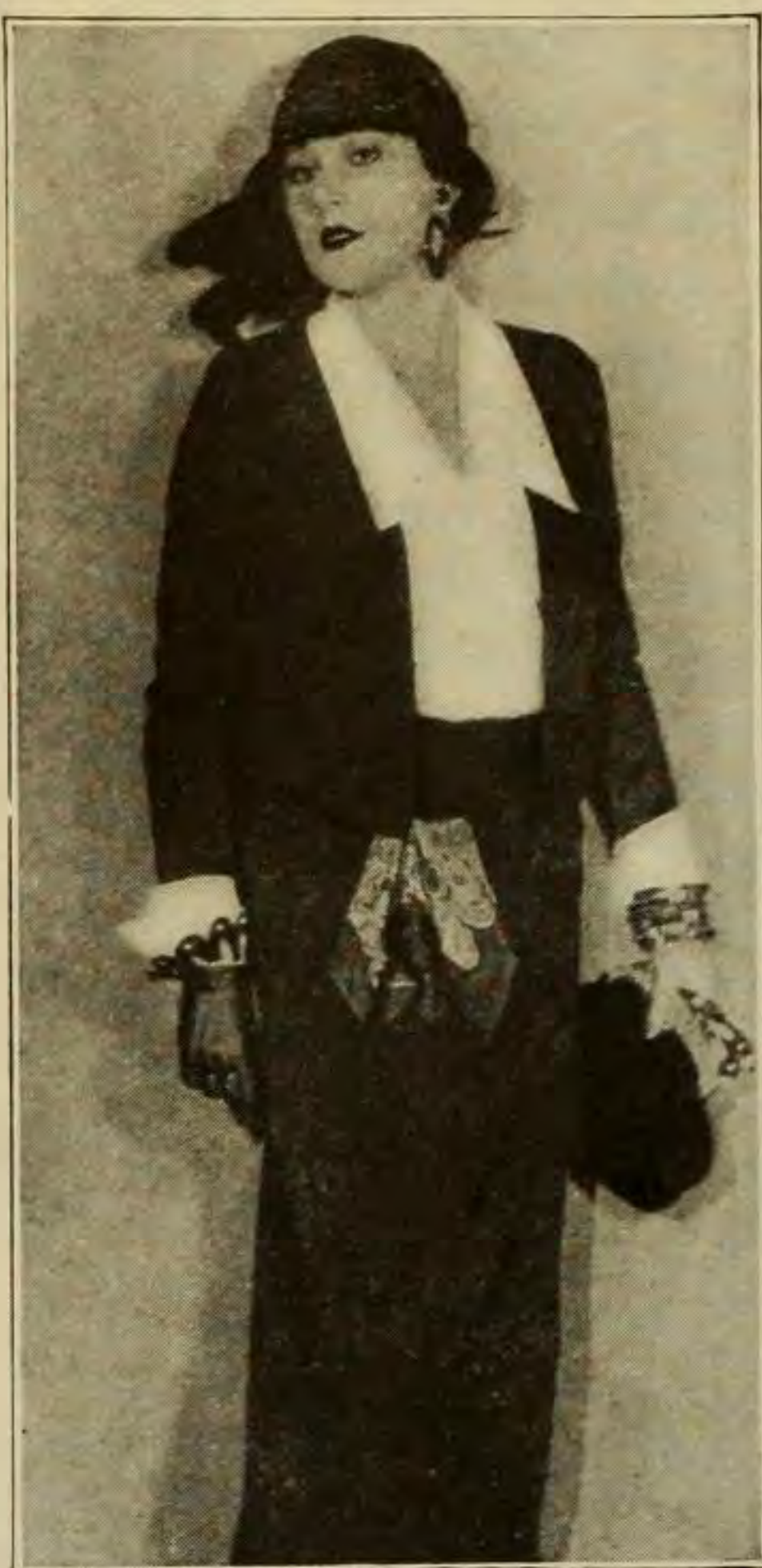


The Stars Tell How They



Simply by eating lamb chops and pineapples, Nita Naldi has lost twenty pounds. Instead of eating and growing fat she eats and grows thin. The lamb chop and pineapple diet is urged by its disciples as the safest, surest, sanest way to keep slender



Wanda Hawley has always waged a fight against unnecessary tissue. Recently she found herself growing too heavy, so she took up a system of exercising which cut off the excess poundage as the picture in the bathing suit shows

The Pineapple and Lamb Chop Diet

By E. W. BOWERS, M. D.

