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Interest to Women**LEARN TO BE A GOOD FINGER-WOMAN**
Suggestions and Exercises To Develop Grace and Flexibility in Outdoor Hands

(By Victorine Howard)

Hands are particularly noticeable in summer. We don't know that women actually use their hands more in summer than in winter. But because of all the summer outdoor activity, you can't help being frightfully conscious of everybody's hands.

For one thing, women smoke a lot outdoors in summer, and handling match and cigarette is one of the most conspicuous hand movements you can make. For another, short sleeves and tinkling bracelets call attention to hands. And for another American women are said to use their hands a lot in expression anyway. Altogether it spells the importance of flexible hands and of graceful gestures.

It's the difference in American and English women's use of their hands which impresses a leading New York specialist in hand beautifying. Recently returning from England, she says that while English women hold their hands more beautifully in repose, the American girl uses her hands far more in gesturing and expresses herself lucidly and beautifully with them. Watch her pat an unruly curl, and immediately she falls into a graceful pose. Even in powdering her nose she's picturesque. Englishwomen's gestures are more staccato, but they surpass in the repose which our restless women rarely possess.

Don't be Tense

Tenseness and awkwardness are hand faults with a great many women. If you're smoking, don't hold your cigarette tightly. Keep hands and fingers relaxed. Don't hold a cigarette between thumb and forefinger. Hold it always as loosely as possible between the second and third fingers. You might think most women do—but we've seen several very awkward country-club porch smokers lately who held their weed as gingerly as if it was a live coal—and if you're going to smoke at all you might as well do it prettily.

Study your own hands. Try to pick up all sorts of objects gracefully. When you're sitting talking to some one, don't make constant fluttering hand motions. Reposeful hands are as indicative of general poise as any part of your manner. And try to remember to have them lying in a graceful position, rather than flat on their back with fingers

curved up in the air like a caught upside-down crab's claws.

For Graceful Hands

Stiff fingers can't make willowy, fluid movements. To increase grace and flexibility, the specialist we refer to has developed the following series of exercises, which she calls 'hand gymnastics':

The Grecian: Make a tight fist—fingers out, fan shape—then relax completely. Repeat each hand ten times.

The Swan: Bend hand at wrist holding fingers backward as far as possible—dip fingers down (imitating the dive of a swan, and move hand forward continuing the motion. Repeat each hand ten times.

The Circle: Grasp left hand firmly with right hand and rotate at wrist clockwise and counter clockwise ten times. Repeat on other hand.

The Merry-Go-Round: Hold hands out, palms down, keep them perfectly relaxed, then swing around in circles from the wrist, clockwise and counter clockwise. Repeat ten times.

The Piano Player: Place hands on table with fingers touching and the hands raised, then lift each finger separately five times, holding the other fingers firmly on the table.

That last finger exercise isn't as easy as it sounds. The fourth finger is likely to be a trouble-maker. But as every pianist knows, it's an excellent exercise for loosening up the fingers. And while we don't know much about the finger-men loved of detective story writers, we do know that the more of a finger-woman you are—the more beautiful will be your hands.

The Silly Season

Mother is in the mountains, sister's by the shore, Junior's at Kamp Heap-a-Jack, learning Indian lore, Grandpa's on a cruiser doing tricks with gin.

With a speed amazing, summer time rolls in.

—Frederic Walters.

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**ZIP, ZIP, ZIPPING
NEAT-NOT RIPPING**
Modern Fastener Arrived on Boots Drowned On Wings of Morn

When Annabella, star in "Wings of the Morning," did that effective rapid costume change scene, zipping herself out of a smart white pique frock to step jauntily into the water in a trim black bathing suit, she gave home dressmakers an idea and zipper sales a 'new high.'

Wings of the Morning dresses have given clerks in the notions department in the city no end of work and worry for, according to saleswomen, most every one who 'gets the urge' to make one of the frocks does so without first getting the zipper. Results in such cases aren't all that the novice had hoped for.

"You can't just cut a zipper off like a piece of ribbon," a clerk pointed out. "They come furnished in definite lengths and unlearned customers come asking for slide fasteners without the vaguest idea of the length required."

But the handy little zipper has its advantages, and during its short career has made itself indispensable in a widely diversified field. Take, for instance, the oiled silk cases for their slide fastening tops that preserve the freshness of fruits, vegetables and other refrigerator foods.

Look at the traveller, when he or she goes to buy a ticket or some gas for the 'bus,' a little pull opens the billfold or bag. Another little pull and the pockets of the car hold safe road maps and other necessities. Take the travelling bags that zip open and shut, and inside all manner of toilet kit kept compact by the same device. Bags for golf clubs have pockets zipped down the centre for balls, and larger ones for shoes and sweaters demanding a minimum of patience to get on with a game. Stubby little parasols that fit into almost nowhere are zipped into tidy cases, and tidiest of all, perhaps, is the zipped up tobacco pouch.

What the slide fastener has done for the streamlined figure is also worth mentioning. Think of the evolution from clumsy hooks and lacing in foundation garments, repeated again in slips, dresses, sweaters, windbreakers and raincoats, not to mention shoes and overshoes, where the little device originated, and was much pooh-poohed when a zipper-unconscious world had yet to learn how to manipulate it so it didn't stick.

**THE DYING SWAN
COMES TO LIFE**

"Eat sparingly, but don't starve yourself," advises Anna Neagle, whose exquisite contours attest eloquently to the wisdom of her advice. The lovely actress, who will soon be seen in Gaumont's "Look Out for Love," gets real and lusty enjoyment from eating wisely but not too well.

