

WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Mrs. Joseph P. Kennedy has been an effective social and political ally of both her father, former mayor of Boston, and her husband, ambassador to the Court of St. James. But the news that, in accordance with her husband's decision, she presented only seven American women at court is one of her rare appearances in the headlines.

The 11 engaging Kennedys have been viewed more or less en bloc in the news and Mrs. Kennedy has never been in a very sharp lens focus.

She was one of the prettiest of Boston debutantes, 30 years ago, a rollicking girl with black hair and eyes of Irish blue. Back home from her convent training, she taught her father "Sweet Adeline."

He was John F. (Honey Fitz) Fitzgerald, and in his campaigns he sang his way to memorable political fame—riding like a surfborder the long, lingering "swipes" of the song taught him by his daughter—"the flower of his heart."

Joseph P. Kennedy, her childhood playmate, was twenty-five years old when they were married in 1914.

Fortune and Family Grew Up Together

He borrowed \$2,000 for a down payment on a \$6,500 house. Their fortunes grew as their family, with Mr. Kennedy president of a bank, in a year or two after their marriage.

Mrs. Kennedy once told a Boston drygoods clerk that she bought 200 suits and dresses a year. It takes a heap of shopping to make a home, like the Kennedys', and she became known among her friends as a paragon of household efficiency comparable to the one in Solomon's off-hand apostrophe to such skills and virtues.

Now she is mistress of the "castle" which was once J. Pierpont Morgan's home; also of a beautiful mansion in Bronxville, N. Y., a huge summer estate at Hyannisport, Cape Cod, and a villa at Palm Beach, built by one of the Wanamakers.

She is slender and girlish, comely and vivacious, weighs 115 pounds and takes size 14 in dresses. Vionnet makes her gowns and she is envied by other women for her magnificent jewels—notable among them being a ruby and diamond bracelet which, it is said, is matched only by the one the Aga Khan gave his princess.

But she never lets the children run to unseemly display, holding them to restraint in regime and dress. Even without all these adventitious fixings, say her friends, she would be an admirable ambassador's wife, with her own quite adequate equipment of tact, charm and intelligence.

Has Diamond a Potent Might Envy

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MAN and boy, this journeyman has helped process a lot of explorers' and adventurers' copy through the news mill. If it was ghost-written, it had only slick and synthetic excitement, like Ersatz pastry, and if it wasn't it was usually dull. Happily in contrast are the doubtlessly authentic and personally written yarns of W. H. Tilman, leader of the British Mount Everest expedition, now getting under way.

These stories from the Tibetan base camp have a professional ease and fluency, along with a ring of integrity which gives assurance that Mr. Tilman is really writing them. There is no ghost on the job here.

Mr. Tilman is thirty-nine years old, a keen-faced, hard-muscled Britisher of medium stature, who has been exploring ever since he left college.

He has climbed mountains in the Alps and in Africa, including Mounts Kenya, Kilimanjaro and Ruwenzori. This is his fifth expedition to the Himalayas. The entrants in this high hurdle event are not youngsters. N. E. Odell is forty-seven, F. S. Smythre is thirty-seven and the others are all over thirty.

Yarns From Mt. Everest Ring True

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Bull Terrier, White Dog

When bull baiting was abolished by law in England, sporting men developed the bull terrier for dog fighting and badger baiting. About 1875, dalmatian and pointer blood were introduced in the strain, making them look less like bulldogs. The bull terrier is always white, has a long tapering head, wide, deep chest, stiff, glossy hair and tapering tail. He is gentle and good natured, but fears nothing and is a good watch dog.

Lovely New Sheer Swiss Cottons

By CHERIE NICHOLAS



you to the charming fashions pictured.

The ensemble shown to the left makes a costume ideal to wear now and throughout the summer wherever daytime activities may take you. Lustrous, transparent black Swiss organdie makes a tiny separate bolero and over skirt that buttons at a wide waistband over a softly draped frock of Swiss voile, embroidered in a trailing vine pattern in bright red to complete a charming costume of tailored but feminine charm. You could wear the black bolero and skirt over other light dresses.

A most unusual print design adds to the interest of the party frock for a young girl, as you see centered in the picture. The Swiss organdie that fashions it has large white flowers imprinted against a background of tiny flowers in brilliant shades of rose against a navy blue background. The crush sash is of deep rose taffeta, tying in a youthful bow at the back. The shoulder corsage is a single huge pink and rose shaded taffeta flower.

