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THE HEALTH PROCESSES ARE ESSENTIAL

Skin Must Be Cleansed, Exercised and Nourished Just as We Do Our Bodies.

(By Elsie Pierce)

The skin can be likened to the body in its essential needs. We cleanse our bodies for the sake of health and for the sake of our aesthetic sense. We exercise our bodies to keep the muscles in tone. We nourish our bodies in order to keep the machinery going, to provide lubrication and fuel—in other words—energy.

Just so with the skin. We cleanse it because scrupulous cleansing gives us a feeling of fitness. We cleanse it because that is the first essential step toward skin health and beauty. Cleansing keeps the skin clear and fresh. Cleansing keeps dust and grime from working its way into the pores causing all sorts of salient defects such as clogged pores, blackheads, enlarged pores, blemishes. So you see how closely allied skin health and our aesthetic sense really are.

Now for the second step—exercise. Just as we exercise our bodies to preserve the elasticity of our muscles so we should exercise the muscles of face and neck. The facial muscles actually get less of a workout than the rest of the body. They, therefore, need artificial exercise. Such exercise is provided by patting with tonic or astringent, by molding with creams. This artificial workout has quite the same effect on face and neck muscles as motion has on the muscles of the body. The more muscles are kept in "tone" the more quickly do they respond to quick adjustment; the more readily do they expand or contract and keep their firmness.

As we have often repeated in this column, muscles can be likened to an elastic band. An elastic that is "young" and has spring to it can readily expand and then contract to its normal size and shape. An elastic that has lost its spring soon becomes limp and lifeless. Chin and neck exercises are excellent to keep the contour firm. Chewing is fine for the purpose.

The simple exercise of slowly with resistance, bringing the head back until it rests near the shoulder blades then slowly moving it forward until chin rests on chest is good. Combine molding with these exercises, and you have a perfect threesome to preserve that clear-cut line of youth.

Our third step is nourishing. And just as you regulate your diet according to weight, so you should regulate your nourishing cream according to the oil content of the skin. The dry skin needs lavish creaming, the oily skin very little, the delicate tissue around the eyes is seldom oily. It should be creamed nightly to keep it wrinkle-free.

... OF ...

Interest to Women

SUBSTANTIAL FOODS WITHOUT ANY MEATS

Marjorie Mills Recommends Scalloped Salmon Salad and Rice and Cheese Omelet -- Baked Lima Beans Also Make Economical Dish

(By Marjorie Mills)

What a challenge to our imaginations—to serve attractive Lenten meals. Not that we haven't plenty of fine foods from which to choose—fish, eggs, cheese, peas, beans, lentils. All of them lend themselves to most appetizing service.

Escalloped salmon or tuna fish, for instance, escalloped the simplest possible way, is a truly elegant dish if well seasoned. A rice and cheese omelet, if perfectly seasoned, is simply delicious and most attractive to serve. Another day, serve baked dried lima beans, economical, much more quickly baked than navy or pea beans and a choice dish taking the place of both meat and potatoes. Valuable too, because lima are a most important alkaline food.

Escalloped Salmon or Tuna

Mix in a buttered baking dish two cups canned or cooked fish and one cup coarsely broken soda crackers. (Be sure to use soda crackers, it makes a difference). Add 1 tablespoon prepared mustard, and be sure to use a good quality, dark prepared mustard, and milk to half height of mixture. Dot top with butter. Bake slowly about ¾ hour.

Rice and Cheese Omelet

Beat 4 egg yolks well. Add 3 tablespoons water, ¾ cup cooked rice, 1 tablespoon finely chopped watercress or parsley, ¾ teaspoon salt, 1 teaspoon good dark prepared mustard. Fold in 4 stiffly beaten egg whites. Cook slowly in buttered omelet pan until omelet is well puffed and bottom a delicious brown. Sprinkle top with grated cheese. Finish cooking in a moderate oven, until firm, but not dried through. Fold over and turn out on platter. Serve with slices of orange between the folds, garnished with watercress. Or serve with creamed peas.

