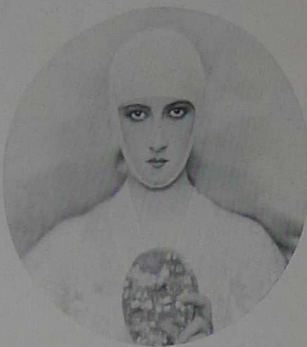


"There is
A KEY TO BEAUTY!"



LESSON No. 1—This is the first of a series of "lessons" prepared by Elizabeth Arden for the women who use her preparations.

Cleanliness:
THE FIRST LESSON

IN every one of my preparations there is beauty—waiting to be released. The key is knowledge. Your skin should be cleansed as carefully as a fine piece of kid... never with scrubbing, never with harsh handling... but gently and thoroughly with the finest of oils. Only cleansing cream of feathery lightness, that liquefies quickly with the warmth of the skin, can penetrate the depth of the pores to dislodge dirt and powder. Night and morning—and whenever you wish to refresh your face completely during the day, you should follow this program of cleansing.

With a towel or band, secure the hair firmly away from the face so that hair-line and ears are completely exposed. Squeeze a large piece of absorbent cotton out of cold water, shape into a pad of convenient size. Moisten with Skin Tonic and dip in Cleansing Cream. Cleanse from the chin upward, paying special attention to the creases at either side of the nose and around the mouth and chin; work gently around the eyes. Do not overlook the neck, which should always be cleansed with up strokes. Remove cleansing cream with Cleansing Tissues carefully so as not to stretch the skin.

Squeeze a fresh pad of cotton out of cold water, saturate with Skin Tonic and commence patting on the neck. Pat from the center around to the back on five minutes, going over the same movements. Dry with Cleansing Tissues. If this is your morning clean-up, your skin is now ready for your make-up, which should be applied according to the method I will describe in a later lesson.

Cleanliness

Cleanliness is the peg on which all beauty hangs, like a multicolored chiffon gown on a crystal hook. There is a certain kind of grubby beauty which artists like to paint, but almost nobody wants to live with it! And after all we are here to be lived with—aren't we—let us hope by the ones we like best!

When we enter a room, our environment enters with us—something which surrounds us as perfume surrounds a rose. It is created by our minds, our bodies, our emotions and our souls. No matter what "atmosphere" these create, there should stream from us unflinching the crisp, lifting air of cleanliness. One feels so comfortable and free when one is very clean—clothes, body, face, hair, purpose in life, impulses, judgments, dreams—all breathing out cleanliness.

THE PREPARATIONS REQUIRED IN THIS LESSON ARE:

VENETIAN CLEANSING TISSUES

Softest silky tissues. The sanitary and convenient way of removing cream. Roll 50 cents. Large box of four rolls \$1.50; large package \$2.25.

VENETIAN CLEANSING CREAM

A light, feathery cream, that liquefies quickly with the warmth of the skin and dislodges impurities. It rids the skin of dirt, powder and

excretions, and leaves the skin soft and receptive.

\$1.00, \$2.00, \$3.00, \$6.00.

VENETIAN ARDEN'S SKIN TONIC

A mild astringent which firms, tones and whitenes the skin and brings new life to every cell. Use caution and bring a glow of natural color to the cheeks. 85¢, \$2.00, \$3.75, \$9.00.

Elizabeth Arden's Venetian Toilet Preparations are on sale at smart shops all over Canada

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Mayfair, March, 1930

MAYFAIR'S HOSTESS

WE SHOULD ALL KNOW

Continued from page 70

Banana Rolls

Cook bacon crisp and crush fine when cool, using a rolling pin covered with wrapping paper. Cut sandwich bread in half then slice lengthwise of the loaf after removing crusts, and spread generously with butter. Sprinkle with Bacon bits and place a small scraped Banana on the end. Roll up gently—fasten with tooth-picks and wrap each roll in paper until serving time. Place a dampened towel around the sandwiches when done. At serving time cut each roll in half-inch slices.

Wholewheat Banana Sandwiches

Cut slices of wholewheat or Graham bread into strips or triangles, and spread with ripe Bananas; add a dash of salt and a coating of thick mayonnaise. Cover with bread and spread this with Banana slices that have been soaked in Orange or Lemon juice and drained. Sprinkle top thickly with toasted chopped Almonds and serve at once. Peanut butter softened with Lemon juice and mixed with crushed Bananas makes a good sandwich filling or spread for Graham crackers.

