

## Blue Denim Stylish for Sportswear

By CHERIE NICHOLAS



HERE'S big news! It's all about denim, just plain ordinary, sturdy blue denim. Believe it or not, after all these years that blue denim has been associated in our minds as a mundane material devoted for the most part to the making of men's workaday overalls, we awake to the astonishing realization that this sturdy fabric has, in this summer season, gone style-high for women's wear. Just how Dame Fashion could have been so blind these decades past as to fail to recognize the style possibilities of denim as a medium for ladies' apparel will forever remain a mystery.

However, the fact remains denim has unmistakably come into its own in the feminine realm, not only for the making of play clothes, but designers are turning out the smartest-ever suits meticulously tailored of this never-wear-out attractive weave. In consequence of which we now see clever little classic jacket-and-skirt talleurs of blue denim worn by women who register among the best dressed. These suits are stunning worn with a white pique blouse or a dainty, frilly white lingerie type, with accessories in white. Equally attractive are these suits with accents of bright color such as a Roman striped blouse with striped sandals and hand-bag to match. Scarlet or bright yellow buttons, belt and gloves is another way of doing it. The tailored linen blouse in vivid color also goes well

with an outfit that is made of denim. A two-piece dress (shirt and skirt) of denim, as illustrated to the left in the group, will not only give untold service but it stands for style personified in the sports clothes realm. Every line and detail of this outfit reflects exquisite standards of tailoring plus perfection of fit and finishing touches.

Ship ahoy! See the lovely recruit for the sailor's life centered in the picture. All togged out in this mid-summer siren in sturdy denims that never lose an item of perfection no matter how many the big waves that wash over them—old demon shrinkage doesn't have a chance. And what a wealth of style these sturdy denim togs do pack.

Even if the girl pictured to the right took an unexpected dive into the sea she need not be concerned about her outfit, for neither salt spray nor suds will make the sturdy fabric shrink. Note the nautical symbols, the pipings, braidings, all smart details of this grand garment that promises to remain true "for better or worse" wear.

By way of offering a few extra suggestions for the styling of denim we don't mind telling you that a bolero dress of denim will prove a positive treasure in your out-of-or vacation wardrobe. You vary the blouse to suit the occasion and it's "on again, off again" to suit the changing temperature, so far as the cunning bolero is concerned.

The idea of denim for children's play suits, dresses and other apparel should prove most inspirational to mothers.

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### CROCHET COLLARS

By CHERIE NICHOLAS



A spic-and-span collar to give new life to your favorite dress is always a welcome addition in a collection of pretty accessories. If hand-crocheted so much the better for a bit of handiwork always adds an exclusive touch to a costume. The collar pictured at the top is crocheted of lightweight mercerized cotton and embroidered in contrast color. The other collar is also hand-crocheted of light mercerized cotton. It is trimmed with a border of contrasting color to match the drawing of twisted cotton strands cleverly brought through open spaces in the crochet.

### Pockets Go Down

Pockets on beach togs have been lowered and lowered until now they have reached the knee.

### SUMMER FURS TAKE STYLE SPOTLIGHT

By CHERIE NICHOLAS

Fur in summertime is just one of the charming incongruities that makes fashion an ever-abiding source of interest and enthusiasm. If you would keep pace with the mode you must acquire a white ermine bolero or a cape of pointed fox for this summer. When fall comes you will be wanting one of the new hip-length jackets in brown fur, advance models of which have already arrived. White marabou or ostrich neckpieces, boleros and capes are also proving of immediate interest.

### Bed Capes Used as Evening Wraps Over Summer Frocks

Recently some very cunning breakfast-in-bed capes have been brought out that are crocheted with tiers of little ruffles from neck to hemline. They are too lovely to be secluded in the boudoir, at least that is evidently the thought of young and daring daughters of the household who conceived the idea of appropriating these delectable capes for wear as evening wraps over their summer frocks, and from all reports the idea is working out to perfection.

### 'Forest Green' New Color For Girl Scout Uniforms

Forest green is the shade chosen for the new costume to be adopted by the 450,000 Girl Scouts throughout America. The dresses are in one piece, made on princess lines with a flared skirt, and short, slightly puffed sleeves. They are belted at the waist and zipped up the front to a close, rolled collar.

**Boleros Popular**  
Boleros become increasingly important for summer fashions. They are worn equally often with evening clothes and informal daytime dresses, and they are made of everything from velvet to organdie.

