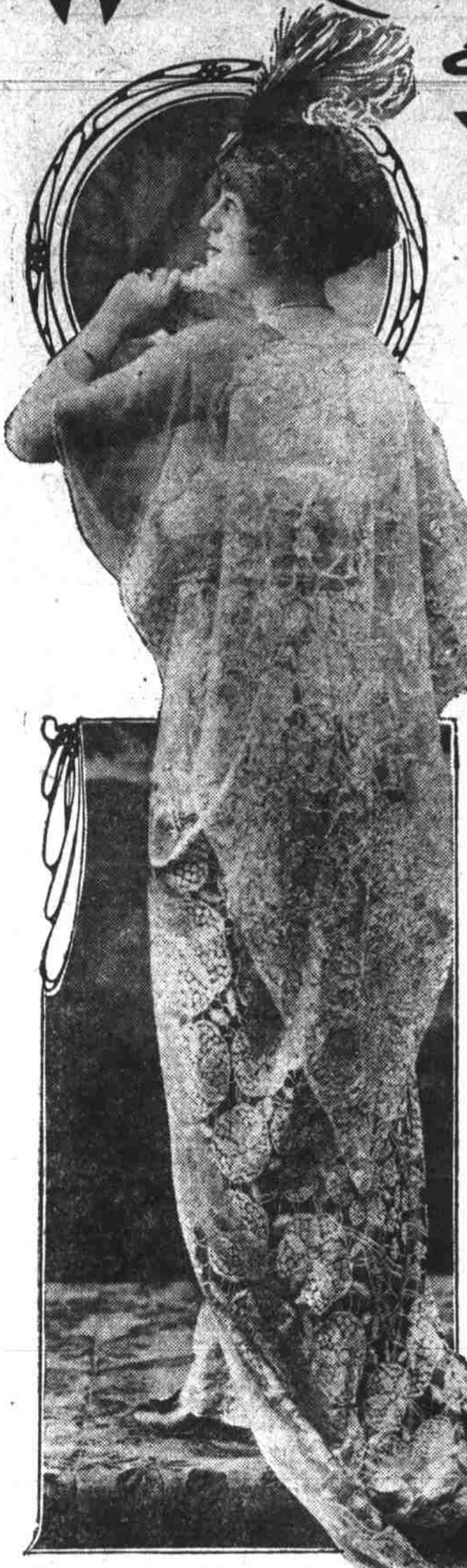


# WARD off DOUBLE CHIN and LOOK TWENTY YEARS YOUNGER Says Lillian Russell



Learn to Hold Your Chin Up Gracefully and Easily.

"IN THE CASE OF A DOUBLE CHIN PREVENTION IS MUCH EASIER THAN TO CURE. TIGHT COLLARS ALWAYS MAKE UGLY ROLLS UNDER THE CHIN, AND THEY SHOULD BE RELIGIOUSLY AVOIDED."

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**T**HE greatest trial to a woman whose years are beginning to tell is the chin. It is at the junction of the chin with the neck that the withering process begins. The tissues of the chin are often relaxed and the flesh accumulates in a bag. The young, in their well nigh perpetual motion, use every muscle in the body, but the average woman is not called upon in her occupations and pleasures to throw up the head and put the muscles of the chin on a stretch, and as a result these tissues become relaxed and flabby and the fat accumulates in ugly rolls.

As a substitute for these natural movements a series of exercises can be used which are easy and effective in banishing the heavy chin. The first of these is to throw the head back as far as possible, thrusting out the under jaw at the same time so the whole chin will



To Improve the Chin and Make the Neck Shapely Stretch the Head First to One Side as Far as Possible and Then to the Other. Then Extend It Backward as Far as Possible.



