

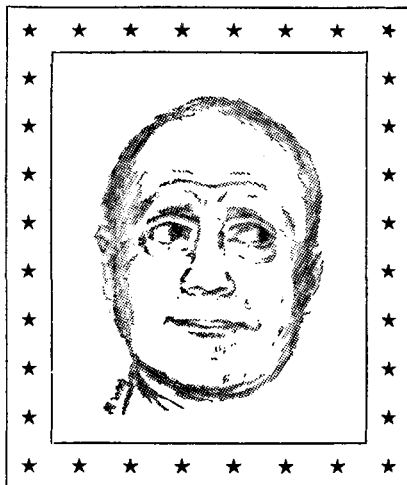
Staying Young's Their Business



*Stars Share a
Dozen Rules
Which Keep
Age at Bay*



**By
Duane Valentry**



FIFTY years ago, a blonde young woman began work as a waitress in her father's restaurant, singing songs on the side. Today at 70, the renowned Sophie Tucker is touring the country on one of her greatest tours and still packing them in at the boxoffice.

In her golden jubilee year of entertaining a vast army of young and old fans, the hale and hearty "Soph," a single back in the days of Nora Bayes, Trixie Friganza, and Irene Bordoni, has no intention of retiring. She's too busy planning new routines, new towns to visit, and new friends to make, and most of all, she's too busy living in the present.

"Never retire!" is a slogan with many of the people whose business it is to stay young. They're too occupied to take note of the passing of

years, and by keeping busy they keep the spirit from withering. Not content to retire to a corner on some shaded porch with memories for company, these glamorous folk stay ageless by "living it up" and by shrugging off time.

"I take no account of birthdays," says Beatrice Lillie, who has been entertaining a couple of generations now. "Being young must come from within. To fuss with your face keeps the wrinkles away but if your spirit gets withered you still will seem old."

Friends and fans on both sides of the Atlantic find the one and only Bea unchanged each time they see her. Right diet plays an important part in keeping this star slim and healthy, for, as she contends, "You can't feel funny if you don't feel well. I don't eat bread, potatoes, or carbohydrates of any kind very often, and only two meals a day when I'm working. One thing, though, you don't feel healthy when your system doesn't have perfect elimination and never in my life have I had to take a pill to correct this."

Ginger Rogers is another past-forty beauty who believes dieting is easy with the proper attitude, and an all-important part of staying young. Her method is to eat only when she is hungry and never more than she wants.

"A person has a choice to keep a young body or to let it become aged," she says. "Once you have

formulated your desire, put it into action, follow through."

CLAIRE TREVOR's recipe for youth is never to worry — and it must work because she never seems to get any older.

"I think it's important never to worry about age — it doesn't do any good — it does harm. Keep interested and busy! There is nothing like boredom to age a person."

Other stars who subscribe to the "Never Worry" school are many. Barbara Stanwyck worries so little about the years that she has let her hair go grey and likes it better that way. To Gilbert Roland, whose youthful face and figure at 50 are the envy of younger male stars, not worrying and exercise are of equal importance.

"For one thing, I play tennis every day of the year," he says. "And then I do not worry. I do not eat myself up inside by fretting about things. That's what makes people old."

"Be flexible," says perennially youthful Irene Dunne. "Keep your spine flexible as well as your point of view. There is nothing that will age you like a rigid mind and a rigid body. It's taboo to say or even think, 'I can't do this at my age.' There is something for every age."

Varied interests will permit this suppleness of mind no matter what the calendar says, according to Miss Dunne. Her own interests include politics and charitable activities.

"Too many people confuse youth — or the lack of it — with wrinkles. But to me youth is more than a smooth complexion. It is an expression on a face which includes vitality, enthusiasm, and a participation in life. Accent your interests and you can't miss accenting your youth."

This belief is echoed by Spring Byington, who paces her radio and television work with stage and screen, and who feels flexibility — mental and physical — is the real secret of youth.

"The last thing I am concerned about is growing old," she chuckles. "It is not how many years you have accumulated that is important, but the grace with which you live them. I never think about my age but I do watch out for signs which come with growing old."

These signs include resistance to the new and a growing inability to listen. "I have a whole list of these signs," says Miss Byington, "but when you stop listening, you stop growing."

LIVING in the present and having a variety of interests does the trick according to ever-glamorous Paulette Goddard.

"Being ageless," she declares, "comes from having interests — an awareness of what is going on."

Gloria Swanson, whose name has long synonymized glamour, agrees. She believes age is mental and does not dwell on the passage of time.

"Age is a word that has no more meaning than you give it. Most people tie themselves down with the thought of their birthday. It never occurs to me to remember mine. I am never bored, but am just as enthusiastic about living as I ever was. I divide my time between television, play, and picture considerations, and my varied business interests."

If you would be young, no matter what your age, keep your zest! Ethel Barrymore, celebrating her seventy-fifth year, has not lost hers. Equally zestful is 90-year-old Adeline De Walt Reynolds, an actress since 1942. Friends thought she had lost her senses when she decided to learn the business of acting, but she went on with her plans.

