



Her Throat Is Like The Swan

If Your Neck Is Beautiful, Show It. I will Make You Envied by All Women, Admired by All Men,

Writes *Lillian Russell*

The line of the back of the neck should remain unbroken.

LILLIAN RUSSELL ARTICLES TO BE DISCONTINUED.
The Oregonian expects to discontinue the articles by Lillian Russell at the end of the present month. It will be impossible, therefore, to assure readers that any inquiries addressed to Miss Russell and received after this date will be answered in these columns.

NECK DRESSING has the power to make or mar beauty, and in these days the choice rests entirely with each woman individually, for there is no set rule for either the high, choking collars, nor the low-cut bodices.

For several years the prevailing fashion demanded the high, choking collars, based so firmly that proper breathing was impossible and graceful carriage of the head was unknown. One could not move right or left without turning the whole body, which gave a stiffness to the appearance far from graceful.

The high collars that are in vogue today are slightly softer in texture than formerly and therefore less liable to harm the breathing, but they are no less damaging to the beauty of the throat. They cause the same lines to form around the neck, the same little creases under the ears, and the same dark streaks under the chin. No face gains in beauty of expression by the wearing of a high collar. The swanlike throat that poets rave about is lost in a maze of ruffling, if it is not enlarged in appearance by flaps of linen or silk.

It is possible for every woman to take account of her own attraction and study the degree of becomingness to be found in her neck dressing. Comfort should be considered, and that is always to be found in the wearing of the open-necked bodice. If a woman has a long, thin neck she may wear a high, turned-over collar of some soft, white material with good effect, but if she has a short, full throat she should avoid wearing anything around her throat that destroys its outline. A fat woman with a full ruching around her neck looks positively grotesque.

The line of the back of the neck from the hair line down to the shoulder should be unbroken. It is one of the beauty points of a well-formed woman. The chin should never be pushed out by the wearing of a ribbon band around the neck.

Freedom of the throat is a great charm in a pretty woman. Too often the throat is neglected and allowed to become yellow and lined long before age has left its marks upon it. In the care of the complexion the throat should have equal attention with the face. The clearness of the skin should extend from the forehead to the shoulder. Tulle and fur boas are only for long-necked women.

There was a time when the wearing of an open-necked gown was considered vulgar anywhere but in a ballroom. But today every sort of gown, from a blouse to a tailored suit, may be worn open at the throat with impunity. In art, beauty and grace are combined in serpentine lines. The most beautiful woman is she who is pliant of limb and flexible of attitude—whose curve and motion are harmonious whose rhythmic bust and shoulders need little drapery, and in their very nudity are most chastely and practically clothed. It is only the women whose forms are built up square and solid like a brick house, or those who look as though they had been cut out of a block of wood by a turner, who suggest vulgarity by décolleté dressing.

Covering the body utterly is an artificial decency, originating, of course, in cold countries, for obvious reasons. And for the woman whose scrawny shape forbids what may be called "a clean breasted avowal of what Nature

might have more sumptuously adorned" to cast the malicious eye upon the charming disclosures of a more favored rival is as feeble as her theories of decorum are foundationless.

There is no more actual indecency in bare throat and shoulders than there is in unveiled face and naked hand.

So wear your bodice open at the throat; give freedom to the muscles and glands and the air that attacks them.

The wise will applaud you for seeking health in spite of fashion. So long as your throat is beautiful—and that should be as long as you live—keep it uncovered. You may not be envied by all women, but you will be admired by all men.

(Copyright, 1915, by Lillian Russell.)

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For practical school dresses there is a multiplicity of pretty suspender styles. The skirts, plaited, gathered or ruffled, are to be worn with separate blouses, which can be changed as often as necessary. The middie styles are always popular, but this year they have a rival in the smock for everyday dresses. A pleasant variety of skirts has come, many of them from France, and the youthful enthusiast, assisted by maternal judgment, will find her heart's desire, either as accordion-plaited model or a graceful ripple skirt which may be single or double or a skirt with two or three straight-edged flounces.

For the various models of coats there are many suitable materials, some new and standard favorites. Of course, upon one's particular climate depends the choice of materials and styles, as well, but this season fabric makers have provided splendid materials for the variety of climates and for the variety of styles. For the coat on Norfolk lines, mixtures are good and also are fancy suitings. The dressy coat may be one of the models made with a yoke or a simple style belted at the empire or lower waistline.

The coats on the whole have simple lines. Most of the models may be made with either the high or open neck. Many have convertible collars or they may have a high stitched collar with a very military appearance. Braid trimmings may be used if a continuance of the military note is desired.

