

MODEL REVEALS SHORT CUTS TO CHARM



New York model Constance Brigham, whose secret for maintaining a peak-of-perfection appearance at all times is based upon short-cuts rather than elaborate routines, demonstrates her favorite beauty tricks. Exercise is fun, not chore, as Constance practices muscle-stretching dance steps to phonograph music (left). Hair clips, put in just after rising and worn through bath and breakfast (upper

center), keep Constance's hair neat and softly waved, eliminate necessity of sleeping in pin curls. By blending her own foundation from two basic shades (lower center), quantity of make-up essentials is kept to a minimum. Short late-day frock (right) converts into full-length formal when snap-on cuff is attached to hem. Cuff doubles as stole when dress is worn in abbreviated form.

**EDITOR'S NOTE:** The top-flight model is one of the most envied girls in this country. Many girls would like to follow in her footsteps; almost every girl would like to have sleek good looks. In this exclusive story, Constance Brigham, New York model and actress, reveals some tricks of the trade that every girl, ambitious to be a model or not, will find helpful.

**BY CONSTANCE BRIGHAM**  
Written for NEA Service  
The question I'm asked most frequently by women who wonder how models manage to keep their appearance always at peak of perfection, is "do you spend all your spare time on beauty routines?" The answer is no. Although beauty is our business, models—like any other woman—lead far too busy lives to devote hours each day to elaborate good-looks rituals. My own approach to the beauty

maintenance problem is to simplify things as much as possible. I've worked out a number of tricks to cut down grooming time, and to shift the whole procedure from a category of work to one of fun.

I'm no devotee of the do-it-the-hard-way school. In exercising, for instance, I've found I accomplish no more by strenuous grunt-and-gran techniques than I do by my own relaxed methods.

My exercise is dancing—to good records on the phonograph. By good, I mean discs that are appropriate to the particular step I'm in the mood for, and those that have a strong, pronounced rhythm which will draw me out of myself and into the spirit of the dance. These may be classics, Spanish flamenco records, modern jazz or whatever.

Of course, I've studied dancing, but any woman can adapt this system to her own needs. Just set the music going and make up your own

movements as you go along. Make sure you use your arms, legs, torso—all the muscles of your body.

I've simplified my make-up, too. Instead of dragging a whole collection of bottles and jars around in my hatbox, I've settled for two basic shades of foundation—a light and a dark one.

I blend these in my palm to create the exact shade a particular costume or situation calls for. This way, there's no frantic rush to the cosmetic counter everytime the seasons change or a photographer tries a new lighting.

Hair upkeep can be a terrific bother if you're a slave to the nightly pincurl system. To avoid this, I've worked out my own pet trick which should work for almost any woman with a fair amount of natural curl or permanent in her hair.

Rather than sleeping with bobby pins or curlers on my head, I arise

each morning and comb my hair carefully. Then I lock waves and curls into place with metal clamps.

I leave them in during my bath and breakfast, removing them just before I set out for my first booking of the day. This brief, uncomplicated "setting" is all that's required to keep my tresses in order.

I've applied this same simplified technique to my wardrobe, too. Instead of having a whole closetful of seldom-used clothes, I try to have fewer, but more adaptable, costumes.

