

Marilyn Monroe Relates Favorite Exercises to Maintain Good Figure

BY LYDIA LANE

Marilyn Monroe was just another blonde trying to crash Hollywood until she was cast as Louis Calhern's sexy girl friend in "Asphalt Jungle." After that picture the executives at 20th Century-Fox began to groom her for stardom.

When I took Marilyn to a veterans hospital, she was the most whistled-at star who had ever been my guest. So it was logical that my first question should be, "How does a girl make herself attractive to men?"

'Feel Attractive'

"Try to be beautiful, she advised, "but don't underestimate your frame of mind.

"YOU must feel attractive and desirable to make others feel it. You can't be mentally fighting a battle of the sexes. The basis of being attractive to men," Marilyn emphasized, "is your enjoyment of being a woman."

"Do you dress to please men or women?" I asked.

"If you can't trust your own instinct (she confided that she always knew what was right for her) never ask a woman for advice. Look in the magazines until you find somebody your type and try to dress like them.

Be What You Really Are

"When a girl puts on an act, pretends to be something she thinks will impress the boy she is with, she ends up with a

feeling of insecurity. Be what you really are," Marilyn advised.

"Do you think men dislike make-up?"

"A man doesn't like to look at a woman and be made conscious of her make-up. But when you put it on carefully you can use everything there is without his being aware of it."

Favorite Make-up

I asked Marilyn to tell me about her favorite make-up.

She generously went into detail. She feels that every girl should study her face carefully and decide where she is to focus attention.

"It makes you more desirable," Marilyn continued, "to have moist lips and a sheen on your eye lids. Just a dot of oil over your powder will make your eyelids glisten invitingly."

Perfume Query

"How do you feel about perfume?" I asked.

Marilyn agreed that being fragrant was an important part of being attractive. "A man wants a girl to have a feminine and inviting fragrance, but it is a great mistake to reek of perfume."

I asked Marilyn if she did any exercises to make her body more beautiful. "Yes," she said, frankly confessing that she improved her figure with a carefully worked-out routine.

"I have three favorites," she

told me, "a wonderful exercise for giving your legs and ankles a better shape and another which strengthens your chest, so that you'll never need an up-lift bra."

"What about those obvious places, your waist and hips?" I inquired.

Curves Favored

"I have a naturally small waist," Marilyn commented "and I'm not in favor of a flat backside. It shouldn't get out of proportion of course, but, if you notice, artists' models and even calendar nudes have curves," Marilyn said with a twinkle.

Marilyn gave me her three original and carefully worked-out exercises to tighten a flabby upper arm, streamline ankles and legs, and to build up and firm breasts.

For a copy of these or information about her favorite perfume, send a stamped, self-addressed envelope to Lydia Lane, care of the Women's Service Bureau, The Times, Los Angeles 53.

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