

Even Divas Are Streamlined

Marion Claire Shows How to Keep Your Figure

By ELEANOR NANGLE

THE twentieth century opera stars, such as Marion Claire, Helen Jepson, Lily Pons, Grace Moore, and countless others, have completely departed from the old tradition that the golden voice and the gosh-awful figure are synonymous. The diva built like a davenport is disappearing from the

as the opera singer's figure has become streamlined.

Consider Marion Claire, the beautiful young singer who takes opera, radio, movies, matrimony, and motherhood in her stride. Not even the boldest interviewer

would dare ask Luisa Tetrazzini how much she weighed. But you can ask Marion Claire. Her answer: "For movies, 120; for opera, 130." She laughs off the old idea that the opera singer must have heft.

She laughs off the notion, too, that the opera star must rest a

great deal, that she must lie abed until performance time and dine heavily afterward. That's what puts on the poundage. Her problem, busy as she is, is to keep her vitality at the bubbling-

modern music world. No longer is an audience asked to believe that a 250-pound Mimi is wasting away before its very eyes. The opera has become better theater

over point. And she does it. Miss Claire has the precious quality of radiance—a glow born of intelligence, perfect health, good care, and a thousand and one enthusiasms. She works unceasingly. She does not know fatigue—or rather doesn't permit it.

She eats three meals a day and never deviates by more than half an hour as to their regularity. She describes these meals as colossal, but she skips dessert. A quart of milk is always included in her daily food quota. She neither drinks nor smokes and sleeps at least eight hours every night without fail. She exercises daily and knows all the good ones, particularly the "stretchers" that have the double virtue of developing grace and molding the silhouette.

A simple kicking exercise that insures a shapely leg and a sprightly step.

Every day at 10:30 in the morning and at 3:30 in the afternoon she has a special little "bracer" consisting of two lumps of sugar dissolved in a glass of milk or hot water. She finds it invaluable as an energizer.

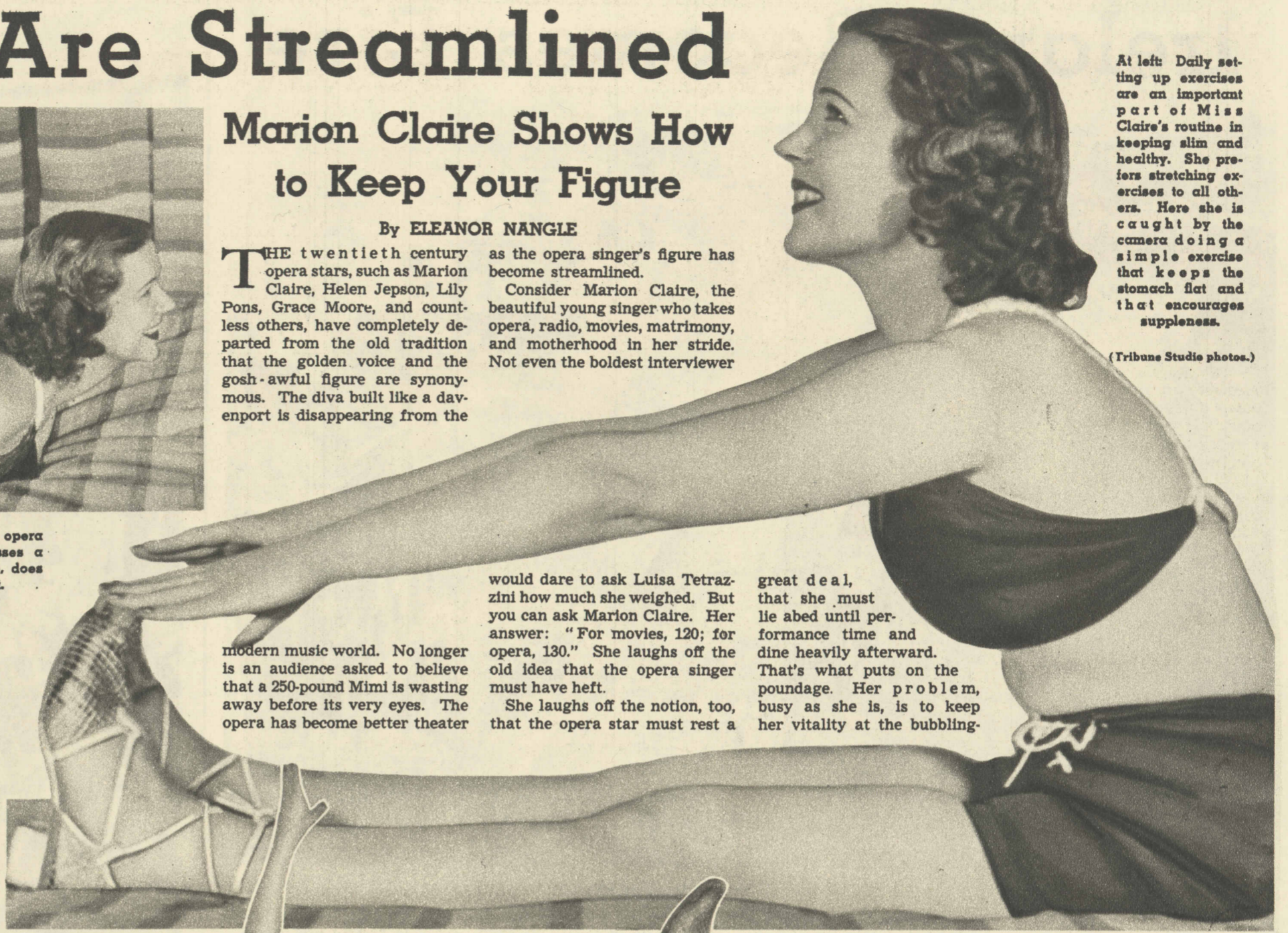
You can take it from Marion Claire that the life of the opera star of today is not one of champagne suppers and tempestuous glamor. The modern diva, eager to preserve her youth, her beauty, and her voice, must, in Miss Claire's own words, "lead the life of an athlete." She dines at what is literally a training table, she keeps the sanest of hours, eats on the dot, and guards her health assiduously. It is hardly beer and skittles, but looking at Miss Claire, at the success she has achieved and the beauty in which she walks the world, you have vivid proof that discipline pays good dividends.



