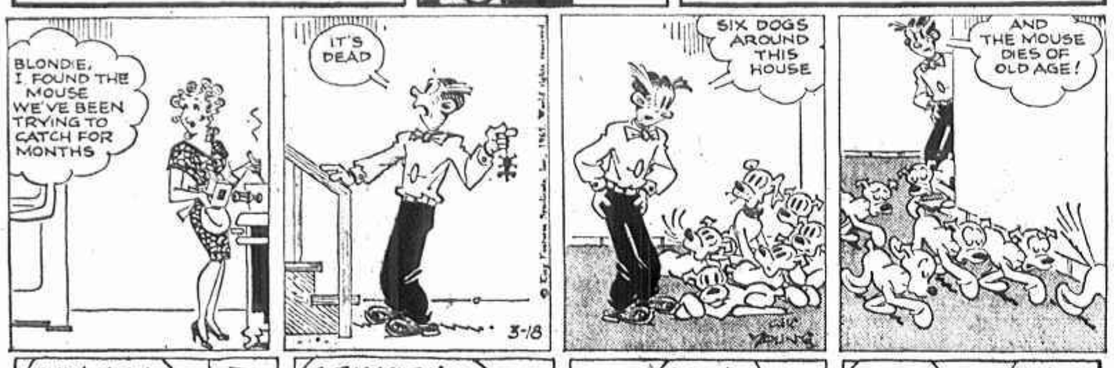
Pogo

The Flintstones

Blondie



The Ryatts

Jackson Twins

Mutt and Jeff

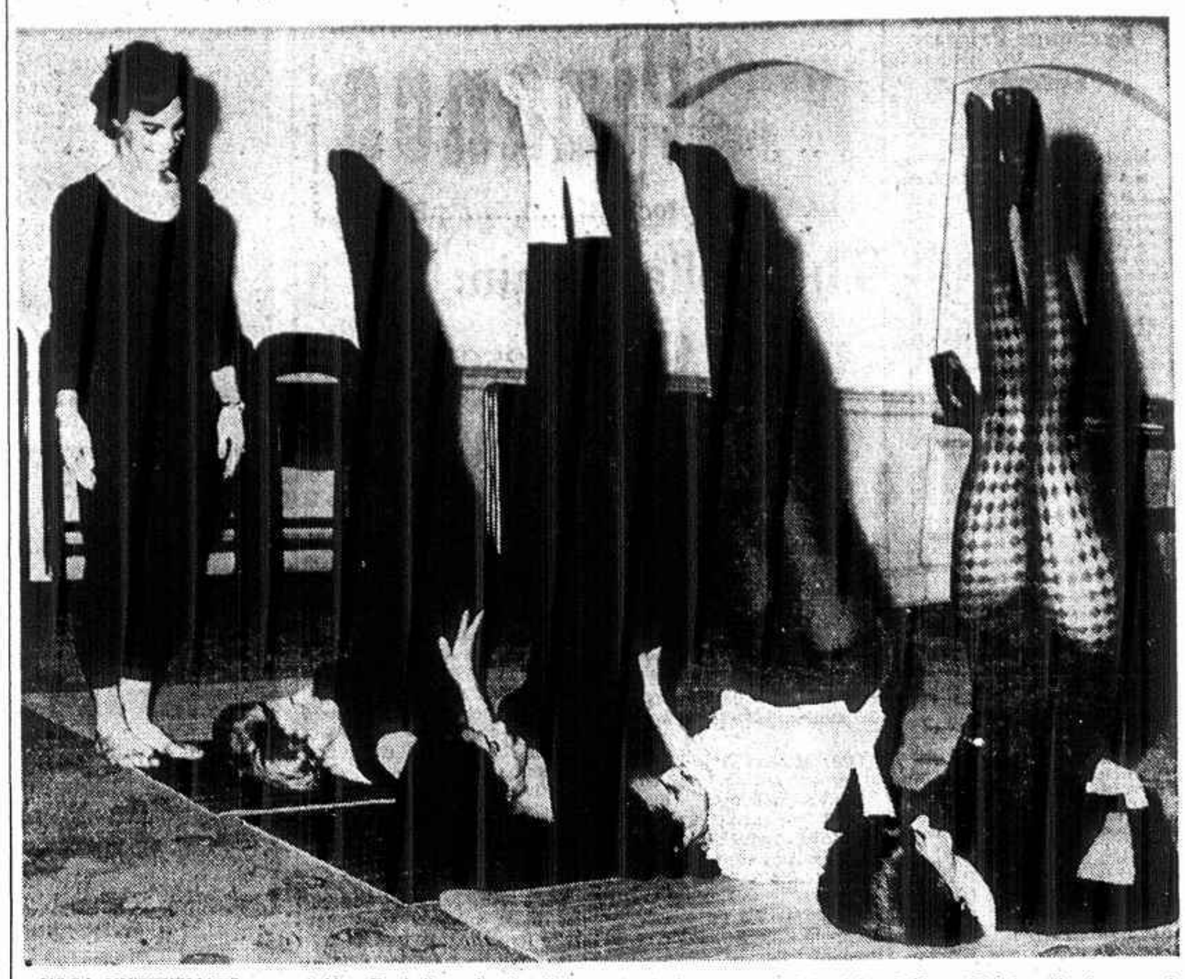
Mandrake

Donald Duck

Tiger and Maggie

Popeye

Westchester Today!



YOGA ENTHUSIASTS practice one of the many postures of the system at a session given at the Huguenot YMCA in New Rochelle under the direction of Mrs. Eunice Wellington of Larchmont. Pictured in a relaxing pose as Mrs. Wellington looks on, are, left to right, Mrs. Bernard Robinson, Mrs. Philip Carlan, Mrs Hal Kleinman, all of New Rochelle; and Mrs. Melvin Shenkman of Scarsdale. — Staff photo by Paul Byrne.

Yoga: Promotes Calmness, Patience

Yoga — the art of physical training coupled with mental repose — a system ageless in India and now sweeping the western world, is being taught at the Huguenot YMCA in New Rochelle.

The Y started classes last September under the direction of Mrs. Eunice Wellington, a leading Yoga authority who has studied the art both in India and in America.

Mrs. Wellington was born in India and lived there for more than eight years. She became interested in Yoga early in life. Later, while making her home in England, she was a member for 15 years of the Sadler Wells School of Ballet, now called the Royal Ballet School.

While serving in the British Navy, she met her husband, John Wellington of Chicago. The couple have now settled in Larchmont with their two children, Partrick, 11, and Susan, 9. Susan is her mother's star pupil.

