# Beauty and You

by PATRICIA LINDSAY

## Let Your Legs Do It When You Walk!

IF sports are out of the question for exercise, take up walking. But learn to walk in correct form, if you wish any figure benefit from the steps you take! Walking in the fresh air gives you the benefit of getting fresh oxygen into your lungs, of course, but if you scurry along as if the devil was at you heels, or if you slop along in lamentable posture, you might just as well not walk at all!

Janet Lane, who has studied herself into an authority on good posture, instructs you how to go about doing it well in her little book, "Sitting Pretty." To quote her:

"Remember head-over-chest-over-hips, and also remember that stiff knees shove your hips out of their right position in that balance. So ease your knees and get your full-length, ideal line-up before you start."

The actress has a useful slogan—"The thigh leads the motion"—so your first motion should be a lift of the thigh and a relaxed knee swinging forward with it. In other words, your upper body rests in balance and your legs do the walking.

Here are a few tricks to help you get the feel of balanced walking:

1—Take a few steps backward. Notice how you automatically swing your hips down under you and walk with easy knees as you step backward. Then as you start forward watch to see that you keep that line-up.

2—Another way is to walk down a slight incline. You'll find you have to get your balance and let your legs go ahead in order not to jolt yourself from top to toe with every step.

3—And one more trick which is valuable as an exercise too. Place a fairly heavy book on top of your head and another on the back of each outstretched hand. You'll feel like Lady Macbeth in the sleep-walking scene as you move around this way, but it will give you a sense of the "plumb" line through your body. (The plumb line is a line of correct posture from head to toe.) And it will teach you how to ease your weight down thru each joint, giving you the effortless motion of graceful carriage.

**Good Posture Leaflet**

My leaflet on exercises to do at home to gain good posture and body poise is sent free upon request, providing you address me in care of this paper and enclose a self-addressed envelope, bearing a three-cent stamp to cover mailing cost.

(Released by The Bell Syndicate, Inc.)

**For nippy spring days or for the southern traveler is the combination coat and dress. A toast-brown wool coat with soft revers, pleats and tricky pockets. For underneath a paler toast-brown rayon dress that will be an everyday stand by. February Good Housekeeping advises that the suit also comes in navy blue or black.**

## P.T.A. Observes Founders' Day

Founder's Day was observed by Harbor City P. T. A. Tuesday afternoon in the school auditorium with Mrs. W. C. Sudduth presiding.

Mrs. A. Schatz gave a talk on the history of the P. T. A. and pupils of Mrs. Hudson's room demonstrated the inter-reitation activities which she explained as the children worked. Refreshments were served and the Founder's Day Birthday cake cut.

**Two Sisters Teach 90 Years**

PLATTSBURGH, N. Y. (U.P.)—Graduation this summer will mean a combined total of 90 years of high school teaching for two sisters. Mrs. Grace E. Barker will retire with 50 years of service. Her sister Gertrude will end a 40-year career.

# Healthmobile Serves Pupils At School

**"It doesn't hurt!" says a small boy strutting out of the healthmobile on the Lomita elementary school grounds and the next little fellow steps in with little trepidation. For the school dentists are at work.**

**Teeth are examined, cavities filled and parents are advised as to the state and care of their children's teeth.**

**The healthmobile will be at the school about two weeks longer with children from Orange and Harbor City schools also being examined and treated there.**

**Three supervisors are visiting the school this week: Miss Margaret Metheny, music; Mrs. Ethel Leafgreen, upper grades, and Miss Ida Andersen, art, who will instruct teachers how to make use of clay and the teaching of its use to pupils.**

# Public School Week Announced

The twenty-first annual observance of Public Schools Week will begin this year on Monday, April 22, 1940, according to William B. Ogden of Los Angeles, grand master of Masons in California. Ogden's statement was addressed to the general public as well as to the 130,000 members of the Masonic order in the state.

"Probably never before in the history of our country," said Ogden, "has the need of trained intelligence in the conduct of its affairs appeared to be more imperative than at the present time. An intelligent electorate, trained to think, to act and to vote according to well reasoned motives is as essential to the safety of our country as it is to have similarly minded men in the highest position of trust.

"Few realize the magnitude of the capital investment and annual cost of maintenance of the public school system of the United Stated. Its magnitude far exceeds any single commercial enterprise in the world. It is well that this is so, for the task assumed and the reward to be gained is of greatest importance to our continued existence as a nation.

"As citizens our interest in this biggest business of the nation should be as keen as our interest in any enterprise in which we may be stockholders."

The general public, it was pointed out, are given an opportunity during Public School Week of visiting their neighborhood schools and of familiarizing themselves with the work of the schools are doing. The annual observance is conducted in cooperation with Parent Teacher associations, the American Legion, women's organizations, chambers of commerce and other service and civic groups.

## H.S. Annual Will Have Disney Theme

Students of Narbonne high school this year can be assured of a very colorful annual. The theme is based upon Walt Disney's latest success "Pinocchio".

Original drawings by C., B. Benbow are to be used throughout. The campaign for selling the annuals is soon to be under way. Ted Matsushima is heading the staff.

Tourists in California have five days from date of entering the state to obtain free nonresident permits valid for the period home state license plates are issued.

Cathay is the old name for China.