Marion Claire, who is unlike the opera stars of old in that she possesses a golden voice AND a good figure, does a back bend to help keep it.



At left: This is the exercise to do when you spring out of bed in the morning. Just stretch tall until you can feel every muscle lifting upward. Relax, then do it again, and again. Above: After her half dozen tall, tall stretches Miss Claire takes a lead from the old army exercises and does arm movements that strengthen the chest muscles.



At left: Daily setting up exercises are an important part of Miss Claire's routine in keeping slim and healthy. She prefers stretching exercises to all others. Here she is caught by the camera doing a simple exercise that keeps the stomach flat and that encourages suppleness.

(Tribune Studio photos.)



Below: Miss Claire does this one daily, touching the toes of the right foot with the tips of the left fingers, then reversing. It's grand for the waistline.

Meat Cakes, and a Delicious Glazed Ham

By MARY MEADE

HALF A HAM is better than no ham at all for a New Year's day dinner. If you score it and bake it with a glazing of melted jelly and sliced maraschino cherries you have ham what really am!

To bake a whole or half ham, place it fat side upon a rack in an open roasting pan. Leave the oven temperature at moderate, 325 to 350 degrees, and allow 25 minutes per pound for a whole ham, 30 minutes per pound for a half ham.

If the ham was not skinned at the market you will have to do it yourself. Shortly before the ham is done take it from the oven and remove the rind, all except a collar around the shank bone. This collar may be cut in points with the kitchen shears if desired, and the rest of the rind will lift off easily, since it loosens in cooking. After the skin is removed score the ham in a diagonal pattern and pour the jelly mixture over it. Return to the oven and baste several times until the baking is finished, so that the ham will acquire an even glaze.

Beef neck, shank, flank, and chuck, or lamb neck, shank, breast, or shoulder are economical cuts for use in ground meat



A half ham glazed with melted jelly and served with spiced crabapples and glazed sweet potatoes makes a fine New Year's dinner.



These meat cakes were wrapped in bacon and broiled. They are being served with browned cauliflower.

cakes such as these shown here. To prepare them, season the ground meat with salt and pepper and shape into thick cakes. Wrap each with a strip of bacon and fasten ends with toothpicks. Place on the broiling rack about

three inches from the heating element and broil until brown on one side and then on the other. Or cook in a skillet, pouring off the fat as it accumulates, in order that the cakes may be pan-

broiled and not fried. After the initial browning the heat should be reduced to moderate in case of pan-broiling.

NEXT WEEK:

Stuffed Lamb Shoulder Chops.