"God has given us the later years to make our dreams come true," she says. "I don't believe in obstacles, only in challenges, and the way to meet them is through faith, prayer, gratitude, and hard work. You need happiness in what you are doing at the moment, and an eagerness for tomorrow. Yesterday isn't important. Why sit and wait to tear pages off the calendar?"

Because she had always wanted to go to college but never was able to, this dauntless woman enrolled at 64, working her way through by tutoring students in French. At 70, she learned to tap dance, swim, and fence.

"When people tell me I'm too old to do something I go right out and show them how wrong they are.

Don't ever believe it's too late. It never is, if you refuse to surrender any of your ambitions!"

Edmund Gwenn is another who thinks retirement bad for the soul. "If I had nothing to occupy my mind I would wilt. If they'll let me, I'll continue to act till I die."

Youthful Maureen O'Sullivan, mother of seven children, feels that this is as good a time as any, now that her youngsters are growing, to concentrate on a renewal of her career.

"A mother frequently can gain much both for her children and herself by staging an exit from her home when her youngsters begin to grow up," she avers. "By that, I don't mean a mother should quit her home, but that she should minimize her household duties, and take up a career which she may have neglected. I am sure that my children will derive inspiration from the fact that I am working again."

WORLD-FAMOUS dancer, Ted Shawn, has not let age play the tyrant. "A new life begins at 60," he wrote recently. "Certainly I feel no diminution of my physical or mental powers, and life has more zest than ever. I look forward, ea-

gerly and with joy, to at least two more decades of rich, vital and creative activity."

Learning new skills challenges senility, according to many of these vibrant young-at-hearts. Hale Walter Pidgeon likes to climb to the top branches of his trees and has become deft at the pruning chore. Charles Coburn is faced with new demands for each television and screen role and has mastered dueling, tap dancing, and the Samba, among others.

"Whenever an adult undertakes to acquire a new skill," says one authority, "whether it is typewriting, playing an instrument, or making pottery, he voluntarily enters into a situation where he is sure to look awkward at the start, sure to make mistakes. The ability not to mind looking awkward, the ability to make mistakes without embarrassment is one of the most youth-insuring powers I know."

Perhaps the best summing-up of the youth recipes for those who refuse to grow old is contained in the words once written by James A. Garfield:

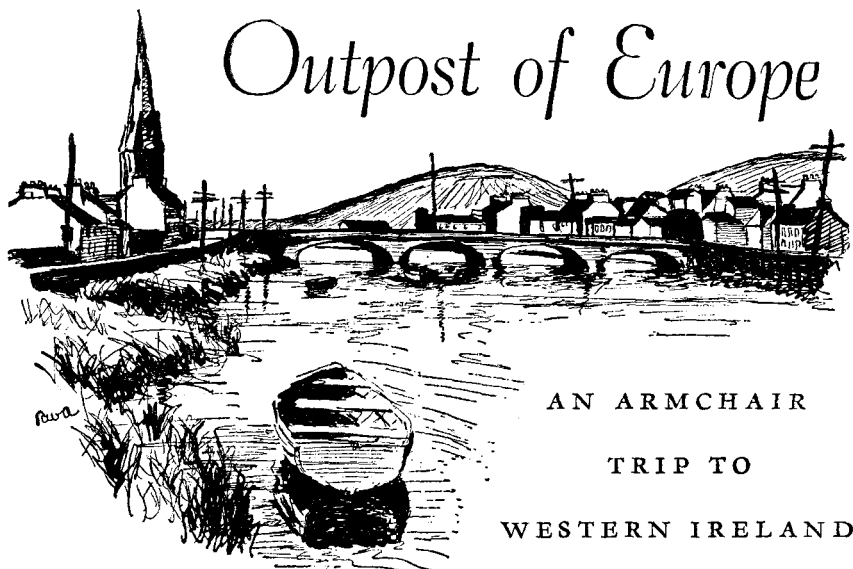
If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old.



I am ready to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter.

— WINSTON CHURCHILL

Remark on eve of his 75th birthday



By W. J. ROSS

IN MY HOLIDAYS I traveled 250 miles from Belfast in the North of Ireland — and found another Ireland. Yes, there are two Irelands. One is composed of 29 counties. The other is composed of three — Galway, Mayo, and Clare.

Soon after leaving the old county town of Roscommon and heading for the Atlantic coast, you enter that other, smaller Ireland, which is as different from the larger as day is from night. You can sense the gradual change as the trim hedges surrounding each field give way to walls of many-sized stones and to rock-strewn soil. You have arrived

in Western Ireland, a region which laughs at progress and is quite content to plod along in its simple way and let the rest of the world go by.

Here and there along the dusty road, a barefooted boy or girl will be encountered leading a donkey loaded with turf, which is carried in "creels" slung across the animal's back.

Western Ireland is a little world of its own — a world which demands little from life, gets little, and is quite happy with what it gets. It is the land of the poet, Yeats, and the artist, Paul Henry; of a