THESE beauties of Hollywood and other favored cities who have adopted the pineapple and lamb chop diet have done well.

For those who have taken on flesh through lack of exercise or over eating it is efficacious. The lamb chop provides the lean meat necessary for maintaining the strength. It supplies sufficient protein to repair the waste of body. Yet it contributes no fat. The pineapple supplies enough of sugar to keep the fires of strength burning.

When, as is often true, the superfluous flesh has a deeper origin, when it results from the inactivity of any glands, these glands should be treated.

FAT! Man's pet aversion, woman's most dreaded foe.

"Nobody loves a fat man" is a joke. "Nobody loves a fat woman" is tragedy, because in this day of the "boyish" figure fixed by fashion as femininity's final form, it is too, too often true.

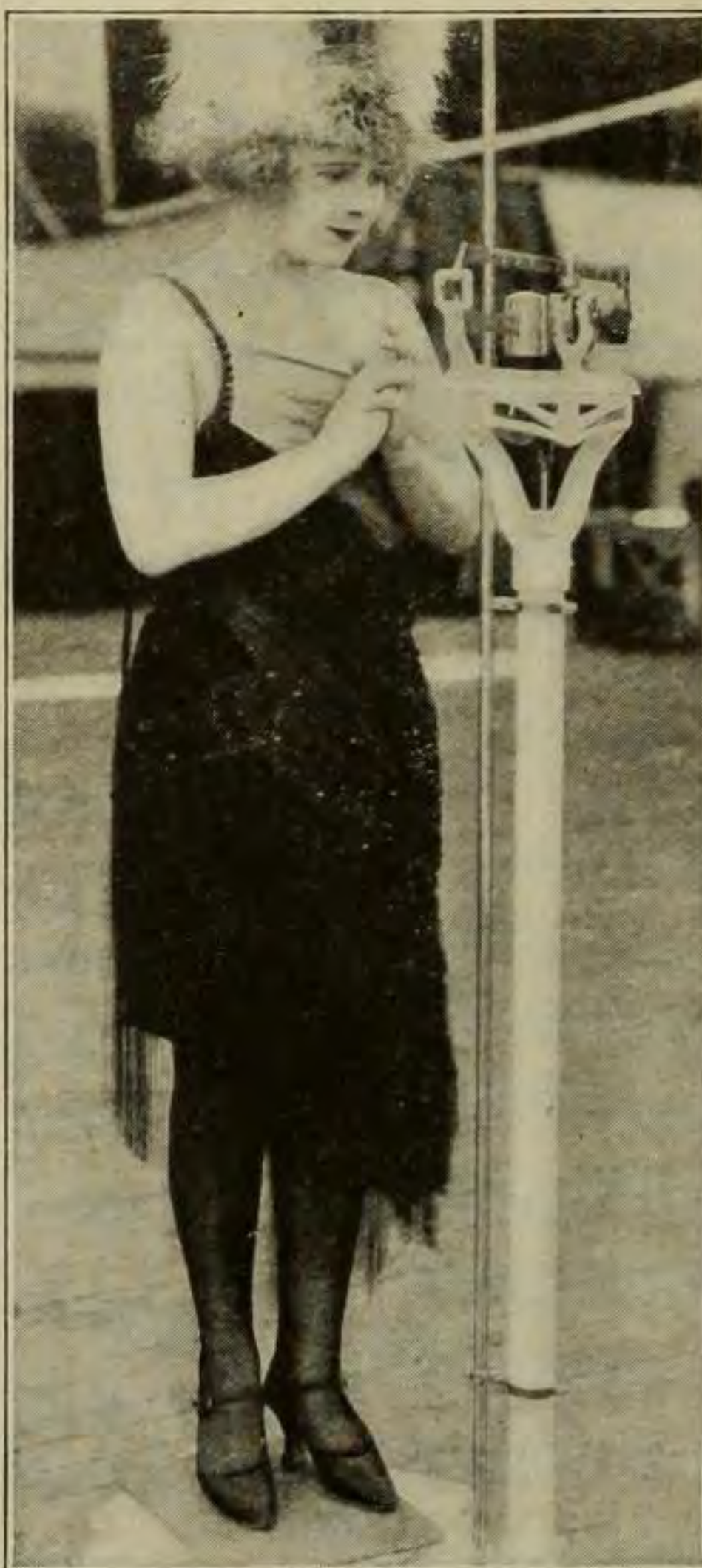
Grand-dad used to like 'em hefty. That was before the days of the motion picture and the Ford car. Bulgy curves above and below the wasp-like waist ravished the eyes of the beholders of such famous spectacles as "The Black Crook," "Lydia Thompson's British Blondes" and "Billy Watson's Beef Trust." Two hundred pounds didn't mean anything to the stout springs of a side-bar buggy or the stouter horse that pulled it.

