

Country Beauty Secrets

Modern Woman, in her Wisdom, looks
for Natural Aid to Beauty

By "An OLD MAID."

Do you buy your aids to beauty?

If you live in the town, and lead a busy life, I suppose you must. If your home is in the country why do you not concoct your own?

Country suns and country breezes bring you health—in its train clear eyes, a smooth complexion and shining hair; and—if you are not careful—cheeks that might be likened to the poppy rather than the rose, a complexion no one would dream of comparing to the petals of a flower!

Not vanity, but common sense demands that a woman take pains with her appearance. And since beauty, in the first place, comes from within, a dose of that sound old purifier, "brimstone and treacle" should head the list of aids. "Rub together in a large pot, half an ounce of flower of sulphur, one ounce of cream of tartar, and half a pound of treacle. Take a teaspoonful every morning for two weeks." Try it, combined with much fresh air, wholesome meals, exercise and rest. Do not overlook the rest. It counts for much, when a woman's looks are in question.

Do you need a tonic for your hair?

Look for a garden whose paths are bordered with box and beg a handful of leaves. Put them into an earthen jar—I use a two-pound size—and pour on a pint of boiling water. When it is cold, strain, and add a small tumblerful of old Jamaica rum. Shake the mixture well, and with your fingers rub it nightly about the roots of your hair. You will be satisfied with what it does, if you persevere.

Each summer freckles come and go on my nose and forehead. Try this:

"Of red rose leaves one ounce to twelve fluid ounces of water; infuse for an hour. Strain, and express all goodness from the rose leaves. Measure your liquid, and to each half pint put thirty grains of citric acid. Dissolve, and after a few hours decant all that is clear. Apply with the finger tips night and morning."

You may like to gather the dropping roses, and try this remedy; remember that red roses are specified; paler kinds possess certain attributes in a less degree. If you lack a marked medicine glass, a tablespoon measures half a fluid ounce.

When I feel industrious I make my own cold cream. I have three or four good recipes, but the simplest is the one most generally favoured. I buy eight ounces of almond oil, three ounces of spermaceti, and one and a half ounces of best white wax. All are put in a stone jar, which jar is set in a pan of hot water over a slow fire. It is

kept there till all are melted and amalgamated. When this state of affairs has come about, the contents of the jar are poured into a deep bowl, warmed and waiting in the heat of the stove. A wooden spoon is my spatula, and with this I beat and beat till uniform smoothness and whiteness results. I keep beside the fire all the while, and at the last add by degrees, still whipping with my spoon, a half pint of rose water

and a few drops of any spirit perfume I possess. Red roses I love—and mind you add your scent and your rose water warm. Whip your cold cream till it looks like snow, then store it in little jars and keep it cool.

And now for some of the easiest aids of all to the attainment of a smooth, flower-like complexion. In your walks, pick dandelion—leaves, flowers, the stalks, and, if you can, lift a piece of root. Put a large handful in a quart jug, fill with boiling water, cover with a thickly folded cloth, and let the liquid stand till it is cold. Strain it then, and drink a wineglass of the "tea" when you wake each morning. A medical man I know has great faith in the virtues of this lowly plant. I myself have the stripped leaves almost daily, in salads.

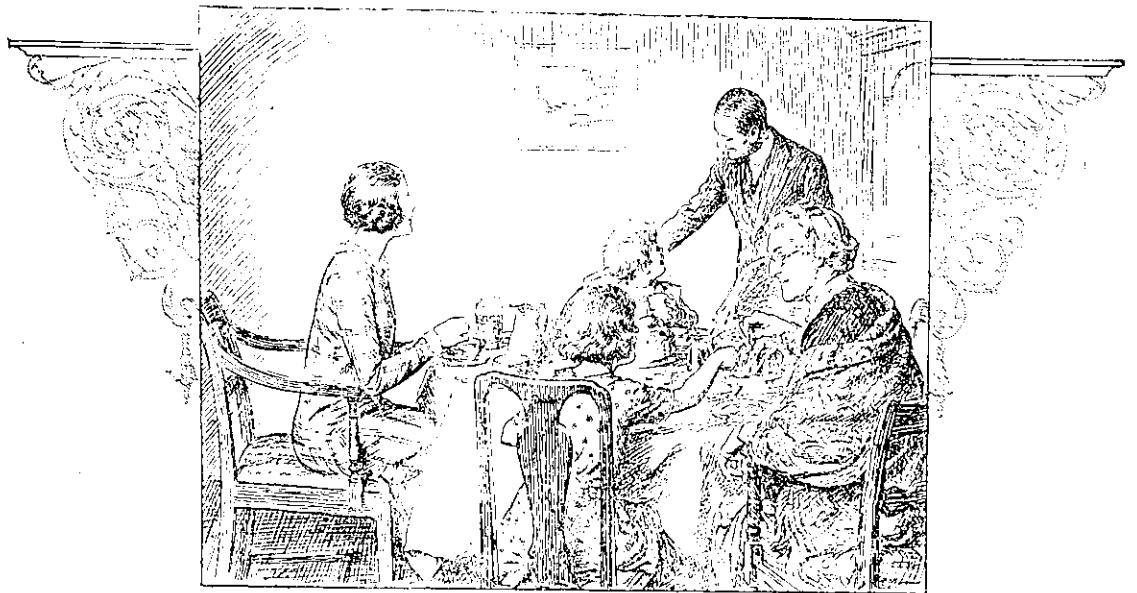
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