



APPEARING AT FASHION CONGRESS in Moscow, these models are demonstrating latest Iron Curtain styles. From left: Poland, Hungary, East Germany, Bulgaria. All wear silk evening gowns. (International Soundphoto)

Firsts Seem To Come Easy for Cow-Belles' New National President

Sutherland, Neb. — Scoring "firsts" seems to come easy for Mrs. M. E. Trego, Sutherland ranchwife, new president of the national Cow-Belles. She was the first president of the Nebraska group, organized in 1948. The Club is the woman's auxiliary of the Stockgrowers Association, and assists cattlemen in promoting the beef industry. Primarily, it supplies the housewife with information on beef cookery.

Mrs. Trego will make appearances on radio, television, at local meetings, state and county fairs, and other affairs. The Cow-Belles are organized in 23 states. She attended the first meeting of the Cow-Belle organization in Nebraska in 1948, and was chosen its first president. She was a charter member of the national Cow-Belles in 1952, held vice-presidential posts since 1954, and became the first Nebraskan to hold the national presidency.

Her traveling during the year means her husband will be working their 7,000-acre ranch alone. The ranch supports about 700 head of cattle and is in the heart of Nebraska's wheat land, in the southwestern portion of the state.

She said her husband is not fond of the idea that she will spend a lot of time away from the ranch, but feels "It's all right for a year."



For an Italian dish try Scallops Marinera for a hearty meal. Cook 2 medium onions—thinly sliced, and 1 garlic in 1/4 cup olive or salad oil for five minutes; do not brown; remove the garlic. Add 1 pound can of tomatoes and 1 8-ounce can of tomato sauce; simmer 1 hour. Add 1/4 teaspoon basil, 1/4 teaspoon oregano, 2 anchovy fillets-diced, 1 teaspoon sugar, and 1 pound sea scallops—quartered. Simmer 10 minutes longer. Season to taste with salt and pepper. Serve on hot cooked spaghetti (1 8-ounce package of the thin spaghetti) with grated Parmesan cheese. Makes 4 to 6 servings.

Ballerinas in Envidable Position As Artists in Strict Russia

By COLETTE BLACKMORE United Press Correspondent

Moscow — To be a Russian ballerina is like reaching for the moon, sun and stars and capturing all in one swoop. In the entire Soviet, there is no one whose popularity shines brighter and whose position is so unshakable as that of the dancing prima donna. From trembling debut to triumphant acclaim she is worshipped by every Soviet man for her slim grace, and envied by most Soviet women for the same reason.

Here is the privilege of living in a decent apartment, making exciting acquaintances, traveling abroad, and being able to obtain and wear chic clothes.

But there is another side to her story. The ballerina's lot also is one of long and disciplined study. It begins when she is about 10, in an inconspicuous unglamorous classroom — perhaps in the Moscow Ballet school, less than five minutes walk from the Kremlin.

Classic Touch
In the old, yellow-wall buildings clustered around a courtyard, the purity of Russian classic ballet is guarded fiercely and its principles transmitted from generation to generation. Here more than 100 girls are striving to be ballerinas. They won't all make the grade. But one of them 18-year-old Katya Maximova has a mighty good chance.

Katya, short for Ekaterina (Catherine) is in the eighth and next to last year at the ballet school. She is rated the best dancer in her class, and one of the most promising pupils in the school.

Katya is small, delicately built, with a pale oval face, and black hair wrapped in braids at the back of her head. She joined Moscow's only professional ballet school in 1949, with some 25 other girls and boys who were selected from hundreds of applicants.

Whale Meat Solution To Butchers' Bills

La Jolla, Calif. — American housewives could save on their meat budgets if whale meat were made available, says one of the nation's authorities on the subject.

Dr. Raymond M. Gilmore of the Scripps Institution of Oceanography, said it is "shameful" that whale meat is now used as dog food instead of for human consumption.

"I see no reason why whale meat should not be sold as low-budget beef," said Gilmore. "It should sell for about 50 cents a pound."

Whale meat is red like beef, tender as veal and loaded with protein. It has no waste, no fat no bones or gristle.

Gilmore said he frequently has whale steaks three times a day when at a whaling station.

Fruit
Golden canned cling peach halves, fresh pineapple spears sprinkled with chopped mint leaves, avocado crescents and whole unstemmed strawberries make a colorful fruit arrangement to serve with cottage cheese balls rolled in chopped walnuts. Dip the drained peaches and sliced avocado into fresh lime or lemon juice for extra flavor and to keep the avocado from darkening.

Leftover rolls toasted with a topping of cheese go well with soups and salads.

The chosen children immediately were plunged into one of the most strenuous programs in the entire Soviet educational system. For nine years, they spent an average of five to six hours a day learning to dance; while devoting just as many hours to academic subjects such as mathematics, history, and science.

In their second year, the children begin to take part in public performances at the Bolshoi, Moscow's famed theater of the dance.

Visitors to the ballet school, find its lithesome pupils a startling contrast to the husky, well padded girls who stride the streets outside. They conclude that ballerinas must have a special diet in which bread and sour cream pancakes are replaced by meat, eggs and vegetables.

But Katya said the usual Soviet meals are served to ballet students. "I eat a terrific lot," she said. "The only way we keep thin is by dancing all the time."

Space Savings Notions Of Americans Reduce Home Furniture Needs

Chicago — The American craze for space-saving devices soon may do away with a lot of furniture.

Exhibits at the summer home furnishings market showed that versatile space-saving dividers not only are sweeping the nation — they're sweeping some furniture right out of the home.

One of these devices, designed by Henry P. Glass, combines within its trim dimensions an apartment's complete dining needs, plus space for clothes, china and books, and for displaying decorative accessories.

Even the dining table and its four chairs can be filed out of sight in a unit that is only seven feet long, six feet high and 22 inches deep.

There are hidden 48-inch tall "clothes files" which pull out on concealed wheels to put a whole wardrobe in view.

Made of individual components that fit tightly together, a space solver can be assembled with all the units facing one way along a wall, for use as a room divider, or with a bed, chair, ironing board, stove, or bathtub opening out on one side.



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Ironing Board Gets Change in Design After Over 90 Years

Chicago — The ironing board, one of America's oldest household articles, has undergone its first major design change in more than 90 years.

Arvin Industries, Inc., which introduced the new style board at the American Furniture Mart's summer show, describes it as having a straight front edge and an arc-shaped back edge.

The standard shape is symmetrical, broad at one end and narrow at the other.

This pattern has been used since 1867, when the first patents for ironing boards were issued.

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Coffee Coated Pecans Good Accompaniment

New York — Coffee-coated pecans help solve the problem of what to serve as a beverage accompaniment at parties.

To make, combine 1 cup of sugar, 1/2 cup of water and 1 tablespoon of instant coffee in a saucepan. Cook over low heat, stirring constantly until the mixture comes to a boil. Continue cooking until a drop forms a ball when dropped in cold water. Pour the hot syrup slowly on the contents of 2 cans (1 cup size) pecans and stir until the nuts

Meal Sandwich

Whole-meal sandwiches are quickies for lunch. Cheese is a sandwich favorite that combines with so many foods for interesting combinations. Try this triple-decker open-face. Toast one side of bread. Spread untoasted side with butter. Add a spoonful of baked beans, cover with a slice of Cheddar cheese and top with Bermuda or sweet onion sliced thin. Place the sandwich under the broiler until the cheese melts.

are coated evenly. Place on a rack to dry.

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