

THE FEMININE PHYSIQUE.

THE HANDS.

Says one who knows whereof she speaks:

"An essential to a well kept hand is the willingness on the part of her who would possess it to wear gloves at all times, in all seasons, out-of-doors and indoors, if need be, during the day and, if necessary, through the night."

Every woman should carry the memory of this secret with her. There are few ills to which the hand is subject which may not be moderated, perhaps quite cured, by the judicious use of gloves. A woman whose left hand had for months been marred by unsightly eczema vainly sought relief from one physician after another. Each declared this to be an unusually obstinate case, and in each instance the remedies prescribed proved ineffectual. At last the sufferer, in mortification at the appearance of the eruption, fell into the habit of wearing over it a glove day and night. Before the glove for the night was put on, she anointed the irritated surface with a simple home-made cold cream. In six weeks every sign of the eczema had disappeared, nor has it ever returned.

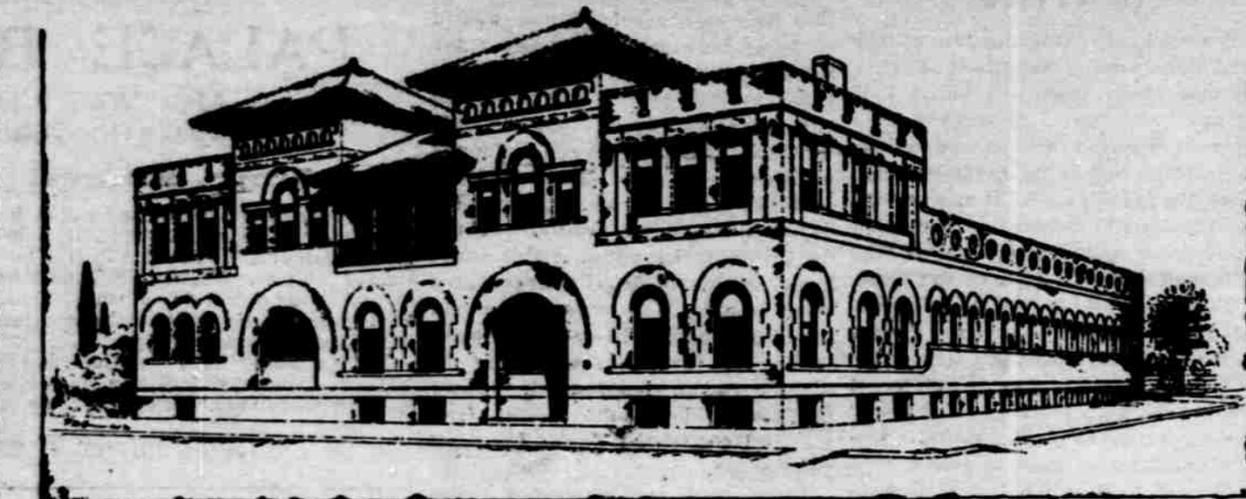
This instance is sighted simply to prove that if one will have the determination she may make her hands smooth and white. She who is obliged to do her own house-work has probably found to her chagrin, that nothing more effectually destroys the beauty of the fairest fingers than does the washing of pots and pans and the tending of fires. But even for her there is help to be found in rubber gloves, which she may don when about her household tasks. They fit closely and last an incredibly long time. For such work as dusting and bed-making, loose wash-leather gloves which have seen their best days are excellent. Many women declare that they "would not be bothered" to take so many precautions. Then their hands will be ugly. Of two evils, one must choose the smaller, and the sensible woman would rather take a little additional trouble than to have reddened, roughened, and often painful hands.

A college boy declares that "a vain woman takes more solid comfort in a beautiful hand than in a pretty face, because she can look at it oftener." However this may be, any woman, vain or otherwise, likes to have her hands look well. In winter they require more particular care than in summer, as cold winds out of the house and invisible coal dust in the house combine to roughen and chap them.

