

How Movie Glamour Mothers Stay That Way

Hollywood—Have you ever wondered how the glamour mamas of Hollywood keep their figures? They have to do it, because any who sacrifice figures to motherhood sacrifice their screen careers at the same time—but this is not a story of sacrifice.

Some—Marlene Dietrich, for example—have no secrets for post-maternity figure upkeep. Dietrich, 38, and the mother of a 16-year-old daughter, has a figure best described by an estate studio designer who said, "She's the only star I know who never wears a girdle—and doesn't have to."

Exercises bore Dietrich. And diet? "I don't, unless you count my skipping lunch," she says.

Of those actress-mothers who have figure problems—and solutions—most are quite willing to pass along their "secrets."

There's Joan Blondell (Mrs. Dick Powell) who's the mother of two. Joan's a non-dieter but she goes for exercise. "I eat food combinations which dietitians consider both easy and natural for the system to handle, and good food," she says.

For Joan, there are no large quantities of proteins and carbohydrates at the same meal. Meat or potatoes with vegetables, but never meat and potatoes (or bread) with vegetables. She eats as much as she wants.

A Game with Cards

Mary Martin, expecting her second child, makes no claims to athletic prowess but enjoys dancing and swimming. Her favorite waist-line-trimmer: "Sprinkle a deck of cards on the floor, then pick them up one at a time without bending your knees."

Jane Wyman (Mrs. Ronald Reagan) went swimming six weeks after Maureen Elizabeth Reagan was born. Played golf, too. Her doctor ordered exercises: (1) Begin each day with a walk before breakfast, swinging legs and arms and breathing deeply. (2) In late afternoon, before a beauty nap, lie flat on back, feet close together, and pull up slowly without bending the knees. Touch toes, return slowly to count of ten. (3) Lie on back with knees drawn slightly up. Pull body up, allowing head to fall back easily. Keep arms straight in front, return slowly to position. (4) Stand straight with feet apart, hands on hips, and bend back slowly as far as possible—stretching stomach muscles. In standing position drop slowly to squatting position and arise to count of ten.

Geraldine Fitzgerald, mother of Michael Edward Lindsay-Hogg, recommends deep breathing for 15 minutes, morning, noon and night, before an open window.

Miss Fitzgerald is a stretching enthusiast.

The Fitzgerald post-maternity diet was similar to Jane Wyman's—except that Geraldine's included one day on milk and orange juice, rather than salad.

Ellen Drew took a few tips from Jim Davies, the studio athletic instructor and expert masseur, who has to keep watch on all contract "figures," maternal and otherwise. "Never put shoes on the easiest way," says Ellen. "Sit erect on a chair and, pulling the leg close to the body, slip the shoe on. It's a definite waist-slimmer. And when applying makeup, try not to slouch over the dressing table. Instead, sit erect and stretch legs well forward. Apply powder, turn the body to the left and right, holding the hand mirror far away. May not sound like exercise, but it is—and a good badminton helps, too."

Joan Bennett, mother of Diana and Melinda Markey, doesn't diet any more, and her exercise has been limited to mild forms because of an old injury during a movie—she fell off a horse. She gardens, however, swims and plays golf.

"I was 'way off form after the children were born," she says, "and had to diet rigorously to get back in shape."

Bowling Gets Credit

Brenda Marshall (mother of 4-year-old Virginia Gaines) credits her return to normal figure mainly to an enthusiasm for bowling. Diet: lean meats, vegetables (including a head of lettuce daily), water, a pint of milk daily, no desserts except fresh or stewed fruit, one baked potato a week, maybe toast, a daily cocktail of orange juice, beaten raw eggs with a spoonful of wheat germ oil. She stayed on this nourishing strengthening, but streamlining diet for a month after the baby was born.

Anne Shirley, mother of Julie Anne Payne, aged 11 months, says swimming brought her figure back to before-baby measurements more quickly than any other exercise she took. "But it's important," she emphasizes, "that all such exercises be taken only if your doctor approves."

Dorothy Cominsore, only recently a mother, recommends "a snug girdle" as well as doctor-recommended exercises.

