(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.



legs of a chair.





your legs.





By ANTOINETTE DONNELLY

way she sits. The dictionary says a

mind, look around. the street car may be a hardworking, 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



Don't wind your legs around the Don't do a comedy tilt on those high Hardly the graceful way of crossing That this is awkward any one can

lady is a woman of social posi- do these things. But how do tion and distinction, a well bred you sit? Do you let your spine woman. With this definition in The woman opposite you in Such a position is unhealthy and



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

command of yourself and the being stiff, your chest high social situation.

chair looks restive; drooping an air, you'll have poise. And shoulders suggest inferiority; poise brings a gracious feeling sprawling denotes boredom.

There is a graceful and happy

enough to permit easy breath-Sitting on the edge of your ing, your shoulders carried with

of refinement. can be a part of sitting, too. If over the other modestly gives a wherever you may be.

the deep breaths that put you in your back is straight without 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 Crossing the legs used to be ease of posture when you sit. medium between utter relaxa- banned entirely, and it can be Don't forget your dignity the tion and tension. Good carriage unladylike. But draping one leg minute you get off your feet,

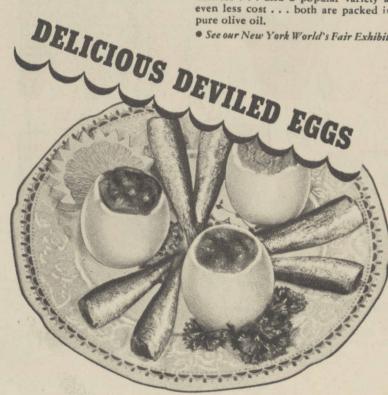


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A Hint of Autumn in This Menu

By MARY MEADE

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 steamed puddings more appro-

ARBECUED ham slices priate to the holiday season—it's with browned rice, a 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 4 teaspoon salt
- 1/3 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

isn't one of those rich, fruity three times with baking powder, soda, salt. Cream butter and



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 dee-liciousl

sugar together well and add egg in the picture on this page. and chocolate, beating the mix- They're ready to cook. ture 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-

BARBECUED HAM SLICES 2 or more thin slices ham

2 tablespoons butter

1/2 cup salad dressing

1/2 cup catsup
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 packaged ham slices were used six minutes for half-inch slices, erate oven thirty minutes.

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)

1½ cups rice 1½ tablespoons butter

3½ cups water 1½ 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 mod-