

# SYLVIA TELLS Mae Clarke

**REMEMBER, MAE, be sure to avoid any strenuous exercise. You can swim a little, play tennis a little. Walking is fine for you, and for everybody, for that matter. It is nature's most normal, least exhausting exercise.**

**SYLVIA**

**D**EAR MAE: Well, bless your little heart! I'm proud of you. I think it's grand that, in spite of the fact you've had more tough luck than almost any other girl in Hollywood, you're still able to show them what a good trouper you are. My congratulations!

Do you remember that luncheon Universal gave to Mrs. Knute Rockne while they were making "The Spirit of Notre Dame"? Leo Carrillo, Russell Gleason, Sidney Fox, you and I all sat at the same table. Did you notice that I was watching you closely? It was before you had had that severe nervous breakdown, before the auto accident that laid you up for so long.

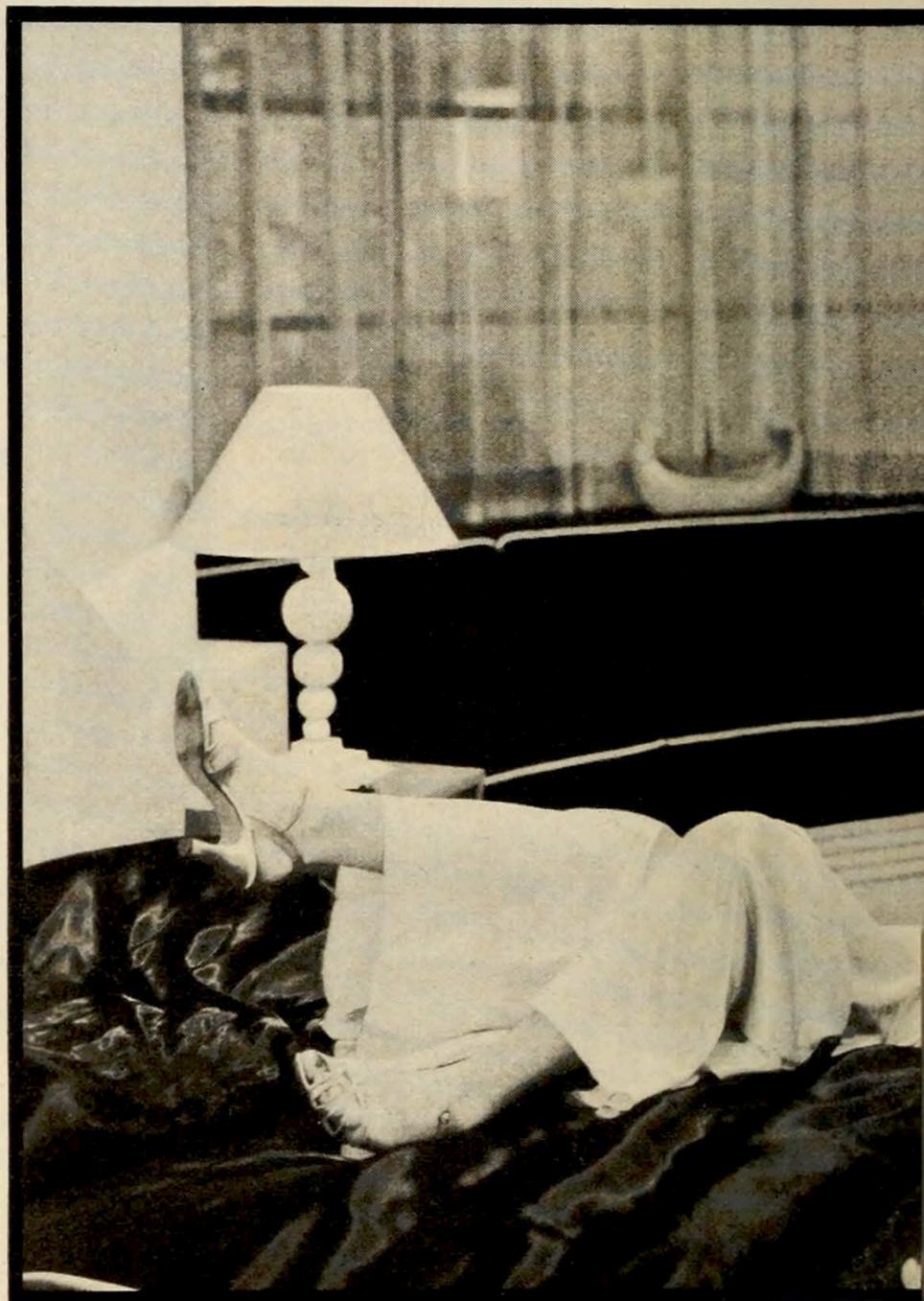
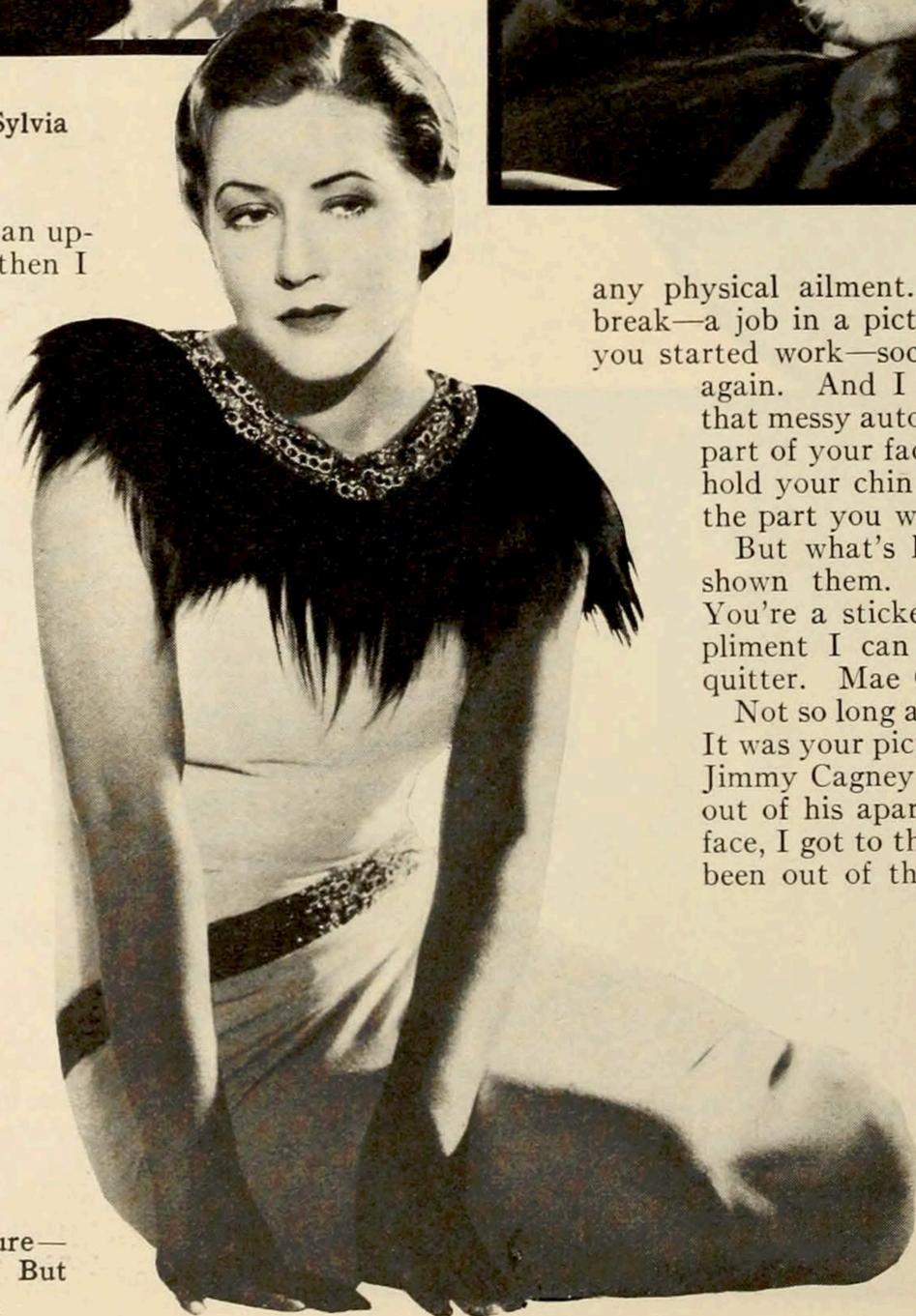
Everybody was hailing you as an up-and-coming new star, but even then I saw a haunted look in your eyes. I wondered if you were really happy. You know, I'm used to looking for other people's troubles—troubles of the flesh (and I mean flesh), as well as of the spirit.

