

You Can't Find Romance in a Rocking Chair

By Mrs. Penrose Lyly

"LOTS of girls save money all through the year for a two-weeks vacation. They have just enough for their hotel bill and car fare. When they arrive, they deposit their room and board rent with the manager, keep out enough for their fare home, then they sit on the porch in rocking chairs and just wait for something to happen.

"They wait for fellows to show up, take a fancy to them, and spend money on them. That's what they call 'waiting for romance.' It's one of the saddest sights we see in our business. And I've racked my brains trying to find some solution. But I can't.

"Only the winter vacationists, the skiers and snow enthusiasts, seem to bring their own crowd along. That makes everything rosy for us. We supply the hotel, the food, the sports equipment. But the girls seem able to supply their own men. So when the snow falls, our headaches vanish."

Such is the mature observation of Irwin Shinnen of Mountainhome, Pa. Twenty-four years old, graduate of the Department of Hotel Administration at Cornell University, and now assistant manager of a resort hotel in the Pocono Mountains, he thinks the resort business is a coming field for young men. Even so, he still can't figure out what to do with the girls who just sit.

"Some hotels employ college men as waiters with the understanding that the boys must squire the girls about after hours. But squiring costs money and the fellows have their own girls back home, or else are working their way through college.

"I know of one place where the management arranged with the girl vacationists to pay for entertainment costs when the college boy waiters took them out. It worked pretty well, but some of the fellows balked."

The future of the resort business? First rate, according to this youthful manager.

"But resorts are becoming depots for sportsmen and sportswomen, not places to sit in rocking chairs," he says. "A hotel man used to put most of his investment into his building, furniture, kitchen and porch chairs. Today, with the American enthusiasm for outdoor activities gaining every summer and winter, the successful hotel man must invest much of his capital in sports fields and equipment.

"We have to have a swimming pool with a life guard for summer, a ski slide and a toboggan slide for winter, several tennis courts, bowling alleys, horses for riding, trails cleared over the mountains for both summer and winter hikers. That all costs money. But the young people want it and will go elsewhere unless you provide it.

"Young people—more and more of them—who come for short stays, that's the new type of hotel customer. Older folk used to come early in summer and stay and stay."

Spring's Coming!



WHEN girls on the semi-tropical beaches begin showing hats of yellow Rangoon straw, with impudent grosgrain bows, designed by Jean King, and linen bags of delicate chrome yellow, with fine petit point ornamentation, designed by Madame Jolles of Vienna, then we can look hopefully forward to the season of apple blossoms. It really won't be so long now. Ask the designers.



CLIMB THE LADDER TO BEAUTY

DO YOU want to be as trim and as slimly rounded as a Follies girl; to carry yourself like a princess? Then start climbing the ladder to beauty today. Use Swedish bars. They may be found in any good gymnasium.

Here's how it's done. Note the lass in the Grecian get-up at right top. She's doing the "Whiplash," a little exercise that whips off superfluous flesh from sides and hips, and also has a way of making the back straighter and more supple. Hanging straight down from the top rung, swing feet out and away from bars, toes pointed, knees together, head thrown back to form a perfect arch. Repeat three times, resting after each swing.

The "Pendulum Swing," as demonstrated in the photograph below, has a way of shoeing off those unwieldy curves over the abdomen and hips. And if you desire a waist of Victorian proportions, this is one certain way to get your slender little wish. Hang from top with back to bars. Swing legs from side to side, pendulum fashion. Relax after each two complete

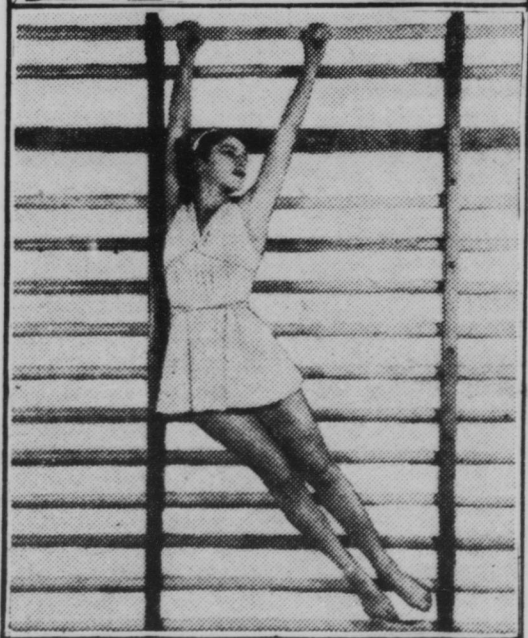
swings. Repeat twice. The "Egyptian Stretch" is recommended as the first exercise for the beginner. It's a posture exercise that unwinds more kinks than you thought you had. For the relaxed shoulders, straight upper back and balance of the

ancient Egyptian beauty, this exercise is what you should take. Facing bars, hang from top rung with shoulders completely relaxed. Gradually tense back and shoulder muscles until body is raised two rungs. Relax with feet on whichever rung is most comfortable. Repeat three times, resting after each.