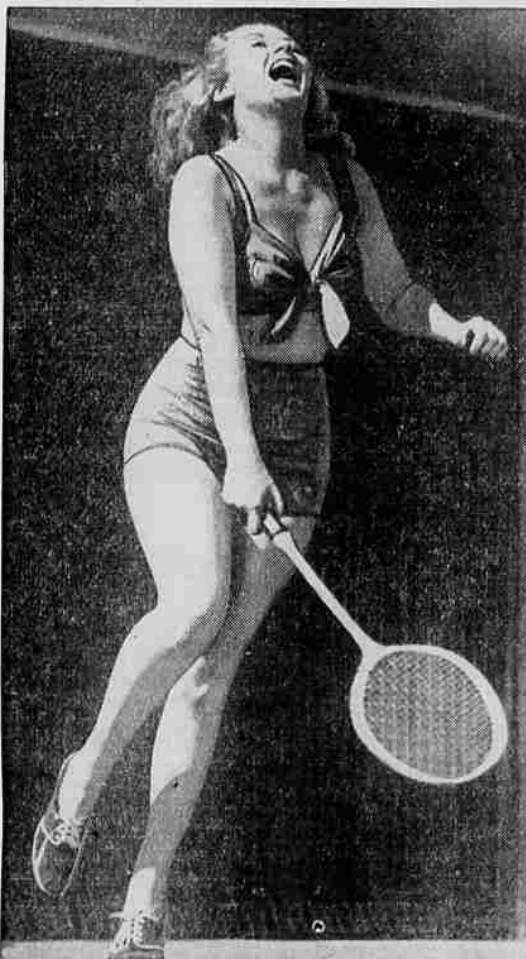
And she sums up the opinions of most of Hollywood's glamour mothers when she says: "Motherhood isn't as likely to ruin a woman's figure as is laziness and too much food!"

Do not thaw out frozen food until it is to be used. Once thawed, the food should all be used.

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Joan Bennett and daughter. She dieted rigorously to bring her weight back to normal. Now she weighs 111 pounds.



Boring, says Marlene Dietrich of exercises. Diet? She doesn't, except to regain pounds lost during a filming.



Bowling helped Brenda Marshall retain her figure after birth of her daughter.

Sandwiches for Labor Day

Sandwiches can play a big part in making Labor day a success. The kind and style of sandwiches to feature will depend upon the plans for the day. Maybe the suggestions given here will help you make the final decision as to what and how to do. "Make-your-own sandwiches" are the favorite with some families. In such a case select fillings that will be pleasing, and if you want to conserve on time and labor choose prepared foods that do not require fixing. In other words, take along sliced bread, lettuce in a can containing a little chopped ice, mayonnaise and such fillings as canned salmon, tuna, sardines, canned spiced meat, tongue, chicken, or corned beef. If the fillings chosen are thoroughly chilled before they are taken out on the picnic, they will be cold enough to use at the picnic.

The extra seasonings that might be taken along include such items as pickles, pickle relish, salad dressing and mustard.

Make-your-own sandwiches is a good idea for the back yard, too. Sandwich fillings that are made ahead of time may be included in

this type of service, or used for sandwiches made in advance. Any of the above mentioned canned foods may be used.

Foods that combine well to make a salad type of filling include chopped celery, hard cooked eggs, sliced ripe or green olives, pimientos, green peppers, onion, or chives, shredded carrots, and shredded salad greens. Of course do not use too many of these "extras" with the fish or meat chosen, but just enough to give an excellent flavor and texture combination. Blend with a favorite salad dressing.

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Limes in the Limelight As Splendid Crop Arrives

Long considered a luxury, its lusciousness limited to menus made up by home-makers with unlimited budgets, Persian and Tahiti limes are right up front in the limelight as the finest-in-years crop of limes makes its premiere in pyramids on the country's food-stalls. Up from Florida limes are flowing ready to league up with housewives coping with languishing summer-time appetites. Always a chef's "item" today the lime is the housewife's hand-maiden. Out of the hot-house class at last, the lime is now as much at home in the cash-and-carry fruit stands as in the cotton-battling splendor of the stores where it has been for years the green emerald of the fruit trade. For the gem of citrus fruits, rich with Vitamins A and C and sealing precious stores of calcium, phosphorus and copper, can be bagged for pennies now.

Smallest of Florida's citrus fruits, the lime is packed with juice—with flavor—with a capacity for combining in countless ways with other liquid or spoon-up foods.

Limes make long drinks lovely—short drinks longer. And in every drink or dish where lemon juice is called for, lime juice will play that part particularly well. There's no limit to lime uses so don't limit yourself to lime drinks but share today's limelight with limes by cooking up such brand new lime-y dishes as:

Lime-Lamb Casserole

2 pounds neck of lamb, cut in cubes
2 tablespoons fat
4 cups boiling water
1/2 cup lime juice
1 bunch carrots, sliced
1 onion, sliced
4 medium-size potatoes
1 teaspoon kitchen bouquet
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon butter

Wipe lamb. Sauté in fat until brown. Add boiling water and lime juice. Cover and simmer 1 hour or until tender. Cook carrots and onions in bottom of casserole. Place lamb on top. Thicken liquid left from meat; add seasonings and pour over lamb. Force potatoes through ricer. Spread over top of lamb. Sprinkle lightly with salt and pepper; dot with butter. Brown in hot oven (450° F.) for 15 minutes. Makes 4 servings.

Spareribs with Lime Barbecue Sauce

1 1/2 cups spare ribs
1/2 cup brown sugar
1/2 cup water

1 tablespoon butter
3 tablespoons chopped onion
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 teaspoon all-spice
1/2 teaspoon paprika
1/2 teaspoon red pepper
1 tablespoon flour
1/2 cup lime juice
1/2 cup tomato juice

Wipe spareribs. Place in hot oven (400° F.) 15 minutes. Reduce heat to moderate (350° F.) and cook 30 minutes more. Place together in a saucepan brown sugar and water; heat until sugar is dissolved. Melt butter. Sauté onion until brown. Add remaining ingredients to onion and blend well. Add sugar syrup.