It takes more elbow room to drive a Ford, and a fat girl does spill over the side so! And imagine fat motion picture stars! Fat's only function on the screen today is to provide comic relief. The fat woman, in short, is out of it.

Where have the fat girls all gone? Listen to secret Number One. *They haven't gone; they've merely parked their fat!*

You wouldn't believe it, to see them in the pictures, that any of the film favorites ever was or ever could be fat. But look at the pictures. Compare Mary Miles Minter when she was working for the screen with Mary Miles Minter today. Look at Nita Naldi, struggling with superfluous pounds of "too, too solid flesh," then see her on the screen and take heart, plump little sister!

You can do it, too. That's Secret Number



Keep Those Girlish Lines

Two; but O, Girl! you've got your work cut out for you. Read how they keep the curves down, and then say the life of a film star is an easy one! Easy enough if—

If you want a life of work and diet, exercise and starvation; for that's the answer. It's what they all say, what they all have to do. And, as Nita Naldi says, some of them suffer what she politely calls Hades, to keep slim enough to hold their jobs.

Sure you can do it! If you don't believe it, just try some or all of the methods these loveliest girls of the film have found effective.

Exercise Does It, Says Bebe Daniels

I never diet. One reason is that I never feel the need of it. I also dislike the gash-like lines in the faces and the irritability in the voice and manner of those who adopt starvation in the name of dieting.

I rely upon four kinds of exercise to keep my figure under control. While I am at work I do not even use these. I am convinced that a screen actress's work is severe enough to provide all the exercise she needs while she is engaged in making a picture. While I was at work in Nassau in the West Indies I lost sixteen pounds in three weeks.



Mary Miles Minter (3 years ago—at left) and today (above). She always was a plump little beauty, but recently she has indulged in sweets, forgotten her exercise and just see what happened. The famous actress will probably start in one of these days and get back to the girlish figure the smaller picture shows. Her sister stars tell her in this article how to do it by diet and exercise

What Every Woman Wants To Know—



When Viola Dana found herself becoming too heavy, she induced her sister Shirley Mason to put on roller skates and scoot around the cement behind their home in Hollywood. The miles they skate proved too much for the extra pounds and Viola has a typically boyish figure as a result

In "off seasons," that is between pictures, I swim and fence and golf and ride. I like best swimming in the surf in either ocean; that is, at the time, my neighbor. I prefer it to fresh water because of the tonic action given by the salt upon the skin. Golf I advocate and practice because it keeps those of us who think we do not like to walk covering miles in unconscious pedestrianism. Fencing is needful because it causes quickness of action. That quickness develops grace. Rapid movements reduce fat. Riding brings into play practically every muscle in the body.

Eat Lamb Chops and Pineapple, Urges Nita Naldi

Yep, I have adopted the lamb chop and pineapple diet. Up to now I've been taking it for a month. It has pulled me down twenty pounds. But I've kept on taking steam baths and massage.

As nearly as I can tell the lamb chop and pineapple diet cuts down your weight because it plays hob with the stomach. I

know its advocates say it couldn't possibly, but they haven't lived with my stomach. I have. The finest lamb chops and freshest pineapple have lively scraps within me. My stomach keeps saying, "Eat, Eat, Eat." And I don't.

The old saying that one must suffer to be beautiful is true, but it doesn't tell all the truth. One must suffer Hades to be thin. Don't believe anyone who tells you a different story. They are camouflaging an eternal truth. Why, one day, while I was giving an interview for publication I nearly fainted. My stomach yelled, "Eat." I didn't and it turned everything black before me and I was dizzy. Vertigo? Yes, I was ashamed to tell the interviewer that I was faint because I was starving. All I had taken into my tummy that day, and it was five o'clock, time for tea, was water.