Belts are shown in such an amazing variety of designs that they are sure to please juvenile fancy. Lingerie and corsets are not forgotten. There is nothing that is quite as personal and intimate as one's lingerie and corsets, and the fastidious young woman and matron are as careful in choosing them as they are in selecting their suits and

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dresses. For day wear the combination or slip is made with a round or square neck; for evening with a straight outline. The new underwear shows more fullness below the hips, and the most popular arrangements at present are the short combination and petticoat or the princess slip and drawers or knickerbockers.

Longcloth is the most serviceable and you get a daintier effect and better wear from good longcloth than from cheap grades of other materials. It is false economy to buy a cheap quality of any material.

Petticoats are particularly important this year under the new full skirts. They are made with deep flounces, either circular, gathered or plaited. The best silk material is taffeta, for it stands out splendidly, especially when it is corded. For practical wear, satin-finished cotton material is excellent.

The new fashions mean a new silhouette. With the wide skirts there is no longer any necessity for submitting to the discomfort of the very long corset. With the extremely narrow

dresses it was imperative that the flesh of the thigh should be held in as much as possible, and the lower edge of the "short corset" would have made itself once apparent. Now, however, the full skirts do not touch the figure, the line of the thigh is hidden and there is no longer any need for the long corset.

This Autumn the new fashions are closer-fitting. Coats and bodices curve into the figure at the waist line to give a picturesque contrast to the flare and flow of the wide skirts. The new lines are not tight-fitting. They do not confine or compress the figure. They simply fit it more closely, bringing out its curves and modeling it in a way that seems wonderfully attractive after the rather shapeless lines of the past few years.

The new corsets are rather more firmly boned than they were last year. The very light boning of last year was admirable for the slight figure, but did not give enough support to the woman of average proportions. The new boning is very well arranged, leaving the hip open and doing away with the old discomfort of a bone pressing on the hips.

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sonal answer. Write again and send a stamped envelope for the reply which I will be glad to send you immediately.

Widow in Business

CAN anybody tell me why some men take it for granted that marriage coarsens a woman?

The little widow with the blonde hair put this startling question very seriously, and her eyes big with trouble, looked it even more seriously.

"And why is it that everything is made so hard for a widow who must support herself?" she continued. "Surely a widow with a child to care for needs help as much as any girl—if not more. Not every man can leave his wife an income when he dies. There are a great many women situated just as I am. But we are supposed to be able to fight our way alone, and if one of us ventures to apply for a haven at any of the homes for working girls or even at the Y. W. C. A., we are told that, having been married, we cannot be admitted."

"Of course I think it is perfectly right to help the girls who are struggling to make their way. They need all the help that can be given them—and it is little enough. But why consider that the girl who works for her living is less able to take care of herself than the woman who has been married and sheltered and loved and who, in taking care of her husband and household and child has been too busy to learn much about the outside world?"

"Such a woman, when she finds it necessary to go forth alone and earn a living, is not armored for the fight, even as well as the young girl starting out with her parents' backing and a certain chivalry which clears the way for her."

"Add to this that some men feel it their privilege to say things to a woman who has been married which they would be ashamed to say to a girl. In their opinion, apparently, a married woman has no modesty."

"Since I have been out in the world associating with men in business, I have found that an almost invariable rule that the average man will guard his tongue in the hearing of an unmarried girl of almost any age, but he frequently takes it for granted that he has a fuller liberty when speaking to or in the presence of a woman who has had a husband."

"One would think that a widow would command a certain respect—the dignity of her widowhood, and particularly of her motherhood, if she has a child, would cause men to pay her a certain deference. My husband was a clean, kindly man, who during the eight years of our marriage I never heard him say or know him to do a thing to coarsen me or any other woman. There must be many men like him. And yet I have learned, to my sorrow, that there are a lot of other men who think so little of their own kind that they take it for granted every married woman has been stripped of refinement and modesty."

Dream Cakes Recommended for Chafing Dish Suffers.

Toothsome Dainties Easier to Make Than Rabbit—Sandwiches Are Browning in Butter.

THE easiest thing in the world to make in a chafing dish are dream cakes, and anybody who likes a rarebit will have over these toothsome dainties, which are built of cheese, cream and slices of bread. They are less trouble than the ordinary Welsh rarebit, which required a good many ingredients and prolonged cooking, and they are "heartly" enough to make a sustaining supper after an evening of bridge. Two or at most three, dream cakes, will be all the average person can eat—unless he is willing to risk the possible weird dreams which are said to have given the rich delinquent their name.

