



That whiter skin of hers than snow,
And smooth as monumental alabaster.
—Shakespeare.

Protect your skin against the elements before you go out of doors, if you would preserve the fineness of your complexion! Protect it against wind and rain—and especially against the harsh drying, tanning, burning and freckling effects of the spring and summer sun.

A dry, chapped condition of the skin, fine squint line and burns are so much easier to prevent than they are to cure. And if they are allowed to persist the skin may become coarsened almost beyond remedy.

I am very glad to tell you how these evils may be avoided. After cleansing with a good cleansing cream and toning with a good skin-toning lotion or mild astringent tonic spread over the face a thin protective film of foundation cream. Some women prefer a liquid balm, and for certain types of skin the balm protective makes an excellent foundation base.

There are, however, scientifically prepared creams which actually neutralize the sun's rays and safeguard the skin against the effects of wind or sun. For the most complete outdoor protection these sun and wind-proof aids should be used.

All the time the skin needs a protective foundation before makeup is applied, and the several creams created for this purpose—some of them

cleverly tinted in natural skin tones—are delightful in their effects. They protect the skin against drying, wrinkling and chapping and at the same time provide it with a lovely soft humidity to which face powder and rouge adhere becomingly.

After experiment you should be able to find the liquid or cream foundation which is best suited in texture and coloring to your individual type of skin. And a few words of caution I must give you. Unless the skin is extremely oily, do not use an ordinary vanishing cream as a protective foundation, for these creams are drying and fail to accomplish the purpose of a true protective.

The delicate skin around the eyes should be protected against the weather by a little nourishing cream gently patted in. Have the lids shiny with cream, if you wish, as this is a fashionable effect at present, but powder lightly over the cream beneath the eyes and around the outer corners. This light layer of cream under the powder will nourish and lubricate the skin, and prevent the little laughter lines from developing into wrinkles.

Over the lips you should smooth a little nourishing cream as well. This to keep them soft and smooth and prevent lines and chapping.

Helena Rubinstein

Hints for the Home

To lengthen the life of linens, remember these rules for their care:

Tablecloths and napkins of linen damask should be washed at home, if possible. Otherwise, select a reliable laundry where cutting solutions are not used.

New linens should be laundered before they are stored away. Then even temperature, always avoiding the concentrated heat of radiators and pipes. Cedar chests are probably the best containers.

Linen enjoys exposure to sun and dew; in fact, no substitute compares with this means of keeping them beautifully white. It also helps to preserve whiteness to wrap linens in fast colored blue paper when storing them.

An Easy Sunday Dinner

- Fruit cup
 - Chicken fricassee
 - Buttered spinach
 - Tomato salad
 - Ice box pudding
 - Iced tea
 - Rice
- (Chicken, spinach and pudding can be prepared on Saturday)

Egg With Rice a Good Entree

Use 1½ cups boiled rice, 6 hard-boiled eggs, 1½ cups white sauce; 1

ts. chopped parsley and 1 ts. Worcestershire sauce. Pile hot rice on platter, cut eggs in quarters and nest in the rice; spread over all the white sauce and seasoning and sprinkle top with chopped parsley.

When Asparagus Arrives

Try baking asparagus with cheese sauce. Lay stalks (which have been boiled tender but not soft in buttered baking dish and pour over them the cheese sauce which is the usual white sauce containing grated cheese. Spread buttered crumbs over top and bake in a hot oven until crumbs are brown.

An Economical Salad

Finely shredded spring cabbage, diced apple and celery mixed with mayonnaise and garnished with chopped sweet pickle makes a tasty and economical salad that fits nicely into spring menus.

Prevents Odor of Cooking Cabbage

A teaspoon of vinegar added to the water in which cabbage is boiled will overcome the unpleasant odor.

Boxing Instructor (after first lesson): "Now, have you any questions to ask?"

Beginner (in a daze): "Yes, how much is your correspondence course?"

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