



## Polished People

# Wear Polished Nails

By Jane Helser

**A** COLLEGE girl's hands do all sorts of things: peel vegetables in foods lab, mix up acids in chemistry and type term reports. Since nail polishes have become a fashion favorite, hands are more conspicuous than ever. Well kept hands are a sign of good grooming.

The procedures for keeping hands soft and white are generally well known, but here are some tips about nail polish which may be new to you.

A liquid nail polish is a type of lacquer, infinitely refined. Like any other lacquer it gives its best results when applied on a proper surface. If your nail polish turns white upon application, it is probably due to moisture on the surfaces of the nails. Any moisture is easily removed by wiping the nails with polish remover just before the polish is applied. Don't breathe or

blow on the nails to hasten drying; breath is moist and may easily spoil the polish.

If polish peels from your nails, you have probably applied the lacquer too thickly. A thick coating of polish buckles as it dries and lifts away from the edges of the nail.

Other causes of peeling polish are uneven application and oil on the nails. A thick bump of lacquer will crack and peel off, and any oil on the nail surface will prevent the polish from adhering closely. To avoid the untidiness of peeling polish, use oil and cream only after the polish is hard and dry.

If your fingernail is smooth, the liquid polish applies easier, shines brighter and wears longer. For this reason remove dead cuticle with a cuticle-removing preparation. Sharp instruments roughen the nail surfaces.

Liquid polish should be applied to one nail at a time, using a freshly dipped brush for each nail. This is especially important in the application of the deeper tints because any variation in the amount of polish applied makes the nails look a different color. Have just enough polish on the brush to allow two or three quick strokes down the length of the nail. A pointed orange stick covered with cotton and dipped in polish remover is very useful in wiping off the moons and nail tips and any polish in the grooves of the nails.

Tinted nail polish can change your moods amazingly. Deep shades of polish must be worn only when the nails are beautifully groomed and when appropriate for the costume and the occasion.

The colorless and natural shades are always correct and keep the hands inconspicuous but neat. Since these colors are skin tones, they have the effect of lengthening the fingers—a tip for a person who bemoans short stubby fingers. The deeper shades cut the apparent length of the fingers. Bright nails appear large and conspicuous, and the hands are white in contrast.

Polish your nails with care, for they help your hands express a definite personality. People consciously and unconsciously notice hands and their grooming.

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