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HOW TO CULTIVATE

THE COMPLEXION

BY

MADAME M. YALE.

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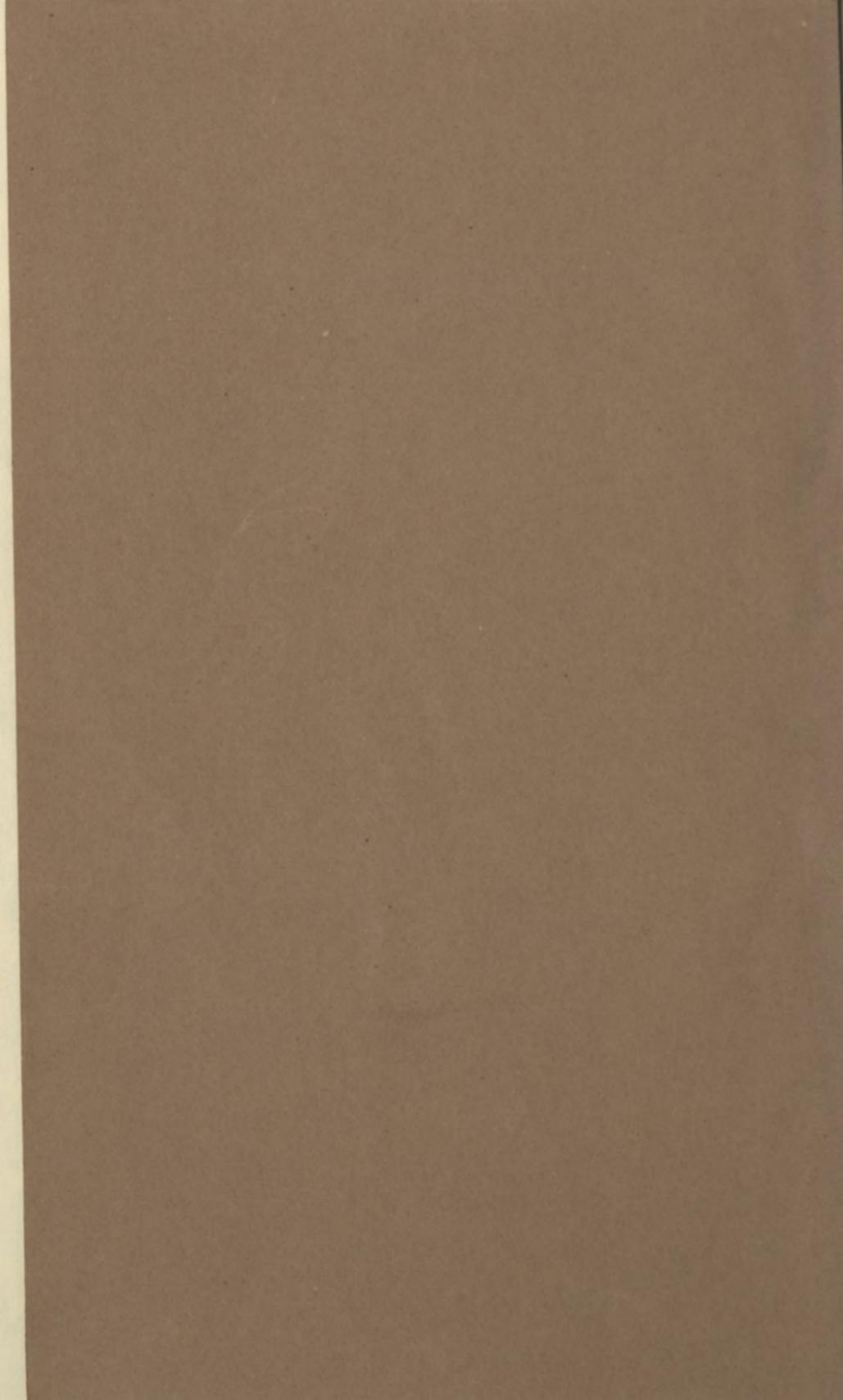
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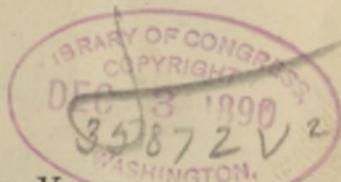


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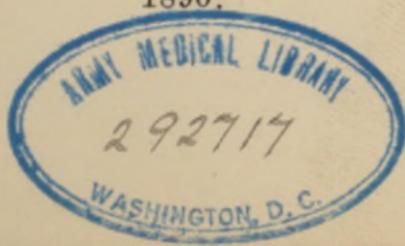
A PRACTICAL TREATISE ON
THE CARE OF THE SKIN.

BY
au de
MADAME M. YALE.

FIRST EDITION.



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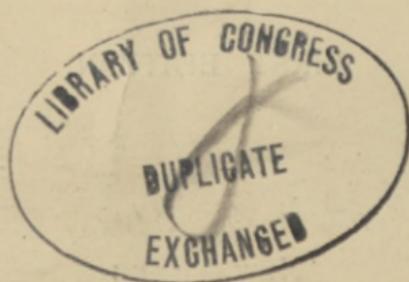
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To the friends

*Who have ever given me their steadfast
confidence;*

To Patrons

*Who have rewarded me with their
gratitude;
and*

To those of my Sex

*Who are seeking the domain of beauty,
this little volume is appreciatively
and earnestly dedicated by*

The Author.

INTRODUCTION.

The average woman whom Nature has not favored with a heritage of beauty, is far too often the victim of a distressing hopelessness over her personal defects. She stands before the mirror and, with a sigh, turns away saying, "why was I born with such a plain face, such a horrible complexion?" Then she sits down, folds her hands and idly grieves over her facial misfortunes. She does not even try to make the best of Nature's niggardly gifts by endeavoring to overcome, as far as she can, the defects which cause her such mental agony and create within her breast the desire to hide herself from all eyes; and so her life goes on with none of the sunshine of admiration in it, and despondency and unhappiness in full possession of her disposition, to her own misery and her friends' discomfort.

It is to try to persuade these hopeless

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ones into an ambition to become attractive and thus admired and happy, that this little volume has been mainly prepared ; though it is also intended to teach those on whom the gods have bestowed natural beauty how to preserve and enhance the glorious gift.

The author's experience in her own case as well as that she has derived from a large and successful practice in the profession of dermatology, has convinced her that there is no woman who may not greatly improve her personal appearance if she sets herself earnestly about the task and takes heed of wise counsels; and it is in response to the requests of many friends and patrons that the author, through these pages, extends a helping hand and offers sincere advice to both the plain and the beautiful. The suggestions presented do not rest upon the simple basis of observation, but upon the latter and a long and practical study of the skin and its defects,

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and the consequent discovery of certain rational methods of overcoming the blemishes which afflict so many complexions.

It is therefore with the utmost pleasure and confidence that this little volume of genuine assistance in the realm of beauty, is offered to the public by

MADAME YALE.

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CHAPTER I.

THE IMPORTANCE OF BEAUTY.

At no time in the world's history has beauty ever occupied an inconspicuous place upon its pages. From the annals of the different eras, we learn that monarchs yielded their power to its fascinations, and warriors laid their weapons at its feet; that statesmen have paid homage to its glory, and to it all mankind has ever bent the knee in subjection, as to a proud sovereign of the universe. And yet, who has ever comprehensively defined beauty?

While acknowledging its power, wise men, philosophers and poets differ as to what it is. Could a composite type

of their ideas be created, the world would behold a woman with the nature of an angel, the intellect of a de Staël, the figure of Venus and the face of Psyche. But Nature is not thus generous to her subjects, and she seldom distributes charms of mind and person collectively, but endows some with mental attractions, some with physical beauty, and others with loveliness of feature. Nor does she forget to bestow those tender, womanly traits which render even the plain loveable though they can lay no claim to the admiration of the eye.

It has been said that "wisdom is power," but none the less so is beauty. On beauty's throne sits a potent ruler of all mankind; but it must not be supposed that those to whom Nature has not been lavish in her gifts are altogether maids in waiting to the glorious queen. Not so. Every woman possesses some charm which may be

heightened, or some dormant attraction that may be quickened into being, if only there exists the ambition to become lovely and the patient action on which to successfully rest such an ambition. This being true, every woman owes it to herself, to those whom she loves and who love her, and to the world at large, to become as beautiful as is possible from the foundation inheritance of Nature. She will not be able to change the color of her eyes, but she can call into them a happy expression ; she cannot change the contour of her face, but she may illumine it with her intelligence and sweetness of disposition. These attractions she may enhance until they are components of as perfect beauty as woman's heart can desire. And how is this enhancement to be accomplished? Simply by regarding those hygenic laws which will send the blood healthfully coursing through her veins to paint a rose upon her cheek

and tint her lips as red as precious rubies, and by caring for her complexion through harmless and certain methods, such as have been deduced from scientific and successful experiments. With a beautiful complexion, such as any woman may attain if she possesses the attributes of patience and discretion, no woman need pine for that love and admiration so essentially necessary to a womanly nature.

Womankind do not need to be told that the outward foundation of that beauty which holds the admiration of the world is a faultless complexion. The features may even be irregular and yet the face be fair to see, if the lily and rose are but spotlessly blended thereon.

It may not be uninteresting to my readers to know why I so positively make this assertion, or to learn how I came to take up the study of dermatology and apply the results of my

labors to an amelioration of those annoyances of my sex which arise from imperfections and blemishes of the complexion.

