

THERE'S BEAUTY IN SKI EXERCISES

THERE ARE a number of reasons why skiing is a sport that is rapidly growing in popularity in this country. The smart, colorful and comfortable clothing we have to choose from has something to do with it.

But the most important reason is that skiing is an ideal sport for young or old in the healthful exercise it affords. Skiing is one game that depends entirely upon your own

by
JACQUELINE HUNT

grace and skill. There are no artificial aids or substitutes for success.

Even though you cannot get expert ski instruction, you can teach yourself the rudiments of the sport by practicing on a short, gentle, snow-covered

slope, near to your own home.

If you can't go skiing, ski exercises at home are beneficial.

The first two exercises are for limbering and control:

Put on slacks or pajamas so your movements will not be hampered. Open the window and breathe deeply while you are practicing these movements:

Stand erect, then drop to the knees and rise by placing the right foot and the tips of the left fingers on the floor. Rise, and down again, using the left foot and the right hand, and go back to the standing position. Do ten of these drops, alternating right and left.

Stand in your stocking feet for this one, one foot a little ahead of the other, the shoulders relaxed, eyes ahead, knees locked and weight on the balls of the feet. Dip forward, always bringing your knees well in front of your toes. Repeat 10 or 20 times. This limbers those knee muscles which are especially important in skiing, for they serve as springs and shock absorbers when you glide over the bumps.

If you want to do the Arlberg ski-running position, try this exercise. Sit forward on the edge of your chair, your weight forward on the balls of your feet, knees well in front of your toes. This gives you the "feel" of the correct position. Now, for the exercise. Your feet should be slightly apart, toes straight ahead. Squat to a low crouch, pushing the knees forward as much as you can, keeping the heels on the floor. Rise and repeat.

TOWN PATTERNS



Pattern 746. CHARMING SLENDERIZING STYLE that will be just the thing for your first spring outfit. It fits right into the swing of the new jacket season. Designed for sizes 34 to 48. Size 36, entire ensemble, requires 5 1/4 yards 39-inch fabric; dress, 3 3/4 yards. Price 15 cents.

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ORDER our latest Pattern Book of Spring Styles so that you can decide early in the season what to make for yourself and your family. Its fashions are different and new. They are easy to stitch up at home. They offer splendid and wide choice. Whether you are a bride-to-be, girl graduate, career woman or housewife, you'll be delighted with its fascinating array of patterns. The kindergarten and college ages are well considered, too. And the matron who is looking for clothes as slimming as a diet will find the very outfit she needs. This book offers patterns for coats, suits, blouses, skirt, lingerie and at-home wear, including aprons. It also contains news about fabrics and accessories. Price of this book is 15 cents; book and pattern together, 25 cents.

ADDRESS orders to TOWN, Pattern Department, P. O. Box 721, Rochester, N. Y. Be sure to include pattern size and number.

MODES and MANNERS

Q. How should firm puddings be eaten?
A. With a fork.

Q. When one marries for the second time, what is the correct way to initial the trousseau linens?
A. The initials of the new name should be used, as "P. J." for "Pauline Jones."

Q. What is sauce piquante?
A. A sauce of herbs.

CHIFFON LEADS FOR EVENING WEAR

by
ELEANOR GUNN

WHEN YOU ASK what women are wearing or buying in evening fashions, the answer invariably is "something with a sparkle to it." And when you snoop around trying to find out what is being worn down South the answer is the same—white or black with glittering accents.

Authorities also say vacationing women favor sparkling sheers in colors and in feminine shades of blue, with embroideries matching the gown. Chiffon is cited as a favorite fabric for evening gowns, in solid colors, including pastels with emphasis on gray, also in ombre treatments, with interesting ranges such as pale violet to eggplant mentioned as significant.

Chiffon allied with another fabric is a favorite, especially chiffon with satin. This texture contrast, it is pointed out, finds approval with the satin and chiffon in matching colors, the satin used sometimes as a trim-

ming and also as foundation skirts and bodices.

In general, it is the skirt with width that women are asking for and pleats are still popular. Crepes, sheers and satins are all included in pleated fashions.

The long waistline is regarded as a possibility for the near future, but for now it's the natural waist with sash, just like you wore when you were a little girl. Ever so many of the new dresses, both for town and resort careers, are sashed with wide and often very bright ribbon or fabric. These, being newer, are rivaling the corset-like girdles that are often suggested with jewels or with a duplex waistline or some contrasting medium.

One is safe in assuming that the current vogue for two fabric or color costumes, one above

and one below the waist, will continue. It is a fashion that requires care, since it isn't every figure that can stand being cut in half. However, there are ways of doing it harmlessly.