That was about three years ago and, in spite of all you've been through, you look much happier now than you did then. Maybe then you had some vague idea of what Old Lady Fate had in store for you. You were handed plenty of bad luck.

I know what you went through, when you got out of the hospital ready to work again and found that there wasn't any work. Despite the fact that you had been "a promising young actress" a year before, during your breakdown you seemed to be forgotten. That's hard to take. That's a lot worse than



Sylvia



any physical ailment. But finally you did get a break—a job in a picture—and then the day before you started work—socko!—you took it on the chin again. And I mean literally. You were in that messy automobile accident with the lower part of your face all cut and wires inserted to hold your chin in place. Sally Eilers played the part you were supposed to have.

But what's happened now? Well, you've shown them. They can't get you down. You're a sticker. And that's the best compliment I can pay you, for I don't like a quitter. Mae Clarke, I'm proud of you!

Not so long ago I previewed "Lady Killer." It was your picture. But when I saw the way Jimmy Cagney threw you around, tossed you out of his apartment and pushed you in the face, I got to thinking, "Why, that girl hasn't been out of the hospital so very long. She

shouldn't take punishment like that." So I thought I'd just sit down and write you a letter to tell you what you can do to store up energy, to keep you from breaking again, to make it possible for you to fulfill your destiny by becoming a big star.

Also, I know a lot of girls who have to earn a living, who have been sick

Mae Clarke has a lovely figure—even Sylvia can't find a flaw. But Mae needs more stamina

# How To Gain Energy

Her advice to Mae applies to every girl who is going along on nerve alone

But I'm going to tell you how to correct that. I'm also going to give you a diet that is calculated to create energy, to keep you fit, to make it possible for you to go on. I want you to do me a big favor. Try the diet for a week and see how you feel.

And now, I'm going to tell you a secret. I'm going to give you an exercise—well, it isn't really an exercise, as you'll see in a minute—which I call my "energy maker." And, darling, it's so simple that you can't afford not to do it. This is for you, Mae, and it's for every other girl who works hard all day in an office, in a store, or even as a housewife at home.

Give yourself one hour before dinner to make energy. An hour is what you really need, but if you can't give that much time, then give as much as possible. Ten minutes will help a lot. But an hour is perfect. This is good for all nervous people, too, for when you're so tired that you just can't rest, no matter how perfect your diet is, you can't properly digest your food.

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No, indeed, Sylvia doesn't recommend *this* for gaining energy! In fact, Jimmy Cagney's man-handling of Mae in "Lady Killer" worried Sylvia so much, she advises that Mae use her energy diet

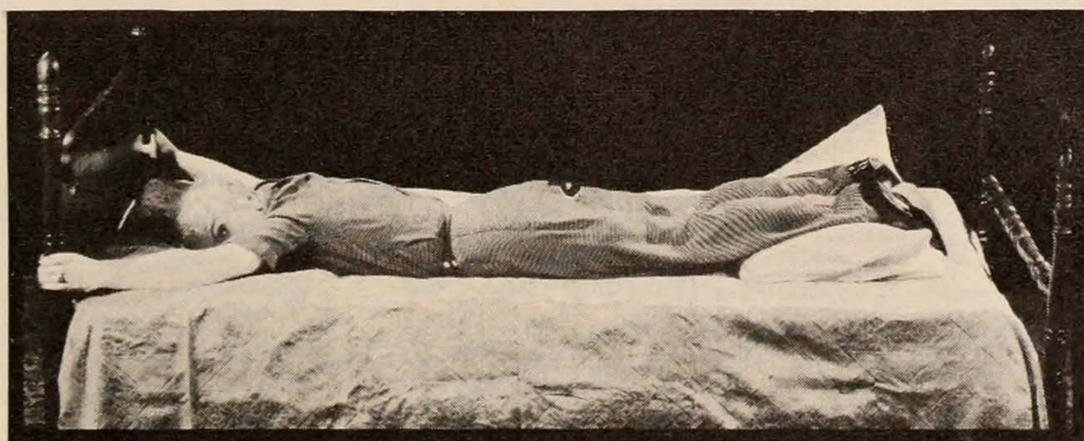


and have gone back to work before they were able, so this letter is not only for you, Mae darling, but for other brave girls who have had tough breaks, too.

