

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Beauty

Finger Tap
Tattoo for
Twin Chins

By Maggie Teyte

Prima Donna Chicago-Philadelphia Opera Company

THE double chin presents a problem which every woman finds herself called upon to solve sometime during her life. It is a problem which must be solved, too, if the semblance of youth, or perhaps, to be more exact, the appearance of a gracefulness which is the modern demand, is to be met.

MAGGIE TEYTE

Nothing gives so sure a vintage mark to the face as the double chin. It is not obliterated by the most brilliant coloring nor the brightest eyes. It tells with hateful eloquence the story of sagging muscles, which do not come into view until a woman has passed the 30-year limit, the end of age discretion, by modern reckoning.

The beauty specialists offer choice of several modes of reducing this excess of chin, and throw in the comforting information that constant and watchful attention is the price of keeping the drooping fulness at bay.

I think there are comparatively few beauty parlors now where the old-fashioned massage is practiced. The tapping of the skin to restore circulation and exercise the muscles seems to have replaced it. In this way oils and creams and unguents are absorbed by the skin and starved tissues are fed.

How Chin Strap Works.
A woman, who is famous in America, London and Paris for her methods, uses some wonderful oils, which are most penetrating, and advises the use of a chin strap, which is to be worn at night and every time you have the chance during the day. This is followed by the use of astringent lotions, which will encourage the flesh to shrink back to its former place and give it strength to lax muscles.

There is another similar strap offered by another well known woman which is made of medicated rubber, excellent both as a reducer and tightener of muscles. While this is being worn, the face perspiration is induced, and the flesh departs quite magically. The removal of the excess flesh is the exact thing about getting rid of too much chin. If the work stops there the result will be anything but attractive. The remaining flesh must be made firm, and the evidence of the fact which once was there must be entirely obliterated.

The electric roller has been used with success for the work, and there is an apparatus on the market which works upon the roller principle, and is said to accomplish good results.

One of the best ways to avoid the double chin is to sleep with the mouth closed, for the tipped back head and the sagging muscles all night will have their disastrous effect if allowed to grow into a habit. The collarless gown has been the salvation of the contour of the face in many cases, for the high collar made an extra chin even on young persons.

Some Easy Methods.
For those of us who have neither the time nor money to spend on professional treatments, there are many helpful exercises that will not only avail much in ridding of the chin which has already accumulated, but will drive away any latent tendency.

First stretch the chin forward as far as possible and then draw it back. Then stretch it up as far as possible and lower it till it rests against the throat. Do these stretching movements with regularity and persistence. Cultivate the habit of holding the head up as it is, there is any chance of a double chin being on its way.

When you try to massage be sure not to loosen the tissues of the skin. That is one of the causes of flabbiness. Use a good cold cream, and with the back of the hands firmly wipe away the fat. Then tap the cold cream into the flesh with the ends of the fingers and a good use of force. After using the cream go over the flesh with a lump of ice to tighten the skin, and use some good astringent. I have given recipes for several.

an soaked the man in the eye an he sure was made a little specialist an a rainy night. He loked aroun to see who freed the fruit at him but he could see nobody and recognizin the gravity of the situashun he sez that the law of gravity an we hav had it ever sence an

THE MODERN GULLIVER

By Michelson



YOU remember about Gulliver—how the Lilliputians got him and fastened him down tight with pegs and ropes until he couldn't move. Michelson has taken this Gulliver idea to show you the modern young man in captivity under the wiles and fascinations of the modern girl. No question that she HAS him. Like Gulliver, he has his moment of being startled. Then of being amused.

He studies the creatures who have caught him. O, there are so many kinds! Each with her own subtle way of fastening him down, and her own charming way of gloating afterward.

Only one way for the captive to win out. Like Gulliver, he must first cajole, then use his strength to SERVE his captors. That's what he was born for. So long as he lets them strap him down he is useless. He must KEEP ON HIS FEET.

Words of
Wise Men

Slander is the solace of malignity.

Present fears are less than horrible imaginings.—Shakespeare.

A mercantile democracy may govern long and wisely; a mercantile aristocracy can not stand.—Landon.

By gambling we lose both our time and treasure, two things most precious to the life of a man.—Lavater.

Fenelon died exemplifying the mean he had always observed between profligacy and avarice, leaving neither debts nor money.—Ruskin.

Every blade of grass in the field is measured; the green cups and the colored crowns of every flower are curious society at large whose business it is to prey on all who compose it.—Cumberland.

It is well for gamblers that they are so numerous as to make a society of themselves; for it would be a strange abuse of terms to rank those among society at large whose business it is to prey on all who compose it.—Cumberland.

We must distinguish between felicity and prosperity; for prosperity leads often to ambition, and ambition to disappointment. The course is then over, the wheel turns round but once; while the reaction of goodness and happiness is perpetual.—Landon.

The secret of success in society is a certain heartiness and sympathy. A man who is not happy in company, can not find any word in his memory that will fit the occasion; all his information is a sterile impertinence. A man who is happy there, finds in every turn of the conversation occasions for the introduction of what he has to say. The favorites of society are able men, and of more spirit than wit, who have no uncomfortable egotism, but who exactly fill the hour and company, contented and contenting.—Emerson.