It will be remembered that in the introduction to this little volume, reference is made to my individual experience aside from that of my professional career. The latter has afforded me abundant proof that the former was not an exception to the rule, and that any woman who will, may remove from her complexion unsightly blemishes just as I did from mine, and leave her face as fair and smooth as mine now is. But when she has done so, she must care for her complexion as tenderly as a mother does for a babe—just as I care for my complexion.

Here is the history of my complexion, and my readers cannot but be convinced from it that there *is* hope for even the most hopeless.

When I was a child, fast growing to

womanhood, my complexion was an eyesore to myself and everyone around me. My face had a muddy tinge where it was not disfigured by large black freckles and blackheads; and I was bountifully supplied with both these disfigurements. At ten years of age I was sent from the country town in which I was born, to Boston, to acquire my education. Just why I should particularly fancy the study of chemistry has never been quite clear to me, but I am willing to believe the inclination was given me as a compensation for the mental misery I endured over my hideous complexion, for it led me to the discovery of the remedy which made me happy; and once that state was attained my sympathies went out to the thousands similarly afflicted, and led me to a long study of dermatology, thus enabling me to not only remove those harrowing blemishes just mentioned, but also to bid defiance to

their return once they were banished.

Many were the experiments I tried upon my face, and painful were the experiences. But I knew I could not make my complexion any worse than it was, and so I applied one after another of the results of my chemicals and crucibles.

I was but fourteen years old when I graduated in chemistry and its kindred branches. Then I began my experiments, and at the end of ten years of arduous work in my private laboratory can say that I am amply repaid for all my efforts, and more than ever convinced that beauty rules the world; that the first outer principle of beauty is a fine complexion, and that nothing is impossible in the matter of improving a bad one. I wish to offer you advice which is the outcome of practical experience, not of theoretical conclusions. Through it, if its suggestions are heeded and patiently developed, more or less beauty may be attained

and preserved, the health improved, and resulting happiness will be the lot of her whose existence has hitherto been hopeless in tint through her lack of the gracious gifts of Nature.

CHAPTER II.

THE SKIN: ITS STRUCTURE AND FUNCTIONS.

When the tender foliage of a growing plant shows a paleness in tint, and the petals of its blossoms lose their intensity of hue, what does its watchful guardian do to restore it to its original beauty? He searches for the cause of its debility and removes it, and then feeds and nourishes the roots until its foliage and blossoms glow with healthful tints once more. His experience teaches him the best and proper methods by which to cultivate and make more beautiful his floral collections, and he rarely finds a plant that does not satisfactorily respond to his wise and gentle care. The same principle applies to the complexion. It must be cultivated if less than perfect, and tenderly guarded when flawless. Though

not as fragile as the petals of a flower, the skin upon the face is sufficiently delicate to require the most careful attention, and is often ruined by carelessness and neglect. In taking up this subject therefore, it will be well for its clearer comprehension by my readers, to briefly describe the anatomy and functions of the skin; and thus also remove much of the prejudice existing against the cultivation of the complexion by modern methods which are supposed to be harmful, but in reality are beneficial.

The skin, which is a delicate satiny covering for the body, and sufficiently resistant to protect the latter from the ordinary jostlings and collisions of everyday life, is composed of three distinct layers, although to the eye but one is apparent. Each layer has its own particular duties to perform, and when in a healthful condition no mechanism of inventor is more complete in

its action than the triune mechanism of the human skin.

The layer which is immediately perceptible is the epidermis or cuticle. The term epidermis is derived from two Greek words—*epi*, meaning “upon,” and *derma*, or “true skin.” The word thus descriptively explains its own meaning—an outer skin upon an under one. Between the latter and the epidermis is a mucous net-work which holds and supplies the pigmentation or coloring matter of the skin, and according to the amount of pigment, a complexion is blonde or brunette; and it is also between this net-work and the epidermis that the blood deposits little flecks of salts of iron, which the ardent rays of the summer sun and the penetrating winds of early spring deepen into those yellow and brown disfigurements known as freckles. The epidermis varies in thickness over the whole person, being especially thin on parts of the face and

thinnest on the eyelids. It is, apart from the true skin, insensible to pain, not being, like the latter, supplied with nerves and veins; and it is also the layer which rises in blisters from friction or irritants, and that which peels off after one has been severely sun-burned. It is constantly and naturally, though very gradually, falling off in tiny scales, to make room for the new epidermis which continuously builds up from its own inner surface; and it is also the layer which, after maceration in warm water, can be removed in small pieces from the true skin with no injury to the latter. I am writing at length of the epidermis, because it is in consequence of the action of certain really harmless remedies upon it, that many ladies refuse to make use of the means to an end—namely, a lotion to secure a fine complexion—and also vigorously assail the virtues of potent preparations which may have been injudiciously

used, but with no permanent ill results. If our ladies and lasses sit in the sun and the breezes of mountain and sea until the epidermis of their faces is burned till it eventually peels off and leaves a fair skin beneath; and if for a toothache a mustard paste blisters the cheek and the consequent denudation of epidermis carries away with it a muddy tint or hideous freckles with no injury to the true skin, how can harm possibly arise from a similar process, though conducted by artificial means intended for the purpose? To a mind disposed to be fair, there can be no ground for further argument. What the elements or the homely prescriptions for ordinary ailments may safely consummate, certainly carefully prepared medicaments may be relied upon to do just as harmlessly and more effectively.

Having in partial self defense digressed from a description of the skin,

I beg my readers' forbearance and again take up the thread of the subject.

The epidermis is pierced with thousands of minute invisible openings called pores, and each opening marks the terminus of a tiny coiled tube or canal traversing the mucous net-work and ending under the true skin in the subcutaneous cellular tissue. These tiny canals are the glands by which excretion and absorption are carried on. Through them much of the waste matter of the system is thrown off, and by them the skin is nourished by natural lubrication from the oil glands, or by applied unguents. The blood also deposits its impurities in these little ducts which carry their effete burden to the surface of the skin, where it is either healthfully thrown off, or retained by clogged pores until decomposed and poisonous, when it is reabsorbed or breaks out in a rebellion of festering pimples. Remembering that the epidermis is a

network of punctures and that a tiny coiled tube extends from each, it is really not so surprising to learn that the skin of an average-sized person is traversed by twenty-eight miles of these tiny sewer-like canals. And when one knows that in a square inch of human skin there are three thousand of these tiny openings called pores, it is easy to understand that the great Creator intended the human system to be kept in repair by a very wise and thorough sanitary arrangement.

And it is just here that the average woman fails to properly support the divine intention, by culpable neglect of hygienic laws. In its proper place in this little volume, the matter of bathing will be taken up and discussed ; it is only incidentally mentioned here as one of the most important points of hygiene. Since the structure of the skin is now plain to my readers, it will be easy for them to comprehend the

methods by which a complexion can be cultivated and improved. Discolorations which lie directly under the epidermis, such as freckles and moth patches, may be overcome by removing the epidermis, and it has been clearly explained that this insensible covering of the true skin can be removed with no resulting injury; and it is here asserted that its place is immediately taken by a new, fine, clear epidermis, as fresh and rosy as that on a child's face. It has also been shown that under the outer skin is an immense drainage tract whose functions must not be obstructed, and that the openings of these ducts are the mediums through which waste matter is thrown off, and nourishment for the skin is supplied. It simply remains, then, for my readers to study the advice found in the following chapters, heed its precepts and be patient and persistent in their devotions at the shrine of personal improvement.

Tenacity of purpose cannot be too strongly urged. The woman who wishes to acquire beauty must resolve to be steadfast in her efforts, and must not look for a speedy or sudden transformation. Only through true and unremitting attention can she expect to be transformed from an "ugly duckling" to a belle. If my earnestness upon this point discourages her awakening ambition to be beautiful, let her remember that beauty rules the world; and that a sovereign seldom ascends his throne without having reached it by a tedious and tortuous path, but the ultimate glory is worth all the trouble, and would-be rulers of hearts should not permit their ambitions to succumb to the impediments offered by time and a slow progress in the coveted direction. Be faithful, be patient, and beauty, that potent charm of the universe, will sooner or later be yours—if not in feature or form, in a complexion that will rival the lily and the rose.

CHAPTER III.

THE FOUNDATIONS OF A BEAUTIFUL COMPLEXION.

While "complexion" is a word referring particularly to the tint or hue of the skin, it also embraces the texture and condition of the epidermis. A complexion may have the pallor of marble and the spotlessness of the lily, and be the result of a bloodless state of the system; and to a normal taste such a complexion is not beautiful. Its transparency lacks the pink tinge of health and suggests the hue of death, and at once stamps its possessor as a fragile being who needs the tenderest care to bring her to perfect health and natural beauty. Good health and personal beauty are so closely allied that the former is a necessary basis for the latter, although an ethereal beauty may

exist without such a foundation. When ill health or anæmia have rendered the skin waxen in appearance and snowy or yellow in tint, or the blood is throwing its poisonous waste to the surface in pimples, the cultivation of the complexion must begin at the root—that is the system must be reinforced and strengthened by tonics and nourishment, and the blood cleared by purifying remedies. Without these preliminaries, where they are really necessary, a complexion cannot be permanently improved by outward applications. The latter may remove accumulated discolorations and impurities of the skin that have resulted from inactive functions or vitiated blood, and for a short time cause the skin to look fair and clean ; but if these hidden enemies are not forced into a normal action and a pure condition, they will impart their ravages to the new epidermis or “complexion” just as they did to the original one, and then

the outward process of clearing the skin will of necessity become a periodical matter.