## "Trailer Vagabond" Tours Carlsbad, N. M.

By WARREN BAILEY

In writing this little skit about Carlsbad Caverns, New Mexico, it is not my intention to tell Ickes how to run our Department of the Interior. Neither do I wish to infer that there is any skullduggery attached to various advertisements regarding the Caverns or their beauty. Everyone who has seen them agrees they are the most outstanding sight they have ever seen.

However, I do have a suggestion to make to Secretary Ickes and I am sure there are many thousands of Carlsbad Cavern visitors who will agree with me that this suggestion, placed in force, would save them time, money and many disagreeable explanations not to mention the many visitors, who, like myself, did not get to see the Caverns at all because of previously made appointments.

Here is the suggestion in a nutshell: more information in their advertising. For instance here at the Caverns, after Labor Day, there is only one trip made each day. As it takes 5½ hours to see all the sights, this tour begins at 10:30 a. m. Late arrivals may join the tour by going down by elevator at 12 o'clock noon. If you arrive after noon you are just out of luck and either miss the trip or stay over until the following day.

**Makes Business Good**

It's surprising how many people have no knowledge of the trip and arrive late. I talked with several, after they had finished the tour, that had arrived the previous day. They were loud in their praises of the Caverns but also loud in voicing their disappointment over losing a full day they hadn't anticipated.

Here in Carlsbad, 12 miles from the Caverns, I talked with three young men who work in various places of business. They told me of instances when large parties of vacationists had been obliged to stay over night. All three admitted it was tough on the tourists but added that "it sure did make business good for the hotels and tourist camps."

Personally, I believe that every advertisement and pamphlet should state clearly just what hours the Caverns may be seen. It isn't so bad when you're late and you know it, but it is certainly provoking when you're late because of not knowing.

"Trailer Vagabond" is sponsored and appears in this newspaper thru the courtesy of **HOWARD G. LOCKE**, fire and automobile insurance agent, 1405 Marcelina, telephone 135-M.

## Mrs. Stahnke Feted by Club

Mrs. John Ramsaur was hostess Tuesday afternoon at a farewell party for Mrs. Carl Stahnke who is leaving to make her home at Newport Beach. Guests of the afternoon were members of the Ladies Social Club of Fleet Reserve, Branch 41 of which Mrs. Stahnke has been an active member ever since its organization.

Five hundred was played and with the serving of refreshments, the honoree was showered with beautiful handkerchiefs. The new president of the club, Mrs. Joe Bader, will be inducted Feb. 24 when the Ladies Social Club and the Fleet Reserve will hold a joint dinner to celebrate their birthdays.

## HARBOR CITY SCHOOL NOTES

Mrs. Lucille Wilson, teacher in the Harbor City school, has been in Riverside for the past week, called there by the death of her mother. Miss La Brun has been teaching her class.

Miss Shaw, counselor, visited the school Wednesday afternoon. Monday was a busy day at the school as it was decided high time to plant sweetpeas, so the sweetpeas are in and the pupils hope to point with pride to the results of their gardening.

The Chinese are said to have been the first to make bread from wheat—about 1998 B. C.

For relaxation, Andre Tardieu, former French Premier, reads American detective stories.

# Amaranths Look Forward to Grand Court Sessions

Lomita Court, Order of the Amaranth, met in regular session Monday night, the officers advancing with Miss Birda Paddock, associate matron, acting as royal matron and John G. Wilson acting as royal patron. Mrs. Helen Wilson acted as associate matron with Mrs. Mary Culpepper and Mrs. Adella McCann filling the chairs of conductress and associate conductress.

Mrs. Edith Wheeler, deputy grand lecturer, filled the station of standard bearer for Mrs. Hazel Colwell who was on the sick list, and Mrs. Leona Mott of Redondo Beach filled the station of marshal in the east for Mrs. Lillian Neeley who is on a trip to Florida.

At the close of the meeting Mrs. Ethel Waite assisted the acting royal matron in serving refreshments, the Valentine motif being carried out in decorations.

Mrs. Arminta Kaighin, royal matron, Mrs. Alwine Ulman, and Mrs. Bertha Martin are planning to attend grand court which convenes in Sacramento March 4. Mrs. Ulman has been requested to serve as grand musician for the year 1940-1941. Mrs. Ulman has served as grand musician of the state of California and grand musician for the state of Massachusetts for the Order of the Amaranth, and the honor is seldom offered more than one term.

On Feb. 26 Royal Matron Arminta Kaighin will entertain the royal matrons and royal patrons of the southland at the regular meeting of the court in Fleet Reserve hall.

## Lomitan Returns from Attending Father's Funeral

Mrs. Peter Durante has returned from Fresno where she was called by the serious illness of her father, G. W. Havens.

Mr. Havens passed away Feb. 5 and services were held Feb. 7 in Fresno. Two other daughters, Mrs. Stella Baird of Huntington Park, and Mrs. Leonora Camblin of Sanger, and a son Ross Havens of Wilmington were at their father's bedside when he passed away.

Mr. Havens was born in Dayton, Ohio 82 years ago. For years he farmed at Osceola, Iowa. Coming to California 30 years ago he was employed by the California Lumber Company at San Pedro but farming was the life he loved and after a few years he bought a ranch at Fresno where he worked happily until a week before his death, too busy to realize that as years go, he was an old man.