Beauty Aids for the Outdoor Girl

Needs Have No Fear of Sun's Rays

THERE is freshness of youthfulness of a留学生 in complexion, hands that are smooth and lovely, unfolding 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 no more lovely to look at no matter how strenuous or how filled with monotony her playground hours may be. She can do it with so little effort that delicate skin, washed-out brittle hair, garden-party hands, moonshine-bitten legs should all be relegated to the rank of badness.

There are certain preparations on the market now—which contain solar-screening films that are sure fire preventives if they've been used with a grain of sense. Some prevent tanning and freckling as well as burning. Some let you tan but filter out the harmful rays. Most of these must be applied not just once but several times if you are off on a whole day's outing. That's where the grains of sense come 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 sunburned crone of the footloose athlete there are a whole flock of beautifiers that can bring the crowning glory through the outdoor months. Neither blotched nor beetle nor dried out, but just as soft and lovely as it was the first warm day of summer. There are those—lotion like sunset oills—which coat the hair to prevent its getting sun-burnt. There are soap toasts and shampoos to combat the tenacious oil, thus keeping hair in samaritan condition. There are shampoos and lotions for much swimming and the un-available exit of now-wet-and-now-dry hair.

For sports which entail strenuous exercise, when perspiration tends to cause chamoil 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 rose-pat notes are especially uncomfortable in hot weather.

Women who take their gardening seriously usually find their gravest problem that of protecting hands and white and lovely. It can be done, do spite hand-should-cream with the irrevocable overt—but not by merely washing. Hand creams that form a protective mask-like film over the skin, garden cream to soothe the skin, massage cream with soothing oil or cream are a rule hard to beat.

Outings that lead to cool, shady places where mosquito-battling lover in wait after a special problem. There are those—lotion of chamoil that forms a protective mask—but not by merely washing. Hand creams that form a protective mask-like film over the skin, garden cream to soothe the skin, massage cream with soothing oil or cream are a rule hard to beat.

Two Tasty Desserts for Warm Weather Menus

By MARY MEADE

Here are two cool and happy endings to sum- mer time meals—light, fluffy prune whip with cinnamon toast rings, and chocolate chesnut pie.

The prune whip was made by combining in a bowl 1 cup of prune pulp, 1 cup sugar, 1 cu

beaten until foamy; add 1 cup cream and blend well. Fold into egg whites, and 1 teaspoon salt,

beating until the mixture held

shape. The whip was chilled, of course, before serving. The cinnamon toast rings were made by
grounding but toasted white bread rings (not with a dough

out mixture) with a creamed mix

ture of 1/4 cup butter, 1/4 cup

rendering sugar, 1 teaspoon cinnamon, and 1 teaspoon vo

The chesnut pie was made by alternating layers of chocolate filling and sliced ba

in a pastry shell.

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

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

NEXT WEEK: Summer fruit pies.