"That emaciated look is not only unattractive, but presages serious trouble in many cases," says Miss Neagle. "Eighteen day diets, milk farms, and the like just don't make sense to me. An active, healthy person, exercising a little restraint in the choice of food, can enjoy the art of eating, stay healthy, and keep a trim figure. All of us weren't meant to have nineteen-inch waists, and so long as the proportions are good and the flesh is held in control, without lumps or rolls, an attractive figure may be achieved."

"Faddish diets may give you that lean and hungry look, but who wants it? At the same time that the flat, boyish figure was considered good, the 'dying swan' appearance was considered 'interesting.' However, a back-to-normal attitude generally has brought with it a saner conception of beauty. A girl is no longer accused of being 'indicate' if she eats as if she meant it, provided, of course, that she uses a little common sense—and it's much more fun."

GOOD CUSTARD DEPENDS ON BAKING

A Few Minutes To Mix Them and the Cooking Is Done While Dinner Is Being Served

(By Edith M. Barber)

As a rule, the business woman housekeeper does not go in very seriously for made desserts. She is likely to depend upon fresh and canned fruit, ice cream which can be bought in the neighborhood or pies and cakes from that good nearby bakery.

Occasionally, however, she longs for a home-made dessert. There are a number of these which are quickly made, but which generally should be prepared one day for use on the next. Take baked custards, for instance. Just a few minutes to mix them and the cooking may be done while dinner is being prepared and served. While vanilla and nutmeg are the usual flavorings for custards, strong coffee may replace a fourth of the milk, or caramel syrup may be put in the bottom of each cup, or one cup of shredded coconut may be added to the mixture.

The success of custards depends upon the method of baking. The cups should be set in a pan of hot water and a moderate oven, 350 degrees Fahrenheit, should be used throughout the baking. The time which it takes for the custard to set is generally about forty-five minutes. To test the custards, insert a knife into one of them. When a jelly-like substance clings to the knife, it is time to take the custards out of the oven. Do not wait until the knife comes out clean, according to old-fashioned directions, as the custards go on cooking in the heavy cups even after they have been removed from the oven and set in cold water to cool.

If you wish to make one large mold of custard instead of cup custard, you must increase the eggs by one-half, in order to have the proper texture throughout. A large custard is usually unmolded before serving, while the smaller custards may be served in the cups in which they were baked if you wish.

Baked Custard

3 eggs.
3 tablespoons sugar.
Salt.
3 cups milk.
1 teaspoon vanilla.
Nutmeg.

Beat eggs enough to mix the yolks and whites and add the other ingredients. Pour into custard cups and set in a pan of hot water. Bake in a moderate oven (375 degrees Fahrenheit) forty minutes, or (300 degrees Fahrenheit) sixty minutes, until custard is set. This may be tested by trying with a knife, and if the mixture is jellied, it is ready

to remove from the oven. Set the cups where they will cool quickly.

Custard Variations

Coffee—Use 1 cup strong coffee for 1 cup milk.
Chocolate—Melt 1 oz. chocolate or use 2 tablespoons cocoa and add to hot milk.

Caramel—caramelize 3-4 cup sugar and add 2 teaspoons to each custard cup before pouring in custard.

Maple—substitute maple for white sugar or use 1-2 cup maple syrup.

Coconut—use 3 tablespoons sugar and 1-3 cup coconut or more.

Nut—flavor with almond and add 1-3 cup chopped nuts or more.

Quick Meal

Cantaloupe.
Lamb chops.

Baked potatoes. Baked tomatoes.
Cabbage salad.

Baked custard.**Coffee.****Method of Preparation**

Light oven.
Scrub potatoes and bake.
Prepare salad and chill.
Prepare cantaloupe and chill.
Light broiler.
Prepare tomatoes and bake.
Broil chops.
Make coffee.

**BLACK SMART FOR
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The black frock has proven an important style leader this season for town, spectator and travel wear. Many of the new models are highlighted with white for sharp contrast.

Left—This one-piece frock of black linen closes down the front with a white slide fastener. White stitching outlines the neckline, pockets, shoulders, cuffs and front panel.

Right—Travel frock of black silk crepe featuring rows of white stitching to trim its collar, bodice, cuffs, belt and skirt seams. Both of these frocks have pleated action backs.



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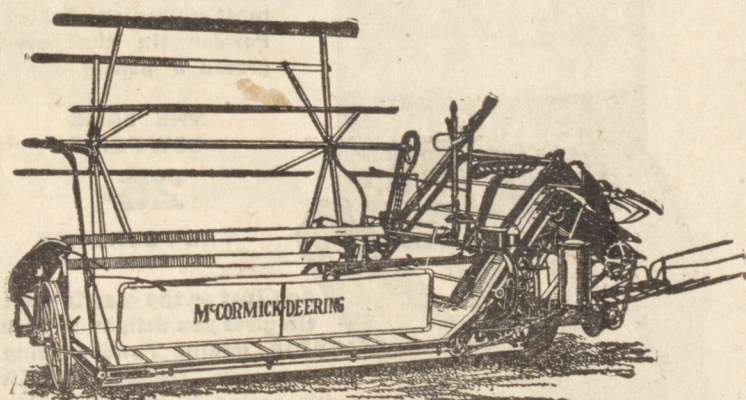
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