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BEND TO PICK UP A GOOD FIGURE



A lithe and radiant example of what daily exercise drilling can do is attractive Kay Christopher, who appears in RKO Radio's "Dick Tracy's Dilemma." Young and pretty, Kay has already formed the habit of figure care to ward off that "middle-aged spread" which threatens neglected figures. For Kay knows that a woman's charm and age are often judged by her girth as well as her vitality.

Hollywood, with its corner on beauty, is brimming over with know-how experts who readily disclose that next to sensible eating the answer to a slim figure is through exercise. They also agree that bending is a wonderful way to help the waist to flexibility and the hips to firm roundness.

Start off easily. Stand erect, feet together and arms stretched out at shoulder height. Knees straight, swing arms down to left toe, pivoting body at the waist. Repeat ten-times but rest between if you begin to feel the need.

Glamour Gal Tells How It's Done

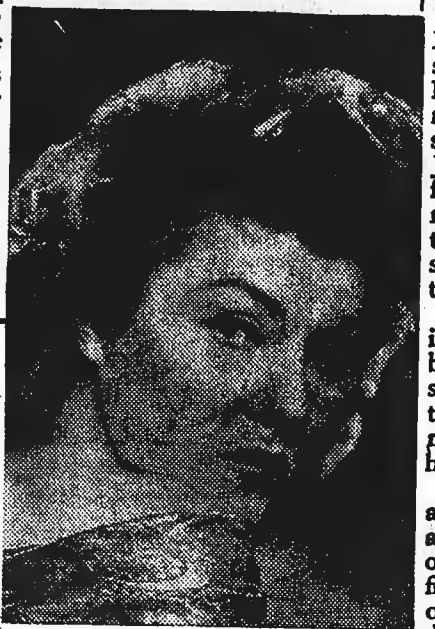
Only if her glands are in topsy-turvy condition has a girl a good excuse for an ill-shapen figure. But, unless you're an exceptional creature, it stands to reason you won't be able to keep youthful outlines forever without some struggle. When you see a charming, mature woman with free, limber movements, dollars to doughnuts, it's because she's taken the trouble to achieve them.

Don't underestimate the task involved to retrieve slack contours. It takes a maximum of determination and will-power. It means cutting down on or doing away entirely with beloved pastries and chocolates. Also it means getting into the swing of regular exercise. Avoid sweets, overcome inertia and set aside ten to twenty minutes daily for body development if you would be rewarded with a sleek silhouette, a glowing look.

Kay Christopher, currently in the RKO Radio picture, "Dick Tracy's Dilemma," points out that bending is excellent for getting at figure faults that plague most of us into an unhappy state.

1. Begin with the good old knee-bending routine. If at first it's difficult to keep balanced, hold on to a chair. Daily performance will develop the ease required to do without support. 2. On knees, head back, clasp hands behind body and bend slowly forward. Drop head to floor and relax. Keeping head down, pull in stomach muscles and then slowly raise the body.

Easy Short Cut



Accent Your Eye-Lure With A Pencil



It seems to us that few girls realize the glamour appeal that lies in their eyes or certainly more would pay heed to their care. Take a little thing like an eye pencil. It puts magic in your eyes with a single deft stroke across the brow.

Hollywood starlet Nancy Saunders, who appears in RKO Radio's "A Likely Story," co-starring Barbara Hale and Bill Williams, illustrates correct use of the pencil. For leverage to keep a steady hand, she places her elbow on her dressing table, her last two fingers against her cheek, and applies the pencil in short strokes.

Before reaching the pencil stage make sure to brush your brows to show up stray hairs for tweezing. Never thin them into an expressionless line. Properly shaped and soothed with an antiseptic, they're ready for coloring. If you're a blonde, use a brown pencil, never black, which should be reserved for the deep brunette type.

If your problem is how to keep hair looking well-groomed in sticky temperatures and you think you look a fright in the up-sweep, this closely cut, silhouette hairdo is your answer. Designed for blonde Claire Trevor, who co-stars with Lawrence Tierney in RKO Radio's "Born to Kill" . . . the front view reveals soft curls across the forehead. In profile, the hair is pushed lightly back off the ear to fall in loose ringlets in back. It saves the attention and fuss demanded of long hair, and the carrying of an uncomfortable mass around your shoulders. Light and flattering, it frames the face with youth, is sleek with all types of clothes, almost any shape hat.

Back Beauty



Of all woman's assets, among the most appealing are a beautiful back and shoulders. And starting right now fashion dictates that the front line of attention will be your back. From sunrise to sunset you'll see street frocks, bathing suits, play dresses, informal and formal evening gowns cut daringly low. Makeup may hide blemishes at night but you will never be able to take your place in the sun if your back lacks appeal.

