

length diminished. A pretty foot, on the contrary, looks better in a boot that has no toe-cap, the "upper" of which is made all in one. ~~This displays to advantage the beautiful outline of the foot, and the gentle but decided curve of the instep.~~

The possessors of large feet should be particularly careful to have their boots perfectly cleaned and very glossy. The feet look much smaller when this is the case than when the boot has a rim of mud around the sole and a shadow of dust upon the uppers. Where the instep is defective or totally absent, a pretence at one may be made by blacking that portion of the sole of the foot that is immediately adjacent to the heel. This causes a kind of optical illusion which is favorable to the flat-footed.

Patent leather is a most objectionable material for wearing upon the feet. Through it ventilation is absolutely impossible. So much for the sanitary part of the subject; and as to convenience, this is as much in the shade as sanitation, for patent leather "draws" the feet much more than any other kind. Of late, ladies and children have begun to borrow this material from gentlemen, but as much smaller shoes can be worn with comfort in any other kind of leather, it is not likely to become universally popular. Large feet should never be clad in satin.

#### Foot-Wear.

The fit of the stocking is almost as essential to the perfection of the foot as that of the boot or the shoe itself. It should be large enough to allow freedom to the toes, and not so large as to wrinkle on the foot. In a well-fitting stocking the foot can be more accurately measured than otherwise, and the comfort of the foot is sadly impeded by an ill-fitting one.

The feet should be bathed every morning, and for those who walk much, a daily change of stockings is advisable. This daily change is more than advisable, it is necessary, for persons who suffer from perspiring feet. Regular washing of the feet preserves their strength and elasticity, and helps to keep them in shape. At least once a week they should be washed in hot water, with plenty of soap, rubbing