

## What's New in Swim and Beach Togs

By **CHERIE NICHOLAS**



TWO features stand out pre-eminently in connection with this season's swim and beach togs, namely the vast variety of materials in use, the other the fact of the dressmaker touch given their styling. It adds to the interest that gadgets in the way of costume jewelry tuned to sea and sand and outdoor themes usually complete the "picture" of each costume.

Citing a few of the smartest materials employed, first and foremost comes lastex, which is a boon to womankind in that it conforms to "lines" perfectly with a magic this-way, that-way stretching quality which solves the problem of clothes that fit, retain their shape and offer perfect comfort. The big sensation this season is the swim suit of black satin lastex with beach cape to match, completing the sense of luxury. Flower printed lastex ensembles also have their place in the style parade along water edge and sea line.

Other interesting materials employed for playtime clothes and wardrobes for water nymphs include celanese rayon moire, celanese rayon sharkskin, silk prints of fast color, linens in monotone or spectacular print and cottons so sturdy, so handsome, words fail of describing. Then there's wear-forever denim, and washable gabardine, so reliable when it comes to the wear and tear of riotous waves or strenuous mountain climbs.

Another feature that fashion spotlights is the use of striking color contrasts, perhaps in the way of playing up print with plain or the modernistic gesture of making the costume one vivid solid color boldly contrasted by another startling color on a sort of fifty-fifty basis.

The models pictured are typical of this season's swim suit and beach ensemble trends. Centered in the group you see a stunning outfit that tunes superbly to a statuesque figure.

ure. This comely young woman is wearing black trunks with printed "bra" of celanese rayon sharkskin. A catalin fish pin on her hip answers the call for suitable costume jewelry.

To the right, fashion offers a new bathing suit ensemble that strikingly combines white with bright ocean-blue. The bodice top is blue with catalin fish pin by way of correct gadgetry. The blue beach coat with monk's hood of blue lined with white adds to eye-appeal. This very new and attractive ensemble is of celanese rayon jersey.

A very interesting costume, as shown to the left, uses blue and white cotton print for the beach cape lined with white terry cloth, worn over a loose-fitting white terry cloth suit. Accessory is white catalin Viennese stag horn bracelet with carved edelweiss. This costume won an award and is an adaptation of an Algerian man's costume from the Traphagen costume museum.

To supplement the list of materials included in use for beach dress and bathing suit, hosiery should be mentioned. It is ranked along with sharkskin for shorts and slacks and shirts. Then there are the fascinating crinkle cottons that make such practical and attractive beach coats. Water, sun or sand dim not their beauty or colorfulness.

One of the cleverest ideas is the quilted floral cotton prints. A bolero of quilted print worn with matching printed broadcloth slacks together with a peasant kerchief of the same print is a happy suggestion. Try this ensemble, it's a winner this season.

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### ACCENT ON POCKETS

By **CHERIE NICHOLAS**



The more decorative and useful the pockets that your dress, jacket, suit or blouse proudly boasts the better. Here you see a pretty lassie framed in a background of apple blossoms wearing a white culotte outfit in new celanese rayon suiting fabric. This attractive playtime costume is pocketed to a nicety, each pocket enhanced with hand-run vari-colored stitching. Just because amusing gadgets are essential in the scheme of things this season, this outdoor girl pins a novelty catalin brooch at her throat in the shape of a college girl's cap with tassel.

### WONDERS ARE BEING DONE WITH RIBBONS

By **CHERIE NICHOLAS**

After you have looked about at the new dress collections the thought stays with you that this is decidedly a ribbon season. Summer dresses are given a sprightly look with pert little bows here and there while ribbons galore, wide, narrow in one color or in mingled tones or tri-color gayety are swath and sashed about the waist with utmost artistry.

So utterly have designers yielded to the ribbon urge they are creating clever boleros entirely of ribbon and recently a leading Paris couturiere fashioned an entire dress of ribbon sewing it edge to edge for slender effect and for wide hemline letting the ribbon ends fly out loose over a silken foundation.

Lots of ribbons on hats this season, too, for bindings, bands and tailored bows and for floating streamers and bonnet ties are seen.

### Frilly-Frilly Guimpes or Vestees Have Blouse Look

With the classic suit or the more softly tailored bolero-and-skirt costume you are expected to wear the daintiest, frilliest blouse or guimpe or vestee you can find. Of course, if you expect to remove the jacket, it's a blouse you must have. However, with the jacket on, a lacy, flutery crisp and sheer false front is just the thing. They cost less than a blouse and they are showing such fascinating ones in neckwear departments you will yield to the impulse to buy another and another—which, when you stop to consider, is a fine gesture in real economy.

### Sailor Hats

The newest sailor hats have a wide range—from straw to oilcloth.