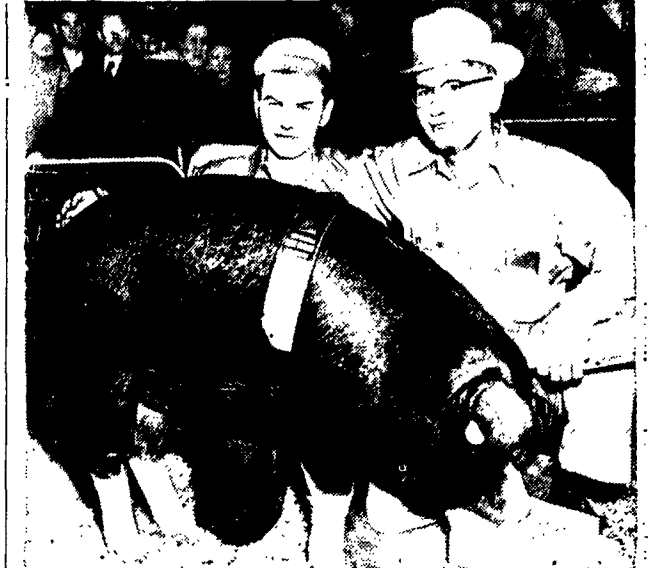
My favorite idea of this sort is a convertible gown for after-five wear. I had an ice-blue satin dress made up in a mid-calf length for late day wear.

To transform it into an instep-length formal, I simply snap on a deep cuff of matching satin around the hemline. This cuff is useful as a stole, too, when I'm wearing the dress in its abbreviated form.

Radio

**WEAV—TUESDAY**  
6:00, Farmer John; 6:30, News; 6:35, Farmer John; 7:00, News; 7:10, Hup Hurley; 7:30, Riders of Purple Sage; 7:45, News; 7:55, Sports; 8:00, Martin Agronsky; 8:15, Musical Clock; 8:30, News; 8:55, News of Hollywood; 9:00, Breakfast Club; 10:00, Pauline Frederick; 10:10, Memory Melody; 10:20, Edward Arnold; 10:30, Betty Crocker; 10:45, Air Lane Trio; 11:00, Lone Journey; 11:15, When A Girl Marries; 11:30, Salute to Reservists.  
12:00, News; 12:05, Midday; 12:25, News; 12:30, News; 12:45, Dickson's Melody Mustangs; 1:00, Paul Harvey; 1:15, Jack Serech Show; 1:30, News; 2:00, U. S. Navy Band; 2:15, Red Nichols; 2:30, Family Circle; 3:25, News; 3:30, Keynotes by Carle; 3:45, Ted Malone; 4:00, Records; 4:15, Santa Claus; 4:30, Big Jim and Sparky; 5:30, Fun Factory; 5:55, Will Rogers.  
6:00, News; 6:25, Sports; 6:30, Records; 6:35, News; 6:45, Records; 7:00, Taylor Grant; 7:05, News; 7:15, Records; 7:30, Mr. Mercury; 8:00, Boston Blackie; 8:20, Bold Venture; 8:30, Town Meeting; 9:45, Erwin Vinham; 10:30, News; 10:35, Dream Harbor; 10:40, United or Not; 11:00, New Yorkers; 11:15, Sports; 11:30, Sign off.

**WIRY—TUESDAY**  
6:30, Alarm Clock Club; 6:30, News; 7:00, Swap Shop; 7:15, Musical Round-up; 7:30, Morning Bandstand; 7:40, Sports; 7:45, News; 8:00, Backstage Talk; 8:15, Alarm Clock Club; 8:45, Breakfast Edition; 8:50, News; 8:55, Hollywood Headlines; 9:00, Robert Hurley; 9:15, Tell Your Neighbor; 9:25, News; 9:30, Morning Devotions; 9:45, Personality Time; 10:00, Cecil Brown; 10:15, Personality Yours; 10:30, Take a Number; 10:55, Happy Felton; 11:00, Ladies Fair; 11:25, News; 11:30, Queue for a Day.  
12:00, Curt Massey Time; 12:15, Tunes; 12:30, News; 12:50, Tunes; 1:00, Cedric Foster; 1:15, Betty Krantz; 1:30, Treasure Chest; 1:45, Sacred Heart; 2:00, Dixieland Matinee; 2:35, News; 2:50, Melodics; 3:00, Bob Poole Show; 3:25, News; 3:50, Bob Poole Show; 4:00, News; 4:15, Mistletoe Magic; 4:30, Santa Claus; 5:00, Sgt. Preston of the Yukon; 5:30, Sky King; 5:55, Tex Pictner; 6:00, News; 6:10, Sports Highlights; 6:15, Dinner Serenade; 6:30, News; 6:45, Dinner Serenade; 7:00, Christmas Journey; 7:15, The Sportsman; 7:30, Gabriel Heatter; 7:45, Christmas Wonderland; 8:15, Basketball Game, PHS vs. Chateaugay; 8:35, Bill Henry; 10:15, I Love A Mystery; 10:30, Melody Time; 11:00, News; 11:15, Sports; 11:30, News; 12:05, Sign off.