**Fall Tweeds Stress Color**  
High style tweeds which will appear soon for the fall market have wine-purple-green-pink blended together in stripe or in tile patterns. Blues are especially stressed.

### TODAY'S BOOK

## Bought Island To Save Birds From Mankind

By ELIZABETH C. JAMES

WHEN memory runs free to seek the treasures among books, it always comes to rest upon the tales by Dr. Axel Munthe. "The Story of San Michele" is the life story of a man you should know.

Nothing in the book is more appealing than the author's love of animals. His knowledge of the ways of birds, monkeys, dogs, and wild animals makes the book almost an animal story. Resentment against confining animals in cages led him to state that in a zoo, the monkeys are on the outside, looking in. Hunting as a sport was nauseous to Dr. Munthe and he wrote: "The time will come when the mere pleasure of killing will die out in man. As long as it is there, man has no claim to call himself civilized, he is a mere barbarian, a missing link between his wild ancestors who slew each other with stone axes for a piece of raw flesh and the man of the future."



Elizabeth James

This attitude was by no means an assumed front: Dr. Munthe bought the Isle of Capri in the Bay of Naples because it was the only way

### "LISTENED" TO LIFE

In writing a preface to the American edition of "The Story of San Michele," Dr. Munthe interpreted his own book. He comments on the reviewers who had already published analyses of his book and presents reasons why he disagrees with some of their comments. His book had been called "The Memoirs of a Doctor and The Autobiography of Dr. Munthe. Both of the comments appear inaccurate to him, for his purpose was to present life, omitting himself as much as possible. He hoped to listen to the Voice of Life and to record what he heard.

that he could stop the cruel and wholesale slaying of birds there. The Italian fishermen had a practice of catching a few of these birds and of blinding them, then fastening them to act as decoys for the other birds. Their plaintive cries caused the other birds to come to see what could be their plight and they in turn were caught in nets by the thousands. These multitudes of birds were sold to be worn alive on chains on gala days.

### Book Is Vivid.

Dr. Munthe appealed to the government to stop this, but to no avail. So he bought the island. At the end of his book, the old doctor pictures his trial in Heaven and the birds plead for him before the sternness of Moses!

A critic has said that Dr. Munthe, like Petrarch and Chaucer, has filled his book so full of narrative and incident, that short story writers could use it for endless sources of ideas. This is true. There are narratives connected with medical study in France and later with his association with Pasteur and Charcot; there are stories of vacations to Norway and Lapland, and down to Italy; there are human interest stories dealing with the lives of his friends and patients.

Another of his medical stories is that of the mixed coffins. When Dr. Munthe was practicing medicine in Paris, he had as a patient a young man from Norway who had an incurable illness. At the death of the boy, the family asked Dr. Munthe to escort the body to Norway personally. In the freight car where he was required by law to travel with a coffin, he met another man who was escorting to the coast the body of a Russian general. Both men were to take boats at the coast, one for Norway, the other for Russia.

### Mixed Funerals.

In Norway Dr. Munthe met the family and learned of their plan to open the coffin. Privately he opened it himself, to see about the embalming. What he saw caused him to reel backward and to turn white. The black bushy beard of the Russian general greeted him. Dr. Munthe persuaded the mother not to see her son. And to this day, the Russian general lies in Norway and the Norwegian boy lies in Russia.

His personal acquaintance with Death took a different turn after Dr. Munthe had practiced medicine for some years. At first Death was a personal enemy to be fought by the bed of one patient; later Death became a force controlling the destiny of mankind. For Dr. Munthe was a volunteer to the plague of Naples, when people died a thousand a day of cholera.

For readers who like to meet a man who takes life zestfully, Dr. Munthe is recommended. Evidently others have the same opinion, for the copy of "The Story of San Michele" belonging to this writer is from the sixty-third edition.

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# WHAT to EAT and WHY

## C. Houston Goudiss Analyzes The Cereal Grains

### Well Known Food Authority Describes Their Place in the Diet

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

TO ME, there is no more inspiring sight in the world than a field of nodding golden grain. It not only pleases the eye with its grace and profound beauty, but it attests to Nature's bounty. For down through the ages, grains have sustained and comforted man.

In every quarter of the globe, foods made from grain constitute the largest single item in the food supply. This is as it should be, for no other foodstuff affords such a rich store of fuel value at such little cost. It has been estimated that during one day's labor, an American farmer, growing wheat by up-to-date American methods, can produce enough protein and calories to sustain a man for a year.