O, yes, the lamb chop and pineapple diet. In the morning I have a cup of coffee, black preferred for the diet. At noon one lamb chop broiled, for of course no article of food should be fried, not even an egg. Any dietitian will tell you that. O yes, the lamb chop and pineapple diet. Remember, nothing for breakfast, unless you call a cup of coffee something. I don't. One lamb chop and one slice of pineapple for luncheon. Two lamb chops and two slices of pineapple for dinner.

That's the simple life of the would-be-thins.

Regularity Keeps Gloria Swanson Slender

I just don't eat much. Why are people so much interested in food? I never have been. It is boresome. There is little variety in it. It seems to me endless



Norma Talmadge has one of the prettiest figures on the screen, but even the fair Norma has to watch her weight. Recently she found, as this picture shows, that she was too heavy by fifteen pounds. She took it off by dieting and exercising

How To Lose Weight or Gain It

repetition. I try to eat regularly, for regularity in all things is the law of life, but amazingly little compared with what is the average meal.

In the morning, if I am not working, I eat no breakfast. I don't need it nor want it. If I am working I have a slice or two of toast, an egg and a cup of tea. For luncheon, in any case, a green salad, preferably one of hearts of lettuce with French dressing. For dinner a little of what is ordered for me. A mouthful or two or three of a little square of toast. A green salad. Why should any one want more? I never could rate the desirability of any restaurant by the quantity and richness of the food served.



Agnes Ayres, slender and beautiful, proved a sensation upon her arrival in New York. Those who remembered the famous actress before she left for the Pacific coast recalled her growing stoutness. When she returned she was as slender as a miss of fifteen. Hard work and a simple diet reduced her fifteen pounds

I have no system of exercise, I don't care for sweets. It has never been a hardship to abstain from them.

I do not vary from year to year more than three pounds because I am one of the mortals who are indifferent to food. So all my friends say, and I do agree with them. I believe that fat is a glandular disease. I think eating has little to do with it. Treatment of the glands removes excess fat. Starvation only drives it away for the time.

Elsie Ferguson Eats Three a Day

I have three meals a day. But not the usual three meals. Luncheon is stricken from my day's programme because I think it is a bothersome meal. I breakfast at eleven,

refresh myself with tea at three and dine at seven unless some emergency requires a change of hour. For breakfast I have toast made of white bread. I have no repugnance for bread of its original color. An egg or perhaps two eggs, in any way my fancy dictates. For tea I have toast, jam, cakes, even a chocolate or two if I like. I am not conscious of any taboo. At dinner my tastes govern my menu. I eat many things, but only a little of each one, at any time. With my meals I always drink tea.

I depend upon an active out-door life to keep me slender. For many years I have kept my weight at one hundred and twenty-five pounds. When it has risen several pounds, even five or six, it was because I had not had an opportunity for exercise. I had been touring and had been on a train instead of on my feet.

I ride, I swim, I walk, I play tennis. I don't care for golf. It seems to me a lazy sport. I have a good deal of endurance. I have been in the saddle for six hours, stopping only for luncheon. I am well acquainted with a six-mile walk. I indulge my enjoyment of a swim wherever and whenever I can. Tennis I prefer to many games because of its active nature. It develops a poised mind and a poised body. Incidentally it stretches the wee cushions between the vertebrae that were better not too closely packed.

Green Vegetables Keep Anita Stewart a Perfect Sixteen

I am rather proud, or let us say content, that I am rated as a perfect sixteen. That means that I can step into any garment made for a girl of sixteen and wear it away without waiting one second for alteration. I am flattered that fashion editors of women's magazines have begged me to show the girls of sixteen by being photographed in gowns and wraps and shoes and [CONTINUED ON PAGE 116]



Sixteen pounds lost in three weeks is the proud record of Babe Daniels. She never diets but resorts to exercising when she is not working. She has four favorite exercises and they have never failed her, she says

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How They Keep Those Girlish Lines

[CONTINUED FROM PAGE 31]

stockings and hats that are designed especially for them. Because the oil of flattery is always sweet to the taste, I always go. It gives me a sweet, tiny thrill to see my face looking out from between a sweet sixteen's hat and gown that isn't a bit too tight. Not anywhere.

I have kept to the figure of sixteen by good fortune rather than system. I am fortunate in my tastes for food and exercise.