Take some reliable tonic to stimulate the appetite, and then eat nourishing, digestible food in order to build up the wasted tissue underneath the skin, and so give the latter a firm, plump foundation such as Nature intended it to have. Then, if the general condition indicates that the blood is disordered, or thin, or sluggish, use some reliable purifier to remove its obnoxious qualities and restore or reduce it to its normal fluidity.

It has been explained in a previous chapter how the blood drives its effete particles into the ducts and glands under the epidermis, and how necessary in consequence it is that the pores be kept unobstructed. Now in its course through the veins and arteries the blood must also be strong and active. If it is weak from a lack of red corpuscles, it

will carry no color to the skin, the cheeks or the lips except during violent exercise which leaves a delicate person thoroughly exhausted and eventually with an increased pallor. On the other hand, if the blood is of the proper consistency and is healthy in quality, and the circulation is normal, the rich, pure blood will give its color to the cheek and lip just as ruby wine lends its glow to the cup. But if the blood is too thick it becomes sluggish, and the veins are continuously clogged and surcharged, and the thus impaired circulation dams up the blood in the extremities, just as tight clothing will also do, and faces and hands become permanently flushed and coarse in appearance; and all the cosmetics in the universe will not alone overcome the annoying effect. The cultivation of the complexion in this case, also, *must* begin at the root of the trouble—the blood. That must be cleared of its surplus richness and re-

duced to a natural density, before one can hope for much improvement from external applications. These points are presented before coming to the ordinary care of the complexion, because it would be utter folly to assert that every complexion, regardless of the conditions of system and blood can be cleared and improved by proper ablutions, reliable lotions, softening creams and healing unguents, for such is not the case. Even if common sense did not govern me in making this statement, my observations in the successful practice of dermatology for the past eight years would convince me that outward applications will not permanently remove the complexional results of seated ailments of the system and blood. But this is what *is* true. The system *can* be strengthened, the blood *can* be purified; and then the worst complexion that ever resulted from such disorders can be restored to its original beauty, and even

that may be improved by further care and cultivation. It is, however, perfectly safe to assert that when one complexion is bad from a disordered condition of the system and blood, twenty, yes, even a larger proportion of complexions are in a deplorable condition from ignorance of the hygienic laws relating to the skin, or from indolence, exposure to the elements, the trying changes of temperature both in the outer atmosphere and that of the average house, or from any of the many things which, in the daily lives of some, arise to produce a grimy, sallow complexion. Without hesitation I assert that there is not one of these afflicted individuals but what may cultivate her complexion into one of beauty, if she will only care for it patiently, and on a reasonable basis, such as I shall advise.

In restoring a bad complexion, one must begin on the same principle that a physician usually writes his first pre-

scription in the beginning of a serious illness. This first prescription is preparatory—that is, it is intended to clear the system of accumulated secretions that might militate against the remedies he intends giving for the quelling of the disease itself. He thus makes cleanliness his basis, and this is exactly what *should* be done and *is* done in the treatment of the complexion by first purifying the blood. But in complexional cases where there is no ill condition of the system or blood, the cleanliness is secured by *proper applications of soap and water*. I do not wish my readers to suppose I imagine they have never washed their faces; but I am positive that but few of them ever perform their ablutions properly. In many cases this lack arises from a prejudice which seems to extensively exist against the practice of applying soap to the face. Even *I* protest against the use of promiscuous varieties; but that a fine soap composed

of purified and refined ingredients is antagonistic to the preservation of the skin is preposterous. The promptings of philosophical common sense should teach every woman of intelligence that she can no more *clean* her face without soap, than she could remove oily, fatty matter, such as exudes from the skin, from any other texture. She knows that the clothing which comes in contact with her skin accumulates an oily deposit that cannot be removed without hot water and soap. If she has read these pages thus far she knows, too, that the pores of the skin must be unobstructed, and that that was the Creator's intention when he planned that perspiration should ooze from every minute opening. She offers a serious impediment to the fulfillment of natural laws when she refuses to properly cleanse her face with a substance which will remove the fatty secretions and leave the little pores free to do their

proper work. The refusal to use soap upon the face is simply a bigoted remnant of a custom dating back to the half-savage days when ladies declined to wash their faces at all for fear of spoiling their complexions. I offer no apology for these plain words, because everyone who has ever made a study of the skin not only recommends on scientific principles the use of soap, but insists on it as a necessity for promoting the proper functions of the skin. The custom of always wiping off the face with cold cream, vaseline or sweet almond oil instead of washing it, is a relic of barbarism and more to be deprecated than the non-application of soap, since it is absolute uncleanliness. Cold cream, softening balms and lotions are necessary to the cultivation of a fine complexion, but they are adjuncts—not principals in the process. The pores of the skin must be open to receive their benefits, and this they cannot be unless

kept so through proper ablutions. When continuously applied with no interruptions of soap and water, the pores, after absorbing as much as possible, become so clogged that after a short period these continuous inunctions are simply a waste of time and material; for it is impossible for impeded pores to receive nourishment for the skin. This actual sin of commission against Nature by the omission of soap from the ablutions is to a slight extent mitigated when a lady occasionally bathes her face in cologne or alcohol or bay rum, each of which will partially "cut" the oily accumulations; but for healthful, perfect, absolute cleanliness there is no substitute for hot water and fine, pure soap. If the water is distilled so much the better; but rain water or soft water that has been made hot by boiling, is fully the equal of distilled water and has the advantage of being within the reach of all. It has been, in a way, distilled, since the boil-

ing process removes all impurities and even softens hard water. In boiling the latter put an empty two-ounce vial in the kettle of water, and the carbonate of lime and any impurities will adhere to the vial. When the vial is removed the water will be as soft and pure as if distilled. And now I am going to tell you

HOW TO WASH YOUR FACE.

Just as the best physicians disagree upon the use of certain medicines, so do dermatologists differ as to the employment of hot or cold water in washing the face. Always allowing common sense to guide me in or to my convictions upon all matters, and especially those pertaining to my profession, and these convictions being amply supported by the results of my advice to my numerous patients, I strongly advocate, in this particular matter, the *use of hot water*, and a general avoidance

of cold unless the latter be used for rinsing, or as a stimulant for the circulation after the skin has been perfectly cleansed with soap and hot water, just as the cold shower or plunge is taken for reactionary purposes at the end of a Turkish or Russian bath. Cold water is not a perfect cleansing agent where oily secretions are to be removed, but it has a mission of its own outside of cleansing properties, as explained above. Each night and morning bathe the face in hot water for about five minutes. Then, at night, apply a fine, pure soap to the face and with the fingers gently rub it into the skin, making a thick lather. And, in thus rubbing the skin, let all the strokes be upward and backward, since the tendency of the face is to fall into downward lines. These strokings in opposite directions will prevent the coming of premature wrinkles and aid in removing the incipient ones that have outlined themselves on

the epidermis. When the face has been well lathered and rubbed, wash it again in the hot water to remove the suds, and then rinse it well in cooler, but not cold water. Then, *if desired*, a little cold water may be dashed over the face for its stimulating effect on the muscles and circulation. In the morning, if no unguent has been applied to the face on retiring, simply bathe it in the hot water and the tepid, using no soap. But if cold cream or any oily application has been made the previous night, soap will again be needed; and it is always well to perform the morning ablution at least half an hour before going into the air. If a wash cloth is used upon the face, let it be of some soft fabric, such as a bit of an old merino undergarment, or ordinary flannel, either of which fabrics is considered better for the purpose than linen or Turkish toweling cloths. The principle of a soft cloth being best is plain. The skin is a tender, delicate

structure, and the warm water softens it still more, and it thus, and then, requires great delicacy of touch so that it may not be injured. The towel must also be soft and the drying process should consist of a series of patting movements, and not the vigorous rubbing advised by the many who are ignorant of the delicate texture of the skin upon the face. Friction will do and is advisable for the rest of the person; but handle the covering of the face as if it were of fragile china.

While hot water softens the skin and dissolves and removes any hardened waste matter clogging the pores, it also possesses the virtue of rendering the skin more receptive and absorbant during the cultivation or treatment of the complexion. Remedies applied after the facial bath just described are far more efficacious, for the skin then readily absorbs and responds to them. But though no lotions or unguents at all are

used, this method of washing the face should always be employed.

Turkish baths are considered excellent for clearing the complexion since they open all the pores by inducing a copious perspiration which carries away every impediment in the way of the hardened secretion which clogs the ducts.

For those to whom a Turkish bath is debilitating, occasionally steaming the face is suggested. This is done by holding the face over a vessel of boiling water and covering both the head and the vessel with a towel or cloth large enough to prevent the escape of the steam. This process opens the sweat glands of the face and softens hardened matter. After fifteen minutes of steaming, the face should be washed with hot water and soap in the usual manner; and during the steaming the water should, by frequent additions, be kept at the boiling point.

Ladies averse to using cosmetics or

complexion remedies usually extend the cultivation no further than cleanliness ; but if after thoroughly washing their faces, they would bathe them with a little toilet vinegar they would experience a most refreshing feeling. Toilet vinegar or eau de cologne in the rinsing water assists in overcoming the greasy look natural to some skins, and also stimulates the circulation. If a complexion is naturally dry or rough, then a softening balm or unguent, or even cologne, or rose water in which there is a small quantity of glycerine, will, if applied after a facial bath, render the texture of the skin smooth and velvety.

To ladies who are not satisfied to have their faces simply clean and soft, but wish them to be free from blemishes of all descriptions, I have much of importance to say in the following chapter.

CHAPTER IV.

HOW TO CARE FOR AND CULTIVATE THE COMPLEXION.

