

BEAUTY for YOU

By GERALDINE FOX

The Distinguished Authority on Beauty Culture.

EDITOR'S NOTE: Geraldine Fox has answered hundreds of letters on health and beauty. If you have question about your personal health, write her, enclosing stamps and self-addressed envelope, and your letter will be given a personal reply. Address your letter in care of this paper.

ONE of my readers has written me asking just what to do for a double chin. She says, "I think I am really pretty good looking. Some of my friends say that I am, but when I look in the glass—just turn sick when I see that double chin I have been getting. I am a long way from being an old woman, and I do hope you can help me and tell me how to get rid of it."

That's easy, Miss Double Chin—for you, and for all the other double chins who read this column.

If you find yourself facing a double chin whenever you go to the mirror it is high time that you do something to get rid of it. As this is very easy, you need not fear that you cannot.

In the first place get a basin of very hot water. It should be as hot as you can bear. Wring from this water heavy woolen cloths, or if you do not have them, use part of a turkish towel. Fold the steaming cloth into a pad and hold under your chin, pressing it against the flesh. The

cloth should not be hot enough to scald, but it should be as warm as you can bear comfortably. Change as the cloths cool. Do this for about five minutes. Then, placing your fingers back of your ears, bring your two thumbs together directly under the point or center of your chin.

Now with a firm, steady stroke, move the thumbs backward over the double chin; your thumbs will naturally come out under your jaw bones, and the movement may be repeated. Do this for as many as twenty times, pressing firmly but being careful not to bruise the flesh.

If you use this treatment for only a few days you will be surprised and happy at the rate your second chin is leaving you.

If you want to hurry the process though, here is something else you may do. After you have given your little visitor its steam bath, and massage, you can do one other thing that will help to dissolve the fatty tissue that makes up this double chin. Here is the way to do it:

Bring your head just as far forward as you can; if possible touch the body with the chin. Then from this forward position of the head, lean your head as far backward as you possibly can.

Just at first you may have to do this little trick rather slowly but in a short time you can do it rapidly, and it is true that a rapid swinging of the head, following the massage; I have already explained, will do wonders in helping you have only one chin.

Remember this: I am always eager to help you. If you have problems on beauty, do not hesitate to write me fully, and freely. Be sure to enclose a stamped envelope, and write in detail.



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The Illustrated Feature Section

strives at all times to give its readers the best and most interesting in features and fiction.

It will take great pleasure next week in announcing a serial story of unusual excellence.

WATCH FOR IT!!

Don't Keep Girls Ignorant of Love

Have you a puzzling love affair on which you need friendly advice? Write to Julia Jerome, care of this newspaper. If you wish a personal reply, please send a stamped, self-addressed envelope.



A mother down in "Deep Dixie" wants advice this week.

Dear Mrs. Jerome:

I have kept my daughter very innocent of life and its worst side, but now she is engaged to be married and I wonder if I should not tell her a few things to prepare her for all that is to come.

ANXIOUS PARENT.

My dear lady, you've probably already ruined your daughter's life by your careful silence on matters of sex. For I assume that by the "worst side of life" you mean just that. What you tell her now just before marriage will frighten and shock her.

Sex facts should be frankly but casually and gradually communicated to youngsters, both girls and boys. To keep a girl innocent, that is ignorant, of the most important function of life until her wedding day then to "spill" it all at once as if it were a horrible secret, is an almost criminal procedure.

Don't try to tell her anything now, you would only do it badly, let her

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REMOVING MILDEW STAINS FROM CLOTHING

If very fresh stains, washing in plain cold water will sometimes remove them; if the stains are old use potassium permanganate alternately with oxalic acid. Where area is large soak material in a solution of Javelle water—1 cup to one quart of water. Leave only 20 minutes, then wash thoroughly; if stains are not out, repeat process and put garment to bleach.

er can consider sex ugly when it is the foundation of life.

And evidently the Almighty took all this in consideration when he formed men and women. And it is not seemly that we should call His work ugly.



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