

For Beauty's Sake, Relax!

ARTIST



Whirlwind in action, Mary Ann Carr, of "The Show Is On," knows how to relax for beauty, when the curtain falls. This lovely young creature hiding behind the sombrero hasn't any time for tense nerves or fatigue lines.

By Mrs. Penrose Lyly

DOROTHY NYE is a widely known authority on corrective gymnastics. She takes girls with bad posture and tightened nerves and gives them the works. Results—they feel better, look better and their husbands are delighted.

I met Miss Nye last week sitting in a zoo restaurant. She had just returned from a strenuous trip through Europe, where she studied gymnastic and exercise methods in the leading foreign countries. Tired, tense, worn out? Just the opposite, just as relaxed, as strong, healthy, physically happy as the seal before us and the panthers moving in their outdoor cages. And this is how she explains it:

"You see, I learned to relax years ago. In trains, waiting, on boats, anywhere and any time when I am not working, I just go 'blah.' Breaks tensions, refreshes the body—and then the body doesn't wear out and the face doesn't knot up with fatigue lines," she says.

Grace and speed, poise and alertness combine in her well-trained body. Women look at her as they pass, men admire the lean, athletic build of this noted teacher. And she gave me, there in the zoo before the wild animals who also know how to relax, a few hints for you.

"Begin your relaxation exercises on your back in a room where you can be alone. Quiet, light not too strong, and a bed that is neither too hard nor too soft are your requirements. A complete stretch makes a good beginning."

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LIE FLAT ON BACK, arms stretched toward ceiling or raised over head. Stretch the whole body, pushing the heels downward and pulling head and shoulders upward from center.

Then, keeping the body stretched, twist and turn as follows: Raise right hip while shoulders remain flat. Then the left hip. Next let hips remain flat and roll up and over first the right shoulder and then the left shoulder. Then relax all over.

Repeat each step of stretching and relaxation three to five times.

The author of "New Bodies for Old," internationally accredited adviser to tired women, apostle of relaxation, has another series for women in spring who seem all keyed up after a long winter.

On knees, with arms raised above the head, fingers extended, stretch upward, using the whole body in the stretch. Relax in sequence the fingers, wrists, elbows, shoulders, neck, upper back, then let the whole body drop forward onto the folded arms with every part completely relaxed, especially the neck and shoulders. Stay in this position a few seconds, then repeat about five times.



A future artist displays the "tools of her trade"—paint-smudged fingers.

SELF-EXPRESSION can free children from their "black spirits," according to modern child psychologists. Black spirits are defined as moods of resentment or fear, justifiable or not, against some circumstances or personality in the child's life.

Give that little fellow a set of modern paints, a table and let him alone. He will paint away his black inner dreads—bring himself, through his creative expression, back to a happy and normal childhood mood. So speak the psychologists, very serious and responsible ones, and as they offer a way to increase happiness in our land, they deserve attention.

Recently at Rockefeller Center in New York, children from all parts of the United States showed their finger paint and frescol pictures. Grammar, high school, parochial and private schools were represented at this "Young America Paints" exhibition, which is now traveling to many other cities.

Marie Falco, art director of Binney and Smith, sponsors of this unusual exhibition, says: "The mediums used are easy for beginners to use and therefore they break down the usual hindrance to self-expression, so often found to be the real hurdle for youngsters. Frescol is a color medium which does not require water, oil or other liquid, and finger paint requires nothing but the tips of the fingers."

Don't Fall in Love With the Boss

DAFFODILS in florists' windows and mildness in the air often make a girl who works in an office feel a bit too romantic for her own happiness. A flirtation with the boss may be thrilling, but it usually puts the girl in an embarrassing position—that is, back in an employment agency looking for another job.

Bosses just don't marry their stenographers, especially when they have a wife and children and a social position in the background.

"One wonders whether Mother Nature, who makes the world kin emotionally, may not have had a hand in the invention of the typewriter, thereby bringing pretty young things by the thousands into the masculine world of trade and hence into her age-old trap," says Elizabeth Gregg MacGibbon, recognized authority on business etiquette. "But alas," she adds, "vamping the boss is the poorest way to make a job permanent."