For instance I happen to like extremely green vegetables that do not fatten those who eat them. I crave asparagus as a child does candy. I have always liked the green things that grow above ground. It may be that my wise mother guided my tastes while they were forming. When I ask her about it she smiles and changes the subject. String beans, peas, carrots, tomatoes, cabbage, cauliflower, spinach, yes, and onions, furnish a nourishing diet in their season. If you especially like them you are fortunate. Two or three of these vegetables, cooked or in combination salad, are enough to nourish a giant. A plentiful portion of mixed salad is a satisfying meal particularly for luncheon. There are so many delicious fruits to be eaten raw or cooked. With vegetables and fruits in abundance no one should ever grow fat.

I ride when I have time. I swim in the surf on either coast. I walk, my mother says, wherever I go, if it is from Harlem to the Battery. Motoring is for those who must annihilate time or who are lazy. I start to my destination earlier that I may walk. On a normal day, that is if I am not cooped in a studio all day, I walk six or seven miles.

So I am able to pose in the dresses of Miss Sweet Sixteen.

Dodge Sweets, Warns Dagmar Godowsky

When I know that I am to have a fattening dinner I drink the juice of a lemon before eating it. Yes, undiluted lemon juice. Hard on the stomach, perhaps, but saving to the figure.

The desire to avoid dreaded poundage has made a heroine of me. I love sweets. A friend who wished to be nice to me sent me a box of chocolates. I gave them away the same day. Had that decorated box with its mauve ribbon remained within my sight I would have fallen. Remember the Lord's prayer: "Lead us not into temptation and deliver us from evil." That I honestly repeated when I gave away that precious candy.

I get up very early. At six o'clock I stand two feet back from the windows of my room and do my daily dozen. Everyone of them.

Do you not think I deserve my slimness? Shades of suffering, I do.

Hike Like Sixty, Says Constance Talmadge

I deserve my slimness. Indeed, I do.

Part of its price is the long country walk. Not only long, but, what is more to the point, brisk. Sauntering never reduced anyone's weight. Better two miles so quickly covered than one's body is covered with perspiration, than a six-mile stroll.

I play tennis. I play golf. I dance a great deal. Believe me, I was thrilled when I received a professional offer to dance upon the stage. From screen to stage instead of from stage to screen.

Besides all this I do my daily dozen of Walter Camp's exercises. While I was in Philadelphia, Jack O'Brien trained me in them. My sister, Norma, and I had a little room fitted up in our studio and there we had a miniature gymnasium, where we practiced with cross bars, dumbbells and "horses."

I eat a light breakfast of fruit, coffee or

chocolate, and a roll. My luncheon is light, a green salad one day, and two glasses of milk, drunk at the rate of five minutes a glass, on the next.

My dinner is a go-as-you-please meal. I eat whatever is served but I am careful as to quantity.

Towel Best Fat Fighter, Billie Burke Declares

The towel over the door sill is my first aid in keeping my flesh within reasonable bounds.

My life has been a battle against plumpness. I have tried the regimens recommended by Dr. This and Doctor That. I have a full acquaintance with the electrical aids in flesh reduction and with starvation, masquerading under the alias of diet. And finally I evolved a system of my own. To reach it I tried methods that I later discarded. I tried others that I have adopted and made my own. For instance the towel across the door sill.

When I rise in the morning I fling open any windows that are not opened at their full, stand back far enough to escape the gaze of the curious, and clad in my bathrobe, execute certain movements that I have found reduces my embonpoint. I "limber up" by leaning far forward with my hands raised above my head, until my body describes the letter "U" inverted. I repeat this until I feel that any "kinks" that were in my body or mind have been straightened.

Then the scythe movement, as though I were cutting hay with a scythe. This calls for a wide sweep of the arms and for the turning of the torso from one side to the other upon the axis of the waist.

Finally, swinging from the towel. I toss a strong, long towel across the top of the door frame and I catch an end of it in each hand. Then I swing my body back and forth. The towel supports all my weight. This would not be ideal for a woman who weighs three hundred pounds, nor one who weighs two hundred fifty pounds, for like all things else door frames reach the limit of endurance. For a woman who weighs between one hundred twenty and one hundred seventy pounds it is safe and effective. Its value is in the stretching of the cartilage packing between the little bones of the spine. With ease of the strain upon these cushions comes lessening of the nervous strain. The blood bounds through the veins. When circulation is stimulated fat goes.

I weigh myself every morning. One must watch the scales else she may be overtaken by a rising tide of flesh.

I keep a reasonable watch upon my diet. Occasionally I crucify the flesh to the extent of eating no candy, pastry nor potatoes for a month.

