



Skin Deep Yet Deeper

BEAUTY," said the sage, "is only skin deep."

"But most of us," replied the cynic, "are very poor diggers."

These statements were far truer a while ago than they are today.

Each year it is being proved, and more and more convincingly, that a face which contains nothing more than well-formed features is not the one to hold our attention for more than a short time. Every woman, if she is honest with herself, will admit that she longs to be beautiful. But if she is sensible, she will realize that many of the bad points over which she is worrying, may be helped by exercises, diet and a cosmetic or two. If, besides being sensible, this woman is clever, she will know that the imperfections which cannot be eliminated by some exterior device or cannot be helped by some internal treatment, may be completely ignored as if they never existed.

Few of us realize that our skins and complexions, although softened and improved by lotions and cold-creams, can never be really good unless the digestive organs are in perfect working condition. The first essential for a clear, beautiful skin is to improve the general health. This may be accomplished by nourishing food, plenty of sleep, fresh air and water. A celebrated beauty specialist was once asked what treatment was the quickest and best to gain a good complexion. His answer was this:—"Plenty of water, internally and externally." Aside from the nicety of cleanliness, water is one of the greatest aids to health. A clean skin is always a beautiful skin. To acquire this, means constant attention; a thorough scrubbing every night with moderately hot water and good soap is an absolute necessity. Next in importance is regular exercise and from six to eight glasses of water a day. This treatment will transform the most unattractively "blotchy" skin into a smooth and lovely one. The transformation does not come in a day—but it can be accomplished.

Hair in itself is never ugly. Some hair is more beautiful in color than others, but there is none which, to the woman who understands and studies it, cannot be made lovely. Hair, as skin, is the thermometer that indicates the rise and fall of our vitality and physical fitness. If the organs of the body are all working in perfect unison, it will follow that the hair will become glossy and beautiful in texture. The most unattractive hair has latent possibilities, which the clever woman will develop.

I once knew a girl who would have been very good-looking had it not been for her hair. In her own words, it was the bane of her existence. Its color was dull brown, it was lifeless and oily—the kind of hair that clings to the head regardless of the amount which one has. This girl, from ignorance and neglect, had assuredly mislaid her crown of glory. I did not see her for some time. One day, many months later, I met her at a friend's. What a change! The dull brown hair was positively radiant. In it were glints of red and gold—it was soft and shiny. I exclaimed how well she looked, and how lovely her hair was. She laughingly replied: "It isn't dye nor bleach. It's good health. I found out a while ago that I was badly 'run-down,' and in desperation went to a doctor. He gave me very little medicine, a tonic or two, but oh! the exercises I have taken, the funny coarse foods I have eaten, the water I have drunk and the hours I have slept; and from it all has come a made-over body. And," she added, "hair which is almost made-over, too." Surely this girl had been recompensed, for the long mislaid crown had been found.

There is no feature of the face which should have such care as the eyes; on our treatment of them depend their comfort and usefulness. The clear eye, offering to the glance the bluest blue, the softest gray, or the most velvety brown, attracts us at once. It suggests health. What then

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should we do if we would have eyes clear, bright and sparkling? The first thing is to avoid eye-strain. The optic nerve is one of the most sensitive in the body. Eyes are very often the cause of headaches and the little pucker that comes in the forehead just above the bridge of the nose.

Again we go back to the digestive organs and emphasize the fact that an eye which is long to perform the duties required of it, must have a healthy body in which to make its abode; for it, as the hair and skin, is an indicator of the general health. Sparkling eyes, lit up with animation (and one cannot be animated if below par physically), are good to look at, even if their color is nondescript. In the morning the eyes should be bathed with warm water, then with an eyewash. The formula for this wash is very simple: To a cupful of hot water add a half teaspoonful of powdered boracic acid, and two or three drops of camphor. The easiest way to use this is with an eye-cup, which may be obtained at any druggist's.

THE eyebrows and lashes, which are accessories, but most important ones, to face and eyes, may with careful training be made luxurious and beautiful. A bit of vaseline, rubbed along the edge of the lids and on the brows will be found to be most beneficial. Trimming the lashes every six months will promote their growth, and overgrown and bushy eyebrows may be shaped with a small pair of tweezers. This should not be overdone, however, as the prevailing fad of Chinese shaped brows is neither becoming nor in good taste.

And now we come to the feature which seems, of all others, to cause most dissatisfaction to its owner—the nose.

If we could remember that a large nose is a sign of intelligence, and the pug is referred to by the French as *retroussé*, and considered a great mark of beauty, we might feel a little more kindly toward that particular variety with which nature has endowed us. It is the skin which covers the nose that counts—its texture and cleanliness, the size of the pores and its color. The most beautifully shaped nose in the world may become the most disfiguring of features if it is "blotchy," red or blue in color. The digestive organs are responsible for the first two, the latter is the outcome of poor circulation.

Had we time to speak of what the mouth and chin denote as to character we would perhaps forget what is the so-called beautiful mouth, although the requirements of the chin are more or less the same. Thick lips are never attractive, but many of us are spoiling what would otherwise be a pretty mouth and making the lips heavier than they would naturally be, by biting and chewing them. In the winter, lips are apt to chap and crack—this can be obviated by using a cold-cream before retiring. The mouth that is slightly raised at the corners is always far more attractive than the one that turns down. The best formula which I can suggest for accomplishing this is six grains of good disposition, four ounces of humor, dissolved in a quart of laughter; to be used every hour of the day.

We can do little to improve the shape of the chin, but we can keep from adding to it. When the first signs of a double

chin appear, massage and a rubber bandage will help. A compress of hot water followed by one of cold, will draw the relaxed muscles of a sagging chin back into their proper place. There are also exercises which have proved most beneficial for reducing a double chin.

I repeat that every woman longs to be beautiful, and beauty must be deeper than just the skin. To be thoroughly well-groomed, one must be mentally groomed as well as physically. The well-balanced, perfectly poised mentality will bring with it beauty. If you will cultivate poise, charm of manner, and last, but best of all, a sense of humor, you will find that the shape of the face and the features will be a secondary consideration.