In beginning this chapter of instructions, it seems necessary to refer to the preceding chapter in order to still more forcibly impress my readers with the importance of properly performed ablutions. Undoubtedly many will still hold to their own opinions regarding the use of cold water as better than hot for washing the face, and I shall regret it exceedingly, because I am so well fortified through professional experience in my assumption that hot water is the better of the two. However, if they still cling to their theory and *will* use cold water, let it be water that has been boiled and then cooled. In its crude state unfiltered water contains too much animal matter, and usually too much alkali to be beneficial to the skin.

On the contrary it is detrimental, and roughens and makes coarse and harsh, even a naturally fine skin; therefore, if cold water must be used, take advantage of the hint given and have it boiled or filtered to clean it of all impurities.

Taking it for granted that all has been done for the complexion that can be accomplished by building up the system and purifying the blood; or that the complexion is bad while the health is good, let us see what is to be done first.

A close inspection of the skin discloses a muddy tinge, freckles, blackheads, light wrinkles, a leathery look, and a generally mottled appearance, very annoying to the average woman. Thorough ablutions, such as previously directed, perhaps brighten the tint of the skin, but do not remove the blemishes or clear away the muddy, leathery look. Now it has been fully explained that discolorations lie on the under sur-

face of the epidermis, and that the latter is an insensible texture which the elements may remove without harm, and which of itself naturally falls off in minute scales with no consequent injury. The deduction is plain. To remove the blemishes, the epidermis or scarf-skin must be removed, and why not apply the philosophy of Nature to the action of remedies for clearing the complexion? Possibly the artificial remedy will cause more irritation than the natural specifics, but that will be necessary in order to the quicker complete the cure. Perhaps less pain will be produced by the action of a weaker lotion and the blemishes will gradually fade away without destroying the old epidermis. The patient must decide whether she will adopt the heroic and certain though harmless method, or the less painful but uncertain one. We will suppose she adopts the heroic treatment, faithfully and correctly using a lotion intended

for clearing her skin of all its impurities. In a few days, possibly two or three weeks, she will find upon her face none of the blemishes, but a soft, fine, velvety skin, spotless and wrinkleless; she will look years younger if she be an elderly woman, and in any event will be ten times happier, for she will have begun to be beautiful. Then she must care for and cultivate the new foundation if she would permanently possess it.

Having shown *how* discolorations must be removed, it remains to be seen how their return must and can be prevented.

It is well known to all dermatologists that freckles can be removed by the process just mentioned, but it is equally well known that they will soon appear on the new epidermis also, unless precautions in the way of emollient remedies, the wearing of veils, and the avoidance of direct sunlight are observed. From day to day new discoveries in

the profession of dermatology are being made, and the time is not far distant when a rejuvenated complexion may be retained by the slightest effort in the matter of applying protective lotions. Until then the remedy which wrought the change should be used semi-occasionally, and the velvety softness retained by soothing balms applied during the day, and by nightly inunctions of a perfectly refined and properly prepared cold cream. And unless a cold cream is of this character, it should be avoided; for if it is an inferior article sold at a low price, it will yellow the skin and give it a shiny, greasy look that is in every way antagonistic to beauty.

Glycerine has the same effect upon many skins and should always be chemically pure and never used unless diluted by an equal quantity, or even more, of rosewater, elderflower water or plain soft or rain water. Even then glycerine will not agree with all skins, and

upon the slightest irritation its use should be discontinued. Vaseline is not an elegant preparation, and in many cases not only does not improve the skin but makes it rough and coarse. Good cold cream is the safest unguent to use for softening the skin, as it unites several ingredients each of which is a healing, softening agent in itself. A great deal also depends on how any unguent of this nature is applied. If it is simply quickly rubbed *over* the face, it will do very little good. It should be well rubbed *into* the skin by firm but gentle movements, all in an upward and backward direction, the same as described in the instructions for ablutions. Then where lines are forming, rub and gently pinch them out, spending ten or fifteen minutes each night in this sort of facial massage. If the lines are perpendicular, rub them with a horizontal movement, and, *vice versa*. This will prevent the premature formation of

wrinkles; and in case the lines are only upon the outer skin or epidermis, they may, by this massage be removed. But if the lines have once formed in the true skin nothing will *remove* them; but lotions, and inunctions applied with the massage movement will lessen their depth and render them comparatively inconspicuous.

The use of cosmetics which come under the usual head of "whitewashes" should never be resorted to, since they leave upon the skin a poisonous deposit that clogs the pores and creeps into the blood. This of course is opposed to Nature, who provides a drainage tract for the system that must be kept unimpeded. The skin of a child is pure, soft and beautiful, just as that of an adult may be, or become, if subjected to a rational treatment in full accord with Nature's plans. The use of nothing that will clog the pores but everything that has a tendency to keep them free from

all obstructions, is the only rational method of successfully cultivating the complexion. Powder may be used after bathing the face in hot water and afterward with a softening balm or lotion, but on retiring the powder should be carefully washed off and the skin cleansed by hot water and soap. It is a well known fact that professional people—public singers and actresses—are compelled to apply cosmetics and rouges in lavish quantities; and yet those who are careful to thoroughly wash off their “make up” at the end of the evening, usually have fine, soft complexions until late in life, while those who are careless in the matter soon acquire a leathery, stippled skin that can rarely be restored to its original fine, smooth texture.

Just here another point of importance must be mentioned and a word of caution given. Do not confine your ablutions to the face alone, but take frequent baths in warm water, using plenty of

soap; for if the pores of the body are not kept in an active condition they will return decomposed waste matter to the system, and as such matter must escape it will find its way to the pores that *are* kept unobstructed and reach the surface through those channels of the skin in a state of rebellion—otherwise a festering condition which results in a crop of pimples. An eminent writer upon the subject says that “pimples upon the face show either a very bad condition of the blood or a great lack of cleanliness.”

Pimples, however, are often the result of those annoying black points or specks called “flesh worms” or “black-heads,” which may exist with even the utmost cleanliness. Black heads may be removed by the same remedy by which discolorations are obliterated, but the results are slow in appearing, and a long time may be required to completely remove those which are deeply imbedded in the skin; but once thor-

oughly removed they will not return if the skin is properly cared for. The cure may be assisted by steaming the affected parts or bathing them in hot water for fifteen or twenty minutes before applying the remedy. The method of daily squeezing out the little black points bruises the skin and often breaks one of the tiny pores and then a minute flesh wart is produced; and a number of these warts will give the skin a rough, grater-like surface. The use of the nails in squeezing out black heads also irritates and poisons the skin. The ends of these tiny plugs of effete matter, coming in contact with the dust of the atmosphere become black, and thus their name of "black heads" is acquired.

The removal of moth patches is quite a difficult matter, and nearly always professional treatment is required. The discoloration arises from a derangement of the liver which deposits a peculiar secretion through the medium of the

blood, under the epidermis and usually upon the true skin. Internal medicines which act upon the liver are generally employed in connection with external applications, in the removal of moth, or "mask," as it is sometimes called.

Birth-marks are also difficult to remove and sometimes defy all efforts. As they are usually deeply seated in the true skin, their treatment should be submitted to professional hands.

A few general hints on the care of the complexion may not come amiss at the end of this chapter.

Moisture is necessary to a healthy complexion; therefore give it all you can through ablutions, steaming, and even by going out into "the mist and the rain;" for it is the moist air of England and the mists of Scotland that give to the women of those countries much of the natural beauty of their complexions.

If the skin is sensitive and roughens

or chaps when exposed to the frosty air of winter, annoint it with cold cream before going out, wiping off all the cream possible with a soft cloth, and then lightly dusting the skin with corn starch, rice powder or some reliable face powder. It is also a good plan in windy or dusty weather to wear a thin gauze veil, as its meshes will prevent particles of dust from lodging upon the face and settling into the pores of the skin. English mothers are said to invariably veil the faces of their little ones during outings in dusty weather; and this undoubtedly has much to do with the delicacy of English complexions.

If the skin looks flabby and shows an inclination to wrinkle, get the system into a good condition and feed and nourish the tissues of the face and strengthen its ligaments and muscles through absorption—that is by inunctions of fatty substances prepared for the

purpose and applied with the massage movements before described.

If the skin is naturally greasy or oily, apply no creams or oily emollients, but after bathing the face, rinse it in water in which there is a little borax or eau de cologne ; or wipe it off with a soft cloth moistened with diluted alcohol or bayrum.

If you insist on using a cosmetic that leaves a white or pink deposit on the skin, be sure to wash it carefully off at bed time, and then rub some sweet almond oil or some fine cream thoroughly into the skin to dissolve any of the poisonous particles that may have lodged in the tiny pores and have not been removed by the ablutions.

If you regard all the suggestions contained in this chapter, success in the way of a fine complexion is more than likely to attend your efforts, but the latter must be patiently made. The easily discouraged will never reach the condition desired.

CHAPTER V.

NECESSARY AIDS.

In cultivating a fine complexion, however, it will be necessary for every woman to pay some heed to the laws of hygiene. She cannot always expect to have a skin with a smooth and satiny texture and the bloom of health upon it, from simply outward applications of beautifying remedies. If the foundation walls of the most palatial structure are permitted to disintegrate and crumble, the structure itself will soon show the effects of the hidden devastation. It is so with the complexion. Good health is its foundation, and the integrity of its basis must be preserved to insure the continuance of the beauty of a fine complexion; and to maintain the perfect physical condition there are, in addition to the points mentioned in

a previous chapter, some others whose tenets must be gravely considered and followed.

Diet, or the food eaten, is one of the most important points. The human stomach is almost as idiosyncratic as the mind, and the same kinds of food will not agree with all stomachs, even though it be of varieties known to be easily digestible.