One of the most alluring backs in Hollywood belongs to Patricia Morison, brunette actress currently in the RKO Radio film of Edgar Rice Burroughs' "Tarzan And The Huntress," starring Johnny Weissmuller, Brenda Joyce and Johnny Sheffield. Patricia freely declares that most beauty is the result of constant care and adds that though favored by fortune with a finely sculptured back and shoulders, to keep them that way takes effort.

The most important thing to watch is posture. Without good posture no back can be lovely. A curved spine, slumped shoulders and a fatty pad at the nape of the neck add years to age, not to speak of the danger to your health.

Proper diet is valuable to keep back and shoulder skin from getting coarse and pimply. Cream generously at least once a week. After creaming, place fingertips of both hands in the middle of the back of the neck, massaging downwards with firm pressure as you swing out on the shoulder muscles.

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ROCKFISH NEWS

By Mrs. A. A. McInnis.

Mrs. Jean Courson, who had the misfortune of getting a serious back injury when she slipped on the steps at White Lake recently, is improving. She was able to visit her parents Mr. and Mrs. D. P. Andrews Sunday.

Miss Bessie Wright's little duck that she found in the yard at her home died. Lynn Dees found one in the field as he was plowing that he was almost sure the sun had hatched. It is the general opinion now that both little ducks came from T. G. Woods. According to Mr. Wood a dog frightened the mother duck and caused the little ones to get scattered. Therefore one was found out in the field and another followed the Wright's guinea's home about a half mile. Lynn's died too and so did all the others, so there is no hope of an "ugly duckling" story anymore.

Mr. and Mrs. Allen Eason will visit their daughter, Shirley Ann, at Chapel Hill next Sunday.

Mr. and Mrs. James Wood and baby daughter, Peggy, of Raeford visited Mr. and Mrs. T. G. Wood last Sunday.

Rockfish Grange is suppose to meet at Wayside Friday night of this week.

Mrs. Walter Hall and granddaughter, Ann Hall of Ashley Heights are spending some time this week with Mrs. Hall's neices, Mrs. E. T. Brock and Mrs. Roscoe Bundy and families.

Mr. and Mrs. Joe Wood of Ashboro spent several days visiting relatives here last week Misses Lillie, Betty Jean, Jane and M. L. Wood accompanied them home Friday P. M. returning Monday.

Mrs. C. S. Pickett of Fayetteville came last Thursday and spent several days with her mother, Mrs. M. R. Knight.

The family of L. B. Bundy will celebrate his and his son Roscoe's birthdays with a big dinner at the Bundy home next Sunday.

Mrs. Gilbert Ray and Mrs. K. P. Ritter went fishing a short time ago but instead of coming back with big fish-stories they said they just decided it would be best to let the fish stay in the creek.

Miss Ellen Parker of Laurinburg is spending two weeks with her grandmother, Mrs. A. L. Long.

Mrs. G. W. Livingston and sons Fairley, who lives with her at Lumber Bridge and Dave of Richmond, Va. visited Mr. and Mrs. M. S. Bristow last Sunday.

The Bible School at Tabernacle church last week was very much a success, with an average attendance of 66 for the week.

Little Miss Mary-Kate McInnis of Wayside visited her grandmother, Mrs. Mary McInnis from Sunday until Wednesday of this week.

Mr. and Mrs. E. T. Brock took a trip to Raleigh Sunday to visit Mr. and Mrs. E. R. Brown, Mr. and Mrs. Joe Yeagan and James Wright and other relatives and friends.

Mr. and Mrs. Sam Minter and Mr. and Mrs. Clyde McGill of Fayetteville visited Mr. and Mrs. M. S. Bristow Sunday P. M.

Mrs. Alonzo Watson of Fayetteville spent last Monday night with her mother, Mrs. Ellen Jones and family.

Mr. and Mrs. L. D. Long of Red Springs are spending their vacation with relatives at Rockfish.

N. J. Ritter is spending a few days with his sister Mrs. J. C. Smith of Maxton.

Sue Allen and Patsy McKippon of Cumberland, N. C. spent the past week end with their grandmother, Mrs. C. L. Wood.

Mrs. Hardy Koonce who has been seriously ill for some time is very much improved.

Will Boahn is erecting a Service station on the Rockfish-Raeford road, about five miles from Rockfish.

Mr. and Mrs. Lynn Dees and children spent last Sunday at White Lake.

Mrs. Ellen Jones visited her daughter, Mrs. Alonzo Watson and family in Fayetteville several days this week.

There has been no rain at Rockfish for weeks and weeks except light showers.

Meat production under Federal inspection for the week ended May 31 totaled 267 million pounds, according to a USDA announcement.

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