PRIZE OF THE PORKERS—"Jerry," a 260-pound Poland China barrow shown by Oscar W. Anderson and his son, Richard, of Leland, Ill., won the grand champion hog title at the Chicago international livestock show. Richard, seen with his father and the champ porker, also won the grand championship for junior exhibitors with a Poland China hog.

By law, the "pattern pieces" of a trial strike made by the U. S. Mint are one carefully destroyed. In early days, however, such coins were often preserved and thus came into the hands of collectors.

A fast dye for white camels was one of the camouflage projects developed by the defenders of the Anglo-Egyptian Sudan during World War II.

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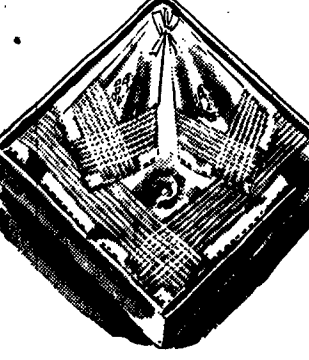
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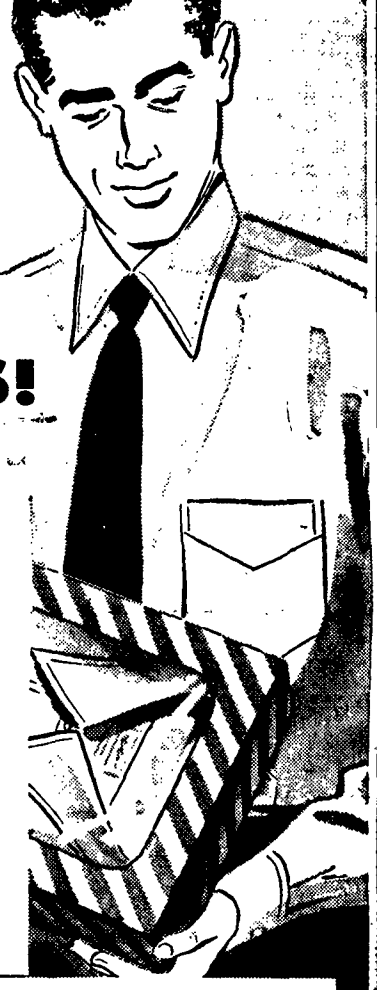
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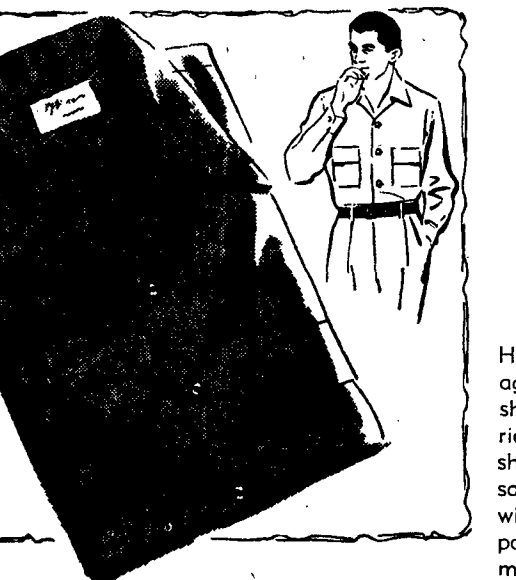
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