Too Good for a Girl's Work

By WINIFRED BLACK

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SAM COHEN ran away from home the other day, and went and slept in a cellar for a week.

He was very hungry and rather shivery when the police found him and took him to the children's court to find out what was the matter with him.

It was very simple. "I ran away," said Sam Cohen, aged 12, "because my aunt made me wash dishes."

"Can't you wash dishes?" asked the justice.

"Sure," said Sam, "but I'm a boy."

Whereupon the judge let Sam go and Sam's aunt promised to induce him to take him down to the piano and wash dishes again by asking him to wash a dish.

I wonder why. I haven't a doubt that Sam's sister split kindling and carried up coal whenever she had to, and never once thought of saying that it was a boy's work and that she didn't have to do it.

If I had a boy in my house, I wouldn't wash the dishes for me when he had nothing else to do and I needed those dishes washed, he wouldn't stay in my house very long.

I knew a boy once who kept his sisters and his mother on the jump from morning till night waiting on him. He threw his coat on the floor and his hat on the piano and his shoes in a chair. And if you had asked him to mend a hole in his own socks he would have dropped dead with heart failure.

I saw that boy the other day. He had just come from a long cruise in the navy, and you ought to see the way he can darn socks and sew on buttons and tidy up his room—now.

And he's a good deal more of a man in every way today than he was before he ran away from home to see the world and get away from apron strings.



Winifred Black

Chips with
the Bark on

Hotter than a hornet—its sting.

All men are created equal, but some have better parents than others.

The man who pleads guilty is seldom accused of being untruthful. The world is willing to believe evil.

No man may be able to serve two masters, but some men make the masters think they can and do.

It isn't necessary to make a fuss to do work. The water turns the mill wheel without any exertion.

Coal at a dollar a ton would be a cold snap that anyone would appreciate.

The man who is so skeptical that the truth deceives him should try to acquire a degree of credulity.

Women cannot throw things straight, but accuracy is not required when throwing fortunes at European noblemen.

Nearly everyone imagines that he knows how to live, but the number of suicides by the use of carbolic acid shows that many folks do not know how to die.

Hints on Health

Face Spasms
Become Habit
if Neglected

By Dr. L. K. Hirschberg

A. B. M. A. M. D. (Johns Hopkins). Copyright, 1914, by L. K. Hirschberg.

DOES your eyelid ever twitch? Beware if it does. Never allow any twitches of the corners of your mouth, the muscles of your legs, or the edges of your lips more than once without looking to it.

Many of the "Dr. Hirschberg" causes of facial "spasms," lip quivers or other muscular twitches may never be found out.

If it is possible to discover the origin of a twitch, it must be removed at once. Otherwise the twitching will become permanent and cause you great distress.

There is a very close and contemptible familiarity between the facial and other muscles and the brain habits of individuals. A momentary vibration of the one brings about a corresponding spasm in the other.

What seems a trivial twitch, unimportant or even amusing for a moment, becomes quickly established as a habit, beyond all volitional control.

Then the twitch or spasm settles down as a permanent and annoying spectacle against it, and they dub it with a new name. It is a "tic."

A tic is nothing more nor less than a neglected twitch which has resolved itself into a pernicious habit.

All habits are the result of loosening the strings of your knowledge of what is taking place. While a man learns a trade, he is conscious of each movement he makes. After he becomes expert, he is no longer aware of his ease and dexterity.

The doing away with "awareness" of what you are doing is a habit. After a baby has learned his steps, after you can play Beethoven's lively seventh symphony, after a tight wire man has his agile body as he slides upon his unerring string in midair, all sense of behavior and activity has been detached from consciousness.

Tics and permanent habit spasms are the same way. Whatever began then has been cut off from them. The little multiple lightning keep sparking spontaneously. The habit has been permanently formed.

Bad teeth, adenoids, enlarged tonsils, tumors, obstructions in the nose, enlarged glands in the neck, scars in the skin, occupations such as watch-making, monocle wearing and the like have all been noted as sources of tics, twitches and facial habit spasms.

Answers to Health Questions.

W. W. P.—What shall I do for a ruptured vein spot on my lower lip?

The electric needle or an application of a stick of alum or some similar irritant caustic will soon remove this.

A. Q. M.—My digestion is perfect, yet I have an unpleasant redness of my nose.

If you bathe often, sleep eight hours soundly and eat simple victuals without sweets or too much seasoning, the redness will disappear.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care of this office.

Daddy's
Good Night
Story.

By GEORGE HENRY SMITH



TEACHER!

"Yes, Willie Squirrel, what do you want?" said Miss Roberta Rabbit.

"Please move my seat from behind Billy Bunny. I can see through his ears, but it hurts my eyes."

School was going along nicely in Woodland, but Miss Rabbit had quite a time keeping the Squirrel boys and the Rabbit boys from upsetting things.

"What do you want me to do—take my ears off?" asked Billy Bunny. Every one laughed, while Miss Rabbit stamped her foot and pounded the table with a ruler.

"You may change seats with Billy Bunny, Willie. Billy can see over those tiny ears of yours."

