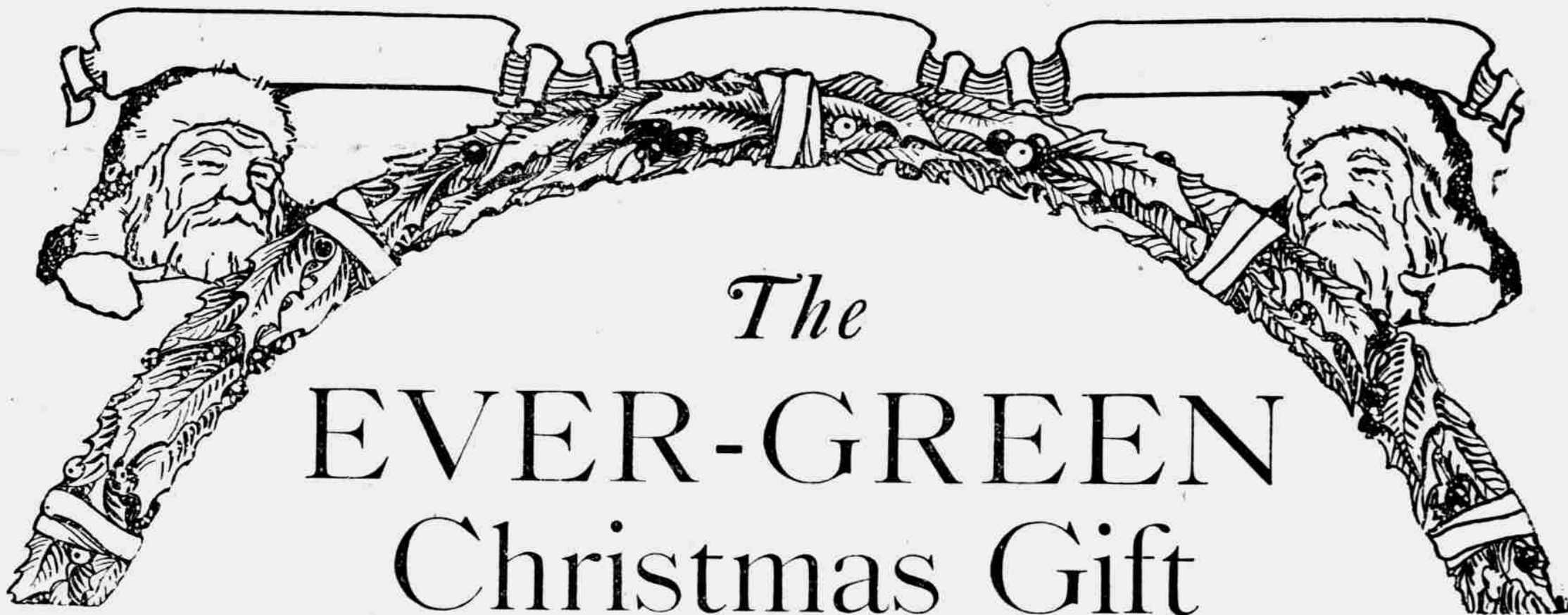
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