Getting back down to the earth, try nature for beauty treatments

By SUE DAVIS
Battalion Women's Editor

For college girls on a budget (and what college girl isn't)?, buying all the special face masques, astringents, cleansing grains and creams needed to stay at your most beautiful is almost impossible.

Now nature has come to the rescue with herbs, fruits and vegetables as close as the neighborhood grocery store.

Depending on nature for beauty treatments is not a new concept. Women for many hundreds of years have had their own private recipes for curing this and that. Remember how Grandma swore a pinch of basil was what was needed to help your cold? Well, now science is beginning to listen.

The whole delicious idea is based on the premise that since the skin is selective, organic ingredients are absorbed more readily then non-organic.

Fruits are rich sources of vitamins and mineral salts. Used cosmetically, they can be highly beneficial. Try slicing some raw, pulpy tomatoes and apply them to your face. In 15 minutes, the amino acids have gone to work, tightening up and balancing your skin.

If oily skin is your problem, pat fresh strawberry juice all over your face to help cut down the flow. Those with dry skin can dew up a pretty face with the squeezings from a honeydew melon.

Lemons have been legendary for their beneficial properties. This is because they are fortified with citric acid, as are oranges and grapefruits. A squeeze of lemon juice brightens up even the most lackluster hair. It can also be used to bleach out stains on hands or elbows.

Cucumber, cut up and mashed, then dunked in cool water, makes an incredible revitalizer when splashed on the face, especially in sticky-hot weather. Another good masque can be made from milk and flour.

For a great eye-brightener, try steeping two tea bags for a few minutes. Cool, then place them over your eyes and rest for about half an hour.

Herbs have great cosmetic potential. Marigold petals mixed with olive oil are supposed to cure acne. Boil and mash fresh green beans to help fade your freckles.

Steaming the face is especially good for unclogging pores. Try concocting one with sage, peppermint, chamomile and lime flowers. Steep these herbs in two pints of boiling water, steam, then pat skin with witch hazel and splash with icy water.

A wonderful compress can be made from dandelion shoots. Chop up some young leaves, simmer for about five minutes in boiling water, and then apply to a scrupulously cleaned face.

Even the most unlikely herbs can be helpful. Garlic will help rub out blemishes. Parsley is a great breath freshener, as are dill and, surprise, coffee beans, all uncooked.

Honey is considered one of nature's most perfect foods. It has been used to cure everything from baldness to bronchitis, besides doing scrumptuous things for the face. Because it has antiseptic qualities, honey draws up blemishes and tightens pores. Use it alone as a revver-upper or mix it with oatmeal paste or egg white to make a glorious masque.

One thing to remember is that you must be selective with these natural foods, as you would with any packaged item. For instance, if you are allergic to strawberries, chances are your skin will not love them, either.

For those of you who have neither the time nor the inclination to hassle with the real thing, there is another way out. Various cosmetic companies have started packaging natural ingredients, ranging from apple to papaya to quince.

Love Cosmetic carries a whole line of lemon beauty things, as does Revlon. These include lemon cleanser, bath oil, dusting powder, and shampoo.

Caswell-Massey, the oldest pharmacy in America, sells soaps, cold cream, and skin lotion made from lemons, cucumbers, tomatoes, lettuce and apricots.

The largest line of natural beauty treatments comes from i Cosmetics. They have many creams and lotions in peach, avocado, grapefruit, papaya, and quince.

Other companies that carry natural beauty treatments are Elizabeth Arden, Orlane, Orjene, Helena Rubenstein, Aida Grey and Ella Bache.

After seeing all the great back-to-nature beauty things that can be yours for the asking, one can conclude that where beauty was concerned, Grandma had it made, even if she had to make it herself.

So you can see, it does not take loads of money to stay looking your very best. This should be great news for college girls on a budget.

"BULLETIN"

All Juniors & Sophs. J-M have pictures made at the University Studios this week, Feb. 1 - 5. Also this is the last chance for Seniors & Grads to have pictures made & select proofs.

WOMEN NOW

Brides wear jeans, prefer fake fur

NEW YORK (AP)—So you've decided to throw caution to the winds and get married. Now what do you buy to wear?

If you're marrying, the chances are good that you're a teenager. The median age of first brides in the United States is 20.2, and half of all first brides are teen-agers, according to a Seventeen Magazine survey.

If you're a teenager, you may be in college. If in college, then you'll need all the money you can get for living essentials—so your wardrobe may be limited.

Perhaps the bulk of it will be new blue jeans and sweaters. Levis has a great selection, as everybody knows. You can get them for little money, and decorate them with beads or patches. Some people insert suede fringe into seams and sew them up again.

Sweaters are good in tweeds, multi-colors and appliqued with figures, but they can be expensive. Some New York boutiques sell solid colored tee shirts for $1.00. Maybe you can find the same prices in your city, with some digging.

It just so happens that the work clothes you've worn for years are very much in fashion right now, so if your mother asks you if you've gone crazy, you can quote a designer who said, "Denims have more status today than imported French silks."

Denim has STATUS. It's ok, tell your mother, if she says she would never have dared to wear blue jeans as a bride.

Mixed patterns are still big, say the DuPont people—a printed shirt, jacquard pullover and bird's eye knit knickers, as well as a continuation of the workclothes influences—pinafores, jeans and so on.

If you've got some money to spend, and you want some dressier clothes, try the Young Pendleton line, designed for young marrieds.

You can get four looks for a bit over $100 by combining a belted white jacket ($50) with a front plea geranium plaid skirt ($20) or plaid pants ($25) with a belted pebbleknit sweater ($16).

The Monsanto Company is talking about fake furs—very much in fashion today due to the ecology issue. Cuddle-up coats are embroidered, turned inside out, trimmed with textures from soft-touch suede to bold brass toggles.

As for nightgowns, go to Woolworth's.

And last, but not least, you might pack a black sequined gas mask from Sakowitz, in Houston for $6. You never know when you're going to have to take a deep breath — and the sequins make it dressy. You can't get too casual with a new husband.

Fake furs rate high with young ecology-minded brides, although many prefer the more casual clothes. Since denim has more status than before, they are accepted more. Jeans and sweaters are inexpensive and can be decorated to suit the fancy of the wearer. (AP Photo)

More PE courses available to coeds

A wide variety of physical education course offerings became available to coeds this semester.

Health and Physical Education Department head Dr. Carl Landiss said the expanding coed program gives women students 14 alternatives for registration in required freshman and sophomore physical education and one-hour junior electives for majors.

Classes in basic and survival swimming, life-saving, Water Safety Instructor's Course, fencing, gymnastics, badminton, bowling, folk dance, golf, SCUBA diving, tennis, volleyball and springboard diving may be elected.

Math research grant approved

Undergraduate research in mathematics has been funded at A&M by a $22,200 National Science Foundation grant, President Jack Williams announced.

The 1971 summer program directed by Dr. Lawrence F. Guseman Jr. of the Mathematics Department will involve 15 students in 10 weeks work.

Dr. Guseman said five-student teams will work on projects in topology, modern algebra and analysis and functional analysis. Working with him in the program will be Drs. James R. Boone and James R. Mosher of the Mathematics Department.

Participants will be students who have completed the junior year of study toward the baccalaureate degree in mathematics, Guseman added. He said application notices have been sent to all four-year schools within 1,000 miles of A&M.

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