Banana Circles

Cut slices of nut or Raisin bread with doughnut cutter and spread with tart jelly. Cover with crushed ripe Bananas, add a dash of salt and press another piece of bread on top. Arrange on doily in overlapping circle and place celery tips or sprigs of Cress in the centre.

Fresh gingerbread, split and spread with sliced sweetened Bananas makes an excellent luncheon sweet. Topped with whipped cream and a sprinkle of grated chocolate, it becomes a luscious dessert.

Salisbury Steak

Select choice Bananas and brush over with soft butter. Flatten slices of beef tenderloin and place on broiling rack of hot oven. Place Bananas in a shallow pan and cook under the flame with the steak, basting the fruit several times with butter and Lemon juice. Prepare sauce to serve with steak by adding a teaspoonful of Lemon juice and two tablespoonfuls of drained bottled horseradish to half a cupful of whipped cream. Place cooked steak and Banana on each plate, garnish with Potato chips and serve a spoonful of the horseradish sauce in a Pimento cup, Lemon shell or halved Tomato.

Beef Roll with Bananas

Season a pound of chopped round steak lightly and shape into a compact piece about an inch and a half thick. Peel, scrape and flour four firm Bananas and salt lightly. Have large frying pan hot and melt two tablespoonfuls of butter in it, then place meat in centre and fry around. Turn meat and fruit after five minutes, cover and reduce heat, cooking to or 12 minutes altogether. Place meat on hot platter with Bananas around it, pour a spoonful of hot water in pan, stir well and then pour savory juices over meat.

Savory Cutlets

Trim veal cutlets or chops into uniform shape, dip each in beaten egg diluted with water and then in well-seasoned crumbs. Brown slowly in frying pan with part butter and drippings. Place a peeled and scraped Banana on each portion of meat, salt lightly and spread with butter. Cover and bake in a moderate oven for 30 minutes. Pour a little melted Currant jelly over each before serving.

Banana with French Dressing

On salad plates make oval nests of crisp Lettuce and place a choice Banana in each. Sprinkle with minced Parsley, place Celery tips at each end and serve with—

French Dressing

Blend a teaspoonful of powdered sugar with half a teaspoonful each of salt and paprika; moisten with two tablespoonfuls of Lemon juice and one of Orange juice. Stir in a scant half cupful of oil and beat well before serving.

Prune and Banana Salad

Soak twelve choice Prunes over night and simmer until tender in same water. Cool fruit, drain, remove pits and press into shape again. Cut three choice Bananas into thick diagonal slices and soak in Orange juice while making Fruity French Dressing:

Blend one tablespoonful of Honey with the juice of one Lemon and two Oranges. Season with salt and paprika and beat in one-third of a cupful of oil. Line salad bowl with crisp Lettuce, drain Bananas and arrange with Prunes for serving. Pour salad dressing over or pass separately, as preferred.

Summer Salad

Combine sliced Bananas, diced Pine-apple and halved sweet Cherries, Strawberries, or whole red Raspberries in any desired proportion. For two cupfuls of the fruit make a dressing of one tablespoonful of Lemon juice, a little salt, two tablespoonfuls of Honey and half a cupful of thick cream. Arrange fruit on salad plates on nests of curly Lettuce and cover with dressing.

An attractive pink dressing for fruit salad calls for three-quarters of a cupful of whipped cream into which one tablespoonful of Lemon juice, and three of syrup from maraschino Cherries are gently folded. Salt lightly and serve at once.

Broiled Ham with Bananas

Cook the sliced ham gently in the broiler, basting twice with ham fat and sugar, and let each side brown lightly. Peel, scrape and flour four firm Bananas and salt lightly. Have large frying pan hot and melt two tablespoonfuls of butter in it, then place meat in centre and fry around. Turn meat and fruit after five minutes, cover and reduce heat, cooking to or 12 minutes altogether. Place meat on hot platter with Bananas around it, pour a spoonful of hot water in pan, stir well and then pour savory juices over meat.

Mayfair, March, 1930

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