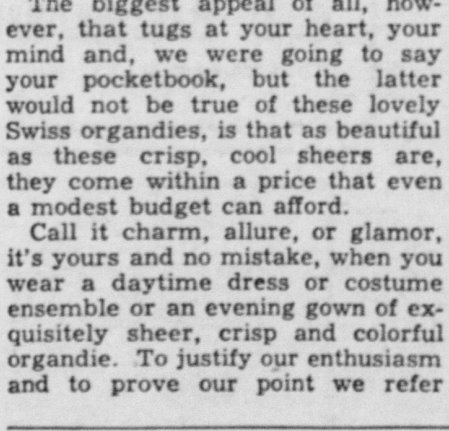
A dainty frock for a dainty miss is the fitted and flared party dress to the right. It is of clear white Swiss organdie with pin dots of deep blue. The grosgrain ribbon bows at the puffed sleeves and down the front repeat the deep blue accent.

The wide range of organdie types brought out this season will both amaze and delight you. Many new print ideas give fresh appeal to organdies. Mentioning only a few, there is a print design of little white plumes scattered over a pink ground you'll love. A small spaced paisley motif in deep rich colors on white is very attractive. Perhaps the most notable of all are the chiffon organdies in pastel color shadow printed in white, navy or black in a very exquisite and realistic lace patterning with floral motifs scattered over the background.

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A COAT CLASSIC
By CHERIE NICHOLAS

Here you have illustrated the coat classic that is a favorite type this season. White smooth wool velour is the handsome cloaking that fashions it. You will find that it slips over sports or dressy frocks with equal charm. This style is ever so good-looking in the new beige, wheat-tone, copper or mustard wools, to wear over black or navy dresses. Of course you know by this time that no wardrobe is complete this season that does not include a separate coat that makes high-quality wool weave and classic simplicity its fashion highspots.



NEW CLOTHES FEEL GRECIAN INFLUENCE

The new afternoon and evening clothes show the graceful influence of Greek and Brahmin drapery. Shirring, gathering, tier-like effects on skirts, subtly accent hip and bosom lines. Scarves float like wings from the shoulders, drape over the head, or swathe the shoulders and neck of an evening decollete.

Prints are plentiful—dots and stripes lead the field, and the newest thing is to use them in combination. The flower prints range from tiny conventional sprigs to huge exotic blooms a foot across in size.

Embroidery, Applique Trim Frocks for Early Summer

Important for early summer dresses are embroidered or applique trims in dull or vibrant colors. Tiny red, turquoise and green stitching form stripes on Paquin's latest crepe dress from yoke to hem. The sleeves are trimmed with the same smart detail. Two drapes from the shoulders disappear into slots and reappear at the yoke where the stitching begins.

Minute pearls and gold thread form a geometric pattern on Nina Ricci's afternoon frock around the collarless neck and on the border of the wide sash which ties at the waist, Spanish style.

Bows Give Feminine Touch to Simple Daytime Frocks

Designers have taken to trimming even the simplest daytime frocks with tiny bows of velvet or grosgrain ribbon. Sometimes the bows are posed on horizontal bands of the ribbon that extend to each side in military precision.

Tiny lover bowknots made of narrow ribbon frequently are scattered over frocks made of net or other sheer.

Do You Want to Learn How to Plan a Laxative Diet?

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Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combating faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods and contains a full week's sample menus. A post-card is sufficient to carry your request.

WHAT to EAT and WHY

C. Houston Goudiss Describes the Place of Fats in the Diet

Nationally Known Food Authority Compares the Different Cooking Fats and Shortenings

By C. HOUSTON GOUDISS

THERE are, perhaps, more false notions concerning fats than any other class of foods.

Some homemakers, considering them as "fattening" only, try to eliminate them entirely from the diet. Others have the impression that foods containing fat are difficult to digest, and for this reason deprive their families of many delicious and healthful foods. Both points of view arise from ignorance of dietary facts.

Fats Are Necessary to Health

Fats have a number of important functions to perform. They are a concentrated fuel food, having more than twice the energy value of an equal weight of protein or carbohydrate.

One-half ounce of fat, that is one tablespoon, yields 100 calories, and were he able to eat it, a man could obtain an entire day's fuel from three-fourths of a pound of fat. It is interesting to note that it would require nearly eight pounds of cooked rice to give the same number of calories.

In Oriental countries, where large populations live in great poverty, fat is usually scarce and it is necessary to consume huge quantities of food in order to meet the daily fuel requirements. As a result, most of the people develop distended abdomens.

Children Must Have Fat

Because fat is such a compact food, nutritionists agree that for growing boys and girls, and men engaged in strenuous physical exercise, fat is almost essential, if they are to get enough total calories.

There is also experimental evidence that at least a small amount of one or more of the unsaturated fatty acids must be supplied by the food if normal nutrition is to be maintained. And two competent investigators found, experimentally, that the presence of fat in the diet tends to conserve vitamin B in the body.

