



(Associated Press photo.)

Marlene Dietrich, famous for her lovely legs, forgets herself in this unposed picture and crosses them in such a way as to produce not so lovely bulges in the calves.

Sit Down Strikingly

Poise Is as Important in Chair as on Parade

By ANTOINETTE DONNELLY

(Copyright: 1938: By Chicago Tribune-New York News Syndicate, Inc.)

YOU CAN tell a lady by the way she sits.

The dictionary says a lady is a woman of social position and distinction, a well bred woman. With this definition in mind, look around.

The woman opposite you in the street car may be a hard-working, good, kind soul, but the wide-spread position of her legs really is vulgar, isn't it? Maybe the poor creature has the kindness and generosity of true gentility, but you don't get that impression.

The vivacious beauty in the restaurant is lovely above the table, but notice how she is curling her feet around the legs of her chair! She is much too nervous to have the poise and self-command of a cultured woman of the world.

The young thing at the party who lounges on the end of her spine, her knees crossed at about level with her chin, isn't in exactly the best position to rise gracefully and politely when an older woman enters the room. The girl no doubt thinks she looks sophisticated and nonchalant, but she'd be anything but blasé unwinding in a hurry.

• • •

There is another type of woman who never gets over little-girl days. She curls up in a big chair like a kitten, her legs tucked under her. It may be cute, but it hardly gives the impression of distinction. Another type tilts back in a straight chair. Her distracting mannerism makes other people nervous. She is guilty of bad manners, and if she falls over backward

she'll not help her social standing at all.

You just can't be a lady and do these things. But how do you sit? Do you let your spine be an ugly bow? Do you fold your lungs into your stomach? Such a position is unhealthy and isn't pretty. It interferes with



Dignity and poise are important in sitting as well as walking. A straight but not stiff back, a high chest, shoulders expressing assurance, feet at ease but not awkward, make for a graceful appearance.



Don't wind your legs around the legs of a chair.



Don't do a comedy tilt on those high heels.



Hardly the graceful way of crossing your legs.



That this is awkward any one can plainly see.

the deep breaths that put you in command of yourself and the social situation.

Sitting on the edge of your chair looks restive; drooping shoulders suggest inferiority; sprawling denotes boredom.

There is a graceful and happy medium between utter relaxation and tension. Good carriage can be a part of sitting, too. If

your back is straight without being stiff, your chest high enough to permit easy breathing, your shoulders carried with an air, you'll have poise. And poise brings a gracious feeling of refinement.

Crossing the legs used to be banned entirely, and it can be unladylike. But draping one leg over the other modestly gives a

pleasant line. If both feet are on the floor, keep one a little ahead, but close. Dancing, daily exercise, deep breathing all help make the body limber and healthy and beautiful. And they will add to your ease of posture when you sit. Don't forget your dignity the minute you get off your feet, wherever you may be.

NORWEGIAN SARDINES

NORWEGIAN SARDINES come to you direct from the crystal clear waters of Norway. All their wonderful sea-fresh flavor retained... the rich vitamin content so essential to good health.

Look for the name "NORWAY" and the words Brisling or Sild on every can. Brisling denotes super quality and tenderness... Sild a popular variety at even less cost... both are packed in pure olive oil.

• See our New York World's Fair Exhibit.

FREE RECIPE BOOKLET
Brand New, 24 Pages.
At dealers or write to
Norwegian Sardines
551 Fifth Avenue, N. Y.

A Hint of Autumn in This Menu

By MARY MEADE

BARBECUED ham slices with browned rice, a cooked fresh vegetable, a raw vegetable plate, and a chocolate pudding with sweetened crushed peaches or whipped cream make a satisfying dinner with a faint breath of autumn about it.

The hint of fall consists in the spicy outdoor flavor of the barbecue sauce. Fall is suggested, too, by the fact that the dessert is a steamed pudding. It isn't one of those rich, fruity steamed puddings more appro-

priate to the holiday season—it's really just a chocolate cake, steamed instead of baked.

STEAMED CHOCOLATE PUDDING

- (10 servings)
- 2 cups sifted cake flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon soda
 - 1/4 teaspoon salt
 - 1/2 cup butter or other shortening
 - 1/2 cup sugar
 - 1 egg, well beaten
 - 3 squares chocolate, melted
 - 1 cup milk

Sift flour, measure and sift three times with baking powder, soda, salt. Cream butter and

DELICIOUS DEVILED EGGS



This is a chocolate cake. It doesn't look like chocolate cake because it was steamed instead of baked, which really makes it a chocolate pudding. Serve it with sweetened crushed peaches or whipped cream.



Crisp, fresh raw vegetables take the place of salad in this barbecued ham-with-rice dinner. The ham slices are brushed with sauce and broiled. The rice is browned in butter and then baked. Indeed de-licious!

sugar together well and add egg and chocolate, beating the mixture until smooth. Add flour alternately with milk, beating after each addition. Turn into greased molds, filling the molds two-thirds full. Cover tightly and steam for two hours. Unmold and serve hot or cold with whipped cream.

Use rather thin ham slices for "barbecuing." Since this operation is done in the broiling oven instead of over a pit of coals in the open, the term barbecue is a little loosely used. Ready-packaged ham slices were used

in the picture on this page. They're ready to cook.

BARBECUED HAM SLICES

- 2 or more thin slices ham
- 2 tablespoons butter
- 1/2 cup salad dressing
- 1/2 cup catsup
- 1/2 cup vinegar
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1/4 teaspoon salt

Mix sauce ingredients and boil together until thickened. Brush one side of each ham slice with sauce and place on broiler rack three inches under the unit (use moderate heat). Broil five to six minutes for half-inch slices,

three minutes for quarter-inch slices. Turn, brush the other sides with sauce, and broil for the same length of time.

BROWNED RICE

- (Serves 5 to 6)
- 1 1/2 cups rice
 - 1 1/2 tablespoons butter
 - 3 1/2 cups water
 - 1 1/2 teaspoons salt

Place dry rice in a frying pan with the butter and stir over moderate heat until golden brown. Reduce heat and add salt and water. Let come to a boil, then cover and bake in moderate oven thirty minutes.