Baked Dried Lima Beans

Wash 1 pound limas and soak over night. Drain. Parboil in fresh water 15 minutes. Turn into a casserole. Add 1 small onion, finely cut, 1 teaspoon salt, 1 tablespoon molasses, 1 tablespoon prepared mustard. They wouldn't be baked beans without molasses and prepared mustard. Just be sure to use a good dark mustard, its finer quality is important. Dot with butter. Add water to half cover beans. Bake 2 hours in slow oven.

Rocky Mountain Sauce for Game

Place in saucepan 1 glass currant jelly, 1 glass claret wine, 1 glass brown sauce.

Peel rind of 1 orange and 1 lemon, very fine, and cut peeling into very fine julien; blanch 1 minute in boiling water and strain. Add this julien to the above ingredients; add also juice of the orange and lemon.

Blanch 1 cup white seedless raisins for 2 minutes. Strain and add to above ingredients.

Boil the entire mixture for 10 minutes; before serving add 2 tablespoons of maraschino liqueur and a pinch of cayenne pepper and serve hot. Makes 12 servings.

Pineapple Ice Box Cake

1½ tablespoons gelatine
¾ cup cold water
1½ cups pineapple juice
1 cup sugar
Pinch of salt
1 teaspoon grated lemon rind
2 tablespoons lemon juice
3 egg whites
1 cup whipping cream
1 dozen vanilla wafers or two dozen lady fingers
½ cup drained pineapple, cubed
Maraschino cherries

Soak gelatine for three minutes in water. Heat pineapple juice to the boiling point; add gelatine; sugar and salt and stir until dissolved. Then add lemon rind and juice. Chill until jelly starts to thicken, then fold in the stiffly beaten egg whites and whipped cream. Turn into a mold lined with vanilla wafers or lady fingers. Chill until firm.

Unmold and serve garnished with the pineapple cubes, cherries and ad-

ditional whipped cream slightly sweetened. Makes eight servings.

White Bread

1 cup milk
1 cup hot water
2 tablespoons shortening
2 tablespoons sugar
2 teaspoons salt
1 yeast cake
¾ cup warm water
6½ cups bread flour
Scald milk. Add 1 cup hot water. Pour over shortening, sugar and salt. In a separate bowl dissolve yeast cake in ¼ cup warm water. When the first mixture is lukewarm, combine it with the dissolved yeast.

Sift flour before measuring. Stir in slowly 3 cups of the flour, beat the batter for 1 minute, then add the remaining flour. Toss the dough on a floured board. Knead it well, folding the edges of the dough toward the centre and pressing it down, repeating this motion until it no longer adheres to the board and is smooth, elastic and full of bubbles. Place the dough in a bowl, cover with a cloth. Permit it to rise in a warm place until it has doubled in bulk (for one hour). Cut it down by kneading it to its original bulk and let it rise again until doubled in bulk (for about 1½ hours). Shape the dough lightly into loaves, place them in greased tins, filling the tins only half full. Let the dough rise again until doubled in bulk. Bake the loaves in a hot oven, 450 degrees F., for 15 minutes. Reduce the heat to 350 degrees F. Bake the bread until it shrinks from the sides of the pan, or about 1 hour. Remove it at once from pans and place on a wire cake cooler or in some way that it will have air from all sides. Makes two 5x10 inch loaves.

To secure a rich brown crust, bake bread until nearly done. Remove it from the pans. Brush it with melted butter or cream. Return the bread to the oven without the pans. Bake it 15 minutes longer.

Quick White Bread

Time from start to finish for this is about 2½ hours. In order to achieve these quick results in the winter time, the ingredients must be warmed.

2 cups bread flour
2 teaspoons sugar
1½ teaspoons salt
1½ cakes yeast
2 tablespoons lukewarm water
1 cup lukewarm liquid (½ cup milk ½ cup water)

3 tablespoons melted shortening.