According to the instructor, Yoga was started over 3,000 years ago in India by Guru. It is a combination of mind, body and spiritual exercises. It disciplines the body and promotes calmness of mind and patience. Its first objective is to achieve a real command of mind through relaxation of the body.

Mrs. Wellington says that Yoga is no magic formula, but a science of living which disciplines the mind as well as the body and can be beneficial to all.

The mental and physical training requires prescribed posture and breathing exercises, meditation and relaxation. It is particularly helpful to persons who suffer from tension or anxiety. Simple Yoga is practical for all ages, sexes and physical types except perhaps for individuals with heart trouble.

Exponents of Yoga combine religion, philosophy, psychology and physical culture into one composite science and art of living. The ultimate aim of Indian physical exercises, in contrast to Western ones is to develop and cultivate poise and balance rather than muscular strength.

Postures are divided in two groups: those for meditation and those for bodily fitness. The following are used for meditation:

The lotus seat — knees bent so that the legs are folded with the left foot on the right thigh and the right foot on the left thigh, the hands resting on the knees.

The adept's seat — knees further apart than in the lotus, with one heel touching the center of the body.

An easy position for those who are not so limber is the pleasant seat — legs crossed with the knees raised about eight inches and a scarf tied round the small of the back and round the legs below the knees. The scarf is knotted in front so that the weight of the knees is supported by the cloth.

