

Heels Over Head in Beauty



You Can Do This Trick at Home

By ELEANOR NANGLE

A BEAUTY treatment that originated in New York very nearly has the women of that town literally standing on their heads. It's a beauty routine, to be followed either in the swanky New York salon or in your own not so swanky boudoir, that arouses beautifying circulation in the face, neck, and head regions naturally. You go to your room, rest with your feet twelve inches higher than your head, and then let the combination of the proper creams and the proper position do its best. And its best is really something!

It's just one of the eternal verities that active circulation is the first requisite to a good complexion and firm, youthful contour. The law of gravity is no friend to hair or face beauty. In the new beauty treatment the law of gravity is put to work, but in the right way. By placing the head lower than the feet for occasional treatments, gravity is used to send fresh reserves of blood down to the facial area. When you tilt the body the flow of blood to the head is quickened, the skin of face and scalp nourished by the increased circulation. There's even good authority for the claim that your brain functions a bit better in this position. Makes you not only more beautiful but less dumb!

In the salon where this treatment was introduced a specially built chair was constructed to tilt the clients' toes skyward for the beauty treatment. It's like an inclined, softly padded cot with special shoulder attachments that keep you from sliding to the floor. It's fun for the client, who instantly feels relaxed and fresh, but a little hard on the operator, who must kneel while she creams and massages.

But the treatment can be given at home, and we seriously suggest that you try it. Choose an evening when you want to be picked up mentally and physically; when you're dog tired and more in the mood for hot milk and sleep than cocktails and dinner conversation at which you're expected to sparkle.

The preparations you need are few—and they've been specially, inexpensively boxed for you by the house that instituted this revolutionary beauty treatment. You cleanse first, just as you usually do. If the skin is dry, use the richer of the two cleansing creams offered you. If it's oily, stick to the straight liquefying cream. They're both good grime chasers, but the

This is the way you give yourself a "beauty angle" treatment at home—with your toes pointed skyward, at least a foot higher than your head. While the reversal of circulation is stimulating from the inside, some special preparations are beautifying face and neck from the outside! Looks funny, but it will make YOU look lots better.

one for dry skin has a lubricating quality the particularly parched epidermis needs. Next, of course, comes your tonic or freshener, which does its bit to pick you up and removes every trace of cream as well. Then comes your lubricating cream, slathers of it, and be sure you smooth it on with upward, outward strokes!

If you've reached the years of wisdom which bring with them a threat to the youthful contour of your neck, give that

books, and anything else you need to raise your feet at least a foot higher than your head. You lie in this position for ten minutes, and any sense that you're making a darned fool of yourself for vanity's sweet sake will disappear, because in just a few seconds you'll feel beautifully relaxed. You'll even feel the welcome supply of fresh blood to your face and throat. You're getting the best kind of nourishment to your tired, drooping face from the inside, while the creams you've applied are doing their work



There's plenty of scientific and pictorial support for the theory that this application of the law of gravity keeps contour youthful and skin more beautiful.

area a break with a special neck cream you'll find in the little box. It's chock-full of good oils designed to combat crispness. You work it in with both hands, smoothing from the upper chest right up to the chin, the hands circling the neck, upward along the throat column. In a manner of speaking you wring your own neck, but ever so gently!

Now you're all creamed up. It's taken much less time than it takes to tell, too, in case we're scaring you off with these detailed instructions. You can do it in a couple of winks, really. Next thing to do is to turn your key in the bedroom door so you won't startle any invaders and assume what is now known as the "beauty angle position." Lie down on your trundle bed, with some fat pillows beneath your hips and with your feet on the footboard. If your bed lacks a footboard, grab a dictionary, all the telephone

on the outside. You'll be a convert to the old-new theory that reversal of circulation is a marvelous thing on occasion.

After ten minutes you should feel at least a couple of years younger. And when you get the creams off, and do a bit of patting with a pad moistened in skin freshener, you'll look the way you like to look—all dewy-eyed and glowing. You'll even, no matter how long you've ceased to have surprises, have a faint blush. And blushes, as you should know, have been sure-fire devastation since Eve was a girl!

