

EXCESSIVELY STRAINING - MISS BELLES ARE NOT FURS:

Malbourn girls have taken to dumb bells for beauty copying their Hollywood sisters with - or - outstanding results. These exercises put the curves where they should be - and take off the fat where it shouldn't be. The girls train in park land at Cheltenham, 10 miles from the city and they use the bars and dumb bells to trim their hips and thighs, improve their posture strengthen the spine and reduce their waist line. In fact, it's beauty -- or bust. Ah women. What they won't do to get their hooks into some inoffensive man.

Instructress, 38 year old Pamela Lewis is a housewife - and she's Australia's only trained bar bell instructress. Oh this inclined beauty board she helps girls strengthen their back muscles. Just got a friend to sit on your legs, touch the ground with your head and bend back again. If you can. And she can. Won't some gentleman in the audience offer the lady a seat. The motto of the 30 girls in this class is "Training not straining". And they're experts. Mrs. Lewis says the exercises give sweater girls curves not bulging muscles - and her pupils seem to prove her right. What. No seat for the lady yet. Is every gentleman in the audience a tramtraveller.

LENGTH: 124' - EXCLUSIVE.

BOMBS GO BUSH:

Women drivers, according to men, are a menace on the road. But now they have invaded a sport where everyone's a menace - stock car racing. The girls have taken to it in a big way and at Windsor's rural speedway, N.S.W. they battle it out with the men. The men, in self defence, put on crash helmets. This is how the girls spend a pleasant Sunday afternoon. They're racing - stock metal cars, specially braced to withstand terrific pounding. They'll get it too.

Speed doesn't seem to matter - the whole idea is to put the other cars out of the race. And as they come round the bend, and believe me you have to be round the bend to enter, it's a case of hold tight, watch the dust, and hope for the best. Hang on, there's a crash coming. Wham. Woa - he's struck the double. With cars spread right across the track, that safety fence is awful close. Too close.

Don't forget these are stock metals - just like yours and mine. Ouch! I hope that's not mine. If it wasn't a bomb it's certainly gone off like one. Each heat is 15 laps - and the program says all survivors go into the final. They'll be lucky to have any the way the drivers get pushed around - even backwards. Here's a communique. Windsor had a lot of bombs today - one of our wheels is missing. Yeasir, stockcar racing's got everything -- it's a really smashing show.

LENGTH: 120' - EXCLUSIVE.