

# AS SEEN THROUGH WOMAN'S EYES.

## The Influence of Diet on the Complexion.

With the advent of warm weather, Nature, aided by the Meat Trust, has given us several valuable hints in regard to radical changes which might be made in our diet.

No girl can be lovely, can revel in a skin of ivory whiteness and smoothness, unless she gives the subject of what to eat—and what not to eat—respectful attention. No girl troubled with chronic dyspepsia can have

a complexion that is even "passing fair." The majority of my correspondents want some lotion "to make the skin white," "to remove pimples and blackheads," or relieve "a sallow complexion." The idea prevails that there is in the possession of the beauty expert a magic formula which will work the wonders they desire. Let me tell you emphatically there is no magic about it. If you earnestly covet a good, healthy skin, you must be prepared to battle for it, beginning with the foundation of perfect

health and cleanliness, and that cosmetics, should you require any then, will only supplement your efforts.

Too much meat is as ruinous to the complexion as a surfeit of pastry, especially in the spring and summer. Fresh milk, buttermilk, spinach, rhubarb, asparagus, lettuce, berries, fresh and stewed fruits, greens, whole wheat-meal bread, should be the diet for the spring and summer.

There are two old-fashioned internal remedies to take for pimples and general ill-health of the skin. The

first our grandmothers were dosed with regularly at the first sign of warm weather. It is a splendid thing to "drive out pimples," so be prepared to spend the first few days of treatment in retirement or in a heroic, literal "facing out." The amount of pimples which may appear will indicate pretty fairly the condition of your blood.

Get two pennyworth of sulphur precipitate. Of this put into an ordinary glass or teacup two teaspoonfuls, and add to it six teaspoonfuls



An Embroidered Evening Cloak.