

Care for the Eyes Out-of-Doors

How about your eyes? Do they fill with tears and give you a doleful look after you have been out in the wind awhile? And do they smart and burn at night, look bloodshot, reddened and inflamed? And are there fine little lines deepening at the corners and on the lids?

Important at every time, but especially important during the outdoor season is regular daily care of the eyes. They depend for their health and lustre upon the blood and

circulation. At this time the blood is usually thin and the circulation sluggish so that the eyes are not properly fed or refreshed. Winds whip against them, irritating the delicate tissues. Dust is blown into them, causing further irritation. And the bright sunlight puts additional strain upon the delicate eye nerves and muscles, besides furnishing cause for squint-lines around the eyes.

Wash your eyes night and morning, using an eye-cup and a good eye lotion which you may make yourself by dissolving boric acid in boil-

ing water, in the proportion of one tablespoonful to a pint.

To strengthen the eye muscles practice this exercise as you lie in bed at night before sleeping or upon waking in the morning:

Roll the eyes toward the ceiling as far back as you can see, then down until you are looking at the tip of your nose. Repeat about ten times.

Then turn the eyes slowly to the left side and back toward the right side. Then look downward, then upward and to each side again. Continue thus, doing each movement about five times.

Now roll the eyes all around three times, then close them. Repeat until you have done this exercise twelve

To nourish the skin around the eyes and to soften and satinate the often too-crepe eyelids, massage lightly over and around the eyes with a nourishing eye cream. Be sure to massage gently, "fingerprinting" the cream around the eyes, tapping softly with the cushion-balls of the fingers. On the eyelids use a gentle upward "combing" motion, being careful not to stretch or pull the delicate tissues.

To enhance the beauty and expression of the eyes, care for the health and beauty of the eyebrows and lashes. A nightly brushing with a tiny brush and vaseline or a good eyelash growing cream will encourage their growth and make them dark and silky.

—Helena Rubinstein

Claimed that Wall Street should put on the brakes, but if it puts them on too suddenly, the car of business may skid into the ditch.

Pretty hard to induce Wall Street to stop speculating, so long as the American people have a lot of money they are willing to lose.

Many new faces in congress, but it is hard to tell how far the same will go until the mouths thereof open.

NOTICE OF LETTING CONTRACT ASSESSMENT NO. 327 BOARD OF LOCAL IMPROVEMENTS OF THE CITY OF HIGHLAND PARK.

NOTICE IS HEREBY GIVEN that bids will be received for the construction of a reinforced concrete pavement in the Alley in Block 5, Original Town of Highland Park, from the south-line extended of Laurel Avenue to the North edge of the existing pavement in Walnut Avenue, in the City of Highland Park, Lake County, Illinois, as a whole in accordance with the ordinance therefor.

Said bids will be received by the Board of Local Improvements at its office in the City Hall, Highland Park, Illinois, until 7:45 P. M. on the 10th day of June, 1929, at which time and place they will be publicly opened and read.

The specifications and blank proposals will be furnished at the office of the Board of Local Improvements in the City Hall of said City.

The contractor will be paid in bonds, which bonds will draw interest at the rate of six per cent.

The successful bidder for the construction of said improvement shall deposit with the Board of Local Improvements a bond in the amount of one-third of the amount of his bid with sufficient to be approved by the President of the Board of Local Improvements when entering into the contract for the construction of said improvement.

All proposals or bids must be accompanied by a certified check payable to the President of the Board of Local Improvements of the City of Highland Park for the sum of not less than ten (10) per cent of the aggregate of the proposal.

Said proposal must be delivered to the President of the Board of Local Improvements in open session of said Board at the time and place fixed herein for the opening of the same.

No proposal or bid will be considered unless accompanied by check herein provided.

The Board of Local Improvements reserves the right to reject any or all bids if they deem it best for the public good.

BENJAMIN F. LEWIS, WM. J. BROWN, LYLE GOURLEY, W. M. REAY, J. H. ZIMMER,

Board of Local Improvements of the City of Highland Park. 12-13



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