You've been able to go on so far, because your ambition and your great will power have pepped you up and let you run along on your nerve. I know what that means. I used to take sixteen patients a day, and I ran on my nerve, too. But there comes a time when that nerve yells, "Stop!" That's when you've got to call on your excess energy. And if you haven't that excess energy, you're going to land right back in the hospital.

In "Lady Killer" your figure was perfect, and the surgeon who worked on you after the automobile accident did a very neat job. I couldn't find a single scar.

Here is something, though, that I want to advise you about. Your neck is a little too thin, and shows a few lines.



After this kind of treatment, almost any girl would need Sylvia's formula for building up the neck and erasing lines

Sylvia demonstrates a simple exercise which will relax a nervous person. She advises an hour work-out before dinner

# Sylvia Tells Mae Clarke How To Gain Energy

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So here's my famous "energy maker."

One hour before dinner, flop down on the bed flat on your stomach. Don't put a pillow under your head, but put a big pillow under your ankles and up to your knees, so that your legs are a little higher than your body and your feet don't touch the pillow.

Lie in the middle of the bed and, with your hands, grab hold of the bedposts as tightly as you can. (And I hope you haven't gone modernistic and have a bed without a headpost.) Make the muscles in your hands and arms rigid by holding very, very tight. Hold so tightly that you can feel the muscles all along your back and the nerves in your stomach tightening up, too. Atta girl!

When you are so physically tired that you can't hold tight any longer, relax your arms—but do it slowly—and let them fall at your sides into whatever position is comfortable. Believe me, darling, you'll be nice and relaxed. You'll be physically so tired that the old nerves will have to stop jumping. Then, without moving off your stomach and without taking the pillow from under your legs, lie there until dinner time. Oh, Mae, I'm telling you that when you've been doing this for a week or so, you'll feel fine, as if you could lick the world with one hand tied behind your back.

Now here's your big energy diet—and it won't put any weight on, either.

In the morning drink a glass of water—hot or cold—with a tablespoon of lemon juice in it. Then take a lukewarm shower, and use not only a good mild soap but a stiff body brush, scrubbing your body all over briskly, working particularly on the spine and the upper legs. Finish off by stepping under the cold shower for a second, turned on full blast. If you don't react properly, don't do that last bit.

## BREAKFAST

Two sliced oranges (energy food)

One coddled egg (You know how to fix that by now, I hope)

Two or three crisply toasted slices of whole wheat bread with butter and honey (honey is an energy food, too)

Clear coffee

## ELEVEN O'CLOCK

Big glass of tomato juice

## LUNCHEON

Salad of water cress and parsley, chopped fine, with one half of an avocado and spoonful of cream cheese. (Use pure lemon juice over this, as the avocado has plenty of oil)

Rye crackers with butter

Steamed artichoke with melted butter

Small dish of fruit gelatin with a little whipped cream

Small glass of milk

## FOUR O'CLOCK

Basket of fresh strawberries or blackberries or (when berries are out of season) an apple. If the berries are sour, sprinkle a teaspoonful of brown sugar over them, crush them and let stand in the ice-box. They are refreshing and stimulating. If you eat an apple instead, have it cold and well-washed and be sure to eat the skin, since there you find the best food properties.

## DINNER

Small bunch of green onions (tell the boy friend not to mind. Make him eat some, too)

Three or four radishes

Three or four ripe olives

And (if you like it) a rye cracker with fresh caviar

Potassium broth (Here's the recipe: Use either turnip tops, beet tops, mustard greens, spinach or Swiss chard. Chop fine and add (also chopped fine) carrots, parsley and lettuce. Cover with a quart of water—cold—and let simmer for thirty minutes. Strain. Press out the juice and drink as soup. If necessary add celery salt.)

