Make Your Daily Duties Your Daily Dozen

straightening them out again. Crouch, don't stretch and curve.

When you are sweeping, re-

member how the golf instructor

advised you to swing from the

VACATION for mother often means doing the same work in a different place. Of course, she would like to go in for active sports and keep her figure young, but there still are three meals to cook, the children to dress, the beds to make, floors to sweep.

Would you like to know the address of a good gymnasium right in your locality, where you could straighten your back, reduce your hips, do something about that double chin, and without stealing time from the house and your children?

Then look at the numbers on the front door of your summer bungalow! Yes, you can take an effective gymnasium course in your own home. Your housework can be corrective exercise if you use your muscles correctly in doing it. It won't take extra effort. In fact, it will make your tasks easier and leave you much less tired at the end of the

Doing Household Chores Well Is Good Exercise

By ANTOINETTE DONNELLY (Copyright: 1938: By The Chicago Tribune-N. Y. News Syndicate, Inc.)

are wearing comfortable, low from the hips, keeping your back heeled shoes that will give your straight. body good balance. Let your clothing be as loose as if you were swinging a tennis racket or golf club instead of a lowly

Suppose you are preparing your vegetables before the heat of the day. Make this an exercise in correct sitting. Be sure you have a chair the right height. Your feet are planted firmly on the floor. You can sit squarely on the seat. Then balance your head over your chest and your chest over your torso, so that if you should drop one of the peas you are shelling

The children never will learn to be tidy. You have to stoop and pick things up from the floor a hundred times a day. Again, don't bow your back. Fold yourself downward with thigh and knee and ankle doing the job and then rise by simply

In dusting, keep your shoulders relaxed. Step backward or forward rather than stretch yourself out of line. When you are taking down the curtains to wash them get a stepladder or stable kitchen chair. If you have rented a two story house for the summer, thank your lucky stars for the stairs.

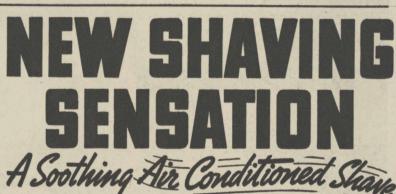
Those innumerable trips up and down are splendid to teach you grace. Don't rush up the stairs with your head pushed forward and your back stooping over. Keep your body erect, put one foot flat on the first step, straighten out your bent knee, and there you are on the next step without effort. A vaccum cleaner will give

you practice in a beautiful walk. Hold your body straight and balanced as if you were modeling a gown. Then let your legs walk in front of you. Tuck your hips under as if you were trying to hide them. You'll do it unconthe machine backwards, but you'll have to watch on your forward stride. If hips are held properly they won't develop a sway back and an ugly promi-



Making beds is good for the back if done correctly.

Going down on hands and knees to scrub or whatnot is excellent for the figure, and may even do a much better job on the kitchen floor. Here, too, balsciously when you are pulling ance is important. Keep your weight on your hips rather than forward, and don't permit your back to sag. As you push the brush in scouring, let the thigh joints do the moving, not merely your arm and shoulders.





ENDS SUMMER SHAVING IRRITATIONS

Get Smooth, Cool Shaves-Without Neck Rash—Without Painful Razor Pull

Don't suffer needlessly from summer shaving irritations - painful neck rash -tender hot weather skin. Here's an

amazing new way to shave! Here's how it works - simply apply cool, soothing Noxzema Specially Prepared for Shaving before lathering with your regular shave soap or cream. It's amazing the difference it makes - the difference between a hot, stuffy room and a cool air-conditioned room.

sandwiches, canapes . . .

served hot in casseroles,

or rarebits... Norwegian

Sardines are plump, ten-

der, appetizing! Rich in

the good health Vitamins

A and D.

