MINNESOTA HISTORICAL SOCIETY

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THE SUMMER BATH AS A BEAUTIFIER.

Exhilerating and Strengthening Effects Follow the Right Kind of a Plunge.

SEA BATHING WISELY TAKEN IS A SKIN AND NERVE TONIC

A BATH STRAP STIRS A SLUGGISH CIRCULATION.

AN AROMATIC BATH PAR EXCELLENCE.

A FINISHING TOUCH TO A BATH IS A GENTLE MASSAGE FOR THE ENTIRE BODY.

BATHS are among the most effective mediums for imparting strength, vigor, buoyancy of spirits, and last, but not least, beauty. On the other hand, baths improperly taken are productive of baneful and even fatal results.

There is a science in bathing, and every woman should make a careful study of the subject. She should be most discreet in choosing those best suited to her physical requirements and conditions.

SALTY PLUNGE A TONIC AND BRACER

Few women there are who cannot indulge in a frolic among the breakers. Some, on account of the weak action of the heart, must forego them; others, who are in a run down condition and of a highly nervous temperament, find that the shock of the cold water is too great for them. But in the main most women take to water like ducks.

The exercise required in bathing and swimming is in itself excellent for the muscles; then add to this the toning properties contained in the salt water and its tendency to make the flesh hard and firm, besides that delightful after glow that follows a ducking, and you have one of the best all around baths.

There are certain things to remember when sea bathing. Never go into the water when overheated; never stay in until you are chilled, and after coming out lose no time before getting back to your bath house and giving yourself a good rubbing; hustle in to your clothes as soon as possible.

Some women make a practice of walking along the beach after their dip in the sea with the breeze blowing directly over them. They catch colds, sore throat and even muscular rheumatism, then wondering how in the world these unwelcome ills have ever made them their victims.

PROTECT YOUR FACE WITH CREAM

While sea bathing is delightful, it has the reverse effect on the complexion and hair. Women who are versed in the gentle arts of retaining a pretty complexion, free from sunburn or tan, though they are inveterate sea bathers, make it a rule to put on a little make-up before going into the water.

They rub a good cream into the pores of their face, neck and arms to elbow, or where the sleeves of the bathing suit drop. Then they dust lightly with powder. This little cream bath does not allow the salty water to sink into the skin, making it hard, dry and leathery, besides the sun god has not an opportunity to damage milady's complexion. Thus the day is saved.

The following is a cream which noted French beauties apply to their skins prior to their plunge:

60 grains of French gelatine.
¾ ounce of glycerine.
¼ ounce of water.

To prepare, cut the gelatine and put in a glass jar with the water. Set into a hot bath by putting into a kettle on the stove until the gelatine melts. Then pour in the glycerine, which should first be warmed a little, and add five drops of violet essence. This will cool in a hard consistency and so should be poured into tiny china moulds. Let stand for two days, and on removing from the moulds wrap in paraffine paper.

A DRUGGIST WILL PUT THIS UP FOR YOU.

Here, also, is a cooling powder used in conjunction with the cream. A good talcum powder will answer the purpose, but by using the following you know precisely what the ingredients are, and there is some satisfaction in that:

½ ounce of prepared chalk.
¼ ounce of carbonate of magnesia.
1 grain of carmine.

Mix and sift several times through a fine hair sieve.

Dash this over your face, neck, arms and hands. A sheep's wool puff is nice, as it may be frequently washed and therefore sweet and clean and free from germs.

BATHS YOU TAKE AT HOME

When you take your cosy little bath in your own porcelain tub you can run the gamut of baths, and the oftener and closer you get to your tub the better. Water is the greatest cosmetic in the world, and free to all who want it.

Soap is very good in its way, but when used every day it is inclined to make some skins dry. In that case alternate with little bags of oatmeal, in which a little orris powder has been sprinkled. Or bags of bran are also cleansing and have a tendency to whiten and soften the skin.

There is nothing more invigorating and delightful than a bath in which some aromatic water has been poured, or several bath tablets may be substituted. Spraying the body after the rinsing in cold water is refreshing, the odor clinging to the person several hours after the bath has been taken.

A couple small bags in which pine needles have been placed are toning to the system and indulged in by those afflicted with neuralgia and rheumatism. This bath must be hot. Hot soda baths are also recommended for the rheumatic.

Cold plunges are excellent for those who can stand the shock, but should not be employed unless your physician recommends them. These baths are best taken on arising in the morning. For ordinary bathing warm water, but not by any means hot, is good, followed by a rinsing bath where the chill is just taken off the water.

MARJORIE.

BEAUTY AND HYGIENE

IT will be found that an excellent remedy for burns is equal parts of linseed oil and cold boiled water. Mix well and bottle, and shake well before applying to the spot.

Don't curl or plait a child's hair tightly if you want it to grow long and thick. Many a scanty crop of tresses in later life is due to straining the hair while the child is growing.

A little lime water in milk, taken several times a day, will often aid in establishing good teeth. This, with the aid of the tooth brush properly selected and used, should prevent early decay.

One of the best and simplest remedies for keeping the hands white and soft is by bathing them daily in tepid water in which has been well mixed half a teaspoonful of the best glycerine and rose water.

There are many causes of which a red nose is the result—poor circulation, a too-stimulating diet, tight collars and a host of other troubles. Avoid strong tea and coffee, also too highly spiced or greasy foods.

Three weeks of the following treatment will completely cure an ingrowing toe nail: One ounce of perfectly fresh tannic acid dissolved in six drachms of pure water heated slightly. Paint the soft parts twice a day.

When the eyes have a burning sensation, bathe them with hot water to which a little witch hazel has been added. If the whites of the eyes are yellow and the pupils dull, it shows that the general health needs attention.

Four hours is the longest interval during which children should go without food in the daytime, and something, if it is only a drink of milk and a biscuit, should always be given them the last thing before going to bed.

Colored Ink