Chopped meat. (Use any meat but pork. If beef is used choose the cheapest neck meat, for it has the most valuable properties. Heat pan thoroughly without grease. Sear the meat cake quickly on both sides. Lay a piece of lean Canadian bacon over it and broil. If beef is used, eat it very rare.)

Fresh green asparagus

Small baked potato, skin and all

Baked pear or any fresh fruit

Demi-tasse

Every other afternoon at four o'clock, alternate the berries or apple with a half glass of milk and a half glass of cream mixed.

At bedtime take a small glass of grapefruit juice.

Now, Mae, you can probably guess by this diet that I like you. I wouldn't be giving you caviar if I didn't. Well, I do like you. After all the hard knocks you've had, you deserve a little caviar in your life. Anyhow, I'm a great admirer of yours.

I don't want you to take much exercise while you're storing up your energy. Be sure to avoid any violent exercise. You can swim a little (and with your lovely figure you can't resist putting on a bathing suit), play tennis a little. Walking is fine for you (and for everybody, for that matter). It is nature's most normal, least exhausting exercise. But don't take any more exercise than that for a while, until your strength is absolutely restored.

And now I want you to get busy taking those lines out of your neck. Every night and every morning wash your neck with a good mild soap and a fine face brush. That takes off the dead skin. Then for a few minutes gently massage your neck with cold cream using a rotary movement from the shoulders and breast-bone up. Remove the cream. At night leave just enough cold cream on to sink into the pores.

And I give you my word that's all you need to do.

Mae, you're a brick. And every other girl who works when she doesn't feel well is a brick. But if you're going to carry on and keep up the good fight, put your energy into the bank—just as you put a part of your salary check in. The money comes in handy on a rainy day. The energy is for the grand, sunshiny days when you want lots of pep and lots of vitality to enjoy life and health!

Lots of love and all the success in the world.

Sincerely,  
SYLVIA.

## Answers by Sylvia

Dear Sylvia:

I read about the complexion diet that you gave Jean Harlow but I don't quite understand it. While I'm taking the diet should I eat other food as well?

F. G., Las Vegas, N. M.

I'd like to know your definition of the word, diet. Do you think you can eat chocolate eclairs and ice cream sodas along with the reducing diets—and if so, what good would they do you? I plainly stated, "Once a month, for five days, do this." Then I gave the diet. If I had wanted you to have anything else along with it, I would have said so.

You're supposed to stay on the complexion diet for only five days out of the month. Giving up a little solid food for so short a time won't hurt you. The reason you have bad skin and acne is because you eat your head off—and can't pass up rich pastries. Now stick on that diet and don't be such a foolish girl any more.

My Dear Madame Sylvia:

I wish you would tell me how I can make my

**P**OOOR Aunt Sylvia—how those letters do come! But what a joy when I see how many are finding life brighter and happier through my help! If you want help, simply write Sylvia, care of PHOTOPLAY Magazine, 221 West 57th Street, New York City, enclosing a stamped self-addressed envelope. No obligation—glad I can be of assistance.

SYLVIA

eyes bright and sparkling. I envy girls with brilliant eyes and wish mine were, too.

R. T. E., Dayton, Ohio

Well, first of all stop envying other people. That's a waste of time. And if you want sparkling eyes you can use your time to better advantage. Do you know what makes sparkling eyes? Well, I'll tell you. Good health! There is no other way to get them, and the way to have good health and plenty of pep is to follow my health routine—to go on my diets and do my exercises every day of your life.

My health routine gives you vitality. Vitality shines in your face and makes your eyes bright. Start in today to get health and vigor!

Dear Sylvia:

I have a bump right on the end of my nose and it looks very ugly. Is there any way I can remove it?

B. H., Houston, Texas

Aha! I've caught you. You haven't been reading *all* of my articles, for I told you what I did for Ruth Chatterton's nose. You never can tell when my articles have advice that is meant not only for the stars but just for you, too. Here's the nose routine:

It takes infinite time and patience and you can do it only if you're as careful as if you were modeling something beautiful in marble. Place the forefinger of each hand on either side of the bump, then press very, very gently. You must not press hard for that will make your nose red and bulbous. And do not press for more than a half a minute at one time. But do it over and over each day. Then with the thumb and [PLEASE TURN TO PAGE 101]