Cake Jag Is Agnes Ayres' Dissipation

I work hard. There was excitement in Hollywood when I seemed to be melting away. Everyone asked me for my secret. It was this. I did two pictures without any rest between them. My first picture called for sixteen camera days. The other twenty-one such days. Those practically thirty-seven days of nearly continuous work caused me to lose about fifteen pounds. There's a moral there, friends. Keep active.

It is natural for me to avoid the things that fatten one. I don't care for many sweets. Candies and ice cream I dislike. I will tell you after while of the one exception.

The body needs a little starch. I furnish that with rice, which is not fattening. A typical Agnes Ayres meal, say dinner after a hard day at the studio, is a chop—one chop, not two. It may be lamb or mutton well broiled.

With two vegetables such as carrots and spinach and a cup of tea. No desserts.

A few simple exercises I use. I vary them. Sometimes it is breathing deeply five times. Sometimes it is bending forward until my finger tips reach the floor. Sometimes lying on my back and raising my limbs till they form a right angle with my body. Rising time is the best for such exercises. One is not tired then, nor distracted by interruptions.

An active life and simple diet are my regime for avoiding too solid flesh.

My confession? It is that I like cake. The gooiest, fatteningest kind of cakes. Lady Baltimore and chocolate marshmallow and white cake with coconut and chocolate layers, are specimens of my tastes. At my home in California, we have a cook that is an artist in cake baking. So, perhaps once a week, I go on a cake jag. At those times I eat little else. The jags do not last longer than Sunday. One day suffices. Of course I suffer remorse and say that I really must not eat any more cake. But I do. So with our darling sins.

Rub It Off and Exercise, Urges Alice Terry

I do not believe in any trick diets, but in a carefully planned menu combined with massage and exercise for reducing.

I go to a specialist in Hollywood who gives me forty-five minutes a day of the most violent massage. I take a series of exercises—any regular setting up exercises will do—night and morning. And I ride horseback every day—as long rides as I can find the time to take.

My diet while I am reducing consists of:
Breakfast—Coffee without cream or sugar and unbuttered toast.

Luncheon—Two soft-boiled eggs, unbuttered toast, all the fresh fruit I want.

Dinner—Beef, broiled or roasted, salad and fresh vegetables.

All these in very small portions. By this system I can take off 6 pounds in four days.

Priscilla Dean Uses Daily Dozen

I have taken off a lot of weight in the last few months. I began by taking some very drastic treatments in a rolling machine.

Then I began a course of exercise and diet, following pretty closely the advice of Annette Kellermann, who is a pal of mine and lives in Hollywood just now. Miss Kellermann disapproves heartily of stringent or unbalanced dieting. I have simply cut down the amount of food I eat and also eliminated from my menu certain articles of food. No potatoes, no white bread, no candy or desserts, no pork of any kind and no fat or other meats, no oils in salad dressings. Aside from those things, I eat about as I like, always being careful not to pack myself full at any meal.

Then I take daily exercises, play two or three sets of tennis, and swim for at least half an hour. These exercises consist of Miss Kellermann's own form of the "daily dozen" and of a certain number of dance steps, which are excellent for reducing and also for adding grace and ease while the reducing process is going on.

With all this, I am careful not to loll after meals, not to eat between meals, and to walk whenever I can, instead of riding.

Turkish Baths Best, Lois Wilson Declares

Every time reducing is mentioned, my mother becomes speechless with indignation. The truth of the matter is that when Mr. de Mille told me I needed to take off a few pounds, I decided to do it my own way. I didn't consult any specialist or anything, and I just went on a regular starvation diet. The result was that I reduced too much too quickly and had to eat and get it all back to get my strength.

Then, having learned my lesson about starving, or unregulated diets, I went on a

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sensible eat-and-grow-thin diet. I took small portions and cut out the really fattening things, such as potatoes, butter, white bread and sugar. With this I took long walks—walking from my house to the studio whenever I had the time—and a certain number of Turkish baths. This did the work in the proper way and left me not only thinner but stronger and with much more vigor and "pep."

Determination Takes Off Fifteen Pounds for Norma Talmadge

Determination in diet and exercise will work seeming miracles.

I lost a great deal for a woman who is not tall, fifteen pounds, at Hollywood. A breakfast of black coffee, a luncheon of green salad in season with French dressing in which lemon juice predominates over olive oil and a "picked at" rather than eaten dinner, gradually lessened my weight.

