1938

Enter-Spring!

Ruth Jensen
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker
Part of the Home Economics Commons

Recommended Citation
Jensen, Ruth (1938) "Enter-Spring!," The Iowa Homemaker: Vol. 18 : No. 9 , Article 11.
Available at: http://lib.dr.iastate.edu/homemaker/vol18/iss9/11

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Enter---Spring!

Wash away those Winter worries
says Ruth Jensen

BATH taking and keeping clean is something we've had emphasized in no small terms since we were very tiny tots and our mothers took care of our ablutions. Now that we are grown up and in college the matter of bathing is not something to get through with as soon as possible for the practical purpose of getting clean but rather a ritual to enjoy.

Baths wash you clean, not only of dirt and grime, but also of fret and work. They refresh your spirits, set you up morally and make you like to live with yourself and the world. Run the tub full of warm water, climb in and soak in peace, to relax your nerves and to get away from the grind of classes.

Cold baths are for moments and moods of hurry—stimulating! The cold water has the effect of sending the blood away from the chilled surface. If your system reacts vigorously, and the blood rushes back to the surface, leaving you tingling, then the cold bath or shower is a zestful way to start the day. If you don't react like that, stay away from the cold water tap. The bath instead of refreshing will exhaust you.

When you want to feel like a grand lady for a special date or just to satisfy a soul longing, take a luxurious warm bath. It is relaxing; it releases taut nerves and mental tension. You will feel rested because so much of fatigue is really tension, and all you really need is to "let go." These benefits will not come from a quick dip, rather you must linger awhile in the tub and enjoy the relaxing effect.

A bath should be fun—a little orgy of pleasant sensations. Your bath should smell and look and feel delightful. It should pamper your feelings as well as your body. This can be done by the use of gay bath accessories, colorful wash cloths, colored bath salts, foamy soaps, lovely spicy or woody bath oils—all the amusing things producers are offering to the lady who bathes.

Soft water not only feels good but is beneficial to your skin. If the only kind of water that runs into your tub is hard as nails, attack it with a water softener—salts, oil or powder—and your water will be silky and smooth on the skin.

Please your sense of smell, too, while you are indulging in the bath. Use perfumed bath salts, water softeners and soaps with a pleasing light fragrance; they smell so clean and fresh.

Salt baths are the height of refreshment when you are tired. After a brief soak stand up in the tub and rub your chest, back and legs with salt for several minutes. Table salt will do admirably. Then rinse off, dry and rub with a body oil or bath lotion. You'll feel like a debutante.

---

FOR YOUR SUMMER VACATION TRIP

Be sure and see your INTERSTATE TRANSIT BUS Agent

He will have some especially attractive Special Tours to offer you via our AIR-CONDITIONED SUPER COACHES

CHICAGO   LOS ANGELES
BOSTON   PHILADELPHIA
SAN FRANCISCO and NEW YORK FAIRS

INTERSTATE TRANSIT LINES
PHONE 1900

---

MALTED MILKS
10c

SODAS
10c

SUNDAES
10c

FRUIT ICE CREAM
CAKE
50c

We Deliver

CAMPUSS CAFE
CAMPUSTOWN

April, 1939