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Ruth Frantz
Iowa State College

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Let's Face It!

by Ruth Frantz

Home Economics Freshman

Plenty of rest is another must for health and general appearance as well as good complexion; most people need at least eight hours of sleep every night. You'll be rewarded by better health and appearance if you use your study time during the day to best advantage and get plenty of sleep at night.

Proper cleaning is necessary too, but that doesn't mean that you must scrub your face with a strong soap and complexion brush. A harsh soap will only irritate the skin, and a complexion brush may spread and aggravate the infection. Wash your face with warm water and soap several times a day and finish with cold rinse to close the pores.

Avoid the use of cleansing creams, foundation creams and cake make-up—anything with an oily base; they clog the pores and encourage oily skin. If you simply must use a softening agent after washing your face so often, use a non-oily hand lotion or glycerin and rose water.

It's important to keep the hair clean and free from dandruff too, because dandruff and oil from the hair are in close contact with your face and may have a much greater effect than you realize. Stimulate your hair glands to good health by frequent tingling alcohol massages.

New effective help

Lotio alba, a mild sulfur lotion useful for drying minor skin infections, may be obtained at a drugstore either white or tinted. Also available now is a flesh-colored, non-greasy ointment containing resorcinol, sulfur and alcohol. It has a double purpose in that it camouflages blemishes while drying them up. It is available without a prescription, but you should consult a doctor before using it because it may be irritating to your particular type of skin.

One hard and fast rule is: Keep the hands away from the face. Your hands are constantly in contact with germ-carrying bacteria which are transferred to the face by contact, and squeezing of bumps may bruise tissues and cause permanent scars. If you need to remove blackheads and whiteheads, the face should be washed and steamed with a hot towel first. Then you can press gently with the fingers covered with cleansing tissue and apply an antiseptic immediately afterward.

It may take a little extra time and will power, but anyone who is really willing to follow these suggestions can be guaranteed of a better complexion, and in turn a better appearance, and—let's face it—a happier personality.

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