Space forbids a protracted discussion of the whys and wherefores of certain kinds of diet. But a few suggestions can be offered and they will be pertinent and easily comprehended.

Greasy foods should be avoided on general principles, as they not only tend to disarrange and weaken the digestive organs, but where they do not, they rapidly increase the fatty tissues of those inclined to stoutness, and also cause the skin to become oily, greasy and coarse. When they refuse to assimilate with the gastric juices, they ferment,

and thus poison or debilitate the blood, and the result is likely to be a crop of pimples, or a red and mottled skin. Too many sweets will produce kindred effects, and a constant consumption of rich pastries and cakes will soon impair the strongest digestion, interfere with the functions of the liver, and impart a sallow or livid hue to the skin. Every observant woman knows best what foods produce symptoms of indigestion in her individual case, and she should be wise enough in her introspections, and strong enough in her common sense tendencies, to avoid such foods, even though her palate be deprived of its accustomed gratification. Certain it is she cannot habitually eat food which does not agree with her stomach, and expect to successfully cultivate her complexion. Constipation and billiousness ruin more complexions than anything else, and both may, by rational habits at the table, be

wholly overcome. Vegetables, brown bread, cereals, raw and cooked fruits, and rare fresh meats, roasted or broiled, should be the customary diet ; but food fried in or largely composed of fat, and all sweetmeats, preserves, rich pastries and puddings, should be avoided. Milk, where it agrees with the stomach, fresh eggs boiled or poached, game and poultry, are all nutritious and easy of digestion. Tea and coffee, drunk in large quantities, or very strong in quality, have a tendency to yellow the skin, by impairing the digestion. The main rule in the matter of diet, is to eat what in no way impairs the functions of the body ; and the kind of food must be decided upon from individual experience.

Exercise is an important factor in the acquirement of beauty, as it aids digestion, keeps the skin elastic and healthy, the muscles active, and the blood in good circulation. The flesh

of an inactive person is always flabby, and flabby flesh upon the face means a lax and wrinkled skin. A celebrated physician not long since remarked to a patient who was able to go out, but from indolence had remained in several days: "Madam, your face shows that you have not been out as I directed. It looks pinched and flabby and wrinkled, and all it needs to get it out of that condition is plenty of fresh air. Go out and walk. Stay out two or three hours and walk, or ride horseback, or row, or play tennis, or do anything that will exercise your muscles, and send the blood bounding through your veins. You are not ill enough to remain confined in the house, and every fair day should see you actively employed in the open air. Unless you do your part I cannot give you, by my prescriptions, what you desire in the way of restored health and a wrinkleless complexion." No woman wishes

to become wrinkled while yet she is young, and this diplomatic physician knew the weakness of the sex on that point. It is safe to say his patient thereafter followed his instructions. And every woman must follow them if she wishes to ward off Time's approaches in that guise. Of course this little talk is mainly for those who have time for exercise and *will not* take it. There are those whose means and lives keep them in constant exercise from the rosy flush of the dawn until they seek their weary couches late at night. For these unfortunates, whose exercise is excessive and toilsome, but little advice can be given, and it is this: sit down whenever it is possible, for a brief rest; sit whenever you can in doing your work, in combing your hair, in dressing your children—in fact upon every available occasion. You will thus be enabled to husband some of your strength to counterbalance the constant drain

upon it, and preserve much of your nervous force. Both the strength and the nerves must be guarded in every possible way when the necessary outlay of vitality is great. So to the strong and indolent I say *exercise*; to the overworked and delicate I say *rest* whenever you have even one leisure moment.

Baths are not only important in a sanitary way, but their hygiene includes renewed vigor for the strong, and rest and strength for the weak. When the functions are impeded by indolence or excessive toil, the warm bath taken at night comes to the rescue and removes the obstructions of the drainage of the system, so that the latter may throw off through the pores matter that would otherwise accumulate, and either yellow the skin or cover it with pimples as suggested before. The strong may also take a cold shower or plunge in the morning, to stimulate the circula-

tion and bring a bloom to the cheek ; but the weak must content themselves with a quick sponge bath of cool water and a vigorous rubbing afterwards with the towel. This process will bring the blood into active circulation and at the same time give the muscles a brisk trial of their elasticity or tension. Let there be plenty of good, fine soap used with the warm bath, and also throw a cheese-cloth bag of corn or oat meal into the water ; or use the more expensive almond meal, mixed with shavings of fine soap, and tied in a similar bag. Either will impart a delightful softness, and provide a nutritive substance particularly agreeable to the skin.

Regarding the matter of tight clothing I shall simply enumerate its results, and let my readers be future-wise or foolish, as they see fit. Tight corsets send the blood to the flushed face and red hands and arms in nine cases out

of every ten seen. Tight waists, bands and shoes will do the same thing, in addition to putting the disposition into that glow popularly termed "irritable" — a condition neither conducive to the comfort of the surrounding people nor the beauty of the individual herself; for ill temper brings frowns, and frowns make wrinkles, and such wrinkles cannot be removed if constantly cultivated by the causes mentioned. Tight gloves are no longer fashionable, for the wise society girl has found that they cramp and redden her hands, and leave the mark of every seam imprinted upon her tender skin for a long time after they are removed. Loose gloves allow a free action of the hands and leave them white and unmarked. Tight sleeves, or those that "bind" at the arm holes, or a collar that is too close, or a waist too narrow across the chest, all interfere with the circulation and produce a flushed face or red hands which

no cosmetic, or lotion, or balm will relieve. A little loosening of the lacing strings or garments would in no way take from the attraction of the figure, especially as the face and hands would thus become normal in hue, and amenable to further beautifying through trustworthy applications. A word to the wise should be sufficient.

CHAPTER VI.

MASSAGE FOR THE FACE.

It has been said that the unhappiest day of an ordinarily happy woman's life, is the one on which she discovers the first wrinkle on her face. In times gone past this first wrinkle was allowed to remain unmolested until it had imbedded itself deeply in the lovely skin and become ineradicable. Then, anxious peeps into the mirror only to see this troublesome arrival, accentuated the line and another, and then another came to keep it company, till the face seemed but a foundation for the lines of age, whether they resulted from Time or cares and worry. Now all is changed and a woman may actually drive away the wrinkles that cast their shadows before, and keep the coming event at bay for a long period.

It is said that old age is the result of a microbe; and that, if this microbe is caught and killed, perpetual youth will be the reward of the captor. If anyone has succeeded in capturing it, history has no record of the event; but that the microbe has been subjected to restrictions cannot be doubted when we see wrinkles vanishing from their fairly established places, or hesitating to put their marks upon the face even when the age of the individual would fully justify their appearance. The cunning of the learned and skilful is pitted against the inroads of Time, who, though he ever travels onward, thus apparently treads more lightly than of yore, and leaves fewer of those traces which prove the *bête noir* of every woman.

And what is the magic wherewith these wonders are worked? Massage of a species developed from that given to reduce flesh or strengthen the mus-

cles of the body and limbs. The movements are all adapted to the requirements of an aging face, and calculated to restore vigor to weakened ligaments, remove an excess of fat from the lower portion of the face and render flabby flesh firm and elastic. The movements of facial massage have been incidentally mentioned in other chapters of this little volume, but the matter is one of such real importance that it should be more thoroughly explained to my readers. Its proper administration in connection with lotions and emollients, cannot but result to the great advantage of a woman who desires to remove the telltale traces of Time, when its applications *alone* so successfully diminish or lessen those dreaded lines that appear about the eyes, and along the cheek from nostril to chin.

Patti, that divine songstress who also worships beauty, has become a thorough convert to the efficacy of facial massage,

and to her creed of beauty has added this effective method of preserving her charms of feature, for it has removed from her face, lines which she long since had supposed were permanent. Among its disciples in the city of New York there are many society ladies and women of note, who do not lightly adopt "fads" of any description. The integrity of its advocates and adherents establishes beyond a doubt its just title to the claims of efficacy.

Now in the main this massage can be self-given, though one or two of the movements require the assistance of a second person. In beginning, select a seat where a strong light will fall upon the face and disclose every suspicion of a wrinkle; and let your first work be upon the upright line which forms between the eyes and adds five years to every face on which it is seen. Unless you are possessed of the virtue of patience, you would better not begin at

all, since only persistent and repeated squeezing, pinching and twisting the flesh between the fingers will show any effect upon the obdurate line. Set some number, say one hundred, and to every wrinkle apply a hundred manipulations at each sitting; and for the first few days *massée* the face two or three times daily, devoting about twenty minutes to the operation each time.

When the wrinkle between the eyes has been *masséed*, work around to the outer corner of the eyes in the same way, except that you apply the movements to the cushions of fat just under the hollows, instead of attacking the domain of the crowsfeet itself. This will crowd the fat upward to fill out the hollows and net-work of wrinkles, and strengthen and stimulate the flabby flesh and muscles whose deterioration has allowed the lines to form.

Just in front of the ears may be found some more lines which will need special

attention, as they are usually unquestionable evidences of advancing age, and are particularly noticeable on many faces.

The lines which Time seems to love to dwell upon and accentuate without any compunction, are those which mark the curve of the cheek from the nostril to the chin. These lines will require heroic treatment, and somewhat homely methods, but they can be reduced. Taking one side at a time, thrust the tongue under the line so that the latter may be brought into firm contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk or satin—gently but firmly and with many movements; and then squeeze and pinch and push and twist the muscles all around it, in such a direction as will tend to fill up the break or crease. When you have ministered to one side, take the other and be as thorough in

your manipulations as you were with the first side, although, as is sometimes the case, the wrinkle or crease along one cheek is not as deep as along the other.