### BOOKS IN BRIEF

## O. Henry Tells Tale of 'Cop And Anthem'

By **ELIZABETH C. JAMES**

A DRY leaf fluttered into Soapy's lap. That would be the calling card of Jack Frost. In fact just last night Soapy had noticed that winter was approaching because three newspapers adroitly disposed did not keep out the chill as he lay on his favorite park bench. Soapy disliked the cold months, but with a little luck, he would manage.

Being an observant man, Soapy had learned long ago that there were two alternatives for him during the winter: Philanthropy or the Law. The former carried with it certain circumstances that interfered with a gentleman's privacy, as baths and such. So, Soapy had long favored the Law which did not meddle with his tastes as an individual.

Since he must do something at once about the cold weather, and since there was nothing to deter him now, he might as well begin at once. There were certain activities that Soapy knew carried ninety days on the Island, where there was heat and food, and clothing enough.

Soapy went into a not too respectable looking restaurant and ordered a pleasing dinner. When he had dined slowly and with precision, he announced that he had no money and suggested that the waiter call a cop. The next instant Soapy was gathering himself together off the sidewalk.

### Soapy Is Luckless.

The second method would likely work. Picking up a brick he slammed it into a plate glass window. When the cop came, Soapy said "Here I am, I did it." The cop answered, "Who are you trying to kid, wise guy?" And was off to catch a man who was running after a street car.

Those were two of Soapy's best cards, but he still had a few up his sleeve. Across the street stood a modest looking girl, gazing at the winter styles. He sidled up to her, cleared his throat, and carried on the usual antics of a masher. She walked slowly along, Soapy after

### ONCE IN PRISON

William Sidney Porter was born in 1862 in Greensboro, N. C. O. Henry, his pen name, came later. As a young man he went to Austin, Texas, where he worked in a bank. It was there that the embezzlement of \$1,150 occurred, a crime that has never been really cleared up. However, Porter was sentenced to serve five years in an Ohio penitentiary for the crime.

In prison he settled down to a concentrated program of writing. In 1903 he contracted with the New York World to do a story a week at \$100 each.

When he died in 1910, his body was interred in Asheville, N. C. Of him the Encyclopaedia Britannica states, "The tragedy of his own life taught him a chivalrous tenderness for the unlucky."

her. There was a cop nearby that Soapy was counting on. Finally the girl turned, caught Soapy's arm and whispered, "I would have come over sooner, but the cop was watching us and I had to figure it out." She hung onto him as to an old friend, but at the next corner Soapy bolted. He didn't want anything to do with women.

Disturbing the peace is a sure one, thought Soapy, tugging at his coat to hold it closer, drunks and crazy people are always locked up. Accordingly he began his act, yelling and dancing around wildly. The cop watched a minute, and turning to the bystanders, he explained, "This one of them Yale lads celebratin' the game. We've instructions to leave them be."

### Fatalistic End.

Soapy was disheartened. What did it take to rate the three months on the Island? He mused over his possibilities, and like a homing pigeon, he rambled along the avenues toward Madison Square Garden. Presently he passed a cathedral, dark except for one window that was rimmed with light. Soapy looked, and then his ear caught the pulsing tones of a pipe organ. What in the world? An anthem, one that did things inside of Soapy. He thought of all the forbidden thoughts, of his mother, of when he was a little boy and had a respectable way of living. These thoughts upset him until the result was that Soapy gave up his idea of spending the winter on the Island. He would get a job, he would be somebody and show the world!

A familiar touch sent a shiver down his arm. Looking up he saw the broad face of a cop. "What you doin'?"

Soapy answered, "Nothin'."

"Then come along."

The Magistrate gave him three months on the Island on a charge of vagrancy.

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Elizabeth James

# WHAT to EAT and WHY

## C. Houston Goudiss Offers More Advice About Reducing

Describes the Perils of Unscientific Methods for Losing Weight

By **C. HOUSTON GOUDISS**

6 East 39th Street, New York City.

MY RECENT discussion of reducing in these columns brought many letters, indicating that the modern woman is, fortunately, weight conscious. This is an encouraging sign. For it shows that you are alert to the dangers of overweight, which not only destroys beauty but may indirectly contribute to heart disease, kidney disorders and diabetes, which take their greatest toll from among the heavyweights.

Guard Against Unscientific Reducing Methods

Some of these letters caused me great concern, however, because they indicate that in spite of my warning against unscientific methods of weight reduction, many women still cling to the idea that there is some magic in the various pills, powders, capsules, saps, salts and mechanical devices that are sold at fancy prices and hold out alluring promises of speedy reducing without dieting or exercise.

