



Left, Smokey & The Miracles with Tom (WOND) Williams and fans. Above, T. Tommy Watson hits the airwaves from K-LOG Studios.

and 9 to 1 a.m. on Saturdays, Tommy keeps the station bouncing with his wit and sense of humor. Cheri wanted us to note that Tommy was the first DJ to have an Electronic Love-in. To make sure you join T.T.W.'s fan club, write to Cheri Freeburg, 1606 Cowlitz Way, Kelso, Washington 98626. **BACKSEAT DRIVERS:** Teens dig a great contest run by JACK FISHER of WROV Radio in Roanoke, Va. On from 2 to 6 p.m. daily, Jack declared AL PATTERSON winner of a genuine back-

seat, a radio desk set and 100 gallons of Sunoco gas. To join Jack Fisher's nutty contest, listen to him over 1240 on your radio dial or write him at WROV Radio, Roanoke, Va. 24015. **FOR MORE MAIL:** If you would like to see your fave DJ featured in this column, just send a glossy picture of him and his biography to me, TJ, c/o TEEN LIFE, Box 384, Madison Square Station, New York, N.Y. 10010. If you sent in all the info on your fave, he may be scheduled for next month, so keep a look out for him!



Indiana fans dig the music spun by Bryan (WTH) Hayden.

SKINNY LEGS

TESTED AND PROVEN METHOD - ONLY 15 PLEASANT MINUTES A DAY!

Try this new, amazing, scientific home method to Add SHAPELY CURVES

at ANKLES, CALVES, KNEES, THIGHS, HIPPI

This most encouraging news for women with thin, under-developed legs was revealed by Henry Milchen, M.D. If by your thin legs are due to normal causes, you should try to attain the strong athletic shapely legs you've always wanted. This well-known physiotherapist was President of the Metropolitan School of Physiotherapy. His record is available in helping lovely stage and screen actresses as well as women like yourself to build beautiful legs. Over a period

of 32 years, he used an amazingly natural method which is unsurpassed by anything we have ever seen. Thousands of girls and young ladies for his personal instruction have in New York City. Now it is possible for any woman to try this famous expert's method, requiring only 15 minutes a day, eight in the comfort and privacy of her own home at a very fraction of this cost.

HOW YOUR INDIVIDUAL THIN LEG PROBLEMS CAN BE CORRECTED BY THIS METHOD

Ordinary Methods Found to Help Little in Developing Skinny Legs

Many women engaged in improper exercises and sports to develop their legs. As a result they may build up some leg muscles at the expense of the rest of the leg causing their legs to look out of proportion. Other women tried diets or diets alone to fill out their legs. Since a weight gaining diet cannot be made to add weight to any single part of your body, you may gain weight everywhere but in your legs. And if a little weight was added to your legs, so-diet could strengthen and develop all the leg muscles to their normal shape and your legs would be left with flabby fat that would do little to give your legs shapely curves. This method does concentrate on adding shapely curves to each section of your legs from the hips to the ankles in normal proportions.

A Technique Based on Years of Professional Experience

This progressive scientific method for developing thin legs is based on the knowledge and experience of professionals including physiotherapists and famous body builders' experts throughout the world. **HEALTHY CULTURE** Magazine rated this authority on legs to write a series of articles on the fundamentals of this method so that their modern learn about this wonderful technique.

THIN LEG Sections That Need To Be Developed

Pay for the leg muscles that are not used to an extent that the muscles are weakened and the leg is left in a state of atrophy.

Underdeveloped muscles of the neck, back, chest, arms, shoulders, hips, etc.

Weak, thin neck and shoulders.

Underdeveloped leg muscles that cause calf to look thin and a weak ankle.

Weak, thin neck and shoulders.

NORMAL LEG Sections We Aim To Achieve

Other scientific methods attempt to develop leg muscles by using heavy weights, long hours of standing, and other methods that are not only unpleasing but also do little to develop the muscles that are necessary to give the leg a shapely curve.

By following this special course, you are helped to fill out, firm and develop shapely curves to your legs.

Yes, your neck and shoulders are strengthened and your legs are firm and shapely.

Underdeveloped leg muscles that cause calf to look thin and a weak ankle.

Yes, your neck and shoulders are strengthened and your legs are firm and shapely.



Stronger Shapely Legs Help You Dance, Swim, Play Sports, Walk Steadily, Improve Your Appearance in Clothes!

You get the complete, easy, step-by-step patented **SCIENTIFIC LEG DEVELOPMENT TECHNIQUE** with simple exercises for under-developed hips, thighs, knees, calves, ankles, gaining stronger shapely legs, improving skin tone and circulation in legs, normal curves of slender legs, plus measurement charts for each section of leg according to height and weight; also, how leg development may improve general health.

SEND NO MONEY! FREE 10-DAY TRIAL!

For the "Home Method for Developing Slender Legs" - just pay postage \$1.98 plus postage on delivery (in plain wrapper). Or send only \$1.98 with order and we'll post you. Satisfaction guaranteed or return course for money back.

MODERN METHODS

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