These, with Camp's daily dozen of setting-up exercises, and five periods of deep breathing every day. Two minutes only for each period of deep breathing, yet as a flame burns tissue paper so the draughts of oxygen, introduced into the body by deep breathing, burn away the superfluous flesh.

I joined my sister in the little gymnasium in our studio. Twenty minutes of the exercises with apparatus filled us with energy and rid us of our avoirdupois.

It is rather well known that a rigid adherence to the Volstead Act is required. Any physician with whom you place your case of excess weight asks you whether you drink. If you admit that you do, he says: "You must stop." If you sincerely want to reduce your weight you do.

Roller Skating Keeps Viola Dana Slender

Walking is the finest way in the world to reduce. If I had time, I would always take off weight by long walks. But I haven't—and very few busy people have. But I have found that roller skating will accomplish the same results, and a half hour of roller skating is equivalent to hours of walking.

My sister, Shirley Mason, and I do our half hour of roller skating every day. We have a cement court and driveway in our back yard and we get out there early in the morning or after dark and cover a good many miles. Any woman who wants to reduce can do it by skating.

After we have skated—and we wear woolen underwear and heavy sweaters while we are exercising—we take a good hot shower to clear the pores of all perspiration and then a cold one.

I do not believe in dieting. Any actress of course is obliged to watch her diet day by day in every way, if she cares anything about her figure and complexion. I never allow myself to eat all I want at any meal and I never eat candy, or potatoes or fattening things.

Science and System Urged by Betty Blythe

Reducing should be done scientifically and systematically.

When I need to reduce I do it by a combination of diet, massage, exercise and Turkish baths. I come out of a course of reducing feeling better than when I went in. But to do this expert advice must be taken.

First, the diet. My reducing diet consists of—

Breakfast—Fruit, coffee, zweiback.

Luncheon—A salad, a little cold chicken, toast.

Dinner—Lean meat or fish, one fresh vegetable, more salad, fruit, bran muffins.

This must be followed religiously, and only small quantities eaten.



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I take long walks, preferably in the hills where climbing is necessary. I ride horseback, and I spend an hour in the morning dancing. I prefer dancing to the regular gymnastic exercises.

In the afternoon I have a long and vigorous Swedish massage, and follow it with a Turkish bath—not too long.

This will reduce a woman any amount she desires to lose, and will also clear her skin and make her feel more active and energetic in every way.

A Pound a Day Easy for Jacqueline Logan

My reducing diet is simple, but with it I can take off a pound a day.

If I have to start a picture and need to reduce I count the number of pounds necessary and begin that far ahead.

It consists simply of—orange juice for breakfast and nothing else. Orange juice for lunch and nothing else. A good, hearty dinner, of anything I want.

I never drink anything but orange juice and water while I am on this diet, and I substitute the orange juice for the water as much as I possibly can.

Army Set-Up Best, Says Florence Vidor

The only time I ever had to reduce I did it by taking the ordinary Army setting-up exercises night and morning. I also played four or five sets of tennis a day. With this I followed a rather simple diet, eliminating all fattening foods for the time being. Having taken off any unnecessary weight, it can be kept off by a certain amount of exercise every day and a proper diet.

Speaking of Pictures

[CONTINUED FROM PAGE 27]

debt \$184,000 and is working the only way he knows how to pay the friends who stood behind him during his trouble, which resulted in his acquittal in San Francisco on a charge of manslaughter.

This rather disorganized his attackers and they were stampeded. Arbuckle emphasized that he had been tried by a jury and acquitted of the crime charged and insisted that such persecution was against the great American spirit of fair play.

The majority of the Council agreed with Arbuckle and the Ministerial Association was routed.

HAS Rex Ingram really abandoned motion pictures? He has, at least for several years. His decision is a great loss to the art in which he has distinguished himself. Since he leaped into fame by his production of "The Four Horsemen," he has been considered one of the very few great directors.

The field is crowded with second-raters, and it will be a long time before anyone like him is found.

There never was a truer artist in motion pictures than Ingram. Perhaps there has never been as true a one.

But he has his own art instincts to follow, his own life to live.

He has accumulated enough money to be comfortable the rest of his days, and if he prefers the peace of sculpturing in Tunis to the turmoil and grind of the Hollywood studios, he has earned his freedom.

The Obvious

HIS WIFE (a very amateurish cook): Don't growl over your food, John! No one is going to take it away from you!

—Sketch (London).



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