

THE FEMININE PHYSIQUE.

THE FEET.

Edward Hitchcock says of the foot: "Probably no organ of the body has been more abused by the fashion of its dress than has the foot. From time immemorial, and by almost the entire human race, it has been squeezed into an unyielding case of hard leather, never so large as the foot itself when resting on the ground, and with a high appendage called the heel, when have come corns, bunions, of *ed ge nus omne* of accessories of civilization."

If, in spite of the truth of the above statement, the foot still renders us excellent service, what might it not do if from the first it had received humane treatment? Even now without flying in the face of fashion as regards the style of shoes and slippers, we may do much to mitigate the tortures of this very necessary adjunct to the human anatomy.

Nearly every one despises his feet, probably because they are undeniably ugly, but may it not be true that they would not be so ugly were they not so despised? That the foot of a little child is a thing of beauty is acknowledged by all. The mother caresses it tenderly, carefully trims the tiny nails on the shapely toes, and gazes proudly at the arched instep and the pink sole. For the first two or three years of baby's life his feet received almost as much care as do his chubby hands. The daily washing, nail cleaning and powdering are never omitted. Then, as babyhood passes, and work is demanded of these hitherto petted darlings, they are gradually neglected, until by the time their owner is ten years of age the mother takes it as a matter of course that her child should complain of corns, callosities, and even of an ingrowing nail. What else can one expect of feet?—horrid things!

It seems hardly necessary to state that the feet should be bathed every day, for one's love of cleanliness will remind her of this fact. But few persons are careful as to how the feet are bathed. They, like the hands, demand warm soft water, and a drying of each crease and wrinkle. Every particle of moisture should be wiped from between the toes, as these instestices will otherwise be the lurking places of the insidious soft corns, that come before one suspects their presence, and often linger in spite of all efforts to banish them. The skin around the toe-nails should be carefully brushed back with the towel, and hard bits of cuticle or incipient hang-nails cut off close to the flesh with sharp curved manicure scissors. Of course the nails must be cleaned each day. If the feet are tender it is well to sponge them frequently with cold water in which a handful of salt has been dissolved. To remove hard corns or callous spots the feet must be soaked in water as hot as can comfortably be born until these objectionable places become soft. Then much of the tough skin can be scraped (never cut) away with a nail-knife. If this process fails in its purpose, one should see a trustworthy chiropodist and have him remove the distressing corns. The best home treatment for a soft corn (which usually comes between the toes) is to keep over the tender spot a piece of jeweller's cotton. This should be renewed night and morning. No salve or ointment must be applied, as the soft corn thrives on dampness of any kind. On this account a bit of absorbent cotton often proves an effectual cure for these painful excrescences.

It is an exploded idea that corns are caused by tight shoes only. An ill-fitting boot, be it tight or loose, will work harm. A shoe must fit closely and smoothly without being so tight as to pinch at any point, and yet not so loose as to work up and down and rub the tender flesh. Low shoes, when new, often blister the heel by slipping just a

little as the wearer walks. To prevent this it is well to rub the inside of the shoe at the heel with soap before putting it on.

Common sense shoes with exaggerated square toes may be very comfortable, but are so ugly and give the foot such a clumsy appearance that many women decline to wear them. Pointed toes are not so injurious as they look if the would-be wearer will, in buying her foot-gear, allow for the point in naming the size she needs. The woman who wears a No. 4 square-toed boot should purchase a No. 5 with a pointed toe. High heels are always an abomination, and while making the foot look short, often increase its apparent width. Such heels are only permissible upon a kid or satin slipper designed exclusively for evening wear, and should never be put on tender or sensitive feet.

One fruitful source of soft corns and tender feet is the constant wearing of rubber overshoes. They overheat the feet and keep them in a state of unnatural perspiration. Many women now recognize this fact, and instead of rubbers wear stout water proof shoes. She who once has a well-made, well-fitting pair of these boots will never again submit to the discomfort of overshoes. A good water-proof shoe is absolutely impervious to dampness, and possesses the added merit of keeping the ankle as well as the foot dry. A cork sole or an intersole of wool is an added protection against cold. These shoes are not of necessity very heavy, and one soon becomes accustomed to them. When the first stiffness wears off, the leather is soft and flexible.

The habit of wearing slippers in the house is a great relief to tender feet. Slippers of warm felt or quilted silk for the bedroom, of plain black kid for use in the morning, and of black or bronze kid or satin for afternoon and evening wear will be very grateful to the feet that are weary through much outdoor walking in heavy shoes.

VIRGINIA VAN DE WATER.

BURLINGTON ROUTE EXCURSIONS FOR SUMMER OF 1898.

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., \$27.80 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, \$2.20, 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 23. 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.

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G. P. & T. A., Lincoln, Neb.

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CALL FOR PRICES ON CABINETS.

[First publication July 2.] 4

NOTICE TO NON-RESIDENT DEFENDANTS

To M. Susan Cummings, D. E. Cummings, her husband, first names unknown, John Doe, as administrator of the estate of J. L. Britton, deceased, Mrs. J. L. Britton, wife of said deceased, the unknown heirs and devisees of the said deceased, all of whose real and true names are to plaintiff unknown.

You and each of you will take notice that on April 19th, 1898, the undersigned filed his petition in the District court of Lancaster county, Nebraska, against you as defendants, by which petition, the undersigned seeks to foreclose a certain mortgage executed by the said M. Susan Cummings, and husband, to C. T. Boggs, and assigned to this plaintiff; said mortgage being given upon lot nine (9), in block (8) of Kinney's O Street addition to the city of Lincoln, in said county, to secure the payment of one certain promissory note and interest coupon, dated May 1st, 1890, for the sum of One Thousand Dollars (\$1,000) with interest at 10 per cent. from date, due May 1st, 1892; that there is now due upon said note and mortgage the sum of One Thousand Dollars (\$1,000) with interest at 10 per cent. from May 1st, 1890; plaintiff prays for a decree that said defendants be required to pay said sum, or that said premises be sold to satisfy the same. Service on said unknown heirs and devisees is made hereby under order and direction of said District Court, given by order in said cause, on the 28th day of June, 1898. You are required to answer said petition on or before the 8th day of August, 1898.

Dated June 28th, 1898.

FREDERICK WOHLBERG,

Plaintiff.

By FIELD & BROWN,

His Attorneys.

[First publication July 9.] 3

In re Estate of } In the County
Amelia H. Howell, } Court of Lancaster
deceased. } County, Nebraska.
The State of Nebraska, to Adele G. Harley, Alice L. Ford and Dora A. Perry and to any other persons interested in said matter.

Take notice, that a petition signed by J. H. Harley, praying said court to grant letters of administration of said estate to Adele G. Harley has been filed in said court; that the same is set for hearing on the first day of August, 1898, at 10 o'clock a. m., and that if you do not then appear and contest, said Court may grant administration of the said estate to Adele G. Harley. Notice of this proceeding shall be published three weeks successively in the COURIER prior to said hearing.

Witness my hand and the seal of said court this 5th day of July, A. D. 1898.

B. T. COCHRAN,

County Judge.

By DUDLEY COCHRAN

Clerk.



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G. W. BONNELL, G. P. & T. A.

BY THE WAY, HOW ABOUT THAT SUMMER TRIP?

Which way are you going this year? We want a word with you on the subject. You know its our business to help you out in plans for a railroad or steamship trip and we are always glad to do so. But we need your assurance to start with. Just tell us where you want to go and we will furnish you with plans and specifications in the shape of routes, rates, time schedules, luxury of equipment, etc., etc.

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