

Beauty Aids for the Outdoor Girl

Needs Have No Fear of Sun's Rays

THE fresh youthfulness of a flawless complexion, hands that are smooth and lovely, unfailing personal daintiness—all the tiny details which, summed up, spell feminine charm—can be kept intact through weeks of vigorous outdoor sports if only you know the tricks.

The modern outdoor maid can stay lovely to look at no matter how strenuous or how filled with sunshine her playtime hours may be. She can do it with so little effort that leathery skin, washed-out brittle hair, garden-worn hands, mosquito-bitten legs should all be relegated to the rank of has-beens.

There are sunburn preparations on the market now—some creams, some lotions—that are sure fire preventives if they're used with a grain of sense. Some prevent tanning and freckling as well as burning. Some let you tan but filter out the hurtful rays. Most of them must be applied not just once but several times if you are off on a whole day's outing. That's where the grain of sense comes in. Or should. But coated with her favorite cream or lotion, the outdoor girl finds that long hours on beach, tennis court, or golf course are not destroyers of complexion beauty.

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For the windblown and sun-kissed tresses of the feminine athlete there are a whole flock of beautifiers that can bring the crowning glory through the outdoor season neither bleached nor brittle nor dried out, but just as soft and lovely as it was the first warm day of summer. There are oils—much like sun-tan oils—with which to coat the hair to prevent its getting sunburned. There are scalp tonics and salves to combat the tendency toward dandruff from too much swimming and the unavoidable evil of now-wet-and-now-dry hair.

For sports which entail strenuous exercise, when perspiration tends to cause discomfort and chafing, there are soothing, cooling powders to protect tender skin. One in particular will be welcomed by women who like to ride and by women whose excess pounds are especially uncomfortable in hot weather.

Women who take their gardening seriously usually find their gravest problem that of keeping hands soft and white and lovely. It can be done, despite hand-to-hand combat with the inevitable weed—but not by merely wishing. Hand creams that form a protective mask-like film over the skin, garden gloves, and nightly massage with softening oil or cream are a trio hard to beat.

Outings that lead to cool, shady places where mosquito



Hand creams that form a protective film over the skin, garden gloves, and nightly massage will keep soft and smooth, despite her battle with the inevitable weed, the hands of the woman who takes her garden seriously.



Her choice is a sunburn cream—one that will prevent burning but will enable her to achieve a fine coat of tan in the sun's rays. If she's sensible she'll have no painful regrets for her sunny afternoon.

battalions hover in wait offer a special problem. There are many kinds of "mosquito dope," but a modern favorite is a fresh, spicy cream that turns back the onslaught and leaves you in peace to enjoy the quiet unmo-

lest. It's not greasy and does not stain clothing, and it smells pleasant, too.

If eyes are inclined to suffer from wind and sun, there are soothing lotions with which to bathe and refresh them, and

rich creams to help combat the fine lines which squinting promotes. And, perhaps most sensible of all, there are sun glasses to render the service of creams and lotions less necessary.



(Tribune Studio photos.)

The most sensible beauty aids for the outdoor enthusiast—sun glasses. There are lotions to bathe and refresh eyes and creams to smooth the lines caused by squinting, but glasses make them less necessary.



Foundation creams that are not messy but which filter out the painful rays of the sun are ideal for sunny walks and outings that call for normal street attire.



Gay kerchiefs foil the sun, while oils, lotions, and tonics keep the hair from drying out.



Some preparations prevent tanning as well as burning for those who prefer to remain fair.



A thin film of greaseless lotion keeps her from burning painfully in the reflected glare of sun on water.