In localities where the water contains much lime, the skin suffers from what is called the "hardness" of the water. Not only does soap refuse to lather freely, but the fingertips crack from the effect of the lime and become intensely painful. A little borax in the washing water will lessen this trouble; but if, in spite of everything, the cracks come, they must be treated as soon as they appear with an application of flexible collodion. This forms a thin skin over the fissure, and the air is excluded, while the trouble is checked in the beginning. The collodion should be renewed as often as needed, or until the wound is entirely healed.

Finger nails that snap and split are, though painless, extremely disagreeable. The nails will be rendered less brittle if the finger tips are often held for a few moments in sweet oil. This softens not only the nail itself, but the cuticle around it. In a well kept hand the cuticle is daily pushed down by a sharpened stick of orange-wood which comes for this purpose. The stick may also be dipped in an acid prepared to remove spots from the nails. This preparation can be bought at a drug store, and is to be applied to any obstinate stains.

Much of the fine texture and softness of the hand depends upon the manner



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in which it is washed and dried. Perfumed soaps are to be avoided, unless the standing of their manufacturer is guarantee of their purity. A physician, whose dread of carrying contagion from one patient to another makes it necessary for him to wash his hands dozens of times during his office hours, has hands that are so soft and white that they are beautiful. He attributes their condition to the fact that he uses pure and unscented soap and warm (not hot) water, and that no matter how much pressed he may be for time, he dries his hands until there is not a vestige of dampness about them. He says, "I fairly polish them with the towel to make sure they are perfectly dry."

Every one may be her own manicure if she will. A few treatments by a professional will be all that an observant woman will need to initiate her in the art.

Washing the hands in oatmeal water softens them, while rubbing them with lemon juice will often make them white. If, in spite of good care, they are persistently red, there is some defect in the circulation; and unless active exercise corrects the trouble, one should consult a physician. Objectionable redness of the hands may be caused by tight lacing or tight shoes.

The summer girl is often puzzled to know whether she shall relinquish the outdoor joys of rowing, golfing and playing tennis, and have white hands, or follow her inclinations and casting aside gloves, indulge in her dearly loved sports. While these sports burn and tan the hands, they do not injure them permanently. The tanned hands may be soft, the finger shapely, and the nails well kept. In a few days after our girl's return to town, and to the glove habit, her skin will once more be as fair as it ever has been.

It is a mistake to suppose that self-denial is needed to keep the hands shapely and goodly to behold. Legitimate occupations and pleasures seldom injure these essentially utilitarian members of the body. All they demand is ordinary care. By plunging them into hot suds, scorching them over a hissing frying-pan, and begriming them with ashes and dust is not giving them ordinary care. They never resent use—they rebel at disuse.

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Salt Lake City, Utah, and return, \$32.00, international mining congress. Date of sale, July 3. Return limit, July 23.

Portland, Ore., and return, \$60.50, national council of Congregational churches. Date of sale, June 30 and July 1. Return limit, August 31.

Washington, D. C., and return, \$35.30, national educational association. Date of sale, July 3, 4 and 5. Return July 15. Limit can be extended to August 31 on payment of 50 cents.

Buffalo, N. Y., \$37.80 round trip, Baptist young people's union convention. Date of sale, July 11 and 12. Return limit, July 19. Extension to September 1 on payment of deposit fee.

Omaha, Neb., and return, \$3.20, national republican league. Date of sale, July 20 to 30. Return, 30 days.

Rock Island, Ill., and return, \$13.45, national encampment union veterans'

union. Date of sale, August 8 and 9. Return limit, August 20.

Indianapolis, Ind., Supreme lodge Uniform Rank K. of P. Date of meeting, August 22. Limit, September 10. Rate to be announced later.

Nashville, Tenn., Christian endeavor annual meeting, July 6 to 11. Limits and rates to be announced later.

Omaha and return, \$2.20, national congress retail liquor dealers. Date of sale, August 20 to 27. Return limit, 30 days.

Omaha, Neb., and return, \$2.20, national convention Bohemian turners. Date of sale, August 25 to 30. Return, 30 days.

Cincinnati, O., and return, \$22.50, G. A. R. national encampment. Sale dates and limits to be announced later.

GEORGE W. BONNELL, C. P. & T. A., Lincoln, Neb.

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