Lift Your Head and Blow at a Bit of Imaginary Thistle-down, Keeping the Chin in the Air for Five Minutes. Supposing the Thistle-down to Be First on One Side of You, and Then, on the Other!

feel stretched and drawn out flat. With the chin still kept on the stretch, turn the head first to the right and then to the left. This exercise, if persisted in, will surely give firmness and symmetry to the chin. After practicing it the muscles of the chin will feel sore, but that shows the effectiveness of the movements and that the muscles are getting the needed exercise. The simple means by which I have kept the contour

of my profile and the firmness of my throat are within the reach of every woman. All that you must do is to lift your head and blow at a bit of imaginary thistle-down, keeping the chin in the air about five minutes, supposing the thistle-down to be first on one side of you and then on the other. Try this before your glass and see how it rounds out your neck and tightens the muscles. This exercise is splendid for the parentheses lines at the side of the mouth as well as for beautifying the mouth itself.

### Massage and Bandages.

Massage is an effective remedy for double chin. It may be done by means of the thumbs, the palms of the hands being placed upward, with the fingers at the back of the neck. With a deep, circular motion the thumbs gradually pass backward over the whole of the chin, while the first and second fingers of each hand with the same circular motion work among the muscles at the base of the skull.

Another massage movement for the chin is to gently pinch the tissues and lift them up by the hands, the fingers of both hands meeting in the middle of the chin, and then pressing and smoothing the flesh backward as they separate one from the other. This treatment should be persevered in.

The chin can be reduced by using strips of rubber



Wear a Reducing Chin Bandage at Night

adhesive plaster such as is ordinarily used for surgical purposes to raise the mass of flesh and hold it in position. Or the chin may be bandaged either by means of a strip of cotton or the ordinary rubber bandage. These should be applied firmly, and it is better to retain them in place by means of a strip passing around the back of the hair and meeting the bandage where it passes over the ear. This strip can be retained in place by means of safety pins. These contrivances may be worn at night, but they are uncomfortable and it is much better to reduce the chin by means of massage and exercise.

In the case of a double chin prevention is much easier than to cure. Tight collars always make ugly rolls of fat under the chin and they should be religiously avoided.

Another double chin habit that women are guilty of, often through ignorance of the fact that their beauty is being marred through it, is that of resting the entire weight of their heads upon the little under-chin, throwing the flesh forward until by habit it forms a double chin that is hard to get rid of. Go to your mirror at the first opportunity and place your head in the position you do when reading and look at the effect. You will never read in that position again, I am sure.

### Skin Shows Lack of Care.

Learn to hold your chin up gracefully and easily. A well proportioned neck is a thing of great beauty. It should not be too short, but should be well proportioned to support the head. It should not be too fat or too thin. The skin of the throat, neck, and chest shows more quickly than any other part of the body the lack of care. The pores of the neck become coarse, pimples appear, and the neck is reddened. This is due oftentimes to lack of careful bathing. Tight collars are extremely bad for the skin of the neck as well as for the chin.

If the neck is short the exercise for reducing the flesh of the chin will also tend to lengthen the neck a little. If it does not actually do that it is good for the muscles and the distribution of the fat. If the neck is too fat massage will reduce the flesh. It will remove the little mass of fat that many women accumulate at the nape of the neck.

It is not difficult to massage your own neck. Place the fingers of one hand opposite to those of the other so that spread out they meet in the middle, and then in a movement in which the finger tips describe small circles go carefully over the entire surface front and back.

Upon the ribs is a thick layer of muscles which are attached along the length of the breastbone on each side. If these muscles are thin and flabby the neck will be described accurately by the word scrawny. Of course, this flabby condition of the muscles is concealed under the layer of fat always found to some extent under the skin is sufficiently thick. Exercises such as extending wide the arms or bringing the elbows backward, trying to meet them in the middle of the back, and the use of dumbbells will develop these underlying muscles and greatly improve the neck. Increase the circulation by massage, which helps the condition of the thin neck as well as that which has too great a deposit of fat.

