

## Keeping Yourself Up on the Form



ELEANOR HOLM

### In Sports the Correct Way Is the Easiest and Beneficial Way

**I**F YOU WANT summer sports to give you grace and a good figure, strive for better form. Sports badly played can develop the wrong muscles. It will pay you to play the game correctly. Let an instructor or some one well versed in the sport show you the correct stance in golf, the right stroke in swimming, the follow-through movement in tennis.

Good form means an economy of effort. Watch the champions. Study their action pictures. Notice how graceful they are in slow-motion movies. At times their movements are sheer poetry. Alice Marble serves with her whole body in harmony. Eleanor Holm swims with such rhythm that it looks easy and simple. Actually the right way is the easiest once you learn how. Good form will put power into your stroke or your serve with the least amount of effort.

By ANTOINETTE DONNELLY  
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It will make your body more beautiful.

The amateur dabs the ball across the net by a stroke from the elbow or by straining the shoulder. The movement looks jerky and ugly. But the expert follows through with her whole body in a lovely flowing line. Maybe you just play tennis as a pastime and don't care whether you win or lose. Maybe you just want the exercise. But if you seek more than a red face and perspiration, learn to use

your muscles correctly. Next winter your carriage will be much more impressive when you walk into a room.

Good form in swimming teaches you rhythm and coordination. Your arms and legs must move in unison to send you through the water swiftly. Half-hearted strokes won't make your

