

CARE OF THE NECK

By Winifred Raymond.

The continued popularity of the collarless blouse makes the possession of a good looking neck something very much to be desired. If one's neck is too thin, the first work to be done is to give it plumpness. This is best done by means of massage and a skin food. An excellent flesh making cream that has been used with satisfactory results is composed of the following ingredients:

- Sweet almond oil..... 2 ounces
- White wax.....160 grains
- Spermaceti160 "
- Rice powder.....160 "
- Powdered benzoin..... 50 "

This is made by the usual methods of mixing cold cream, and care must be exercised so as to not allow the grease to become too hot, else it will not assume the desired firmness again. If this mixture is rubbed into the neck and shoulders before going out in the evening it does not show on the skin, and covered with a light coat of powder it gives the neck an attractive appearance.

Massaging the Neck.

'Cocoa butter' is excellent for the neck massage and quite inexpensive. Heat the cake very slightly to soften it so that it may be applied more easily. Rub the application in with a gentle rotary motion till it is fully absorbed, then begin the brisk massage. Especial attention must be given to the part of the neck under the ears, as this is one of the first places to indicate the scrawnyness that comes with age. A gentle kneading motion that stimulates without bruising is recommended for producing flesh on the neck and shoulders. Before applying any kind of skin food be sure the neck is absolutely clean. A bath with liquid green soap is recommended at least once or twice a week, but no oftener, as the action of the soap is strong and tends to roughen the skin. A complexion brush, used regularly, followed by a massage with cold cream, is guaranteed to improve the texture of any skin no matter how rough, and if it does not restore the throat and neck to their youthful freshness, it at least vastly improves their general appearance.

A Tissue Builder.

A good tissue builder for the massage is a compound of one grain of tincture of benzene mixed with one ounce of glycerine. This both whitens and builds flesh.

To Bleach the Neck.

A simple treatment to bleach that definite line made by the wearing of high tight collars is lemon juice. This process may require a longer time to show results, but there is no danger of producing a rawness or soreness, as do some of the more powerful agents.

First of all, cut down the height of the collar and loosen it. Secondly, see that the flesh is made soft by the use of hot water before applying any treatment, and after the treatment dash cold water over the skin to close the pores. A paste made of a tablespoonful of dry English mustard, a teaspoonful of sweet almond oil and sufficient lemon juice to make it all into a soft mixture may be applied to the throat night and morning. It will prove a sure but rather drastic treatment to remove the dark line. Allow the mixture to remain on until it begins to smart, then wash it off with warm water. In a few days' time the skin will begin to peel off and the discoloration is removed with it.

To Remove Pimples.

If there are pimples on the neck, such as are often caused by the friction of the clothes or by indigestion, or from an acid condition of the stomach, care should be exercised in the use of soap and rough wash cloths not to irritate them. Frequently this roughness comes from chafing of flannel worn next to the skin, but if the cause is internal disorder a doctor should be consulted, as no external applications will satisfactorily correct such pimples. A treatment of common kitchen soda, moistened and wiped over the neck with a bit of soft linen, corrects the acid in the skin and helps wonderfully in clearing away these disfiguring blemishes. Sometimes the excessive quantity of al-

kali in the soap one is using causes this trouble. Stop using soap altogether for ten days and cleanse the neck with alcohol or cold cream and note the results.