

BEAUTY HINTS

By MME. QUI VIVE

ABDOMINAL FAT CAN BE IRONED AWAY

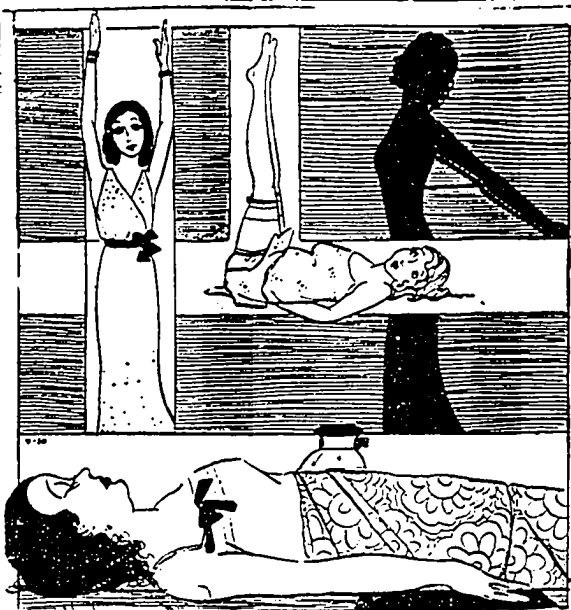
There's an old fashioned formula for getting rid of adipose tissue that has settled on the tummy, and it's a good one. All you need is a cannon ball to roll upon yourself. A nice idea, but fancy a frantic fat lady toddling to a munition factory to buy herself such a dainty little beauty aid. It simply isn't done! It's like taking rubber reducing corsets to the tire repair shop to be mended. Entirely out of order.

Never mind. Let the cannon ball go; there is a good substitute. The electric iron will serve. Lie

that are bulky. It is a good all-around exercise for the girl who is plump all over and who flaunt the slender silhouette.

Lie flat on the back in bed, hands under the hips, palms of the hands flat on the mattress. Stiffen the legs, lift them slowly. Higher and higher until they are up against the headboard of the bed and the supplicant for the svelte shape is standing on the back of her neck. Let the legs descend slowly. It's that slow motion that produces the muscle pull, tells fat cells to depart, slims down the figure.

Rest when fatigued. Breathe



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down on the back, place a heavy iron in the center of the abdomen, the sharp end of the iron pointing toward the left. Roll the iron from side to side. Tip it first at one end then at the other. Send it around in half circles.

"Are you dubious? Are you doubtful? You needn't be. Mechanical massage dissolves fat cells. A weight does quicker work, brings speedier results, than the pummeling of a strong-armed operator. Fat doesn't care to be disturbed, shoved around. It can't stand it. It goes off and dies.

The protruding tummy is the commonest of all anatomical defects. Strange, too, since it was predicted that when feminine bodies weren't bound with steel-riveted corsets, muscles would tighten. Two reasons there are for the frontal distension. One cause is fat; the other incorrect posture, holding the body in such a position that abdominal fibers go slack and internal organs are not where they should be, especially the stomach and upper intestines that slump too low for health, and good appearance.

It isn't with much heart or confidence that the beauty preacher urges her congregation to exercise. But for those women who will do it, who will persist, who won't expect figure changes in a week or two, but who are willing to keep on with the daily bendings and twistings for six months, we offer some excellent calisthenics.

Take soldier's position, chest up, head erect, hips back, stomach flat. Bring the hands above the head, at the same time lifting up the toes. As they body comes down squarely on the feet, bring down the hands, touch the floor with the finger tips. Legs must be kept rigid, knees must not bend. There will be much snorting and puffing on the part of the short armed girl, but a woman of normal proportions should be able to turn that trick easily, even if she has taken on considerable weight around the middle.

Here's an exercise that is good fun. It tightens up muscle slack on the abdominal walls, it trims down large hips and thighs, thumps fat cells from shoulders

deeply. Start again, And be hopeful.

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