Sift flour before measuring. Resift with sugar and salt. Dissolve yeast cakes in two tablespoons lukewarm water. Add it to the one cup of lukewarm milk and water. Stir the liquid into the sifted ingredients. Stir in melted shortening. Blend ingredients until dough is smooth. Knead on a board into a ball. Cover the dough with a cloth and let it stand in warm place for 15 minutes. Knead dough for about ten minutes. Shape into loaf. Place in greased 5x10 inch pan. Let rise in a warm place for one hour. Bake for about 40 minutes in moderate oven, 375 degrees F. Makes one 5x10 inch loaf.

Raisin Bread

Sprinkle one tablespoon flour over one cup washed and well drained raisins. Blend flour with raisins. Add them to above Quick White Bread dough after the shortening has been kneaded in.

OTTAWA, March 2—Stone carvings of lion and unicorn which were part of the decorative effects of the British Parliament buildings, Westminster, for more than 100 years, were installed temporarily today on either side of the entrance to the library at the Parliament buildings here. Dr. Arthur Beauchesne, Clerk of the House, was responsible for having them brought to Canada after finding them lying unused, during his trip to England in 1935.

FORBIDDEN LOVE IN NECKWEAR

Or Indiscretion in a Jabot--Romantic Flights Possible via Organdy

(By Kay Thomas)

Touchees of white at the neck, bright baubles at the wrist and a dress which looked hopelessly drab hanging in your closet is new and fresh again. For neckwear, scarves and jewelry will multiply one frock indefinitely, with not too great an expenditure, either. This is a nice way to mark time until spring.

Lingerie touches at the neck are so important this spring. And the neckwear people have brought out delightful bits of froth to tempt even the most prosaic woman. And the names they give them. Who could resist a jabot called "Indiscreet," a collar named "Forbidden Love," a vest christened "Elation." Indeed, so far has fancy soared that there is a seductive ruffle termed "Nuit Espagnole" the better to face a night air raid, perhaps.

Anyway, without exaggeration, the collars and jabots and vests are lovely. They are much more practical under coats this year, for the mandarin collar, which hugs the neck so trimly, is shown more often than those that fall over the dress, just to get easily mussed. In collars, the squares, fitting the neck closely, are newest.

Different are the vests with swirls of organdy falling down the front, although the conventional ruffles are available too. There is much embroidery and some lace. But the plain organdy swirl we show here, the one with the cut-out embroidery, innocent of lace, is one of the smoothest we've seen.

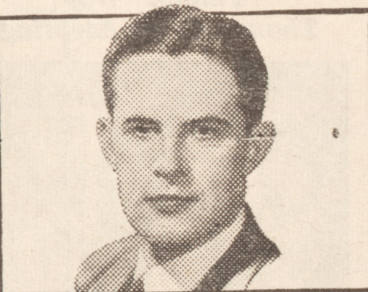
Scarves have a hundred tricks. The same length of paisley can be wound about the head, like a halo turban, tied about the neck in a bow or slipped about the waist as a sash. They are substituted for blouses under suits by an ingenious arrangement. Lovey are some gossamer squares in the brightest possible colors—stripes and blocks and circles. These are so soft in texture they can be worn with silk or woolen dresses, as well as over sweaters in the country. In addition to geometric motifs, active figures and handwriting scrawls form many designs. Outstanding of this type is the constitution scarf we showed recently with articles of our American Bill of Rights printed plainly.

Jewelry is massive on the whole. Crystal beads have superseded pearls or are combined with them in necklaces and bracelets. Pearls are combined with beads of two colors. Sea shells, massed into ropelike strands are decorative. And colored beads are seen often in company with gold and silver.

New shades in beads are red earth which is being played up as an important accessory color, and parlor pink, which is so enticing with navy or black.

Peasant motifs are emphasized. Chains are revived in many necklaces, especially the massive types. And long necklaces, with pendants from these chains, look surprisingly new again.

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