The boys had changed seats and all was quiet again when Miss Rabbit heard a noise in the back of the room.

"What is the matter there, Billy Bunny?" she asked.

"I can see through Willie Squirrel's tail, but it hurts my eyes," said Billy Bunny.

"You come right straight up here in the front seat, Billy Bunny, and you, Willie Squirrel, stay where you are."

"I can't help having a beautiful tail," said Willie Squirrel.

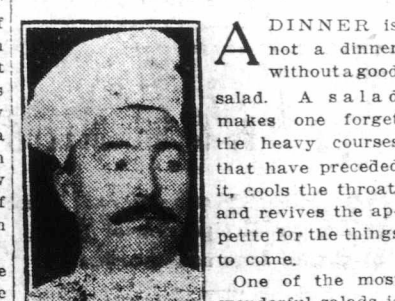
"You both must stay after school and we will settle this thing. Willie, you write an essay about Billy's ears and you, Billy, write an essay about Willie's tail."

"All right, teacher," they shouted, as both began to write.

Salads That Revive the Appetite

By M. Jean Richroch

Chef of the Hotel Vanderbilt, New York.



JEAN RICHROCH

ADINNER is not a dinner without a good salad. A salad makes one forget the heavy courses that have preceded it, cools the throat, and revives the appetite for the things to come.

One of the most wonderful salads is Yildiz salad, the recipe for which I got in Constantinople. It is made of endive leaves, which form a fringe about the entire inside of the bowl. In the center is a light mound of sections of grape fruit, sliced bananas, pineapple and cherries.

The dressing is one part mayonnaise and one part cream, with a few drops of mushroom catsup. By almost every salad there should be a different sort of dressing.

Most persons seem to think there are but two dressings for salad—the mayonnaise and the so-called much-abused French dressing. We serve 125 varieties of salads, and almost as many sorts of salad dressings.

The granadine is a delightful salad I learned to prepare in Algiers. It is made of sections of oranges, a julienne of celery, and dates sliced very thin, sprinkled over the surface and finished with a fringe of romaine leaves dressed with a light mayonnaise.

A dainty salad is the Moba salad, made from hearts of lettuce stuffed with slices of pineapple, and dotted over the top with sliced strawberries, served with a light French dressing in which chopped fresh mushrooms are mixed.

Very few Americans seem to understand the value of cabbage salad. When properly prepared, nothing is more delicious, more easily digested or more nutritious. First the cabbage, either white or red, should be shredded as fine as pool silk. After shredding, it should be put in a deep bowl, boiling hot water poured over it, then drained through a fine sieve, then plunged into ice water until quite crisp. A suggestion of onion shredded with the cabbage is a great improvement.

Cabbage salad may be served either with a French or a mayonnaise dressing or a mixture of both. Before dressing a cabbage salad season it with a generous amount of salt and a little sugar.

There are many ways of preparing red cabbage as a salad or as a relish. The Hungarians excel most nations in preparing red cabbage.

WILLIAM REDMOND
TO UNITEDGiving Up Abortive
Meant Formation
Britain—A Strong

Irish Special Wire to The Courier.
WINNIPEG, Man., Mar. 11.—At a moment at which Ireland becomes a force in the politics of the Empire, was when she gave up the abortive attempt to the force of arms as a means of constitutional means of the formation of a Nationalist party at Westminster was the declaration made last by William Redmond, Irish National member of parliament for and brother of the Nationalist John Redmond.

Mr. Redmond who spoke under the auspices of the Winnipeg branch of the United Irish League claimed every humanitarian measure, every humane measure, had been placed on the English statute books had been incorporated through the assistance of the Nationalist members. The Irish party said had proved to be the end of no race or creed but to be supporters of freedom and to help all parties who desired to freedom. The Irish party and all, he stated, had forward cause of labor before there was a labor member in any party in the British Empire. Irish Rule, Mr. Redmond declared, the eve of triumph. The people of England, Scotland and Wales learned that the Irish were enemies of any man, but were friends of all people who desired freedom. The people of Britain realizing this fact were now w

CITY TEACHERS
HOLD MEETAn Address by President
S. Rowe and Other
Notable Features

The first meeting of the City Teachers' Association occurred on Monday at the Central School on Monday. The President, Mr. J. S. Dufferin School occupied the minutes of the meeting and some correct had been disposed of, upon the lady teachers decided to National Council of Women's Committee was appointed to sent the teachers on the ex-

The President gave an address on the changes wrought by the changes in the common words of our language. Mr. Bingle of the Central gave an interesting synopsis on teaching by Palmer. Inspector Kilmer, who is the Board of Health, of the address of the afternoon. In a interesting and logical manner, outlined his idea of a school. He vigorously advo

Charming
Dainty
NE

All the season's present large show of Chinese Collars and Venise Shadow an These come in creases Yokes and Guit Nets in white, cream Silk and Crepe small bows in all the Scarves for after Crepe-de-Chines and signs.

Ostrich

The latest novel combinations of white with dainty satin ribbons.

Ma

In white, black and sky, white and black.

W. L.

127 C

Exclusive Ladies