



Her Mouth Is Growing Old

STILL young—but her mouth is growing old. The pretty lips are losing their youthful contour. They are taking on the look of withered age.

"Pyorrhea," says her dentist. A long neglected case. The gums are shrunk and receding—the teeth loosening, and decaying fast.

Pyorrhea is a preventable disease. Take proper care of your gums and teeth and you will not have it.

Forhan's for the Gums will prevent Pyorrhea—or check its progress, if used in time and used consistently. Ordinary tooth pastes and powders cannot do this.

If you have tender, bleeding gums (the first symptom of Pyorrhea) start to use Forhan's immediately. Then watch that bleeding stop, and the tenderness disappear.

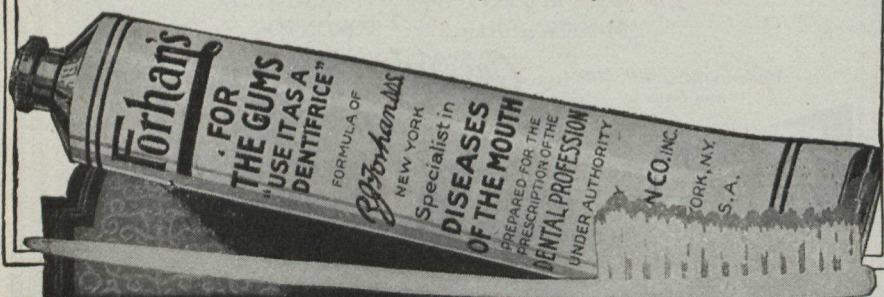
But better still, don't wait for symptoms. End the trouble before it begins. Keep Pyorrhea, its disfigurements and train of dangerous ills away by using Forhan's for the Gums. It makes the gums firm and healthy—the teeth white, and clean.

How to Use Forhan's

Use it twice daily, year in and year out. Wet your brush in cold water, place a half inch of the refreshing, healing paste on it, then brush your teeth up and down. Use a rolling motion to clean the crevices. Brush the grinding and back surfaces of the teeth. Massage your gums with your Forhan-coated brush—gently at first until the gums harden, then more vigorously. If the gums are very tender, massage with the finger instead of the brush. If gum-shrinkage has already set in, use Forhan's according to directions and consult a dentist immediately for special treatment.

35c and 60c tubes in Canada and United States. At all druggists.

Forhan's, Ltd., 307 St. James St., Montreal



Forhan's
FOR THE GUMS
Checks Pyorrhea

Keeping the Neck and Chin in Condition

Rolling and Rubbing the Wrinkles and Hollows



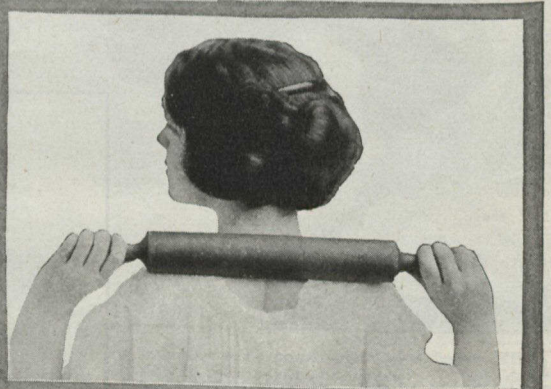
IF you are afflicted with a pronounced double chin, whenever you get the chance give the chin a twisting massage by grasping as much of the flesh beneath as can be held between the thumb and forefinger and twisting until it slips out. Do this on both sides of the chin.

TIP the head back as far as possible with a quick, even movement, not a jerk, and then drop it as far forward on the collar bone as the head can be carried. This will remove the hollows, lines and scrawny look from the neck and will also prevent a double chin.



YOU can reduce a double chin in less than two weeks by rolling the flesh away with a rolling pin. Grasp firmly by the two handles and, beginning at the end of the chin, roll backwards to the throat and then down to the place where you wish the reduction to cease. Before beginning treatment take a wash cloth and sop water on the chin to prevent the rolling pin from hurting.

AN ugly roll of fat often comes just below the neck in the back when a woman is thirty or more. Begin at the nape of the neck and roll downward for a minute or two. Then hold the roller diagonally and roll across. This treatment carried out systematically will effect a pleasing reduction of the superfluous flesh.



IF the neck is very yellow or brown looking take the towel in both hands and saw it across the skin until it is red, then rub in cold cream.

TO remove tan or to make a brown looking neck white rub it with a cut lemon just before going to bed. If it smart, very gently rub in a little cold cream on top of the lemon juice.

