

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 bury 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 flatter 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 outfits.

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 slimmer 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 button 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 hips. 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 Worcestershire 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



5005



Maternity clothes she wore before her new son was born are still in actress Jane Greer's post-pregnancy wardrobe—after a few changes were made. The skirt at left was slimmer by cutting out excess "expansion" fabric and seaming up the sides. The boxy blue linen suit jacket at right was belted at the waist to give it a bloused silhouette currently seen in many new fashions.

He told me to save my high-heeled pumps and sandals for dress-up occasions.

So my low-heeled one-strap shoes—my constant companions during pregnancy—stayed on the job during the four

months after the baby came. It's true that we spend a good deal of time standing or walking and that low-heeled shoes cradle the feet more comfortably. The doctor also pointed out that shoes with medium or

low heels are less likely to cause poor posture, which is a major cause of fatigue.

But I do slip into my prettiest pumps when we invite friends over for dinner.

Blackwood on Bridge—

Mr. Dale Uses Humanics as His Trumps; Passes Miss Brash's Two No Trump Opening

MAKE HUMANICS your trumps. Study the art of playing heart and finessed dummy's is always at work.

Bidding is a legal conversation with your partner. But to "converse" intelligently, you must know your partner's language. Consider Mr. Dale's tactics in today's hand. He figured Miss Brash did not have her two no trump bid. Why? The answer is simple... if she held enough for two—she would have bid three.

South dealer

Both sides vulnerable

NORTH

Mr. Dale

S-7 5

H-A K J 8 5

D-8 4

C-7 6 5 2

WEST

Mr. Champion

S-Q 8 8 4 3

H-9 7 6 4

D-A J 6

C-J

EAST

Mrs. Keen

S-10 6 2

H-Q 3

D-10 9 5 4

C-K Q 10 8

SOUTH

Miss Brash

S-A K J

H-10 2

D-K Q 7 2

C-A 9 4 3

The bidding:

SOUTH WEST NORTH EAST

1 D Pass 1 H Pass

2 N T Pass Pass Pass

Now this was not the only

consideration which prompted Mr.

Dale's final decision. He knew

Miss Brash plays her cards well,

and if his opponents had been a

couple of days or even a couple

of fair players, he would have

gone ahead and bid three no

trump anyway. But Mr. Cham-

pion and Mrs. Keen are good

sound and tricky defenders. So

Mr. Dale passed.

Visions Four Odd

MR. CHAMPION opened the

four of spades and Miss Brash

won with the jack. She frowned

slightly at the dummy. With her

usual optimism, she felt sure

she could make three no trump,

especially with the favorable

spade lead.

She started on the hearts, lead-

ing the 10 and letting it ride.

The 10 won! Mrs. Keen played

the trey without a second's hesi-

tation. Now Miss Brash visualized

four-odd.

At this point she should have

laid down the king of diamonds.

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