

## SOME BEAUTY RECIPES.

### Harmless Ways of Bringing Art to Improve Nature. [Home Magazine.]

Perfumes should be indulged in by every one, for their stimulating and refreshing properties cannot be over-estimated. They are health and beauty giving, especially lavender, lemon, rose, sage and benzoin. Those with pale complexions can in time bring color to their cheeks by bathing with benzoin water or loti virginal.

Thick lips can be reduced by rubbing with tannin.

Pale lips can be induced to show color by friction with black grapes.

Lemon, orange and cucumber peels are excellent for the complexion. Let them soak in your water jug, for they not only soften, but tonify and freshen the complexion, keeping the flesh healthy and firm.

When wiping the face always wipe upward, for this saves many a wrinkle and fulness under the chin. The eyes should always be wiped toward the nose, as it presses out the fine lines from the corners.

A good plan to preserve the skin from becoming set and old is to give the face perfect rest four or five times a day. No matter how busy one's life is, if possible to lie down for even five minutes at a time, close the eyes and keep the face in repose. If this is done daily it will prevent the haggard look noticeable with too many women.

Good powder will not harm the skin; on the contrary, it gives a soft, cool look and comfortable feeling. Rice powder is the best to use. It is a good plan to cleanse the face prior to retiring to rest with a little cream or milk of cucumber. Apply with a soft piece of linen, dabbing it well over the face; then wipe off the superfluous moisture. This cleanses the skin better than water, and encourages a delicate and white complexion. Rain water should be used whenever possible, otherwise distilled or rose water is good.