The gymnastic posture frequently used for health and function include:

The head pose — standing on one's head with the forearms taking part of the weight.

The pose of the limbs—lying flat on the back, then raising the legs and the back until one is standing on the shoulders, using the hands for guidance and support.

The corpse posture—lying on one's back with the arms along the sides. This is designed to relax the entire body and is begun by first relaxing the toes, then the legs, hands, arms, trunk, neck, face and finally the scalp.

Extremely helpful for back fatigue is the cobra posture — lying face down and placing the hands on the ground near the shoulders, bend the elbows then push up as much as possible, throwing the head back and stretching the neck.

The course at the Y runs for six weeks and classes meet on Tuesday and Thursday from 10 to 11 a.m. Evening classes, which began Jan. 27, will be given through April 14 on Wednesdays from 8 to 9. The cost is $35 for non-members and $25 for members.

Mopsy

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Friday, read words corresponding to numbers of your Zodiac birth sign.

1 Expect	31 Nerves	61 Is
2 Hit	32 Of	62 Relating
3 Roam	33 Generate	63 Looking
4 Join	34 News	64 Your
5 A	35 Your	65 Mind
6 Someone	36 Now	66 May
7 Be	37 Don't	67 In
8 Make	38 And	68 Have
9 Don't	39 Just	69 You
10 Concentrate	40 Surprises	70 Can
11 Be	41 Of	71 Harmony
12 Good	42 To	72 Anything
13 Hard	43 An	73 Offer
14 Far	44 An	74 Be
15 The	45 Increase	75 On
16 Day	46 Status	76 Love-making
17 Comes	47 If	77 Today
18 Leery	48 Let	78 Wanted
19 The	49 Affairs	79 Thoughts
20 Allow	50 Like	80 Income
21 On	51 When	81 Down
22 Cooperative	52 What	82 Really
23 Financial	53 Get	83 To
24 Today	54 Attractive	84 Can
25 Afield	55 Atmosphere	85 Happen
26 Fun	56 Depressing	86 Possible
27 Of	57 You	87 Dominate
28 Through	58 You	88 Now
29 Duties	59 You	89 Higher-ups
30 Most	60 Of	90 High

Good · Adverse · Neutral

ARIES MAR. 22 APR. 20	6-17-28-39 50-69-78	LIBRA SEPT. 23 OCT. 23	3-14-25-36 47-59-70
TAURUS APR. 21 MAY 21	9-20-31-42 53-58-81-88	SCORPIO OCT. 24 NOV. 22	4-15-26-37 48-56-79-87
GEMINI MAY 22 JUNE 22	5-16-27-40 51-72-84-85	SAGITTARIUS NOV. 23 DEC. 22	7-18-32-43 54-63-73
CANCER JUNE 23 JULY 23	2-13-24-35 46-61-82-90	CAPRICORN DEC. 23 JAN. 20	11-22-33-44 55-60-71
LEO JULY 24 AUG. 23	1-12-23-34 45-67-80-86	AQUARIUS JAN. 21 FEB. 19	10-21-29-38 49-62-83-89
VIRGO AUG. 24 SEPT. 22	8-19-30-41 52-57-68	PISCES FEB. 20 MAR. 21	64-65-66-74 75-76-77

3/19

CONTRACT BRIDGE

By B. Jay Becker

(Top Record-Holder In Masters' Individual Championship Play)

East dealer.
Both sides vulnerable.

NORTH
♠ K 4 2
♥ 9 8 6 3
♦ 8 5 4 3
♣ 9 8

WEST
♠ A J 9 7 6
♥ 4
♦ J 7 6 2
♣ 7 5 2

EAST
♠ 8 3
♥ A K Q J 7 5 2
♦ Q 10 9
♣ 4

SOUTH
♠ Q 10 5
♥ 10
♦ A K
♣ A K Q J 10 6 3

The bidding:

East	South	West	North
1 ♥	Dble.	1 ♠	Pass
4 ♥	5 ♣	Dble.	

Opening lead—four of hearts.

