

Bali Sets the Fashion Today—In Figures



(Ewing Galloway photo.)

WHY IS a double chin born? How can it be prevented?

How can a foreshortened neck become a thing of swanlike grace?

What to do for that half-barrel back?

Travel to Bali, girls, for the answers. There you'll find the famous Balinese women, whose backs, necks, busts, and head carriage are world famous as standards of beauty.

It needn't be native to Bali, however. Here's a tremendous asset that you may appropriate as your very own, and I don't care how hopeless you yourself may feel about acquiring it. You may not manage the long, slender neck, but outside of that one item you certainly can contribute to your clothes, to your audience (private or professional), to your charm, and to your own self-esteem by appropriating the other features as your

Glamor Isle Is the Paris of Poise and Stature

By ANTOINETTE DONNELLY

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own. And, indeed, you will succeed in stretching your neck a little, no matter how short nature desired yours to be.

And if you don't think that concentrating on the features listed above is going to make a whale of a difference in your silhouette, you're mistaken. In correcting the features listed you will flatten your abdomen. You'll minimize your waist and you'll even slenderize your hips a bit. This, mind you, by the mere business of pulling yourself up and keeping yourself up during all your waking hours.

And what a difference that new Balinese back is going to

make in your clothes! All the difference in the world. It doesn't matter how simple the frock or how elaborate. It will be good only in proportion to the straight-statured girl that is you inside of it.

In fact, a byword grown out of this new posture concentration is "hang straight."

Do you hang straight or crooked? Look at the crookedness of the model pictured here. Look at her rounded shoulder, her protruding midsection in front, her exaggerated back hip outcurve, and the sway back. And then study the same girl gone Balinese-backed.

Don't believe that the girl at the typewriter, sitting all hunched over, is meant to convey a lesson to typists only. When you sit at a telephone, at a sewing machine, at a kitchen table preparing food, you may present the same picture and be creating the same ugly lines of body.

Today there is no other mission in mind than to get all women conscious of the features required in this smart new setup. It's not new, really. Just a new name for it! Smart women always have had it. The youngest older women you know have all the points in their favor. The youngest young ones likewise.

All that is asked today is to get a mirror view of yourself when you've slipped and slumped into your habitual rounded posture. And keep that in mind. Think of yourself that way. Think of what you are doing to that lovely frock you bought not long ago.



(Tribune photo.)



(Tribune photo.)



(Tribune photo.)

(Tribune photo.)

1 Carrying heavy loads on her head gives this Balinese beauty her erect carriage.

2 Not many Bali girls use typewriters, but they probably would not assume this meal sack posture. This is a fault peculiar to housewives as well as stenographers.

3 Sitting erect isn't hard after you try it, and it is far less devitalizing. This posture completely eliminates those unsightly dowagers' humps, double chins, and flat chests.

4 Rounded shoulders, sway neck and back, and that protruding stomach . . .

5 . . . disappear in the lovely lines of an erect, easily assumed Balinese posture.

