

BEAUTY CHATS

HINTS ABOUT BATHING

Paris, November 11, 1920. The French physician most thoroughly disapproves of what he calls "the typical American bath." "The American woman," he says, "makes herself old long before her time by indulging in hot soapy baths that dry out the oils of the skin and bring on wrinkles before they are due." "A bath should be invigorating," he said. "The trouble with the average American woman is that she thinks a bath is cleansing and that if it is that it has fulfilled its sole duty. A bath should be only incidentally cleansing. If a woman bathes only once a week, naturally she needs a cleansing bath, and in that case she would probably have to use a great deal of hot water and an enormous amount of strong soap in order to clear the pores of the skin. But I am not talking about that sort of woman," he added. "The only healthy way is to take one bath every day—either before dinner, when a woman is changing from her daytime clothes into her evening gown, or else at night just before she goes to bed." "But," I protested, "think of the women who are too busy to change to an evening frock every night and who perhaps have so many duties that they cannot take the time for an afternoon bath!" "The business woman," he said, "needs the refreshing, stimulating bath more than anyone else, for she comes to the quiet of her home from the strain of her work and the dust and dirt of the street. Even if she does not change her frock, she should undress and bathe." He gave me a great many sugges-

tions for bathing, some of which I have already given, since this physician is the author of a book which I read a couple of years ago. But one of his suggestions seemed to me excellent for the woman who has a loose, flabby skin, and particularly for the woman who is reducing. This is to take a normal bath, not too hot, using a mild skin soap. Then run off the water and run it in again as you sit in the tub, having it quite a bit hotter than it was. From time to time add a few drops of tincture of benzoin. I should say about two or three tablespoonfuls to the tub a third full of water. Rinse the whole body with this, staying in the water as it cools. Then rub the skin briskly with a coarse towel. The benzoin makes the water sufficient astringent to tighten the skin, and at the same time it helps make it soft and white. In a few days I will give directions for an entirely new sort of bath for the thin and anemic woman. Heartbroken—I can quite sympathize with you, yet there is very little I can do to help you. It is impossible, you see, for one who is an utter stranger to tell you why you are not popular. I think the secret of popularity is to like other people and to be very nice and jolly and friendly to them. Why not ask the popular girls what they think the trouble is? 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, and 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

Chapter 52 THE WEDDING

The conversation between the two sisters seemed to worry Violet for days. The day before the wedding she talked to me about it—it was late at night, and things at last were ready. And Violet and I were sitting in my room, and doing the little ceremonies with cold cream and hair brushes that seem to inspire women with a desire to talk confidentially. "Do you think they'll be happy?" she asked, braiding back her lovely yellow-gold hair. "Why—why I suppose so," I answered, busy with cold cream. "I hope so. She's wanted him a long time—we know that. You remember how miserable she was when he was paying attention to another girl." "A woman may be jealous because she's in love, but she's not necessarily in love because she's jealous," observed Violet slowly. I looked at her in surprise. Every once in a while she would come out with some statement that showed how she was maturing by leaps and bounds. "I hope they'll be happy," she went on after a time. "but I don't believe it. I don't think Laura is in love at all. I don't think she is capable of falling in love." "But certainly she's fond of Charlie, and I think he's very fond of her." "That doesn't mean they'll be happy. She was fond of John Tracy, too. I used to run across them out on the porch, just spooning like a couple of—of sillies. Then Charlie came along and he lives near and he came around a lot—and well, that's all there is to it. I believe she would be crazy over most any man that seemed crazy over her. She wanted to get married. She thinks it's disgraceful for a woman to be unmarried when she's more than 22 or so, and she's that now. It's that—it isn't love."

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aster, but from utterly different reasons.

We were so tired that Esther allowed us an hour's extra sleep that day—the day of the wedding. There was no farm work but the most necessary routine, and the hired men did that and then went off on a holiday. Several neighbors came over to help, for there was to be a big dinner following the afternoon wedding.

Violet wore one of the prettiest of the dresses I had made, and I was urged by Esther to lie down, and rest and then to do my hair up very high and to "curl it a little."

"Mark's coming over," was her brief reason.

Violet with James who took little interest in the proceedings, and some girls from the village, went out in the morning and gathered as many flowers as they could find in the fields—few enough this hot month. And the friends near by generously robbed their gardens until every jar in the house was full.

"It does look charming, I never saw our house look so well," I commented to Esther, gazing with pleasure at the flower-filled rooms.

"Awful mess to throw away tomorrow," she grumbled. "Well, thank heaven, it's happening today and it will be over soon. My, I feel like an old woman already, now one of my children's marrying."

She came back presently, dressed for the ceremony in a dress much too tight for her. We went together to help Laura. I tried to feel some of the romance of the occasion—but it was impossible.

Laura had a white silk dress made, with many lace ruffles and a cheap lace wedding veil. The full skirt emphasized her large hips. The excitement of the occasion made her face hot and warm, so it began to shine with a high gloss, and her nose grew red too. In vain I lavished my own precious powder on her. One slipper

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You can feel this take hold instantly, soothing and healing the membranes in all the air passages. It promptly loosens a dry, tight cough, and soon you will notice the phlegm thin out and then disappear altogether. A day's use will usually break up an ordinary throat or chest cold, and it is also splendid for bronchitis, croup, hoarseness, and bronchial asthma. Pinex is a most valuable concentrate compound of genuine Norway pine extract, the most reliable remedy for throat and chest ailments. To avoid disappointment ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pine Co., Ft. Wayne, Ind.

was tight, and its pinching was doing things to her temper.

But on the whole she was pleased to be the centre of the excitement, and very pleased at the presents that arrived that day—we of the family had clubbed together, at her request, and bought her a very shiny "parlor suite."

And finally it was over, and the bride and groom—Charlie red with embarrassment and sunburn—drove off together with Laura's trunks in the wagon—towards the back road and the new home.

And Violet, slim and delicate and glowing like a rose from the excitement and the work and the many guests stood at the gate. Her blue eyes were wet and wistful—and I knew what she was thinking.

Tomorrow—James

The newest vault protection device for banks and such institutions has an automatic door closer, which will trap thieves who might gain access to these storage places.

Baby Coughs
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Indiana Brevities

SHELBYVILLE—Three minutes after having been pronounced dead by his attending physician, Clint Cherry, resident of this city, revived and will probably recover from the heart attack which he suffered. His physician had members of his family called to his bedside when he was supposed to be dying and a short time later he was believed to have passed away. An undertaker was about to be called when the man gradually recovered from the attack.

COLUMBUS—Despondency over the action of the court in placing her 13-year-old daughter in an orphan's

home at Gary, is believed to have been the cause of Mrs. Hattie Ervin, 35 years old, attempting suicide by swallowing poison at her home here. Physicians believe she will recover.

ANDERSON—Mayor W. J. Black of Anderson, announced in police court that he was going to break up the liquor traffic in this city if he had to place a policeman in front of every house. He has ordered that bonds of all persons arrested for violation of the liquor law increased to \$1,000 in the future.

LOGANSPORT—A human skeleton believed to have been that of an Indian who roamed this part of the country two centuries ago, has been unearthed by Joe Burley and Clyde Gil-

fin, while working in a gravel pit eight miles west of Logansport.

ELKHART—Don't leave your house key in your mail box. Mr. and Mrs. Eugene W. Cole, of Elkhart, did, and when they returned they found they had been robbed of \$100 in cash and some jewelry. Twenty dollars of the money belonged to the fraternal fund of the church society of which Mrs. Cole is treasurer.

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