It is not especially difficult to make five clubs if you see all four hands. All you have to do is time your plays right and let nature take care of the rest.

However, to make the contract without seeing the adverse hands is much more of a chore, since it requires visualizing the East-West cards accurately, and then taking advantage of this knowledge.

Actually, this is not a difficult task. The bidding speaks for itself and the missing cards are likely to be where the bidding indicates they are.

East practically has to have a seven-card suit for his jump to four hearts, and West, who doubled five clubs, is fairly well marked with a spade suit headed by the A-J. Assuming these conclusions to be correct, the play of the hand becomes merely an exercise in good technique.

East wins the heart lead with the jack and continues with a heart which you ruff with the ten. Taking a long-distance view, you now cash the A-K of diamonds before leading a club to the eight.

You then ruff a diamond high, followed by a club to the nine so that you can ruff dummy's last diamond and at the same time run West out of diamonds.

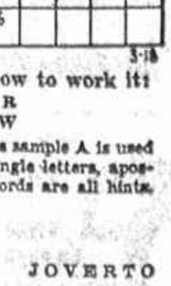
Having taken care of these preliminaries, you draw West's last trump, reducing his hand to only spades. Your cards by this time consist of the Q-10-5 of spades and a trump, while dummy has the K-4-2 of spades and a heart.

You now lead the queen of spades and West becomes a victim of your earlier preparations. If he takes the queen with the ace, that will be his side's last trick because he is forced to return a spade and your ten and queen both become tricks. If he does not take the queen of spades, you make the contract by continuing with a spade towards the king.

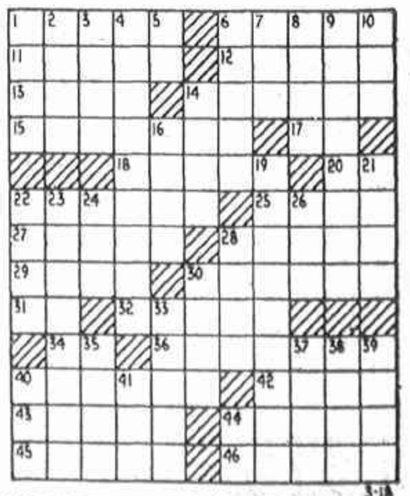
DAILY CROSSWORD

ACROSS
1. Rascal
6. Seize
11. Girl's name
12. Musical direction
13. Narrow strip of wood
14. Banish
15. Attempted
17. Wife of Shamash
18. Refresh
20. Compass point
22. Principally
25. Fold
27. Artist's stand
28. Teases: colloq.
29. Weapons
30. A vacation spot
31. Feudal estate owner: abbr.
32. A confection
34. Norse god
36. Strolled leisurely
40. Exchange
42. Abode of dead: Egypt.
43. Constellation
44. Old-womanish
45. Distorts
46. Egypt. skinks

DOWN
1. Harsh breathing
2. Palm leaves: var.
3. Obtains: dial.
4. Divest of armor
5. Degree in engineering
6. European kite
7. Twilled fabric
8. Celebes ox
9. Longitudinal timber: R.R.
10. Kettle
14. Contradict
16. Scream
19. A cuff
21. The Orient
22. Ground grain
23. African mammal
24. Doctrine
26. Japanese shrub
28. Biblical wild ox
30. Back
33. Song birds
35. One of the Great Lakes
37. Placed
38. Miss Fitzgerald
39. Club obligations
40. Cattle genus
41. Pull, as a trailer
44. Lava



Yesterday's Answer



DAILY CRYPTOQUOTE — Here's how to work it:

A X Y D L B A A X R
Is L O N G F E L L O W

One letter simply stands for another. In this sample A is used for the three L's, X for the two O's, etc. Single letters, apostrophies, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation

IO UAPLH ET IO ZD JOVERTO DUAOY BODBMO UAPLH TD.—JRUMOY

Yesterday's Cryptoquote: LOOK OUT FOR THE FELLOW WHO LETS YOU DO ALL THE TALKING.—KIN HUBBARD