

Exercise Helps Hands to Be Fluent Interpreters of Speech

By ALICIA MART
(NEA Staff Writer)

If you hands aren't fluent interpreters of your words and feeling, train them to be.

You can, by freeing fingers of the muscle-bound stiffness which seems to make so many women's hands expressionless and lacking in grace.

The more "wooden" hands are, the more they need exercise. Such exercise does not have to be an enormous routine. You can put your hands through limbering-up series of exercises while you hang on the telephone; while waiting for a bus or an elevator. You can practice fingerwork while you read without halting a single word.

Take, for example, the simple exercise of squeezing a rubber ball or a balloon which demands no concentration from you while you alternately contract and relax the muscles of that one hand, than the other. The squeezing-pain forcibly flexes every muscle in the hand.

Another exercise that could suffice is the one for which you use one hand to force apart the fingers of the other hand. The trick here is to form a pair of fingers as far apart as you can stretch them.

While hands are idle, play on an imaginary piano keyboard. This is another excellent routine that will not hurt your hands through octave stretches, send fingers leaping hither and thither from black keys to white.

NAVY MOTHERS' CLUB SPONSORS PARTY TODAY

The annual Christmas party of the Park City Navy Mothers' club will take place tonight at 7:30 o'clock in Obey Grotto hall, 119 Fairfield Avenue. Gifts will be distributed to members and their guests.

Mrs. Florence Hauber is chairman, assisted by Mrs. Sally Blixom, Mrs. Hazel White, Mrs. Winifred Dresler and Mrs. Marie McNine.

Bills at Local Theaters

"The Wistful Widow of Wagon Gap" starring Abbott and Costello and now showing at the Loew's Phil theater, is loaded with laughs from first audience to the finale.

Rated as the funniest of all the 20 comedies made by the inimitable comedians, "The Wistful Widow of Wagon Gap" features Marjorie Main in the title role, with George Cleveland, Audrey Young and William Ching topping the supporting cast.

The show has ton and fun as housewives-schemers who find their way into the wild western town of Wagon Gap. Fuddy-Duddy Costello is charged with shooting a no-good resident, and under the law must support the victim's family and pay all debts. Miss Main is the victim's widow, and she and her seven children come pretty, some honky, but all hats become Costello's changes. Roisterous scenes on the farm follow.

The Invisible Wall? mystery thriller starring Don Castle, Virginia Christine and Richard Gaines, is the companion picture.

Dumas Story at Majestic

"The Man in the Iron Mask" smashing film based on Alexandre Dumas' famous story is showing this week at the Loew's-Pal Majestic theater starring Louis Hayward, Joan Bennett and Warren William. Others in the cast include Joseph Schildkraut, Alan Hale and Miles Mander.

Hayward takes the dual roles of the austere and cruel King Louis XIV and portrays the role of his twin brother Philippe. Miss Bennett is real as the Queen Infanta of Spain who is in love with Philippe.

Also showing this week is "A Gentleman After Dark." The cast of this hit show includes Miriam Hopkins, Brian Donlevy and Preston Foster.

Horror Films at Globe

The two greatest shockers in screen history—"Frankenstein" and "Dracula" are now playing at Loew's Globe theater in a special encore engagement.

Masterpieces of creepy eerie atmosphere, the films are blood-curdling of the first magnitude. "Frankenstein" stars Boris Karloff, Colin Clive, Mae Clarke and John Bolex. "Dracula" stars Bela Lugosi, with David Manners, Helen Chandler and Dwight Frye.

Probably no picture ever made has as powerful and gripping a scene as that in which Frankenstein's monster comes to life under the trembling fingers of the mad scientist, come to life and suddenly begins to rise slowly from the operating table where it is strapped.

Nor has there been an equal to the shuddiness of the scene in which Count Dracula rises from his grisly coffin hidden among the shadows of a cob-webby cave.

Theater Time Table

10:00 P.M.—"The Wistful Widow of Wagon Gap" 1:00, 4:00, 7:00 in 100, "Invisible Wall," 2:30, A.M., 3:30 A.M.

MAJESTIC—"The Man in the Iron Mask" showing at 2:45, 6:00 and 8:30. "A Gentleman After Dark" at 1:20, 4:45, 6:15.

LOWE'S GLORIE—"Frankenstein" 2:20, 5:00, 7:25, 9:00. "Dracula" 1:00, 3:30, 6:15, 8:45.

WARNER—"Red Stallion" at 1:00, 3:45, 6:45 and 9:30. "Linda the Good" at 2:30, 5:20 and 8:15.

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