Now attack the centre muscle of each cheek, and pinch and pull and twist it without any mercy, except that you must not break or abrade the skin. This will strengthen relaxed facial muscles just as vigorous exercise tones up the muscles of the body and limbs. A muscle that is inert becomes lax and flabby. Give it work to do and it soon becomes strong and firm, and contracts to its normal length and assumes its natural elasticity; and it is this latter which brings back to limbs or faces the plumpness of health and youth. The philosophy of facial massage cannot but be plain to all my readers, whom it is hoped will profit by the views and instructions concerning it which it affords me pleasure to present for their consideration and benefit.

That part of facial massage which cannot be self-applied, is a very important detail in the restoration of the face. It is a sub-cutaneous massage conducted by vigorous, sweeping motions of the hands from the centre of the chin upward along the outline of the jaws and throat. The manipulator stands behind her patron, resting the latter's head against her breast to give sufficient resistance to the pressure of her hands, both of which at a time she firmly sweeps over the face after the manner described. A growth or stimulation of muscle is thus induced, and the sagging, flabby flesh about the chin is apparently swept away, though as it disappears the hollows in the cheeks fill out and the contour of the face becomes round, its flesh firm, and its lines gradually disappear.

The neck and throat are quick to show the footsteps of old Father Time,

and when the flesh begins to look debilitated, and to fall into lines and folds and wrinkles, massage should be brought to bear upon such advances. All of its stroking movements should be from the bust upward toward the back of the neck, and the lines and muscles should be squeezed, and twisted and pinched, just as those of the face have been.

It would be advisable for my readers, when possible, to take a professional treatment or two, and in that way they will more quickly acquire the proper method. Many society ladies take regular courses of facial massage, at the same time applying to their faces some good nourishment for the skin in the shape of a balm or cream. In fact such nourishment is as necessary to a debilitated skin as to a hungry stomach. When it becomes flaccid or dry, or dead in appearance, this is Nature's way of showing that it needs

food ; and since the natural food of the skin is an oily secretion, the artificial nourishment must be imitative, and therefore of a softening, soothing character. With the dry, flabby skin just mentioned, a good cream should be used in connection with the massage ; or if creams are objected to, cocoa butter, wool fat, pure olive oil or almond oil, may be used. The cream which rises upon pure milk, will be found a delicate and nourishing assistant in facial massage.

If a skin is naturally very oily, the massage may be conducted without any unguent at all ; or with only the slightest moistening of the fingers with cream or oil—just enough to prevent any irritation of the skin from the friction produced by the fingers. It is not absolutely necessary to wash the face before *masséeing* it, but it is advisable, since the hot water and soap used in a proper facial ablution will soften the con-

tents of the pores and thus the skin itself, and render it far more amenable to the treatment of massage.

The adoption of radical and rational methods of clearing and improving the skin, of building up degenerating tissue as a means of holding at bay the advances of Time's attacks, is rapidly doing away with the former injurious practices by which women not only attempted to simply conceal a bad complexion, but aggravated its defects and developed others at the same time. The inner walls of dwellings frequently receive numerous coats of paint and white-wash during the renovating season. Perhaps to begin with, these walls were imperfect through the hand of the workman who created them, and as Time rolled on it became apparent that the paint and whitewash would only cover the defects for a short period, and that the concealed deficiencies would crowd their way to the surface. Such

walls must be torn away and renewed from the very foundation before they will be things of beauty and eternal joy:

It is so with the complexion. Such defects and discoloration as are removable *must be removed* by such methods as reach the foundation of the difficulty, and then a watchful eye and willing hands must subject and smooth away such ravages of Time or climate as may appear; and this can be successfully done if the foundation is reliable or has been built up with care. Between the knowledge of dermatologists and chemists as to harmless and potent balms and lotions for removing the foundation of a poor complexion and rendering it one of beauty, and the methods of preserving it by nourishing the skin and giving its muscles invigorating exercise, there is no reason in the world why every woman, who can take advantage of such aids, should not retain or cultivate a fine complex-

ion, and secure to herself flattering evidences that she has dominated the insidious attacks of malicious Time, and can, and will appear years younger than she is. In making this statement, a regretful admission that my sex are sensitive upon the matter of age, is implied. It is an inborn weakness that cannot be eradicated; and therefore it has become my mission to endeavor to smooth the way for those who must meet Time's advances whether they would or not, by offering them the benefits of the discoveries of study, the proofs of these benefits, and such other suggestions as I think will aid them in always looking at least as young as they feel; and in securing for them a youthful look, there will creep into their hearts, a feeling that "age cannot wither" their charms while they hold the knowledge that bids a long defiance to the attacks of the hoary-headed potentate, who sooner or

later marks everyone as his victim.

I cannot too highly advocate the methods mentioned, nor give facial massage too high a rank in the corps of assistants in the preservation of a naturally, or acquired beautiful complexion. I strongly recommend you to try it for yourselves, but ask you not to render an adverse decision upon a short trial. Only through the patience of great geniuses, have we arrived at all the comforts and luxuries of the present day. The impatient failed and gave up in despair, what the patient accomplished. It is the same with the complexion, and its cultivation and preservation. Patience must be your watchword, and persistence your monitor.

CHAPTER VII.

HOW TO HARMLESSLY AND EFFECTIVELY MAKE UP THE FACE.

A great deal has been said against the practice of "making up the face" with cosmetics, and generally speaking, the protest is fully warranted. The use of cosmetics which are lotions leaving a white or pinkish deposit on the skin, and of coarse rouge, and the parching mixtures for tinting the lips cannot be too strongly deprecated for two reasons: they injure the skin irremediably, giving it a yellow or leaden hue, and a coarse, stippled or leathery look; and they also give a vulgar air to every woman who has not submitted her face to the manipulations of a genuine artist in facial "make up," or whose own hands are new to the work and whose ideas in the matter are crude and undeveloped. If pigments are to be used

an artist should lay them on. But it does not follow that a woman cannot temporarily beautify her face because she must not use white washes and carmine. She can make herself look sweet, fresh and wholesome, and so deftly apply harmless preparations that she will be the only one to know that artificial means has been employed to give her the complexion of a child, the eyes of youth and the flush of girlhood. The first detail or preliminary will sound very commonplace, I fear, and yet it is an absolutely necessary one. It is to *wash your face*, and do it as directed in a preceding chapter, except that before you begin, rub some cold cream well into the skin and pinch, and pat, and generally *massée* the face for a few minutes. This will dissolve much of the hardened matter in the pores, soften the skin and lessen the effect of any lines or wrinkles that may be on the face. Now with the hot water and soap, lather the face

thoroughly and then wash off the lather and rinse the skin in warm water in which a little cologne has been poured. If you have the time to spare it will improve the skin to go over it two or three times with the cream and massage, and the washing process, before you rinse it. After it is rinsed "dab" it dry with bits of soft cloth or a soft towel, but do not rub it. Now gently apply some softening balm that leaves no oily deposit on the skin, and rub it in well. Then with a fine camel's-hair brush apply very lightly to the cheeks, the tips and lobes of the ears and the edges of the nostrils, some liquid bloom, studying the face well before brushing the cheeks, to learn how to bring out the best effect. If the face is broad the bloom should be well in front of the cheek bones; if it is narrow, let the color be deepest over and just back of the highest part of the cheek, and shade it daintily away toward the temples and

ears. If the face is long, let the color be lower upon the cheeks than when it is short.

Very lightly rub the lips with a reliable paste, being careful not to give them too deep a tint. On no account bite them to make them red. The habit is not only injurious to the texture of the lips, but it is distorting in its ulterior tendencies. Next take a vein pencil and follow the outlines of the veins back of the eye and along the temples, going lightly over its marks with the tip of the little finger in order to soften and blend the tint with the skin. Now with a powder puff or a bit of old merino or very soft worn flannel, dust the face thickly all over with powder of the tint best suited to your natural complexion—white, flesh, or the yellowish brunette powder. With another puff or bit of cloth remove all the powder that seems superfluous, and blend what remains with the skin until it is not perceptible as

powder, but seems like the natural velvety bloom of a healthy skin. Now take an eyebrow pencil and darken the brows as artistically as possible, being careful not to mark the skin at each side or at either end of the arch, and also smooth or blend the color with the tip of the little finger. If the brows are very thin, a heavier stroke may be made, and then a fine comb passed over the arch will leave a very fair effect of good brows, though this measure is advisable rather for evening than day. The lashes may also be darkened by an application of the pencil; but as this is a delicate process and there is risk of injuring or inflaming the eyes from particles of the pencil, I would advise having a second person apply this part of the make up, or omit it altogether. It must be artistically as well as carefully done.

A bit of orange juice squeezed into the eyes will make them bright, as will

a drop or two of soap suds ; and it is known that a few drops of cologne upon a cube or lump of sugar dissolved slowly in the mouth, will make the eyes shine like stars.

This is a "make up" that is almost purely hygienic in its details, especially the first or foundation one. It cannot possibly harm the most delicate skin ; on the contrary it will improve it. The powder cannot injure the skin because the pores of the latter are protected by the emollient applied after the facial bath ; and, besides, if the instructions for the nightly ablutions are followed, the powder will be removed from the face only a few hours after its application.

If an elaborate make up is not desired and powder only is to be used, it is well to provide a foundation for it by apply an emollient of some kind. A very simple one is made of the juice of one lemon and five cents worth of glycerine.

