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## Health and Beauty After Your Baby No. 3

## Actress Remakes Maternity Clothes for Post-Natal Wear

By JANE GREER

WHAT TO DO with maternity clothes after the baby arrives?

After wearing them constantly for several months, the here's a star's personal recipe for glamorous motherhood—the last of three exclusive articles by RKO actress Jane Greer on the post-pregnancy routine every woman can follow to restore her beauty and keep her health after her baby is born.

urge to buy them in the attic is understandable but uneconomical in these days of high costs.

The clothes I wore while I was pregnant were easy to convert to flattery by new slim figure after my baby was born. Naturally, as an actress, I have an extensive wardrobe, but I liked some of the maternity clothes so well I was proud to add them to my new post-pregnancy outfit.

A favorite dark blue linen suit, for example, needed only a few changes to give it a brand-new appeal. The skirt, which had an expandable drawstring waistband, was slimmed down by cutting out the excess fabric from hip to waist and seaming up the sides.

To convert the boxy jacket, I belted it tightly around the waist with a patent leather belt. This gives it the bloused silhouette you see in many new fashions.

## 'Bob' Jackets

A TRICK I'd like to pass on to other new mothers is to bob off the boxy jackets that have an unmistakably "maternity" look to them. The length that concealed our expanding figures so obligingly is often too long to be smart when confinement is no longer necessary. I shortened my colorful butcher-boy jackets about two inches. These are still serving as bright toppers for separate skirts and slacks.

Another jacket which was quite full, I changed in a different way. I had the straight-front fitted in at the waist and hipline. Then I cut slots in the side seams and threaded a belt through so that it was under the jacket in back. When the belt is buckled, the jacket has a slim line in front and the back flares cape-style.

High-heeled shoes, which had been taboo during my pregnancy, were shined up ready for wear. But the doctor curbed my enthusiasm on that score.

## Eat Well for Less—

## Californians Use Salads

Suggest Combining Oranges and Melons

By GAYNOR MADDOX

CALIFORNIANS seem to have mastered the art of main dish salads. For easy eating in hot weather, we can all use some of their recipes.

ORANGE SLICES WITH MELON BALLS

One orange, one-half cantaloupe, one-half honey-dew melon, shredded coconut.

Peel orange and cut into four slices. Arrange slices on salad greens alternately with avocado on large platter. Top orange slices with balls cut from melon. Sprinkle with coconut. Serve with mustard French dressing.

MUSTARD FRENCH DRESSING

Five tablespoons salad oil, one tablespoon vinegar, one-half teaspoon lemon juice, one teaspoon Worcester sauce, one-half teaspoon garlic salt, one-half teaspoon celery salt, two or three teaspoons dry mustard, one-fourth teaspoon sugar.

Mix together and shake well in bottle. Pour over fruits on platter.

WEDNESDAY'S MENUS

BREAKFAST: Melon ready to eat cereal, baked eggs with parsley and butter, enriched toast, coffee, milk.

LUNCHEON: Cold potato and leek soup, crackers, chopped ham and pickle sandwiches, fruit bowl; peaches and plums, cookies, tea, milk.

DINNER: Pan-broiled chopped beef patties, mashed potatoes, succotash, romaine with mustard French dressing, blueberry pie, coffee, milk.

## Cross Stitch for Towels



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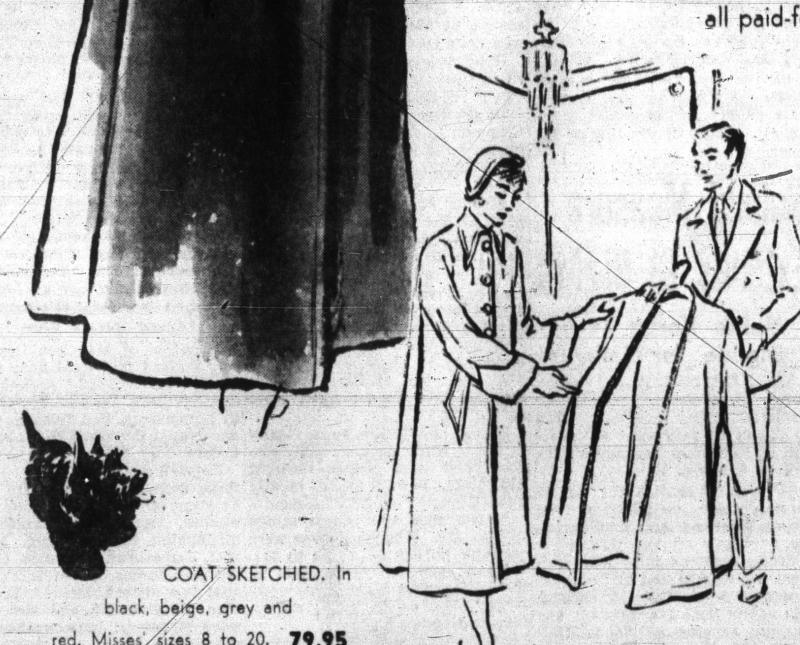
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