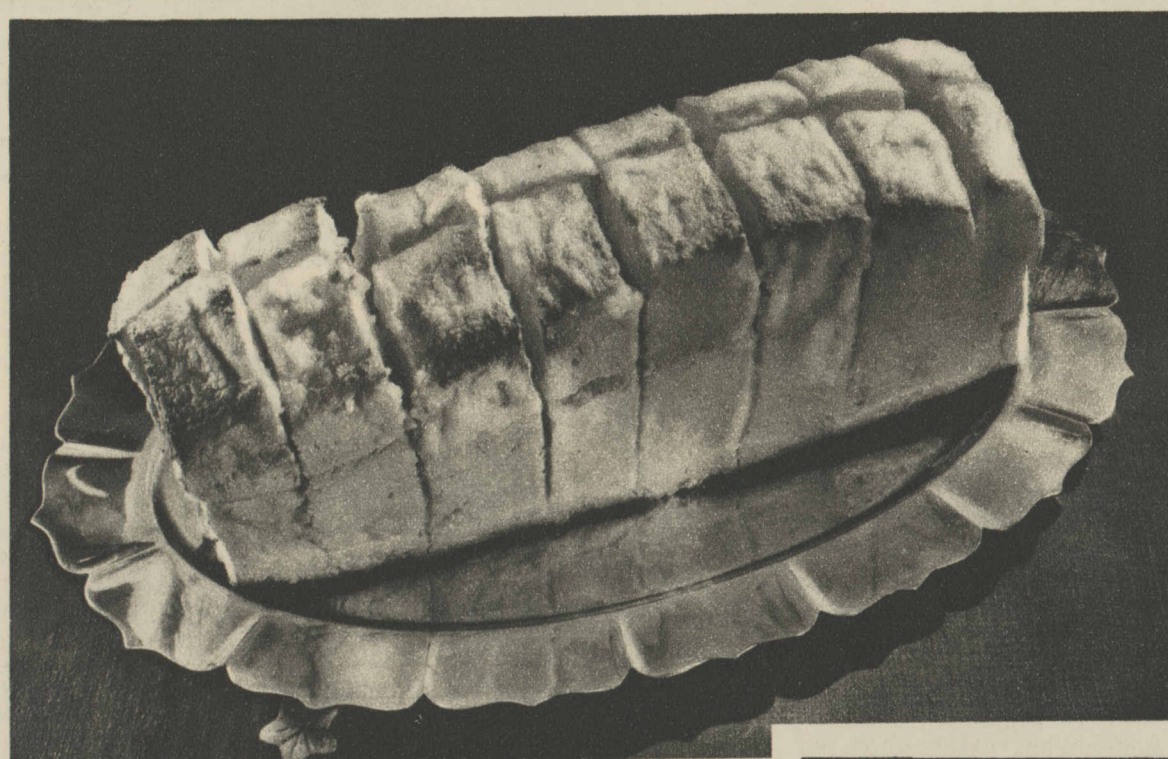
We've experimented with a great many suggestions for home treatment in our time, but this tops them all. Try it and see. We can tell you where to find the handy box of the necessary creams. The rest is up to you.

See you next week, standing on your hands!

Harvest Home Pudding and a Toasty Loaf



Above: Harvest home pudding is an autumn dessert made with a potpourri of fruit and a rich cake foundation. Dates or raisins, cooked or canned berries or cherries, and canned pears make the potpourri. The pudding may be served with fruit sauce, whipped cream, or with both.



At left: Another autumnal treat is this toasty loaf, made from a loaf of unsliced white bread and a combination of butter and old English cheese spread. A hot oven transforms the combination into delectable crispness.

By MARY MEADE

HARVEST HOME pudding, with its rich cake foundation and fruity potpourri, is an autumn dessert without peer. It may be baked in individual molds, as shown here, or in a large pan, to be cut into servings at the table. Whipped cream, a fruit sauce, or both may be served with it.

There are two parts to the pudding, batter and fruit. To make the batter, cream ¼ cup butter, add ¾ cup sugar, and blend. Add 1 egg and beat the mixture well. Sift 2 cups flour several times with 2 teaspoons baking powder and add to butter and sugar mixture alternately with ¾ cup milk. Add 1 teaspoon vanilla and beat the batter until smooth.

To make the potpourri, combine 1 cup diced dates or raisins, ½ cup cooked berries, cherries, or other small fruit, 1 cup diced canned pears, and 1 cup pear juice. Bring to a boil and pour

into a greased baking dish or into individual dishes. Pour the batter over the fruit and bake for 40 minutes at 350 degrees. Turn out on a hot platter and serve with fruit juice sauce, whipped cream, or both.

The other autumn treat pictured here is a toasty loaf made from bread and old English cheese spread. To make it, remove all crusts but the bottom one from a loaf of white bread and cut the loaf into inch-and-a-half slices down to the bottom crust. Then cut through the center of the loaf lengthwise to the crust. Blend ½ cup butter and ½ pound cheese spread and spread between the slices and all over the outside of the loaf. Press the slices together and tie them to form a complete loaf again. Place in a 400-degree oven until the cheese is melted and the bread is crisp all over the outside. This is really delicious.

NEXT WEEK: Lamb Dishes.

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