Karl Berry
Word double-hyphenation

How about this macro for an explicit hyphen that does not inhibit further hyphenation within the word? (It’s not original with me; the \TeX\nique was first described by Knuth, I believe.)

\def\xhyphen{\leavevmode\nobreak-\hskip0pt}

Let’s compare the following two paragraphs:

\hsize=2.5in

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All the magic is done by the \hskip0pt, which essentially starts a new word as far as \TeX\ is concerned (in the middle of the hyphenated word), thus giving it a new chance at hyphenation. The \leavevmode merely avoids the penalty being added to the vertical list, in case the macro is used at the beginning of a paragraph.