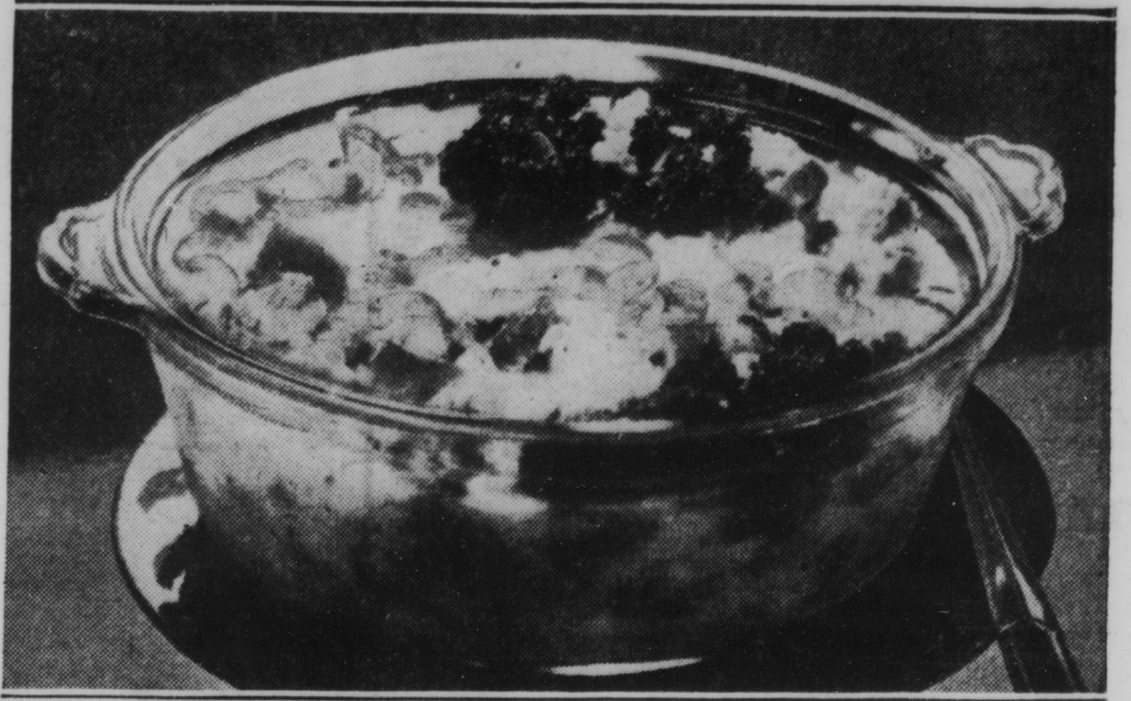
"Monkey on the Bars" may not sound like a pretty name for a beauty exercise, but just try it. It will increase your feminine suppleness and stretch the leg muscles which too often tighten as a result of wearing high heels.

Facing bar, clasp rung at eye level and begin to climb. But for every step up made with the feet, take a step down with your hands, straightening knees after each step. Continue, if possible, until there is only one rung between hands and feet.

In clasping rung for this exercise, be sure that the thumb is on opposite side from the other fingers. The rung is thus completely encircled. The girl doing the "Whiplash" in the above photograph has her hands about the rung in this proper fashion.



FOR LUNCHEON OR PARTY



A LUNCHEON is a pleasant occasion. It can be either formal or informal, but it must be amiable and unhurried. The handsome table shown at left might inspire you to do likewise. The sterling silver is in an early American pattern.

The photograph above shows a simple, informal luncheon on a table which is set near the fireplace. The silver is arranged in a neat row, the plates are stacked, the coffee server and cups are at hand. The hostess sits near the toaster, serves from the chicken and ham casserole on to hot buttered slices of toast, passes coffee, and that is all there is to it.

For either of these luncheons, a Vermont Chicken Pie would make the perfect main dish. Ingredients for 6 to 8 portions: 1 fowl, about 5 pounds, from 1½ to 2 years old; water to cover, 3 celery stalks, 1 medium onion, 2 tablespoons salt, 2 tablespoons butter, 4 tablespoons chicken fat, 6 tablespoons flour, ¾ cups chicken stock, ¼ cup milk, 1 teaspoon salt, ½ teaspoon pepper.

Clean and wash fowl, place in kettle, cover with cold water and add salt, celery and onion. Slowly bring to boil and cook until tender, about 2½ hours. Remove kettle from stove and let fowl stand in broth until cold.

When ready, remove fowl from broth, drain, bone and cut meat into desired sizes. Lay in bottom of casserole, arranging white and dark meat in alternate layers. Skim fat from broth and measure out quantity needed for gravy. Place in kettle. Add milk and bring to boiling point.

Cream butter, chicken fat and flour together until a smooth paste is formed. Add paste to chicken broth and cook thoroughly. Add salt and pepper. Pour over chicken in casserole. Place in oven.

When gravy begins to bubble around edges, place individual biscuits over top. Bake in hot oven (450 degrees F.) for 10 or 15 minutes.

For Cold Nights

KEEP your feet warm. That's a sensible resolution to make. And if you really want to carry it out, get yourself a pair of M. M. No. 4 needles, 14 inches long, and two balls of Germantown yarn. The scale is 5½ stitches to an inch. These are the instructions:

Cast on 30 sts. and work in plain knitting for 12 inches. Bind off. Fold over one corner and sew as illustrated in above photo. Work one row of S. C. around top working over elastic.

For ribbing top, pick up 52 sts. and work in ribbing (K. 2, P. 2) for two inches. Bind off and sew seams.

