

BEAUTY AFTER 40—HANDS SHOW YOUR AGE QUICKER THAN FACES

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They say a woman's hands and arms show age much quicker than her face, and if a woman stopped to

think she would see there is a logical reason for this.

Most women wash their hands too much and their elbows too little.

One cannot expect to have nice hands if one washes all the natural life out of the skin and never puts any cream or oil on them.

For many years I have given my hands a bath in warm olive oil about once in ten days. Heat about a pint of oil as hot as you can bear your hands in it.

This is not as expensive as it sounds, as the dirt that comes off your hands will sink to the bottom of the bowl as the oil cools and it can be used over and over again.

Wash and rub your hands in the oil until it is thoroughly cold. Rub around all the joints and especially about the nails. Then with a wringing method rub the arms to the elbow and give your elbow at least ten min-



utes' massage with the oil. Never put anything but vegetable oils on your arms as any other has a tendency to grow hair.

It is quite unnecessary to describe the methods and to manure one's nails, but if you have a tendency to bite your nails a visit to the manicure's once a week is money well spent.

Personally, having a short, plump hand, I like my nails filed to a dull point and I like a bright polish. This