You first feel that welcome cooling sensation - soothing to tender skin. Noxzema Specially Prepared for Shaving softens your beard so your razor glides right through the toughest whiskers. The lubricating film helps protect against razor nicks. Best of all your face and neck are free from aftershave soreness - your skin feels amaz-

ingly cool, comfortable, refreshed. FREE TRIAL JAR: If you would like to try Noxzema, send a clipping of this offer with name and address to Noxzema Chemical Co., Dept. C-14, Baltimore, Md. A free trial jar will be sent to you without obligation.

page recipe

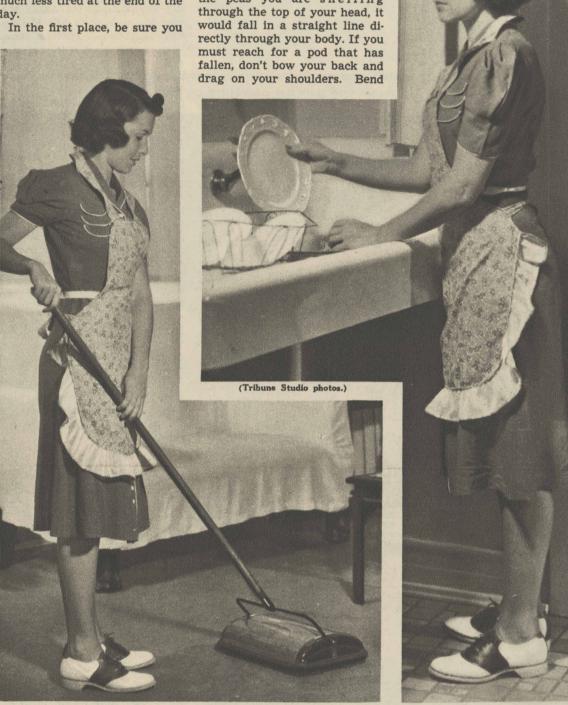
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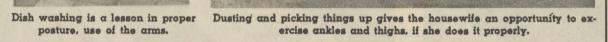
dines, 551 Fifth

Avenue, New



Use of a vacuum cleaner or carpet sweeper can be made into an excellent exercise in graceful and lovely walking.

posture, use of the arms.



Brushing Up on That Sweet Tooth

AKING FUDGE on Sunday afternoons—particularly on rainy Sunday afternoons—is an old American custom. Mother may be the candymaker, or perhaps little sister or brother has developed a knack with sugar, milk and

Candymaking is more fun if

By MARY MEADE

changed from Sunday to Sunday -fudge one time, divinity the rules are followed, for these next and after that toffee or mo- eliminate the chances of failure.

lasses taffy. It's more fun, too, if a few simple candymaking

RULES FOR MAKING CANDY

1—Use a candy thermometer if you have one. Then you'll know absolutely when your sirup has reached "the soft ball the kind of candy made is stage" or the "hard crack."

2-Stir mixture only until sugar is dissolved, unless the directions state specifically that the candy should be stirred. 3—Cook covered until steam

Creamy, rich fudge isn't at all hard to make if you follow a few of the simple rules of candymaking. A new cooking booklet. "Simple Homemade Candies," tells you how.



Fudge, penuche, butterscotch, peanut brittle and caramels are candies which may be made by the young cook. When she can make them successfully she's ready to try divinity, toffee and other more difficult recipes.

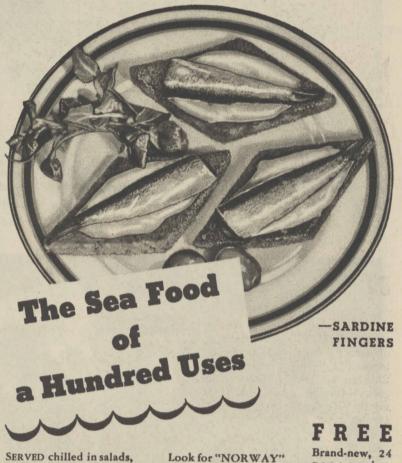
crystals down the sides of the cooking pan. Wipe crystals away from the sides of the pan if the sirup spatters during cooking. These precautions help to prevent "grainy" candy.

4—Cool candy until it reaches ing. There are only one or two exceptions to this rule.

caramel fudge, pecan pralines, Meade, Chicago Tribune.

forms and washes undissolved marshmallow fruit divinity, chocolate marbles, taffy apples and rum caramels are included in the new booklet, "Simple Homemade Candies." And of course there are recipes for all the old favorites, too - fudge, penuche, butterscotch, divinity, room temperature before beat- sea foam, peanut brittle, and

others. The booklet will be mailed to Recipes and directions for you for 5 cents in stamps. Admaking such delicious candies as dress mail requests to Mary



York City, N.Y. · See our New York World's Fair Exhibit.

and words Brisling or

Sild on every can. Brisling

denotes super quality and

tenderness, Sild a popular

variety at even less cost. both packed in pure olive