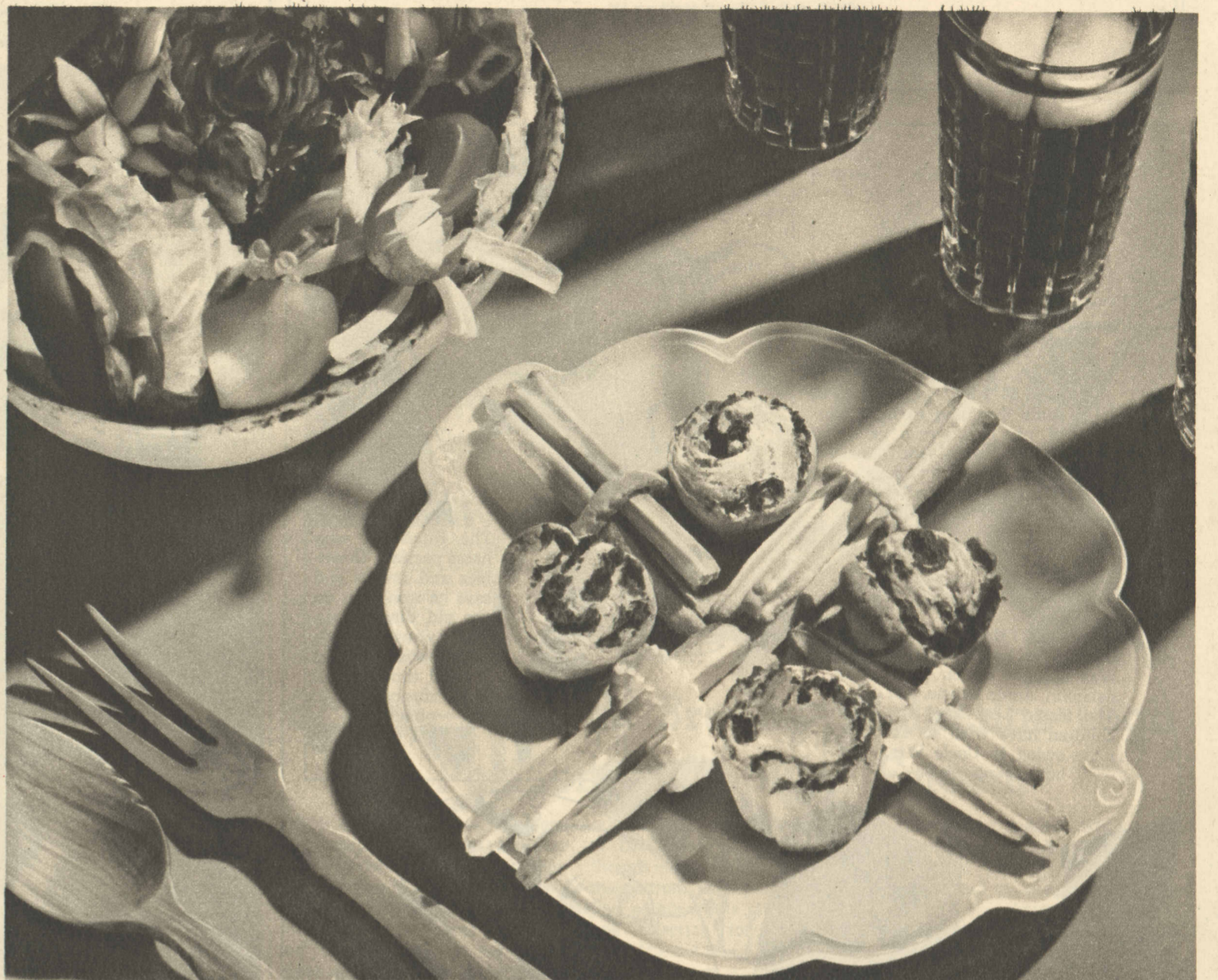


ALICE MARBLE

neck and shoulders beautiful above an evening dress. Bad timing won't make you more at ease on the dance floor. We suspect that the diver who splashes the breath out of her stomach time after time is likely to be the awkward girl who stumbles and commits faux pas at social gatherings.

The golfer who takes her stance correctly tucks her hips under and look better in her clothes off the course. She has acquired an invaluable posture habit. Her sister who swings a

# The Summer Bread Line



Deviled biscuits are quick rolls with a meat filling. The cheese straws accompanying them in this picture are easy to make, too.

## Half a Loaf Is Better Than None, These Three Better Than Many

By MARY MEADE

**W**ELL, WELL, what have we here but three good kinds of bread to serve with hot-weather buffet suppers and luncheons! The muffinlike shapes in the top picture are something new—"deviled biscuits." On the plate with them are homemade cheese straws. And in the other photograph you see a loaf of whole wheat date and nut bread.

If you serve the deviled biscuits and cheese straws together be sure there's a delicious, crisp cold raw vegetable salad to go along with it. The salad shown here consists of tomatoes, lettuce and watercress, and green pepper rings. The drink is iced coffee. You'll need a dessert, too—perhaps a fresh fruit sherbet or Bavarian cream.

### DEVILED BISCUITS

- 2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- ¼ cup shortening
- ½ to ¾ cup milk
- 1 cup ground cooked meat

Sift flour, baking powder, and salt together. Cut in shortening. Add milk enough to make a soft dough. Turn out onto a floured

board or pastry cloth and knead gently for half a minute. Roll out to a fourth inch in thickness. Brush with melted butter and spread with ground cooked meat. Spice the meat a bit with mustard or chili sauce if you like. It isn't necessary. Roll jelly roll fashion and cut into one-inch slices. Place on greased pans or in greased muffin cups and bake in a moderately hot oven, 400 degrees, for 12 to 15 minutes.

### CHEESE STRAWS

- 1 cup sifted flour
- 1 teaspoon salt
- ½ cup shortening
- ¼ cup grated sharp cheese
- ½ teaspoon paprika
- Dash of cayenne pepper
- 3 to 4 tablespoons cold water

Sift flour and salt together; add shortening and cheese. Cut and mix until thoroughly blended. Add paprika and cayenne. Add water gradually to make a stiff dough. Toss on lightly floured board or pastry cloth. Roll the dough about a fourth inch thick. Cut into strips one-third inch by five inches, using a sharp knife or pastry wheel.

Place on ungreased baking sheet in even rows and bake in hot oven, 425 degrees, for 10 to 12 minutes, or until straws are a delicate brown. To curl cheese straws, curve them in a circle when they come out of the oven.

### WHOLE WHEAT DATE AND NUT BREAD

- (Two loaves)
- 2 tablespoons sugar
- 2 tablespoons shortening
- ½ teaspoon salt
- 1 egg
- ½ cup evaporated milk
- 1 cup water
- 1 cake compressed yeast
- ¾ cup pecans
- ¼ cup dates
- 1½ cups whole wheat flour
- 3½ cups white flour (more if needed)

Heat half of water to boiling. Pour over sugar, salt, and shortening. Combine yeast with other half. Beat egg, add milk. Combine mixtures. Add flour and knead until smooth and elastic, add dates and nuts. Place dough in greased bowl and let rise until double, about two hours. Punch down and shape into loaves. Place in greased bread pans. Cover and let rise again until double in bulk. Bake at 400 degrees for about 45 minutes.



Yeast bread made with whole wheat and white flours is delicious when dates and nuts are added. The recipe on this page will make two loaves.

as more powerful? The ball fairly ripples from his fingers, while the girl shoves it with an ugly push. Perhaps nowadays girls do throw better. They probably have more grace than their older sisters and aunts.

If you learn to play a sport well, with perfect form, you not

only improve in that particular game, but skill in any one thing has a way of overlapping and making you more skillful in everything else. Substitute grace for skill in that sentence and it is equally true. Swim beautifully and you'll grow lithe and slim. Be a good golfer and peo-

ple will admire the way you walk. Learn coordination in sports and you'll have more grace.

Pick your favorite sport. Cultivate good form in it. It will be a delightful way of gaining a lovely figure and harmony in every gesture and step.

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