

You'll Have to Hand It to Your Hands



1 An exercise for beautifully tapered fingers: With elbows straight out, Miss Wyman interlocks the fingers and pulls, allowing each finger to work against the other.



2 Her second finger exercise, on the same principle as the first but with fingers interlocked and turned under, pulling against each other.



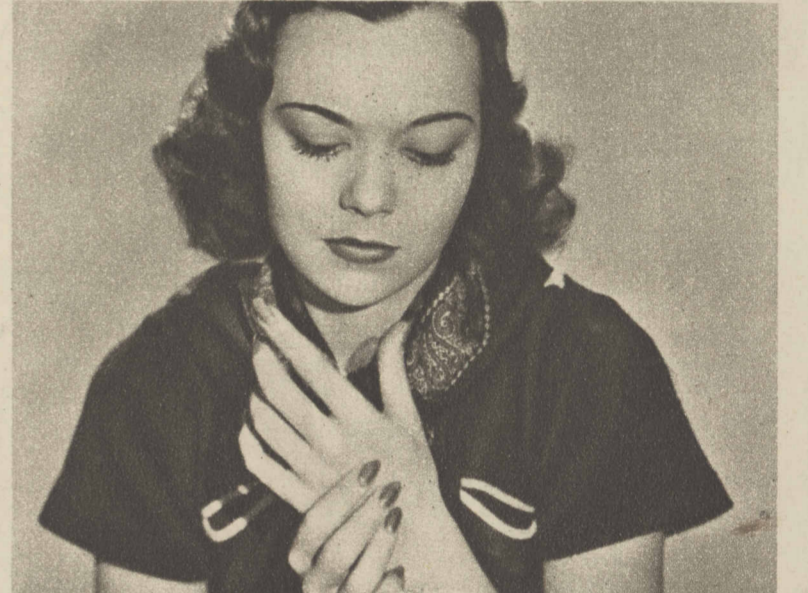
3 An exercise and beauty treatment combined. Oil is applied, then massaged in from one side to another, exercising and oiling at the same time.



Smooth and shapely are the hands of Jane Wyman of the movies. Miss Wyman follows a hand-beauty program to keep them lovely. (Scotty Welbourne photos.)



4 This is a simple but sure-fire exercise to keep hands youthful. Each finger is massaged carefully at its base with an easy, but firm rotary motion.



5 The same rotary motion, thumb on the palm and fingers over the back of the hand, is used to improve circulation and encourage shapeliness.



6 Do as Miss Wyman does here if your hands are always red. Shaking the hands vigorously is an effective way to keep the blood well circulated.

It Doesn't Take a Palmist to Read Their Story if They're Neglected

By ELEANOR NANGLE

DON'T THINK you are doing right by your hands if you merely keep them well manicured. That, as the old saying goes, isn't the half of it, dearie. Hand grooming is one thing. The preservation of what we can only call the youth of your hands is something else again. Hands express character, as every one knows. No matter what you think about palmistry you can't fail, if you're mature, to have noted that the hands of people you know are expressive of their tastes and personality. Hands tell other tales too. Tales of neglect, of slovenliness, of

age. Hand exercise and hand massage are the two most important secrets of hand youth. Fingers are kept flexible if the circulation of the blood is kept normal. Hands are red—or reddened easily in cold weather—if the circulation is below par. Massage of the fingers at the base is excellent. So, especially if the joints are thickening, is vigorous massage of the joints at the tip and middle of the finger. Shaking is simple as can be and wonderfully efficient. The shape of your hands does not matter nowadays. When grandma was a girl it was the

thing to have small, shell pink and obviously helpless hands. The hand that captures admiration today is the characterful hand, not necessarily small. It is more often large, and strong looking, with flexible fingers, beautifully groomed. Fingers can be short or long, slim or sturdy. So long as they are vital looking nothing else matters. Vital looking hands are well-exercised hands that are used with infinite grace. If you want beautiful hands, shake hands with yourself—and we mean that literally. Then all the rest of the world will want to shake hands with you.



When a husband or a bachelor cooks, he's smart if he chooses an all-in-one dish menu such as this one. It includes lamb chops, potatoes, carrots, and pineapple slices.

A Hit Menu for Pinch-Hit Cook

By MARY MEADE

LUCKY is the woman whose husband or youngster likes to cook an occasional dinner to surprise her when she's late returning from shopping, from the office, or from a bridge party. Turn about's fair play, and she's going to be as pleased to loll in the living room with the paper as the other person is to monkey around in the kitchen for a change. I don't think it's a lack of orig-

inality which makes man so sure to cook steak and potatoes, and little else, for supper. I think it's just that steak and potatoes are the simplest route he knows to a satisfying meal. A lamb chop grill is just as easy to prepare, and with a vegetable salad and simple fruit dessert, it makes a complete dinner. . . .

Thick lamb loin chops, previously cooked carrots, boiled potatoes, and slices of pineapple go into the grill. The food is arranged on the broiling rack, and chops and pineapple are brushed lightly with French dressing. Into the broiling oven goes the lot, to cook for seven minutes or so. Then the food must be turned over, the other sides of chops and pineapple treated with dressing, and another seven minutes allowed for cooking. Now the dinner should be ready to serve. This all-in-one-dish meal is a man cook's delight, but it's also an idea for the woman cook when she's looking for suggestions for a hurry-up dinner.

When little daughter gets dinner, she often wants to bake cup cakes or cookies for dessert. The kind of supper she likes best to prepare may consist of scalloped ham and potatoes, buttered carrots, tomato and cucumber salad, cookies she's made herself, and fruit. The little girl in the pic-



A little girl who gets supper when her mother is busy with something else, likes to bake cookies for dessert. Chocolate chip cookies like these aren't hard to mix and bake.

ture is making chocolate chip cookies.

CHOCOLATE CHIP COOKIES
 2 eggs
 2/3 cup sugar
 1/2 cup shaved unsweetened chocolate
 1 1/4 cups flour
 1/2 teaspoon salt
 2 teaspoons baking powder
 1 teaspoon vanilla

Beat the eggs and add sugar and grated chocolate. Mix flour, salt and baking powder. Combine with first mixture and add vanilla. Drop by spoonfuls on

a greased baking sheet, two inches apart. Bake at 400 degrees for 10 minutes.

Another very good kind of cookies which a little girl can make is a chewy brownie type, called caramel squares.

CARAMEL SQUARES
 1/2 cup brown sugar
 1/4 cup butter
 1/4 teaspoon salt
 1 egg
 1 cup flour
 1 teaspoon baking powder
 1/4 cup chopped nuts
 1/2 teaspoon vanilla

Heat sugar and butter together in a saucepan until the sugar is melted and the mixture has taken on a fudgy appearance. Do not boil. Remove from heat and cool. Beat in the egg, creaming well. Stir in flour which has been sifted with baking powder and salt. Fold in nuts and vanilla. Spread the mixture in a greased 9 inch pan and bake at 300 degrees, slow oven, for 20 minutes. Cut in squares and let cool in the pan.