

Exercise Foils Career-Girl Spread



For Sitting Belles—Pianist Vera Appleton recommends this exercise to combat spreading posteriors: Sit on the floor with legs crossed, clasp hands around knees, rock back and forth.



Thigh Shaper—Whether you work at a desk or at the piano keyboard, Miss Appleton recommends this exercise for shaping thighs that might become heavy and flabby from sedentary work: Squat on the floor with legs crossed in front of you and arms spread out from the shoulders to maintain balance. Now rise to a standing position, keeping the legs crossed as you lift your trunk from the floor.

By BETTY CLARKE

(AP News Service Beauty Editor) Most career women have jobs that keep them glued to their chairs all day. Perhaps the comfort of a big cushioned seat is one reason why they hold on to their jobs. Give them hard benches and stairs to climb and there might not be as many working girls.

It's much easier for the slim hipster to catch a man, they say—another reason why the girl with spreading posterior and a good job which keeps her well fed, and consequently well-rounded, enjoys single blessedness.

But what of the stenographers, clerks, receptionists, secretaries, typists, librarians, cashiers and girls in a hundred-and-one other sitting jobs, who want to keep their girlish figures, in anticipation of that big day?

Pianist Vera Appleton, member of the famous Appleton and Field piano duo, comes up with a few answers.

Vera's problem is that she not only spends an average of eight hours a day seated at the piano keyboard for practice sessions and performances, but that her sitting posture is observed under spotlight on a stage before huge audiences. Vera had to resort to "sitting up exercises" to combat bad sitting habits. She says:

"The three main chair crimes committed by girls who fall into the bad posture category are the slouch, the hunch and the sprawl. The slouch sits with shoulders let down, hands on lap. The hunch leans forward with head bent low, a habit that will lead to wrinkles in the neck and dowager's hump. The sprawl is what causes

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LIKE SAMPSON OF BIBLE FAME

Valentino Draws Strength From His Hair Roots

By HAL WOOD

San Francisco, Oct. 6 (AP)—Like Sampson of Biblical fame, Pat Valentino believes he draws his strength from his hair roots.

So when Pat climbs through the ropes to meet NBA heavy-weight champion Ezzard Charles in a 15-round title contest at the Cow Palace Oct. 14, he'll still have those long, wavy locks. "It's kind of a superstition," says Valentino, whose real name is Pat Gugliemi. "And I certainly do not plan to have it cut. That's where I derive the power in my punches."

Valentino, who has been kicking around the pugilistic ranks for better than a decade, certainly is no Joe Louis with a knockout punch—but he does toss a better blow than the average.

The record books show that he has fought 51 battles, not counting his service in the coast

guard. In that string he has won 43, lost nine and been held to four draws. Of course, he has won 20 by knockouts—and has been on the receiving end of knockout punches only twice.

This would indicate he can take a punch as well as toss one. Jimmy Bivins, rated by many as one of the better boxers in the business, got two of those draws with Valentino—which goes to prove that Pat is no sucker in the fancy-dan department.

Valentino and his wife are both confident that he'll win the

crowns. Pat hasn't had a fight since last December, when he won the California heavy-weight crown from hard-punching Turkey Thompson of Los Angeles.

"I'm so certain that I can lick Charles," he says, "that we signed for this fight for \$5,000. Some of this I'm going to give to the Livermore veterans' hospital—and the rest will go for expenses. So you can see that the bout itself will bring me nothing in cash. But I'm sure I'll win the title."

The odds-makers aren't quite as confident as Pat. In fact, the gamblers believe he has such a small chance that they report little or no business on the fight, although there are quite a few bets being made on when Charles will knock him out.

If Valentino should win the title, he would be the second Italian in history to wear the crown—the other having been Primo Carnera.

Claves are dried flower buds which grow on evergreen trees of the myrtle family.

Newspaper Editors Don't Want to Retire

Washington, Oct. 6 (AP)—The house heard today that newspaper editors and publishers almost never want to quit working.

Rep. Eberharter (D-Pa.) interposed to tell the house that it was brought out in committee hearings that publishers and editors seldom retire at 65 years—the age of eligibility for old age benefits.

Rep. Cooper (D-Tenn.) was explaining the social security expansion bill when Rep. Mack (R-Wash.), a publisher, asked why newspaper operators were

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not among the new groups brought under old age insurance.

Cooper said the ways and means committee received no evidence that publishers and editors wanted to be brought under the program.

Rep. Eberharter (D-Pa.) interposed to tell the house that it was brought out in committee hearings that publishers and editors seldom retire at 65 years—the age of eligibility for old age benefits.

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Tito Opens Jail Doors For 713 Ex-Stalinites

Belgrade, Yugoslavia, Oct. 6 (AP)—Marshal Tito has opened the jail doors for 713 former pro-Russian sympathizers who repented and now are busy road building.

Radio Belgrade, quoting Minister of the Interior Alexander Rankovic, said the former supporters of the Russian-led communist (international information bureau) had "confessed" the error of their ways. It said they had been released from prison, and had volunteered to work on the new road between Belgrade and Zagreb, capital of Croatia.

Release of the political prisoners was interpreted here as evidence of Tito's confidence in the internal strength of his regime.

Three Injured in School Bus Accident

Longview, Wash., Oct. 6 (AP)—A Longview school bus rolled over twice today, injuring three of the 22 student passengers.

Royce Wenner, the driver, said the vehicle suddenly went out of control while he was driving at a moderate rate of speed. The bus left the road.

Investigation later showed that a tie rod had broken. Eddie Laulainen, 12, was the most seriously injured. He suffered severe bruises when he was crushed under two other boys sitting with him.

Most of the students left the bus through an emergency exit.

