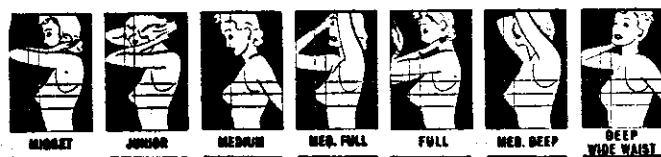


What do I do about my weight? *Plenty!*



"For one thing, I know a bosom needn't look big. It's marvellous what a Gothic brassiere does about that. It holds you to a young line, lifting the bosom from beneath and re-modelling the curves beautifully. And oh, the comfort of a Gothic!" Yes — all the support in a Gothic comes from below, from the famous Cordtex Arch — Instead of from above, with the drag of shoulder straps. What a difference this real support makes. There's extra control, too, in the snug Gothic fit — for Gothics come in seven different fittings, which means a fit for your shape as well as your size. Get yourself a Gothic brassiere — you've never known comfort, never known beauty like it!



MODAIRE ☆ **GOTHIC**
Cordtex
PATENT

YOU AND BEAUTY



FUN WITH YOUR FACE

YOUR friend Jean has rung up to say that she can't go to the pictures after all, or your meeting has been postponed, or your husband has gone to Home Guard. You're left with a completely free evening and the bathroom to yourself. Why not dedicate both to fun with your face?

Get everything to hand first. You will need (1) cleansing cream (2) heavier cream or olive oil (3) mild astringent lotion (4) materials for facial mask (5) plenty of face tissues, cotton wool and a towel.

Bind your hair firmly away from your face and set to work.

First apply your cleansing cream on a firm cotton pad wrung out in cold water. Use firm upward strokes, paying special attention to the crevices round nose and chin, and to the hair-line. Don't forget your neck, front and back.

Wipe the cream off carefully with tissues. Wring out a pad of cotton wool in cold water, moisten with skin lotion (using the water first helps to conserve the lotion), and go over the skin, using an upward patting motion. Press with special firmness at the sides of the mouth and on the forehead.

Now for your facial mask.

For softening, whitening, and generally toning up the skin of face and throat, use either egg and oatmeal, or egg and fuller's earth. Use the whole egg and merely stir into it enough oatmeal or fuller's earth to make a stiff dough.

First apply a little cream to your brows to prevent the mask from bleaching them, and then apply the dough evenly over the face and neck.

While the mask is drying, use the time to give yourself a manicure and pedicure.

Now if your mask is dry, remove it by softening it with a towel wrung out in hot water. Follow this up by liberal applications of the second cream or oil, patting in very carefully round the eyes and on the eyelids.

Now for your bath. Fill the tub with plenty of hot water and use handfuls of bath salts. Lie in it and relax. When at last you emerge, massage elbows, ankles and heels with same skin softening lotion such as glycerine and rose-water. Set your hair while it is still damp from the bath. And now you can take off that cream. Leave a thin film if your skin is dry, otherwise sponge it off with skin lotion. You don't have to go to bed greasy to be beautiful. And you don't have to go to bed bristling with aluminium in order to have waves. So set your hair with bobby pins or invisible hairpins, and tie a ribbon round to keep the waves in place. And go to bed after your beauty evening feeling and looking beautiful.