A still simpler one consists of washing the face with good toilet soap and water, and drying it without rinsing. The slight deposit of soap causes the powder to adhere much better, especially when "baby powder" is used in place of regular face powder.

The "make up" just described is the only one indorsed by those who make a study of the skin, or who investigate the reasonings of common sense for themselves. It is clean, not poisonous in the matter of ingredients and gives a fresh, sweet look that no *white cosmetic* in the world can produce.

Two important points should be borne in mind regarding a "make up" of any description. First, that it must not be confined to the face alone, but must include all that part of the neck seen above the dress. A pink and white face set above a yellow or dingy neck is not an agreeable sight, though it is seen too often. Second, that the mir-

ror before which the toilet is made, be so located that an equally strong light will fall upon each side of the face; otherwise, the two sides may differ in appearance and effect. Be miserly in the use of rouges for either the cheeks or lips. Lavishness in these respects is suggestive of barbaric traits.

CHAPTER VIII.

PROPER CARE OF THE HANDS.

As defined or sanctioned by custom the term "complexion" is generally applied to the face alone. Strictly speaking, it also includes the hands; for next to the face, the color and texture of these members are sources of much concern, and the objects of much consideration. It is, indeed, incongruous in effect, to possess a face with a skin like the petal of a flower and hands red, rough and coarse. Ladies who are not obliged to toil in the domestic circle, can easily keep their hands soft and white, by using warm water and the best toilet soap for their ablutions, and anointing the hands on retiring with cold cream or a paste prepared especially for such a purpose.

On the contrary the woman who is compelled to do her own house work,

must exercise more care, and take more trouble to keep her hands in a presentable condition. It is principally for her benefit and for that of her whose hands never appear well-kept though they do no work, that the following suggestions are offered. They will also contain many hints, from which she of the fair soft hands may derive such benefit as she thinks she may need.

Household duties necessitate having the hands in water that alternates in temperature from hot to cold, many times daily. In consideration of the kind of work, it follows that the hands come frequently in contact with cheap household soaps. These usual conditions are sufficient to ruin the texture of any skin, and such preventive measures as are possible should be observed. Upon completing any labor requiring the hands to be in soapy water, wash them thoroughly in clear

warm water, also rinsing them well to remove every trace of the soap. Have a basin of oat or corn meal and water standing conveniently near the wash stand, and before drying the hands rub them with this mixture two or three times. An oily secretion exudes from the meal which is very softening to the skin. Next dry the hands thoroughly with a soft towel, and if they are still damp, it is an excellent plan to further dry them before the fire. This is a very good way to prevent their chapping when one is obliged to have them frequently in water, and also in the meantime, go often into the open air. After drying them with the towel, another good preventive is to rub them in dry oat, almond or indian meal. Either of those meals will absorb all the moisture and leave a powdery deposit on the hands that is soothing and softening.

Where it is possible, it is advisable to

wear rubber gloves in washing dishes, and it is also well to wear old gloves of cotton or kid when sweeping, or doing any work of a dusty character. The reason is plain. The gloves keep the grime and dust from being rubbed into the skin and thus irritating and poisoning it, if there is any tendency to roughness or chapping.

A very good lotion to use before drying the hands after washing them is composed of two parts each of glycerine and rose water to one part of tincture of myrrh. Another excellent lotion to be used in the same way is made of rosewater, three ounces, glycerine, about one ounce, and carbolic acid, ten drops. Either of these lotions will keep the skin soft and smooth, but possess no whitening properties. Still another lotion, and one that is highly recommended is made of one ounce of the simple tincture of benzoin precipitated in eight ounces of distilled water, with

half an ounce of glycerine added. Benzoin is the fragrant resinous juice of a tree found in Sumatra, and the tincture is prepared from the hardened juice or gum. Used alone, a few drops of the tincture of benzoin in a basin of water will produce a milky effect, and forms a soothing aromatic wash for the hands or face which is also said to possess many virtues—one being that it calls the blood to the surface of the face, and gives to the latter a fresh, healthy appearance, and a delightful balsamic odor.

The plan of using gloves at night, first applying a whitening paste or unguent is probably as good a remedy for rough or reddened hands as can be suggested. Let the embrocation be thoroughly rubbed into the skin or applied to the inside of the gloves, which should be loose and of kid or chamois, and have long wrists. The mousquetaire style is the better one to use, as it is easily slipped on and off. A good

home-made paste for removing tan or sun-burn and softening the hands is made of ground barley, three ounces, honey, one ounce, and the white of an egg. Spread it on the inside of the gloves or rub it well over the hands, and then put the gloves on. A simpler home-made paste, is oat or indian meal wet with warm water or milk, and spread thickly on the hands on which are also drawn coarse large mittens or gloves. Oriental ladies use gloves and a paste made of barley or rice flour and milk, and have lovely, soft white hands. In olden days ladies used to wear face masks and gloves spread with a paste made of bread and asses' milk ; and beauties of a later period have not disdained to make use of the common bread and milk poultice to whiten their hands. Almond meal to be used in place of soap or for a paste mixed with water, is a popular whitener for the hands.

Lemon juice is a good whitener of

the skin, and in its condensed form—that is, citric acid—is used by celebrated dermatologists in their whitening lotions. Fresh lemons are always attainable, and cut in two and rubbed over the face and hands they will soon perceptibly whiten them. Lemon juice and glycerine, equal parts, are frequently combined to make a softening and whitening lotion for the hands.

Red hands are often the result of impeded circulation. The clothing may be too tight about the waist, or the sleeves may be too snugly fitted or cut into the flesh at the arm-hole. Even tight shoes have been known to redden the hands. If, then, in spite of the suggestions offered herein for whitening them, the hands continue red, their possessor would better look over her wardrobe and find the tight garments that are producing the mischief, and either loosen them where needed or discard them altogether.

A really beautiful hand must be well groomed at its finger tips, as well as white. Stubby nails, pointed nails, too highly polished nails, and nails that bear the mark of uncleanness, will spoil the prettiest hand ever seen. The nails should be, and may be cultivated to be filbert-shaped—that is oblong and oval; they should be but a trifle longer than the finger tip and follow it quite closely in shape; the flesh should be pushed down at the base of each nail with a coarse towel after each washing to show the pearly white crescent located there, and the nail above the crescent should be of a pink like that of the inside of a shell, and have about the same luster as the latter. The day has gone past when the pointed nail and the high polish are considered “good form.” Neither is natural and each has been developed to a degree beyond the line of real refinement. The chamois polisher is

still used, and the pink paste and nail powder occupy as necessary a place on the toilet table as ever; but neither is as lavishly employed as it formerly was.

The polisher is at once laid down when an opalescent luster is obtained and the pink assistants have transferred a delicate color to the nails. Remove all hang-nails with a small pair of pointed scissors, and keep the nails of a proper length and shape with a nail file. Avoid cutting the nails with the scissors or a knife, and above all things do not bite them off. The most beautiful fingers in the world will be irreparably ruined in shape by this pernicious habit.

Wear gloves that do not pinch the hand, and sprinkle them inside with powder before putting them on. This will prevent the hands from looking red when the gloves are removed. A very good glove powder may be made of finely pulverized

starch, or of cornstarch scented with powdered orris, or a few drops of oil of rose.

CHAPTER IX.

WOMAN'S GLORY : HER HAIR.

Though not strictly belonging to the pages of a book devoted to the cultivation of the complexion, my readers may not take amiss a few hints upon the cultivation of the natural hair, and a little advice concerning the removal of superfluous growths. I therefore add the present chapter.

The general admiration for beautiful hair dates back to Scriptural days, and is as fervent as ever in this, the final decade of the nineteenth century. But the care bestowed upon it is not the same as in the former period, when it was lavishly anointed with fragrant oils; it is in every way more cleanly, and where long tresses were once heavy with perfumed lubricants, they are now light and fluffy, and each hair shines as if separately burnished. The days of

pomade and hair-oils have passed, and to use these dressings is considered vulgar.

There is no doubt, however, but what in many instances the hair or scalp is kept too dry from frequent washings followed by no softening tonic or invigorant application. At least this is what is claimed by one of the most celebrated specialists in diseases of the hair and scalp.

Each hair springs from a tiny follicle imbedded in the true skin, and this follicle or root needs nourishment just the same as the root of a plant. Withhold water from the latter and how soon it will fade and die! It is the same with the hair unless the oil glands of the skin are active. If they are not, the hair will be dry, sparse and brittle; and a further depletion of the natural oil by shampoos impregnated with too much ammonia or borax will not improve its condition.

Occasional shampoos are necessary to the cleanliness of the scalp, but should be followed by applications of some softening, invigorating mixture which will not leave an oily or greasy deposit upon the hair. For this reason it is better to carefully apply any lotion or tonic with the tips of the fingers, rubbing it thoroughly into the scalp and as little as possible upon the hair. It will stimulate and soften the latter by penetrating its roots and being thus conveyed into the minute hollow tube composing the interior of each hair and holding the natural oil and coloring matter. This tube is protected by overlapping scales imperceptible to the naked eye, but which may readily be seen under a strong glass. No matter how fine the hair, this wonderful construction remains the same; but as the oil glands of some scalps are more fully charged and more active than others, some hair is much more oily than others

—in fact so much so that nothing will be needed to keep it vigorous and luxuriant, except a frequent shampoo with some good mixture intended for the purpose; or one of castile soap and warm water in which a very little borax or ammonia has been thrown—just enough of either to make the water feel silky. Borax unites with the oil of the scalp and hair in forming a natural soap, and a use of too much of it will leave the hair dry and brittle. Ammonia cuts the oily matter, and if used to excess has a tendency to destroying the pigment of the hair and thus turning it prematurely white; and when from any cause the pigment is destroyed, the color of the hair cannot be restored. The white tint may be darkened by dangerous preparations containing lead or sulphur or both, but the result is most uncleanly and unsatisfactory, as well as unhealthful. Gray hair can only be managed by preventions—the ap-

plication of such tonics or invigorants as will nourish the follicles, and stimulate the natural secretions of the scalp, and thus keep the coloring matter normal in quality.