Meat Dishes from Inexpensive Cuts

Beef Pot Roast or a Pork Shoulder Easy to Cook

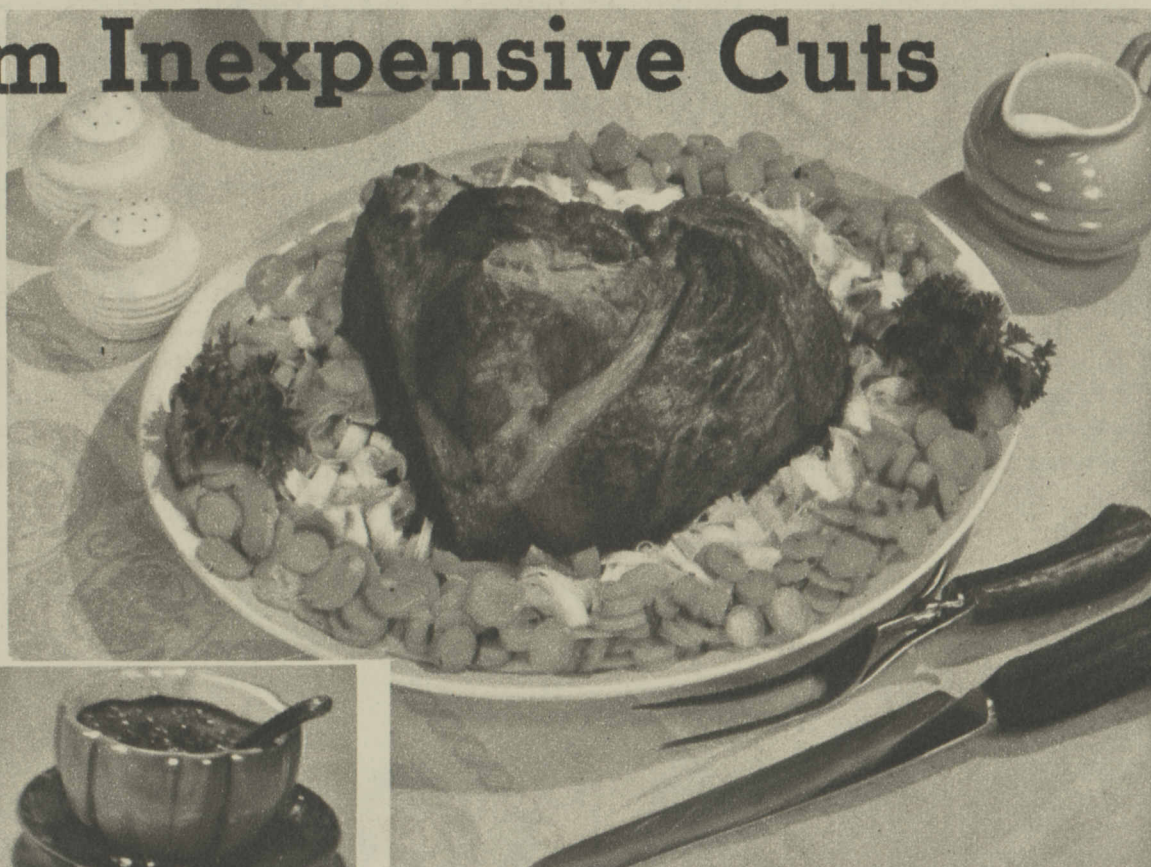
By MARY MEADE

THESE two economy meat dishes are beef pot roast with noodles and carrots, and rolled pork shoulder with boiled onions.

The pot roast was cut from the rump of beef, but the chuck and part of the round are equally good for pot roasting. A roast cut from the round usually is the triangular piece known as

the heel of the round, which is left after the round steaks are removed.

Pot roast is cooked by braising. Dredge the meat in flour and brown it well in hot fat. Season with salt and pepper, add a small amount of hot water, cover, and cook slowly until tender. More water may be added from time to time as needed, but



Noodles and carrots to accompany this pot roast were cooked separately, but they may be cooked with the meat if desired.



This is a boned and rolled picnic shoulder of pork served with boiled onions.

only a little should be added at a time. Each time the liquid cooks away the meat becomes browner and the gravy more flavorful.

A pot roast of four or five pounds requires approximately three hours to cook. Temperature must be kept low or meat will not be as tender as it should be.

In this case noodles and carrots were cooked separately, but they may be cooked with the roast. They should be added just long enough before serving to cook them tender. It will be necessary to use more liquid if the noodles are cooked with the meat.

The liquid in which a pot roast

is cooked makes a delicious gravy if thickened with flour smoothed in cold water.

To prepare rolled pork shoulder roast, have the butcher bone and roll a picnic shoulder. Season with salt and pepper and place on a rack in an open roasting pan. Roast in a moderate oven, 350 degrees, until done. Forty to forty-five minutes a pound may be allowed. Pork always should be cooked well done.

Serve on a platter surrounded with seasoned boiled onions which have been sprinkled generously with paprika.

NEXT WEEK
GROUND MEAT CAKES.

Filled with the HOLIDAY SPIRIT



Stuffed dates are a treat, so treat your family to the finest . . . Dromedary Dates . . . the pick of the choicest dates in all the world—rich, moist, tender, luscious. Buy them pitted to save time. Stuff with:

1. Dromedary Coconut and fondant (1/4 and 1/4)—Never fail fondant: 1 egg white mixed well with 2 cups confectioners' sugar and 1 tablespoon water. Flavor with coffee, vanilla, almond, orange juice and grated rind, or with melted chocolate.
2. Candied pineapple or Dromedary cherries, cut small.
3. Peanut butter moistened with Dromedary Orange Juice.
4. Dromedary Crystalized Mixed Fruits, put through the grinder.

5. Walnut or pecan meats, broken.
6. Marshmallows, quartered.
7. Cream Cheese.

IMPORTANT: Be sure to clip these recipes and to remember one thing. Because dates have to be picked, packed and handled by many hands, be sure you insist on Dromedary Dates. They are the only dates approved by the Council on Foods of the American Medical Association because they are the only dates that are pasteurized, like milk, for your protection.