Two Tasty Desserts for Warm Weather Menus

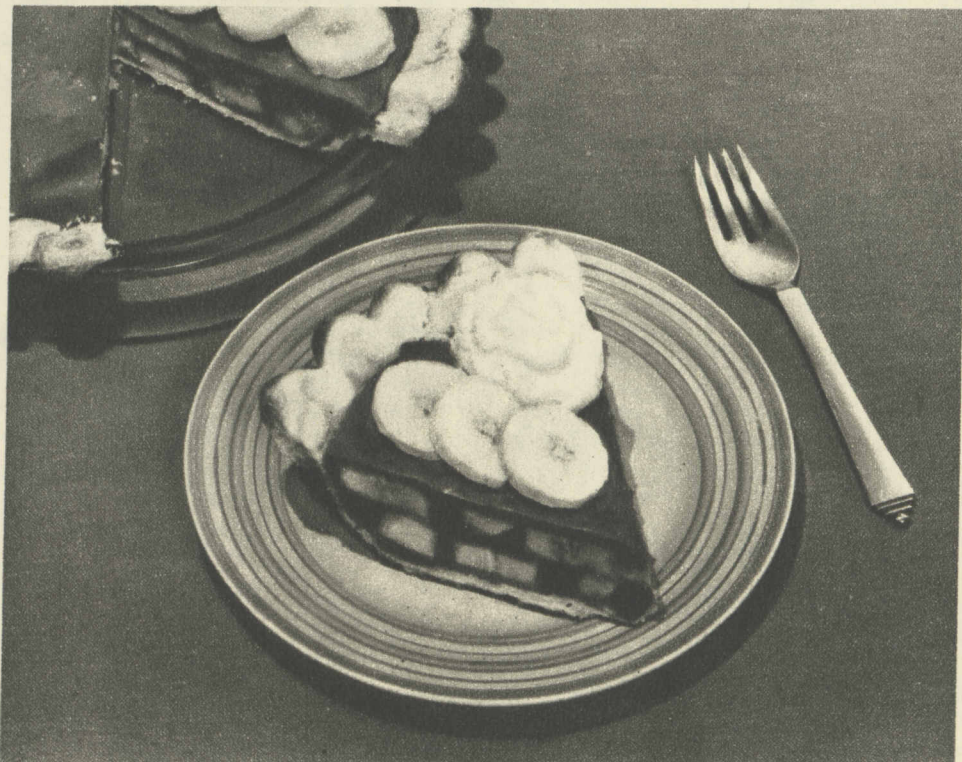
By MARY MEADE

HERE are two cool and happy endings to summertime meals—light, fluffy prune whip with cinnamon toast rings, and chocolate checkerboard pie.

The prune whip was made by combining in a bowl 1 cup of prune pulp, ½ cup sugar, 1 tablespoon lemon juice, 2 egg whites, and ¼ teaspoon salt, beating until the mixture held shape. The whip was chilled, of course, before serving. The cinnamon toast rings were made by spreading hot toasted white bread rings (cut with a doughnut cutter) with a creamed mixture of ¼ cup butter, ¼ cup confectioner's sugar, 1 teaspoon cinnamon, and 1 teaspoon vanilla.

The checkerboard pie was made by alternating layers of chocolate filling and sliced bananas in a pastry shell.

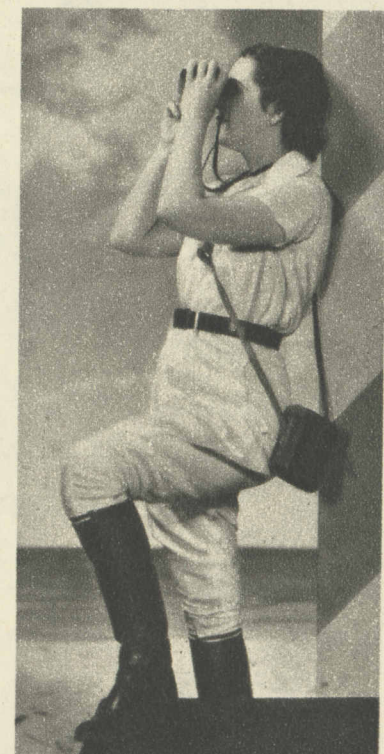
NEXT WEEK: Summer fruit plates.



Checkerboard pie consists of layers of sliced bananas and chocolate filling in a pastry crust.



Cinnamon toast rings are simple, novel accompaniments for this quickly made prune whip.



For summer riding, arms and face need a protective coating of sunburn preventive, for wind as well as sun takes its toll. And if the boot fits a bit snugly there is a soothing lotion for the feet that gives ease and comfort, as well as a fine white powder that prevents chafing.