



5 FIGURE TYPES AND THEIR THIRTEEN VARIATIONS

Everyone turned out to see  
the Bride-of-the-Year  
(the Honourable's daughter)  
wed the Man-of-the-Hour.  
"M'deah, she had hundreds  
of beaux!"  
"Here comes the bride!"  
The crowd presses forward;  
even disinterested passers-by  
stop to crane their heads and look.  
"Who is she?"  
they murmur,  
intrigued by such poise  
and grace of line.  
Figures like hers  
are made, not born.  
Hers is a figure  
lovely by nature,  
but glorified by Berlei  
into a dress designer's dream.  
Smart clothes demand  
smooth, sculptured lines...  
be your own sculptor  
with a Berlei.  
(Designed to the thirteen variations  
of the five feminine figure types,  
your Berlei is your own true form—  
idealised!  
Hence the beauty...  
comfort... peace-of-mind  
your Berlei brings you.)

*The secret of the beauty Berlei brings you is that Berlei designs are based on the five fundamental figure types and their thirteen variations. They are anatomically correct—giving support where flesh is weakest; ease where action requires it. In short, your Berlei is your own natural shape... glorified!*



## YOU AND BEAUTY



### COMPLEXION CARE

**T**HERE are three main steps in the care of the skin:

1. Cleanse.
2. Lubricate.
3. Stimulate.

Cleansing is the most important of the three, particularly if you go in for make-up in a big way. You can use either cream or a good soap, whichever you prefer. Whatever happens, always remove your make-up before you go to bed. If you come in after a dance it's always a temptation to fall straight into bed and leave your make-up on till morning. In a case like this, cleansing cream is better than soap, as you can keep it by your bed and use it before going to sleep.

If you have spent a summer acquiring tan, your face is perhaps just at that between-seasons stage when the brown begins to look muddy. It needs lubrication and stimulation. Every night, cream your neck and face, massaging the cream in with vigorous upward and outward strokes, being careful to use very gentle circular massage round the eyes. This massage will rid the skin of the dead outer scales, thus making it fresher and clearer, and will stimulate the cells underneath. There are several greasy creams suitable for the purpose, or lanolin may be used. Leave the cream on for five minutes or so and then wash off in warm soapy water, using a soft complexion brush to whisk away the dead, scaly tissue. Finish by a vigorous splashing in cold water.

### Home-made Treatment

If your skin really needs drastic action, it's a good idea to give it a weekly facial mask. The following is a good home-made treatment:

Lightly beat up two egg whites, and add the juice of a lemon. Wash the face well in warm soapy water, rinse it, and dry it. Then cover it with the mask.

As the egg white dries, you will feel it drawing up the skin. After the face has become quite dry, remove the mask by dabbing gently with cold water. This mask helps to tighten up the skin, and helps it to get rid of waste material which clogs the oil ducts and pores.

If your skin needs bleaching (and this is the best time of the year for getting rid of freckles) the daily application of lemon juice or hydrogen peroxide may be recommended. But remember that any bleach has a drying effect, so leave a thin film of cold cream on your face at bed-time.

And speaking of faces—don't forget that faces grow on necks, and that the skin of the neck being more delicate than the skin of the face shows the effects of sunburn and exposure even more than the face itself. Use the oily cream on the neck and massage with upward strokes. The same bleaches and astringents can be used on the neck as on the face. It is, in fact, desirable to do so if you don't want to get that two-tone effect.

(NEXT WEEK—Eyes Right)