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There are a few occasions when this is true—such as a wedding in one's own family, or in that of a really intimate friend. But this obligation is one of relationship or friendship—it has little to do with an invitation. There are many occasions when we want to give a present, but there are almost none that we are obliged to give because of an invitation. The only such invitation I can think of is worded, "Will you come to a shower for Mary?" This literally means, "Will you bring Mary a present?"

Otherwise, send a present if you can and want to, but don't worry when you can't.

Announcing a New Baby

(Having just finished the answer above the very next letter I come

Democracy Causes Casual Effect in Furnishings

It's smart to be tacky! What a curious paradoxical state of affairs that reflects... and yet perhaps it is really democracy in action. For we've come a long way toward an ideal society when man's heart's desire is no longer the palace but the cottage... when he prefers a friendly comfortable simplicity to pomp and plumage. These thoughts, translated into specific things, explain our love

for colonial maple furniture, for hooked and braided rugs, for quilts and old lamps, for pressed glass and blue and white china, for pewter and checked damask. They explain why we like casual effects and pleasant country airs.

Many town folks carry their interest in rural affairs still further. They collect color prints of fine livestock to frame and hang in groups on the wall. They search for botanical prints of crop plants, and they make lamp bases or lighting fixtures out of old farm tools. They save hand bills and posters of country fairs and use them for screens. Gingham and calico are favorite

country materials—with linen so scarce, they're being used more and more for informal table mats. Those who really mean what they say about their farm friends will be interested in making a set of summer table mats of green and white checked gingham with appliquéd designs of farm animals. This would be gay and amusing for lunch on the porch or week-end entertaining. Another fresh looking table, set in a rural mood, had white dress linen runners appliquéd with ripe red apples. These, set with clear glass plates and goblets, were delightful for a salad and fruit menu topped off with iced coffee.

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Serve Plenty Of Variety At Meals

Don't let the vitamin content of your menus worry you! Just be sure that you serve plenty of food variety and the vitamins will take care of themselves for normal individuals. Here's a home dinner—for casual guests as well—that you needn't hesitate to serve to a visiting nutritionist. Note the variety of fruit and vegetables it includes.

Start the menu right with a vitamin-rich appetizer made of apricot nectar, and lemon juice to taste. Apricot nectar is a whole-fruit beverage and so contains the vitamin A wealth of this vitamin A-rich fruit. The round steak used for the veal bird entree offers a good source of vitamin B and an excellent source of vitamin G. Ripe olives that go into the brown gravy for the veal birds—in ready-made chopped form or sliced from the pits of whole ripe olives—are listed as a good source of vitamin A. Yellow sweet corn is a source of both vitamins A and B. Green pepper supplements well the vitamin C content of the menu. Calavo pears do well by us with a wide assortment of vitamins, including A, B, C and G, and vitamin D—a most unusual vitamin to find in fruit. Water cress and the lemon juice of the appetizer and salad dressing are our source here of vitamin C, also. Water cress is an even better source, however, of vitamins A, B and G. French custard ice cream supplies the vitamins A, B and G of cream and eggs.

Home Dinner for Guests
Apricot Nectar Appetizes
Veal Birds with
Ripe Olive Brown Gravy
Escalloped Corn and Green Pepper
Calavo and Water Cress Salad
Celery
Berry Tart with
French Custard Ice Cream
Coffee Iced Tea

Brighten the Hearth

You can improve the looks of a shabby brick hearth by giving it a good scrubbing with a stiff brush and hot, soapy water. Rinse with clear hot water and wipe as dry as possible. The next day cover with a coat of boiled linseed oil. This gives a protective covering, making cleaning easier.

Hand Softener

Summer gardening is likely to play havoc with the hands, leaving them rough and hard to keep clean. Here is a remedy, easy to make and inexpensive: Mix in a jar or bottle a cup of strained lemon juice and one-fourth cup each of rubbing alcohol and glycerine. Keep covered and apply as needed.

Pre-Invitation to a Wedding

Dear Mrs. Post: When a brother and sister receive one wedding invitation, do they repeat the discourteous error, and return one answer, or does each sign for himself?

Answer: Sister answers (without error). It is true that good taste exacts that a brother and sister be sent separate invitations, but the error was one against form, rather than against courtesy. In fact, when an informal invitation is sent to the sister, inviting both, it is entirely correct for her to answer for both.

Emily Post's booklet, "The Etiquette of Weddings," will answer all the questions about the ceremony and the reception that you have been asking yourself. Send for it, enclosing 10 cents. Address Emily Post, c/o Capital Journal, Post Office Box 75, Station O, New York, N.Y.

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