Into her new book which is rich in wisdom and humor for the office worker, "Manners in Business" (MacMillan; \$1.50), Mrs. MacGibbon crowds advice and counsel on such questions as sex in business, weddings—a timely subject—office emotional situations, getting a job, getting along with the boss without trying to marry him, and a valuable chapter on what to wear in business.

So often we see otherwise sensible girls pass up a good young fellow of their own financial standing in hopes of later on catching a rich and cultured husband.

"MANY a girl lets the masculine contacts in a business wreck her for matrimony," she writes. "If she works for a man who lives in a manner far beyond what she has known at home, she learns his tastes through taking letters and attending to his personal errands. She calls him at his club, hears him order his custom-made suits, gets football and theater tickets for him and sees what creature-comforts his wife and daughters enjoy.

"Gradually she sets her standard, and she feels she could never marry a man of less refined taste. It never dawns on her," Mrs. MacGibbon warns, "that 30 years earlier her employer did not own a first edition or go South at the first drop of the thermometer."

Better marry the fellow who understands your way of life and whose future you can share with him, help bring to success.

The office is a fine place for getting pay checks, a bad place to look for a husband. After all, typewriters won't work themselves. Isn't that what you get paid for?

Make That Announcement Party a Festive Occasion

IF YOU are planning to give an announcement party for a daughter, sister or friend, make your arrangements a full two weeks in advance. There are many parties at this season, so send out your invitations in time and plan the form your announcement will take.

A tea or cocktail party is often the occasion for announcing a spring engagement. Use your best silver service, and accompany the tea with simple but dainty sandwiches and a dish of hors d'oeuvres. If cocktails are served, pour them in the kitchen and serve them from a tray. When the guests are assembled, the hostess should announce the engagement.

And now for the menu of that luncheon, always a matter of vital importance. It must have grace, substance and some-

thing unusually lovely. Try this—cream of mushroom soup in cups, Georgia broiled chicken, new potato balls with parsley butter, baby green peas, fresh jumbo asparagus with Hollandaise sauce and then a regal strawberry turban followed by tiny cups of black coffee in the living room.

CREAM of Mushroom Soup: 6 servings.

Ingredients: ¾ pound fresh mushrooms, 1 quart clear beef stock, 2 tablespoons butter, 2 tablespoons flour, 1 tablespoon chopped chives or young onion, 1 cup cream, salt, pepper, 2 tablespoons sherry wine.

Chop mushrooms, and add to stock with onions. Simmer one-half hour. Strain and return stock to pot. Combine butter and flour into paste, then add to mushroom-flavored stock. Simmer until slightly thickened, season and add cream. Heat but do not allow to boil after the cream has been added. That is important! Remove from fire, stir in sherry and serve. It is unusually refreshing and delicate.

Georgia Broiled Chicken. Use only young chickens, allowing one for each two persons. Split down the back. Clean well, dry, then rub inside and out with salt, pepper and butter. Broil under hot flame until brown, turn, and brown on the other side.

Remove from broiler and lay in pan. Add about ½ cup water to pan and dot chicken with pieces of butter. Cook in hot oven (375 degrees) until done. Baste frequently. There will be a rich brown gravy.

STRAWBERRY Turban: 6 servings. Ingredients: ¾ cup dried macaroons,

pulverized, 2 cups thin cream, ½ cup sugar, 2 teaspoons vanilla. Strawberries and raspberry for garnish.

Add the pulverized macaroons to the light cream and stand for one hour. Then add sugar and vanilla. Place in freezer and freeze to a mush. Remove from freezer. Beat the heavy cream until stiff and add to other mixture. Pour into ring mold. Cover carefully and seal with fat to prevent any salt from getting in. Pack in ice and salt in equal parts and stand for 3-3 hours.

Use perfect, ripe strawberries. Soak them in curacao. Unmold the mousse on a handsome plate, fill the center with the strawberries, and garnish the outside with raspberry ice (better order this from the confectioner). That's a handsome dish to set before the future bride and her many friends.