ARE YOU MISERABLE?

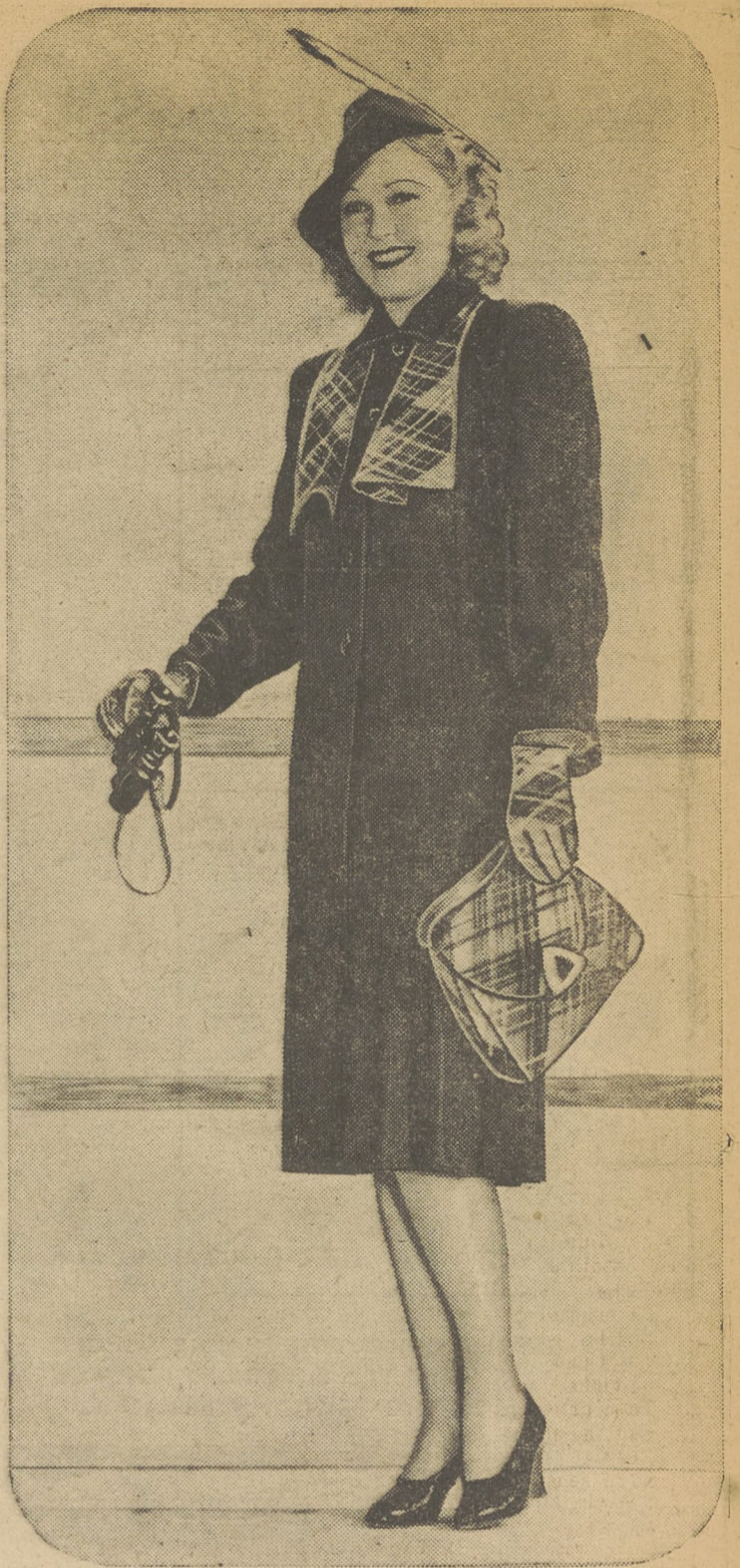


D. R. Pierce's Favorite Prescription stimulates the appetite and thru the greater intake of food you're built up. Read what Mrs. Joseph Molson of 288 North Pearl Street, Albany, N. Y., said: "I felt tired and weary—had no ambition at all. I would get headaches, was nervous and irritable, due to functional disturbances. I took the "Prescription" as a tonic and it gave me a better appetite and otherwise relieved me." Buy now!

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PLAID ACCESSORIES

This spectator sports ensemble worn by Cecilia Parker in "Burn 'Em Up O'Connor" is distinguished by plaid accessories bound in leather. Her blouse is a deep woodsy green as is her hat which sports a sky-reaching feather.