

**THE HOUSEWIFE
MAY HAVE WELL-
KEPT HANDS**

By LUCREZIA BORI
The Famous Spanish Prima Donna

THE other day I attended a luncheon at the home of a friend who lives in the suburbs. The last of our number to arrive was a neighbor of the hostess, an attractive, cultured woman, who captivated every one in the party.



She was not beautiful, but her face possessed that Madonna-like sweetness of expression which befits a sympathetic nature. Among her other charming features I noticed that her hands were particularly white and her nails perfectly groomed.

She left earlier than the rest of us, and after her departure my hostess informed me that she was a "wonderful woman," besides taking care of her two small children. All the while my friend told me about the many tasks the wander-woman performed daily. I thought of her lovely hands, which but proved to me that it is possible for the woman who does housework to have soft, white hands and well-manicured nails.

Every one who will give enough time and attention to the nails can keep them in a perfect condition. This will add much to the attractiveness of the hands, even if they are large and badly shaped.

ITEMS OF EQUIPMENT
Not every woman can afford a weekly visit to the professional manicurist, but since it is a simple matter to care for the nails, after you know how, learn the process by following these directions:

- First of all, provide yourself with the following equipment:
- A pair of good manicure scissors with curved blades.
- An orangewood stick.
- A package of emery boards.
- A flexible nail file.
- A small bottle of nail bleach.
- A piece of pumice stone.
- An ounce of powdered pumice.
- A box of rose-tinted nail paint.
- A cake of polishing powder.
- Two chloride-covered " buffers."
- A small box of cold cream.
- A piece of absorbent cotton.

Before putting the hands in water, while the nails are quite dry, shape them by using the file. If your fingers taper prettily, shape the nails less pointed at the ends than if your fingers are " stubby." When each nail has been shaped, twist a piece of cotton about the pointed end of your orangewood stick, dip it into the nail bleach and run it under each nail so that any stain will be removed from the nail and the surrounding skin. If this fails to make the nail white, repeat the process, using powdered pumice stone instead of the liquid bleach.

THE FINISHING TOUCHES
Now fill a bowl three-quarters full of warm, soapy water, and in it soak your fingers until the cuticle about the nails becomes softened. Twist a fresh bit of cotton about the end of your orangewood stick and push the cuticle gently back from the base of the nail, and about each one with a little cold cream. Do not cut any of the cuticle away unless it is so ragged that it becomes necessary to use the scissors.

Put the blunt end of the orangewood stick into the water and gently scrub each nail about and under the edges of the cuticle, so that any little particles that may have adhered to the nail will be removed. Be careful not to rub too hard, as the nail is easily injured.

The rugged little particles of dead skin about the corners of the nails should be carefully clipped away, and the cuticle again pushed back at the base, so that the hair-moons are brought into prominence.

The next step in the process of manicuring is to touch the nails lightly with the rose-colored paint, which will both tint and polish them. Dip the buffer over the cause a powder and polish each nail.

After this, scrub the hands clean with a stiff brush and soapy water, and rinse in cold water. After the hands have been thoroughly dried look for the tiny particles of cuticle that may have "roughed up." Finally, polish each nail with the clean buffer.

A little attention every day and a careful manicuring once a week will keep the hands well-groomed and attractive, even though you have to scrub floors and wash dishes.

HOUSEHOLD HELPS

Bowls for "Graceful" Service

IF YOU want to add a touch of gracefulness to serving or to make foods more appetizing, try serving them in attractive bowls. Children especially like to eat out of "cute little bowls" rather than "grown-up" dishes.

Humble oatmeal grows less prosaic and more attractive when served in one of the charming little fairy bowls—white, with pictures of fairy or Mother Goose characters—that can be bought in any of the shops. Then there are the yellow bowls with fat little Dutch girls and boys. For the baby there is even a big shallow china bowl neatly fitted into an aluminum plate, which can be heated so that the little one's food will be kept at the right temperature.

SOME "ORIENTAL" BOWLS
The supply of potters from Austria and Hungary has almost ceased since the war, so we can't get many of the vividly colored bowls which are used so abundantly in those countries, nor the wonderful glazed bowls from Russia. However, we can still obtain the Japanese and Chinese bowls, which are quaint and charming for table service.

If you have ever dined in the Japanese or Chinese restaurants you no doubt observed how they cling to the use of bowls, and how much grace the bowl adds to food that might otherwise not appear quite so appetizing.

The Chinese bowls especially are generally hand-colored. At first glance they seem rather crude in design, but this very crudeness adds a touch of distinction to an otherwise conventional table service. Some of the bowls are given inside and of many colors on the outside, consequently, the food itself rests on a plain surface and is more attractive than when served on some of the chinaware that is overly ornate.

THEIR VARIOUS USES
Not only do the individual bowls add grace to serving, but also the larger, beautiful bowls which are used for serving special vegetable, salads or delicacies. The head of cauliflower served whole in a bowl is exceedingly attractive, as are also stewed or preserved fruits, whole nuts and sweetmeats. Indeed, one of the most popular of all bowls is the wooden bowl for nuts, sometimes equipped with a device for cracking them.

If salad is served informally at the table and not individually direct from the kitchen, it can be served more attractively and gracefully from a big beautiful bowl.

We may not go as far as the Europeans in some sections, who serve cereals and soups and stews and fruits and nuts in bowls for "basins," as they are literally translated, but we can appreciate the idea for some of our dishes, so if you can't use a quaint bowl instead of the conventional bit of china the next time you must replenish a piece in the china closet.

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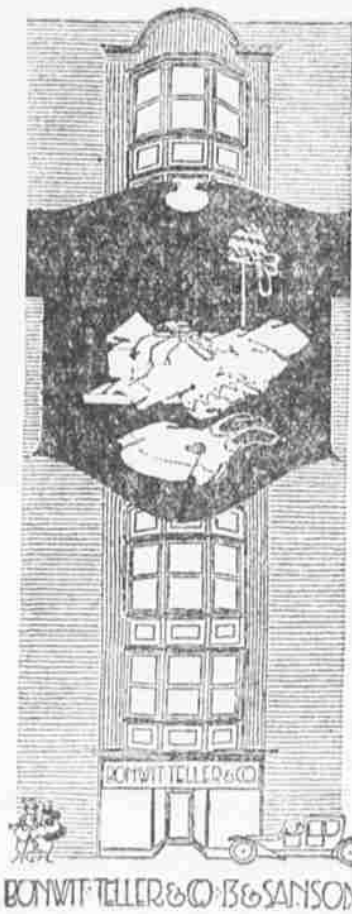
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