

BEAUTY is the sum total of a lot of little things—like proper breathing. Amazing as it seems, how we inhale and exhale has an effect on how we feel and, ultimately, on how we look.

It works this way: good blood and circulation are necessary for good looks. Blood must have oxygen, and that's where correct breathing comes in.

Now that we know the "why," let us discover the "how." There are two easy methods for giving your blood an "oxygen tonic." The first is to be used while walking. Striding along easily with your head up, take five steps as you inhale and five as you exhale. Then increase your steps to six as you take in air and six as you expel it. In this manner, work up to the point where you're taking ten paces each time without straining. When you breathe like this,

better breathing, better looks

by Nan Cabot

you're strolling along towards that thing called beauty.

The second exercise perks up the blood stream and relaxes muscles wonderfully, too. Stand straight with your head up and arms by your

side. Breathing in through the nose, lift your arms over your head so they meet at the final intake of air.

Next, let yourself go limp and flop from the waist, exhaling quickly through the

mouth. Allow your hands to hang loosely between the knees, and then repeat the exercise. Recommended daily dosage is half a dozen times. And if you perform in front of an open window to get the

fresh air, so much the better.

Both of these breathing tricks require little time and effort, yet pay off handsomely. They are valuable additions to every woman's beauty program or routine.



Vibrant Esther Williams knows the importance of proper respiration.

So easy! 50% more jam...and fresher flavor

because you boil only 1 minute with **SURE-JELL** or **CERTO**!



Recipe: perfect homemade peach jam. Peel, pit and crush 3 lbs. fully ripe peaches. Mix 4 cups prepared fruit in very large saucepan with 1 box Sure-Jell. (Or use liquid Certo—recipe on bottle.) Stir over high heat until mixture comes to hard boil.



Remove from heat, then alternately stir and skim off foam for 5 minutes. Ladle into glasses. Paraffin at once. Yield: 9 medium glasses, for mere pennies a glass! And you're sure of perfect results with either powdered Sure-Jell or liquid Certo!



Stir in 5 cups sugar at once. Bring to full rolling boil. Boil hard for 1 minute only, stirring constantly. This short boiling time means less juice boils away—so you get up to 50% higher yield, and the flavor comes through fresher—with Sure-Jell or Certo!

Your choice!

SURE-JELL

powdered natural fruit pectin

or **CERTO**

liquid natural fruit pectin



Pectin causes jelly. Amounts of pectin in fruits vary. But no guessing with recipes you get with Sure-Jell or Certo.

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