



FAVORITE HEADLINE

The cloche, one of the hat lines, adopted enthusiastically by young women, is ready for fall business. Here it is, interpreted by Mr. John, Junior. The high crown is nicely balanced by the gracefully curved brim and the deep somky gray velours is accented by a wide, knitted band of black, white and crimson cord, making it right to harmonize handsomely with the new colors.

KEEP IN TRIM

Signo Hasso Shares Idea Of Keeping Good Figure

By IDA JEAN KAIN
Meet a delightfully candid actress, Signe Hasso. As I chatted with this health-minded Swedish star when she was playing out at summer theatre in Olney, Maryland, I wished all my young middle-aged readers could have listened in.
Why is it that actresses have an easier time keeping their figures than women who are not on the stage, was my first question.
In a word—it's posture. Most actresses keep their figures through sheer good posture and correct body movement. In upright posture, the muscles are doing the job nature designed them to do, and, therefore, good posture amounts to continual exercise.
"Many women never give posture a thought . . . and so the figure goes from bad to bulging. When you slump, fat is bound to accumulate," this forthright star said with conviction.
"Thinking is really to believe. Good posture must stem from within, for posture reflects the discipline of your mind."

KEEP IN BALANCE
Miss Hasso's posture rule is to keep "in balance." To do this, keep control through the middle of the figure and tighten the hip muscles. As you walk, keep those hip muscles tightened to have a secure feeling through the pelvic girdle. This allows the upper part of the body complete freedom.
Miss Hasso's suggestion to middle-aged women is to root out of the mind the idea that the middle spread is inevitable.
Naturally this line of thought led to the subject of age. Signe Hasso, who is in her early 40s, never associates herself with any particular age.
"I know that I am healthier now, look better, feel better, and that I am generally better than I was at 18."
She believes it is a mistake to start fearing birthdays, or to feel old at 40, or at any age.
"We're frightened by age," she continued, "and that makes us older because we center our thoughts on aging."

PROTECTIVE FOODS
Being health-minded, Signe prefers all the protective foods—vegetables cooked in a minimum of water, fresh fruits, lean meat, cottage cheese without added cream. She uses only brown sugar, and never touches rich desserts or sweets. Signe weighs a lean 112 pounds for 5' 4", and her weight never varies.
As we were leaving the restaurant where we had lunched, the hostess, who was also Swedish, exclaimed: "I've heard about you all my life. I can't believe this is really you. . . you're so young!"

Superlative!

Imagine . . . golden crusted tender rolls made with tangy sour cream! Easy? Definitely, when the yeast is Fleischmann's Active Dry! If you bake at home, bake a pan of these distinctive dinner rolls.



Sour Cream Finger Rolls

- Scald 1/2 pint (1 1/4 cups) commercial sour cream.
- Stir in 3 tablespoons granulated sugar, 1 teaspoon salt, 1 tablespoon butter or margarine. Cool to lukewarm.
2. Reconstitute, measure into large bowl. 1/2 cup lukewarm water. Stir in 1 teaspoon granulated sugar. Sprinkle with contents of 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.
- Stir 1/2 teaspoon baking soda into lukewarm sour cream mixture; then stir mixture into yeast. Stir in 1 1/2 cups once-sifted all-purpose flour.

and beat until smooth and elastic. Work in an additional 1 1/2 cups (about) once-sifted all-purpose flour.

- Turn out on floured board and knead until smooth and elastic. Place in greased bowl. Grease top. Cover. Let rise in a warm place, free from draft, until doubled in bulk—about 1 1/2 hours.
- Punch down dough. Turn out on lightly-floured board and knead until smooth. Divide dough into 3 equal portions; shape each portion into a 12-inch roll and cut into 12 equal pieces. Shape each piece of dough into a roll about 3 inches long. Arrange, about an inch apart, on greased cookie sheets. Grease tops. Cover. Let rise until doubled in bulk—about 40 minutes. Bake in a hot oven, 400°, about 14 minutes. Yield—3 dozen finger rolls.

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Fine white cotton bras, stitched cup with wide division, adjustable shoulder straps, elastic band at midriff. Sizes 32A to 40C. Reg. \$1.25

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