NOT LIKE BOGART AND PANDAS

Film Stars' Dinner at Ciro's Like Any Small-Towner's

By VIRGINIA MacPHERSON

Hollywood, Oct. 6 (AP)—Movie stars may sweep into Ciro's flashing mink and diamonds, owner H. D. Hover said today, but they usually add up the check before they pay it—just like any small-towners out on a spree.

They're not above toting home their uneaten filet mignons in a paper sack, either. "For the dog," of course.

And if this spoils your illusions of the wild and carefree night life of the Hollywood gods, we're sorry. But it isn't everybody who can go nightclubbing with \$50 pandas like Humphrey Bogart.

"You don't have to spend a pile of dough to have fun at Ciro's," owner Hover maintained. "You can have yourself a very fine time for less than \$5 a person. And I don't like it when celebrities hand out fat tips. Spoils my waiters."

Not very many of 'em do, either, he added. A heavy tipper is usually some tourist who's busting a gusset trying to keep up with what he thinks the Gables and the Pecks and the Flynns do on a night out.

"Or he's some unknown actor who's trying to impress the natives," Hover said. "Everybody knows he's just a nobody trying to act like a somebody."

Hollywoodites can have all kinds of millions, but they still stick to the 15-to-20 percent rule for tipping. And anybody who really knows his way around the glittery Sunset Strip makes with the addition and subtraction (mostly addition in the swankier spots) before he reaches for the folding stuff.

"I encourage it," Hover said. "People can make mistakes. Even our captains. It's not unusual to see the biggest male stars on the screen adding up the tab."

"It's just smart business. And they have to be smart to stay where they are today."

And you think it's just in hick towns that people leave the jalopy on a side street to save parking costs?

Then you'd be surprised at the gang of big-name stars—and it was Rudy Vallee who led the fight years ago—who hitch their

Russian Spied On Atom Bomb

Washington, Oct. 6 (AP)—Edward Manning, a former employee of the Chicago atomic laboratory, testified today that an accused Russian spy had "direct knowledge" of the wartime work in the laboratory.

Manning, who now lives in Knoxville, Tenn., was before the house un-American activities committee to tell what he knows about Arthur Adams. In a report last year, the committee named Adams as a Russian spy who is believed now to be in Russia.

Manning said Adams knew what was going on in the laboratory and that he assured Adams got his knowledge from Clarence Hiskey, who worked in the laboratory.

Manning said he was dismissed by the laboratory for security reasons and that Hiskey, now a professor at Brooklyn institute was dismissed, too.

It was Hiskey who introduced him to Adams, Manning testified.

Hiskey has appeared before the committee twice and refused to say whether he had any contacts with Adams on grounds he might incriminate himself.

flabby thighs and spreading hips, the result of too much sitting and incorrect sitting. Actually you can sit for hours without developing figure flaws if the fundamentals of correct sitting posture are observed."

Miss Appleton devised a series of sitting-up exercises for herself and pupils at her classes at Juilliard School of Music to help them achieve a sense of balance when sitting, to correct posture and figure faults incurred as a result of bad sitting habits.

Here are some of Miss Appleton's pointers for sitting belles:

Sit back on a chair, stiffen your knees and lean forward to touch your toes. Now bend back slowly until erect again. After repeating this a number of times, you should feel a tightening of the stomach muscles on the downward motion and a relaxation as you go back.

To combat the tendency to slouch, place the hands on the seat of the chair, then extend the legs backward with the body maintaining a straight slant and only the toes touching the ground. Elbows should be perfectly straight for this. Now lower the body by bending the elbows, until your chest touches the chair. Remain in this position for a few seconds, then raise the body on the elbows.

Repeat six times, inhaling as you lower the body and exhaling as you raise it. (It's a good idea to make sure the chair will not slip. Pick a heavy one.)

Along with other early radio developments, Guglielmo Marconi is credited with being the first to use an elevated wire as a wireless antenna.

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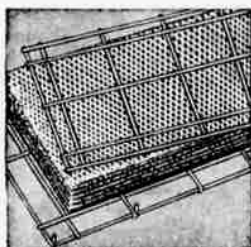
\$2.25 per 5.75 oz. 50% Alc. by Vol. \$3.60 per 7.5 oz. 50% Alc. by Vol.



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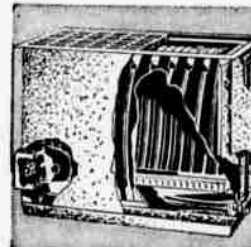


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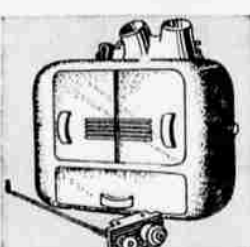


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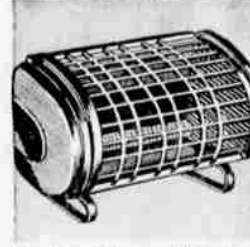


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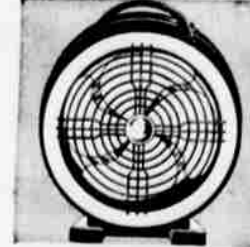


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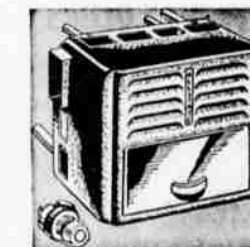


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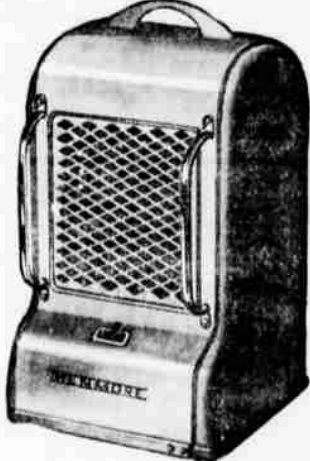


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