Some fats, especially those from animal sources, are rich in vitamins A and D, and fats made from vegetable oils may contain vitamin E.

Fat and Hunger

Perhaps the greatest service performed by fat is its ability to give "staying power" to the diet—to satisfy hunger. In this respect, it directly affects the disposition and may influence the ability to enjoy life.

The shortage of fats in European countries during the World war graphically demonstrated how a deficiency of this class of foods can destroy the morale of entire nations.

With supplies cut off or very greatly curtailed, the warring countries found it necessary to ration fats closely. As a result, their people were always hungry and dissatisfied, even when their actual needs were satisfied. In this connection, it is interesting to note that a slice of bread and butter or margarine will delay the onset of hunger longer than a slice of bread and jam, even though the number of calories may be the same.

Digestibility of Fats

Because of their ability to retard digestion somewhat and thus give satiety value to a meal, the impression has grown up that fats are "difficult" to digest. This results from confusing the length of time required for digestion and the completeness with which a food is digested.

When "digestibility" is regarded in the popular sense of the ease,

convenience, economy, and the use to which the product is to be put.

The various forms of edible fats and oils are derived from both animal and vegetable sources. They include butter, margarine, lard, compounds, which are a mixture of animal fats and vegetable oils, hydrogenated fats, and the liquid vegetable oils.

Butter and margarine are used chiefly as a spread, and it is interesting to note that the annual per capita consumption of margarine is steadily increasing, as homemakers have discovered that the use of this less expensive product releases more money for milk, fruits and vegetables. Margarine is interchangeable with butter for dressing vegetables and in doughs containing spices, fruits and chocolate. Its shortening power and keeping qualities are similar to those of butter.

Lards, compounds and other shortening fats are useful not only as a means of increasing palatability and food value, but to add flakiness to baked foods and to produce a crisp coating which seals in the minerals and vitamins of fried foods.

Lard is used chiefly as a shortening for pastry, and a good grade will be found to be white and free from objectionable odors. The highest grade, called leaf lard, is produced from the leaves of fat in the sides of the hog.

When made by a reputable manufacturer, the compounds prepared especially for cake making, for shortening pastry and for deep-frying, are wholesome, highly nutritious and give most satisfactory results. They are a most economical form of shortening.

How Much Fat?

Nutritionists have ample evidence that health is best served when 30 to 35 per cent of the total energy value foods is provided in the form of fat. This will include the fat of meat and the fat used in cooking the many delicious fried and baked foods which make eating a pleasure.

Questions Answered

Mrs. M. L., Jr.—Dandelion greens make an excellent food. They contain more phosphorus than any other common leafy vegetable, and supply vitamins A, B, C and G.

Miss C. B. R.—It is difficult to compare the iron content of meats because of variations in the amount of fat. It has been established, however, that organ meats, as liver and kidneys, contain more iron than muscle meats, and that pork and lamb contain much less iron than beef.

For Chic and for Comfort

NEITHER of these new designs will be much trouble to make—each is accompanied by a detailed sew chart—and both of them will give increasing joy and satisfaction all summer long.

Pretty Afternoon Dress.

A perfect style for afternoon teas, club meetings and luncheons, delightfully cool to wear, with lines that flatter the figure. Shirring at the shoulders, full, short sleeves and the built-up waistline emphasize the slimmness of your hips, and make the dress very graceful. Make it up in georgette, chiffon, voile or handkerchief linen.

Tot's Play Suit.

It's a diagram pattern, that you can make in a jiffy. Just a little sturdy cotton—and a little bright butterfly—and you have the cutest, most comfortable play outfit in the world for two-to-eight activities. Square-necked, scal-



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* The bulletin is complete with a chart showing the caloric value of all the commonly used foods and contains sample menus that you can use as a guide to comfortable and beautiful weight reduction.

comfort and speed with which the digestive organs carry on their work, it is conceded that fats in general retard the secretion of the gastric juice and thus cause food to remain longer in the stomach.

On the other hand, most fats have such a high coefficient of digestibility, that under normal conditions only about one-twentieth of the fat eaten escapes digestion. Experiments indicate, for example, that the coefficient of digestibility of oleomargarine is 97.55 per cent.

It is sometimes erroneously stated that pastry is indigestible. This statement is without foundation, provided the pastry is made from a high grade shortening and is properly baked. Similarly, fried foods come in for a great deal of criticism that should not be charged to the use of fat, but to incorrect methods of cooking. If food is properly cooked in fat that has a high smoking point, there will be no opportunity for decomposition products to develop.

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