It is bad enough that most of these fail to reduce. For they may delay the day when the victim of overweight will undertake a sound and scientific program of weight reduction that will effectively take off weight—thus improving appearance, benefiting health and increasing the chances of longevity. But what is far more serious is that some of these preparations may endanger health or cause lifelong physical impairment.

### Dangerous Drugs

Drugging is particularly to be condemned, and no one should attempt to reduce by this method except under the advice and watchful eye of a physician. There are many invalids today who would be happy and healthy if they had not attempted to take some "reducing medicine" without consulting a physician.

One preparation that is still bought by foolish women—in spite of repeated warnings against its use—may even result in permanent blindness.

Almost equally objectionable are excessive purging—which may leave you a wobbly wreck—and fasting, which is even more dangerous to women than men.

### Don't Diet Without Direction

A carefully regulated diet will not only maintain normal weight, but will banish overweight by forcing the body to burn its own excess fat as fuel. Having heard of this scientific principle, many women frantically and foolishly attempt to prescribe their own reducing diets—often with disastrous results.

There is always the possibility that one may omit calcium-bearing foods and thus impair the

teeth, or leave out foods rich in iron and copper and interfere with the formation of the hemoglobin or red pigment in the blood.

One of the most common and most serious errors is to omit all bread, potatoes and cereals, in the belief that carbohydrates are "fattening foods." Carbohydrates are required by the body in order to utilize the fats in the diet, and when reducing, they are also necessary to burn up excess fatty tissue.

Just as fire cannot burn without air, fat cannot be utilized in the body without the presence of starch or sugar. When the diet contains insufficient carbohydrates, fat burns incompletely, resulting in the dangerous acetone type of acidosis.

### Counting Calories the Easy Way to Reduce

The one safe, sure and scientific method of getting rid of surplus weight and at the same time maintaining top health—is to consume a diet that is balanced in every respect, but to count your calories at every meal, making certain that you consume fewer calories each day than your body requires for its normal energy expenditure.

I will gladly send to every reader of this newspaper, a copy of my reducing bulletin. This includes a chart showing the caloric value of all the commonly used foods—plus a week's sample reducing menus. By following this scientific plan for weight reduction, you can easily lose from one to two pounds weekly. A more rapid reduction is not advisable. At that rate, you can lose from six to eight pounds in the course of a month—twenty-four pounds at the end of three months. That is a lot of weight to lose and will make a vast difference in your appearance and in the enthusiasm with which you greet your daily tasks.

### The Film Stars' Method

This simple and scientific method of controlling the weight is the one used by film stars in Hollywood. It is essential that they keep slim and practically every important film player has a clause in her contract calling for a cancellation if she permits her weight to increase beyond a certain point. But at the same time, film stars must safeguard their health, for their work is the most strenuous of occupations!

### Counting Calories Is Fun

In Hollywood they make a game of counting calories. You, too, will find it amusing, as well as beneficial to health and looks. And you will be rewarded by noting a drop in weight every time you step on the scales.

### If Your Weight Is Normal Keep It That Way

It has been determined that the ideal weight—that is the weight that best promotes health and longevity—after thirty, is the normal weight for one's height at the age of thirty.

If you are approximately thirty and your weight is normal, you should send for my Calorie Chart and Reducing Bulletin and use it to help maintain your present weight!

If you are over thirty and overweight, you should not lose another day before sending for the bulletin so that you can begin at once to regain your normal weight by the safe, simple, scientific and

Are You Overweight? You can

## REDUCE

Safely - Surely - Comfortably

Send for This Free Bulletin Offered by C. Houston Goudiss

Readers of this newspaper are invited to write to C. Houston Goudiss, at 6 East 39th Street, New York City, for his scientific Reducing Bulletin, which shows how to reduce by the safe and sane method of counting calories.

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.

comfortable method of counting calories.

As the pounds disappear you will feel as though you had stepped out of a prison of fat into a new world of physical freedom.

### Questions Answered

Miss L. T. B.—Though it lacks fat and vitamin A, skim milk is a rich source of calcium and phosphorus, and also furnishes high grade protein. A quart of skim milk, plus one and one-half ounces of butter is the equivalent of a quart of whole milk.

Mrs. J. M. T.—It is impossible to generalize regarding the diet in asthma. This condition is due to allergy, and the symptoms are produced by different foods in different individuals. Almost all protein substances are capable of causing distress.

Mrs. G. B., Jr.—There is absolutely no truth in the false notion that aluminum cooking utensils may adversely affect health. Numerous experiments have demonstrated that they are perfectly safe.

Miss A. G.—One tablespoon of cod-liver oil provides about 100 calories, which is equal in fuel value to one slice of bread, one medium potato, or three-fourths of a cup of cooked macaroni.

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