

Tips on Figure Control Outlined by Authority

By PAT McELROY
Leading Figure Authority
 Nowadays there are so many ways in which to "reduce" that women are puzzled, even perplexed, as to how best they should approach a weight or figure problem.

Every sensible woman wants to look her best, and there is no reason at all why she should not improve her appearance, and enjoy the satisfaction that comes with the knowledge that she is making the best of herself.

We each of us need admiration. It is a necessary part of a happy life so let us be completely realistic as to what can or cannot be done about improving the appearance of your figure.

THE STRUCTURE of your body is determined, to all intents and purposes, by the size and shape of your skeleton and let me make it clear, no improvement program can do much about that. However, something can be done to improve and rebalance the poise and posture of your bone structure. It is this all-important re-alignment that is the key to positive and permanent figure improvement. Just by standing up straight you can work wonders for your figure.

But there are other equally vital factors that contribute to your physical appearance and the excellence of your shape. First of all there are your muscles. The whole of your body, from tip-to-toe, is

increased in a muscle-sheath which, in the final analysis, determines the shape of the body you live in. If this "living-girdle" of muscle and tissue is not firm and toned it cannot control either "sags" or "bulges." In fact, slack, flabby muscles can and do contribute to both problems.

THE OTHER factor for consideration is fat. Has anyone a good word to say about fat? Too much of it is a burden and an eyesore but, before you try to rid yourself of it, you must first realize its value. You must realize that it is a proper and controlled distribution of fat that makes figure.

This is the point at which so many women make the mistake of trying to reduce without understanding that, while an over-all reduction in both weight and inches can be achieved simply by crash-dieting or starvation, controlled reducing for figure beauty is quite another matter.

SUCCESSFUL reducing, irrespective of the means you use, is essentially a scientific process. It is related to your anatomy, bone-structure, physiology and metabolism. Basically, it is a matter of combining sensible eating with planned exercise plus the all-important firming and toning of muscle sheath, skin and tissue.

As a consultant I help women of all ages, from 16 to 66, and I know that the attribute they desire and envy most is a slim, graceful, supple body. But it is also a fact that modern living conditions are fast depriving American women of adequate physical activity. The most startling evidence of this is their constant concern with weight increase, their interest in contour-control, and the inescapable fact that, in general, American womanhood is overweight and very unhappy about it.

But there is no reason for despair. At no time have there been so many people with so much skill ready to help you win the battle-of-the-bulge and keep you trimmed down and toned-up!

Whittier Hosts Area Students

Seven Torrance high school students recently participated in the annual Campus Day program at Whittier College. The program is designed to introduce prospective college students to the life and curriculum of a college campus.

John Buffalo, Dennis Masahi, Kathy Rippy, and Richard Sloan represented Torrance High during the day. Susan Ulrich and Emel Oyman from North High and Iris Imamura of West High also attended the events. Miss Oyman is North High's exchange student from Turkey.

More than 500 students from 200 high schools in Southern California participated in Campus Day. They attended several classes, examined special exhibits, and attended several special programs.

Whittier College was founded by the Society of Friends and currently enrolls 1,800 students.

BMHS Art Student Wins Mary's Hour Award

Miss Sue Osterman, a student at Bishop Montgomery High School, has been awarded first place in the citywide "Mary's Hour" poster contest sponsored by the Los Angeles Catholic Archdiocese.

The pert young artist was honored at a school assembly Thursday, where she received

the award from Msgr. John P. Languille, Archdiocesan director of Sodality of Our Lady. Also present were representatives of 10 schools which participated in the poster contest.

Miss Osterman's poster will be reproduced for use in the publicity campaign for Mary's

Hour, scheduled at the Los Angeles Memorial Coliseum the first Sunday in May.

General theme of the contest was "Mary the Inspiration of Sister's Vocations." Miss Osterman's poster was done from a woodblock in black and white.

The contest winner, now a

junior at Montgomery, plans to major in art at Long Beach State College when she graduates.

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Spartans Speak

By Kathie Murray

Time marches on and April from Southern California and will soon arrive. Seniors, your fling has almost flung for you're almost Freshmen again.

For the first time in the school's history, Spartans will have a traditional class ring. Three smart looking designs have been on display for the past two weeks in the administration building. All Juniors, Sophomores and Freshman will vote for the ring of their choice. Don't forget this ring will be the one that stays with South from now on.

Well Seniors, they're already reminding us that we will be graduating in about three months. On March 16, there will be cap and gown measurements in all U. S. Government classes. But don't forget this doesn't mean you can just relax and take it easy. These last few months can mean a great deal in being accepted to a college.

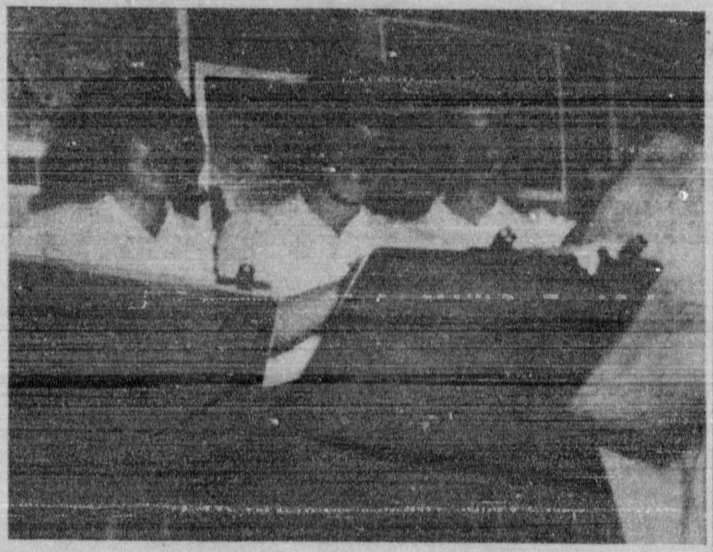
South High's Flag Twirlers consisting of Jill Toler, Marsha Reich, Reta Hancock, Linda Huysen, Lynn Babcock, and Trudy Craine will try for another win on March 13. Last October a well deserved first place was awarded to the girls when they competed against 20 other high schools

won the right to compete against top flag twirlers throughout the state of California. The final competition will be held at Arroyo High School in El Monte. Let's all wish them Good Luck. Bet they yet, why not go and see them perform?

Girls! Girls! Girls! Only six more weeks left to ask your favorite guy to the Annual Girls League "COTTON BALL" on April 9. Girls League President, Nancy Menashe announced that, "This will be the most outstanding Cotton Ball ever put on by the Girls League." The theme will be "Showboat" and a well known Dixie Land Band will play for the girls and their dates. The dress will be cotton dresses for the girls and suits or sport coats for the guys. Live it up fellows, for this opportunity comes once a year!

A big thanks to David Kucken becker for the new addition for the benefit of the students at South. It is a Suggestion Box located in the Activities Office. If you have any constructive criticism or helpful hints drop them in.

That's all from South High this week. See you all later!



WIN ART AWARDS . . . Three students at Bishop Montgomery High School have won awards in the annual Hallmark Art Contest, sponsored by the Hallmark Card Co. and the Torrance Women's Club. Winners include Jane Hoffman, Carol Bean, and Raquel Ortiz, who won the first, second, and third place awards. Students from all five Torrance high schools participated. Top prize was \$100.

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