At the same time cold cream should be rubbed in freely. The combination of vaseline and almond oil is also a good one for use on the neck. The neck is different from the face in that there are seldom hair follicles which may be stimulated into growth. To improve the neck stretch the head first to one side as far as possible, first directly back and then twisting the head at various angles. All of these movements put the flabby muscles of this part on the stretch and help to tone them up.

Remember: No woman need advertise her age with a double chin and flabby neck if she guards against habits of flesh redundancy.

## LILLIAN RUSSELL'S ANSWERS TO INQUIRIES BY BEAUTY SEEKERS.

**S. O.:** Vaseline applied to the roots of the lashes with a small brush will promote their growth. Be careful when doing this that you don't get any of the vaseline into the eyes, for oil of any kind will irritate them. It is best to melt the vaseline first, for it may be applied without danger of getting it into the eyes.

**MISS C. H.:** The eyes indicate whether your health is in good condition or whether it is poor. If your eyes are dull there is something internally wrong. To have the eyes sparkle, you must first see that you are in good health. The eyes should be washed each morning with a good eye wash. The eyes get dirty just as the face will, and the particles of dust should be washed out. A great many people are not careful with their eyes. They go out in the dust or for a dusty ride and never think of washing their eyes when they

come indoors. Every one should take the best possible care of the eyes. I shall send you a formula for an eye wash if you will send me a stamped addressed envelope. I shall also send you instructions for removing blackheads. Apply a good cold cream to your lips at night before retiring. This will soften them and remedy the dryness.

**MAUDE:** A salve made of tannin will sometimes reduce the lips. It is difficult to reduce the lips. The best way to do is to hold the muscles of the lips in control. Don't hold them so tight that they will look unnatural. I shall send you the formula if you care for it and will send me a stamped addressed envelope. Vaseline is a good eyebrow grower. Apply melted vaseline to the eyebrows at night before retiring. In time this will also darken them. Rub a good hair

tonic in the roots of your "bangs." This will help them to grow. If you keep them curled a little they will stay out of your eyes. Don't curl them on an iron, but do them up in the old fashioned curling kids. This will not break the hair and keep it from growing.

**A.:** Redness or flushing of the face may be due to external or internal causes. Heat and pressure are among the former; indigestion is a common internal cause. Hot drinks and hot and highly seasoned food will often show this effect. Naturally the cause must be removed. Diet must be regulated. Boiled or baked food is advisable. Fried food and many raw foods should be excluded. Individual peculiarities must be considered, but aside from them there is no special precaution necessary that should be taken to preserve the general health. A simple nutritious mixed

diet is best. As for external applications an evaporating and cooling lotion such as a pint of cool water in which half an ounce of sodium bicarbonate has been dissolved is soothing. A dusting powder may also be used.

**AFFLICTED ONE:** I do not believe in so-called "charms" for removing warts. Here is a good formula: Twenty grains salicylic acid, one-eighth ounce alcohol, one ounce flexible collodion. Mix and apply to hard surface of wart for three nights, then soak in hot water, when a layer of skin will come off. Repeat until the wart disappears.

**McK.:** No, indeed, I do not think you are a bit too old to try to improve your looks. If your skin is dry and wrinkled, what you need is a good, greasy cream,

and facial massage. The oils in the cream supply the oils that are lacking in your skin and will make it soft. Each night after cleansing the face thoroughly with soap and water, massage a good skin food into it. I cannot print the full instructions for facial massage, but I shall send them to you upon receipt of a stamped addressed envelope.

**J. T.:** The first thing to do for corns is to relieve them of all pressure. A perforated corn plaster may be used, or a disk of white felt or chamola with a hole in the center. The following is a good lotion for corns: Twenty grains salicylic acid, one-eighth ounce alcohol, and one ounce flexible collodion. Mix and apply with a small camel's hair brush to hard surface of the corn. Do this for three nights, then soak in hot water, when a layer of skin will come off. Continue this treatment until the corn has been removed.