Press half a pound of soft rarebit cheese through a potato colander, or a colander until you have a pile of light, flaky cheese particles. Mix with the cheese half a cup of sweet cream. Season with a pinch of salt, paprika, a dash of mustard and a teaspoonful of Worcestershire sauce. Have ready slices of bread, cut rather thick and with the crusts trimmed off. Spread one slice thickly with the cheese, another slice down upon it, and then brown the sandwich thus made in a chafing dish blazer in which butter is bubbling. When golden brown and crisp, serve piping hot on a small plate. Do not have the sandwiches too large; small ones will brown more quickly.

Ordinary slices of bread, trimmed at the edges, may be cut in two diagonally to make three-cornered dream cakes.

Lillian Russell's Beauty Answers

E. B. L.—I did not receive your letter containing a self-addressed and stamped envelope. Had I received it, your letter would have been answered. If you will send another I will answer it.

Brown Eyes.—The formula for which you ask contains equal parts of ammonia, distilled water and peroxide of hydrogen.

Minnie.—If you will send me a self-addressed stamped envelope and ask me again the questions I will answer them, as there are too many questions to answer in the paper.

M. G.—If your ankles are weak never wear a low shoe or slipper, but always wear a high button or laced boot. You will find that this will also tend to make the ankles smaller.

A Reader.—A splendid astringent for large pores; it is also fine to use if you are reducing and find that your face is getting flabby. One ounce of eau de Cologne, one-half ounce of tincture of benzoin, one ounce of peroxide of hydrogen, one teaspoon of pure borax and enough rose water to make a pint. Apply after washing. Care must be taken not to get it on the hair or eye-

brows, as it is a bleach as well as an astringent.

I consider a bristle brush far superior to a wire brush to use upon the hair. If the cream which you are using upon your face makes it "scaly," as you say, you should stop using it and try another.

A Fond Reader. Collins, Mo.—Bathe the face every night with warm water, using pure castile soap and a complexion brush. Then massage the face, using a simple emollient such as creme marquisse or orange flower skin food. For wrinkles across the forehead use a rotary movement, smoothing the lines crosswise.

M. G. B.—I should advise you to rub olive oil or a good cold cream around your finger nails every night. They need nourishment.

Agnes M., San Antonio, Texas.—If you will walk three or four miles a day and drink no liquids with your meals you should reduce enough for a girl of your age. It is very foolish for a young girl to do very much reducing before she has her growth. It is well, however, for her to be careful of her diet, and to take exercise and walks and not allow herself to get so stout that

she will be obliged to reduce later.

If you will send me a stamped, self-addressed envelope, I will send you a diet and set of exercises which will be of benefit to you.

Dorothy.—For the condition of your cheeks and complexion I should advise a good skin food. Your face needs nourishing.

The plain yellow vaseline will promote the growth of the eyelashes. Put it on every night, being very careful not to let it get into your eyes. As to the dark circles under the eyes, you should consult your physician, as no outward application can remove that condition.

M. K. R.—As a tonic for short, scanty lashes there is nothing better than yellow vaseline melted and rubbed gently along the roots with a tiny camel-hair brush. Use the vaseline at night and allow it to relieve the soreness gradually. Take care that none enters the eye, as the oil will irritate it. To make a tonic for the brows use one ounce of yellow vaseline and eight drops each of oils of lavender and rosemary.

Beatrice H., Roney's Point, W. Va.—You will find this exercise beneficial: Double your fists as tightly as you can and bring them together in front with the arms raised to the horizontal. Keep the arms on a level with your shoulders and slowly separate the fists as widely as you can. Eat well and heartily; sleep as long as possible, and stop worrying. You will find gentle massage with a skin nutrient round and upward along the glands also beneficial.

Gladys.—The orange flower skin food formula is: Melt together in a water bath one-half ounce of white wax, one-half ounce of spermaceti, one ounce of lanolin, two ounces of sweet almond oil and one ounce of coconut oil. Take off the fire and beat until cold, adding, little by little, two ounces of orange flower water to which five drops of tincture of benzoin have been added. Be sure to beat ingredients constantly until quite cold. Beating is the secret of fine cream.

Bab.—Line the gloves with a preparation made of four ounces of rose-water into which has been stirred a teaspoon of powdered borax and five drops of tincture of benzoin, with enough finely powdered oatmeal and almond meal added to make a paste. In the morning remove with a cleansing cream.

Anxiety.—Use plain melted yellow vaseline and apply to the roots with a small camel-hair brush. This is the best hair-grower that I know of. Diluted witch-hazel will also increase the growth of the eyelashes.

Mary.—Your letter requires a per-