This treatment will also prevent the hair from falling and the head from becoming bald ; for falling hair indicates a debilitated state of the scalp and follicles. This debility frequently arises from a derangement of the system, but to positively state *why* people become bald is as impossible as it generally is to promote a new growth of hair upon most of the denuded polls. If, from some cause which cannot be discovered, the follicles shrivel and die, and the hair falls, nothing can be done. With some baldness is a constitutional tendency ; with others the result of illness ; with many it comes from chronic indigestion, for the nerves of the stomach are closely allied with those of the head, and debility of the former would naturally

lead to that of the latter. When the hair shows a tendency to thinning out and the system is low, build the latter up and at the same time nourish the scalp and hair follicles by a good tonic or lotion applied night and morning.

A shampoo which will cleanse and nourish the scalp at the same time, consists of an egg beaten and rubbed thoroughly into it with the fingers for a few minutes before wetting the hair. Then wash it out with warm water and castile soap and rinse it thoroughly to remove every trace of the soap. If the hair is naturally oily rinse it a second time in water in which there is a pinch of baking soda or borax, or a few drops of ammonia. The baking soda, which the druggist terms bi-carbonate of soda, will make the hair soft and fluffy, and, if the hair is of a light color, will assist in retaining the blonde or golden shade. If, however, the hair is already too dry in nature, rinse out the soap with plain

warm water, and when it is dry brush it well and rub a softening lotion into the scalp. Sometimes the brushing alone is sufficient to render active the natural secretions which nourish and lubricate the hair; and in any event a daily brushing will lend it that fine and lustrous appearance which is the chief beauty of any hair, regardless of its color or texture.

A very good domestic stimulant is made of a handful of rosemary leaves steeped in half a pint of water until the latter is hot and then cools. Strain and add an ounce of tincture of cantharides, and if the hair is very dry add also half an ounce of glycerine. A tea made of burdock root is also a good invigorant. A scalp that is properly shampooed and nourished will seldom accumulate dandruff, though in this respect, as in all other rules, there are exceptions. An excess of persistent dandruff indicates an unhealthy scalp, and its debilitated

condition must be strengthened. When brushing and shampooing fail to relieve the annoyance, apply a reliable invigorant or some mixture of home manufacture. The following is an excellent simple remedy for dandruff. Take of borax (powdered) two ounces, and camphor (powdered) one ounce; dissolve them in two quarts of boiling water. This mixture may be bottled when cold, and a little of it rubbed into the scalp daily will greatly help in the eradication of dandruff. Kerosene oil is often used to remove dandruff, but the remedy, from its odor, is almost worse than the affliction. Still it is said to be efficacious. Rub it well into the scalp and after a few minutes wash it out very thoroughly, and then rinse the hair in warm water in which there is a little borax. A good shampoo mixture, however, is about the best eradicator of dandruff, as it is generally composed of many of the ingredients mentioned

(kerosene not included) as effective dandruff removers.

SUPERFLUOUS HAIR.

Superfluous hair is the bane of many a beauty's existence. She would give much in the way of money, if she possesses the latter, to have the delicate mustache upon her otherwise dainty lip removed; or to have her perfectly moulded arms freed from their downy covering; or the long straggling hairs cropping out from her neck or chin eradicated for all time. While she must not expect too much in the way of alleviation, let her learn that all these obnoxious presences may be removed—possibly not permanently, but so that they will reappear only at long intervals. Even this mitigation is a gain, since it affords temporary relief of mind and consequent sunny smiles and a happy face. I do not advise my readers to

tamper with these difficulties themselves, beyond cutting off the long straggling hairs mentioned, and even that is not a recommendable practice, since the roots of these hairs will soon send out new and coarser growths. Dermatologists who make a careful study of these matters will supply reliable depilatories which must be applied with all the caution given in the instructions for their use. Unless the annoying growth is very perceptible, I would advise leaving it alone; for it is not a serious blemish, and in fact in many countries the tiny shadow upon the upper lip of a woman is thought to make her beauty more piquant and effective. If, however, the growths are excessive, a good depilatory will remove them, but it must be understood that a harmless one will not kill the follicles, and that the growth will return after a time. But repeated removals will do no harm. Depilatories sufficiently strong to per-

manently remove the growth would be dangerous to use, inasmuch as they might burn and disfigure the skin.

CHAPTER X.

HINTS TO BE HEEDED.

While a fine complexion and pleasing features are the chief constituents of beauty, there are many other little points necessary to be observed in order to render a beautiful woman both lovely and charming.

First, her near presence should be as agreeable as it is at a distance beautiful. She must remember that beautiful flowers sometimes become obnoxious upon close inspection, and should see to it that scrupulous neatness attends every detail of her toilet. Dainty lips frequently close over neglected teeth or unclosed only to permit the escape of a malodorous breath, either of which defects will militate against the beauty of the loveliest woman in the world.

There is no excuse for the neglect of teeth. They should be thoroughly

cleaned twice daily with a good tooth-powder, and oftener if they are decayed. In the latter state, the money paid a dentist for their repair is simply so much capital invested in a paying speculation; for just as "it pays to be pretty" it pays to be clean and wholesome in presence.

If the mouth has an acid taste or tendency after meals, brush the teeth with bi-carbonate of soda which will neutralize the acidity and prevent decomposition of any adhering particles of food. Or, if there are personal objections to the use of proprietary powders, get some powdered chalk and mix it, in equal quantities, with powdered castile soap and camphor or orris; but brush your teeth with something cleansing, if castile soap alone, every day.

If the breath is offensive rinse the mouth with camphor and water, or tincture of myrrh and water; or occasionally dissolve a charcoal tablet in the mouth or eat a bit of lemon. For a temporary

and fragrant sweetener of the breath, chew a bit of Florentine orris which gives a perfume like that of violets.

There are also various mouth washes which may be purchased, and most of which contain peppermint or wintergreen, which sweeten the breath and leave a pleasant refreshing taste in the mouth. If, however, none of these precautions or remedies overcome an offensive condition of the breath, the physician should be consulted, since the difficulty probably arises from catarrh or a deranged stomach.

Those unfortunates afflicted with excessive perspiration should be particularly scrupulous in taking their baths. A few drops of ammonia or carbolic acid in a basin of water will neutralize any offensiveness arising from perspiration; and after the person has been thoroughly dried, a liberal use of violet or rose powder, or scented starch powder should be indulged in, applying it with a puff.

Hands that perspire may be washed in ammonia and water and then rubbed with alcohol or eau de cologne, or toilet vinegar, and afterward dusted with starch or rice powder. For the feet carbolated talc will be found a useful and soothing powder, after bathing them in ammonia or carbolic acid and water—say two teaspoonfuls of the former, or a few drops of the latter to an ordinary washbowl of water.

In selecting perfumes choose only those of a delicate fragrance and do not use them upon your handkerchief. Throw a little in the water in which you rinse your face, or scatter a little here and there among the clothing in your wardrobe or dressing-case. Better still, get sachet powder and strew it in the bureau drawers; or, put it into tiny silk bags and lay them among the clothing in the drawers of the dressing-case, or hang them in the wardrobe. In this way a permanent and delicate

odor will cling to the garments and diffuse its fragrance with every motion of the wearer. Strong perfumes are unrefined and especially when used upon the handkerchief.

If the lips chap or crack, rub them nightly with softened mutton tallow, or with cold cream, camphor-ice, or diluted glycerine.

If the eyebrows are thin, their growth may be stimulated by inunctions of coconut oil or oil of cajeput; and if they are marred by straggling hairs, cut and train the latter in the proper direction or remove them, roots and all, with a pair of tweezers. The eyelashes may be clipped very delicately now and then, with a pair of fine scissors in the hands of a second person, and a minute quantity of cajeput oil may be applied with a very fine camel's-hair brush to the lids at the roots of the lashes, to stimulate the growth of the latter.

On completing a toilet take a final

look at the finger nails to make sure they are in perfect order. On this point you cannot be too careful, as the condition of the nails is said to be the mark of the type of the woman on whose fingers they are.

Wear a thin veil on going out, if the weather is windy, to protect the face from dust; and be sure to thoroughly wash the face with hot water and soap at the end of a long and dusty ride or walk, or at the end of a journey by rail, first rubbing cold cream well into the skin and then wiping it off with a soft cloth.

If there are small moles or warts on the face and hands they may be removed by applying to them with a toothpick or the sharpened end of a match, muriatic acid or glacial acetic acid. Apply the remedy two or three times daily and the warts will soon turn black and gradually wear away. It may be necessary to scratch the top of a wart with a knife

before the acid will begin to work well. In applying the remedies care must be taken not to touch the skin surrounding the mole or wart with these acids, as the latter will burn and scar the skin.

A final general caution must here be given, though it may incorporate some of the sentiments heretofore written : If you have a good complexion take care of it ; if it is bad, cultivate it until it is as fair and blooming as a rose. Make the most of every gift Nature has bestowed upon you, and also cultivate, at the same time, a sweet, sunny disposition. Let patience and perseverance be your watch-words, neatness an invariable habit, and sereneness of mind and temper the infallible barriers to the premature marks Time might otherwise set upon your face.

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