### A Source of Power and Pep

Every nation depends upon some form of cereal to furnish motive power for the body machinery — to provide necessary energy to keep body and brain functioning efficiently. In the Western world, wheat is supreme. But in Oriental countries, rice takes the lead and it is the chief article of food for half of the world's people. Rye, oats, barley, maize and buckwheat are likewise important crops.



Energy Values Compared

All uncooked cereal foods show great similarity in their chemical composition and therefore have very nearly the same energy value—that is about 1,650 calories per pound. The weight of a 100-calorie portion is about an ounce. But there is a wide variation in bulk, depending upon the degree to which the cereal has been refined. For example, three tablespoons of patent wheat flour weigh one ounce; one and one-fourth cups of a puffed wheat cereal likewise weigh one ounce. After cooking, there is a big variation in weight, as well as measure, owing to the varying amounts of water absorbed. Thus a cup of cooked oatmeal mush supplies the same number of calories as three tablespoons of a pebbly dry cereal with a nut-like taste.

### The Cereal Proteins

From 8 to 12 per cent of the calories in cereal foods are obtained from protein and two noted investigators have estimated that grain products contribute 38 per cent of the total calories and 37 per cent of the protein in the typical American dietary.

Laboratory experiments indicate that the proteins of wheat, oats, maize, rye and barley are about equally efficient in promoting and supporting growth. None of them compares with an equivalent weight of the complete proteins of milk, eggs or meat, but when combined with small amounts of milk, the cereal proteins become highly efficient.

### Iron and Copper

The mineral elements of grains are concentrated largely in the outer layers and in the germ. For this reason, there is considerable difference in the yield of minerals from whole grain and highly refined cereal foods.

The mineral content of bran is from 10 to 20 times greater than that of patent flour, and whole wheat contains from three to five times as much iron, calcium and phosphorus. Bran, oatmeal and whole grain cereals are a good source of copper as well as iron.

### Rich in Vitamin B

The different cereal grains are quite similar in their vitamin values, but as the vitamins are very

### YOU WON'T MIND THE HEAT IF

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## Reduce

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constitute the mainstay of the diet. Fortunately, there is such a wide variety from which to choose that there is little likelihood of monotony. Furthermore, because of their bland flavor, one does not readily tire of cereal foods.

In addition to the wide variety of breads, rolls, muffins, biscuits and griddle cakes that can be made from refined and whole grain flours, there are an astonishing number of cooked and uncooked cereals from which to choose. When served with milk, bread or cereals make an ideal and economical food combination.

### Macaroni for a Main Dish

Besides serving as the main feature at breakfast and for the child's supper, cereal foods are useful as the chief attraction at dinner or supper when served in the form of macaroni, spaghetti or egg noodles. They are a fine source of energy and also furnish about 12 per cent protein. When combined with cheese, which adds protein, minerals and vitamins, they constitute a balanced main dish.

Cereal products of all kinds deserve a ranking place among FOODS THAT KEEP US FIT.

### Questions Answered

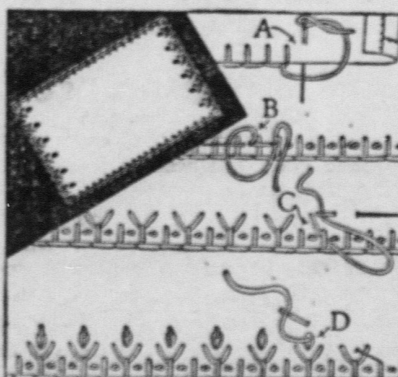
Miss R. M.—There is no evidence to indicate any relation between thunderstorms and the souring of milk. Thunderstorms are more likely to occur during the summer when temperatures are high. Hot weather also induces bacterial growth in milk. The only connection between the two is that conditions favoring one also favor the other.

Mrs. J. McK.—Though the food value of meat extracts is low, they have a tempting flavor, due to the presence of the savory extractives which stimulate appetite. Their content of potash salts causes a quickened and stronger heart beat. In fact, it has been said that their effect is more like a stimulant than a food. That is why they are often used as a restorative for invalids.

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## HOW to SEW

By RUTH WYETH SPEARS



WE SAY luncheon mats yet, more and more, mats are being used three times a day. This change from the traditional table cloth saves time and laundry; the color and variety of mats add interest to table settings.

A set of sheerest organdie is used with dainty china. The mat shown here is the other extreme. It is made of soft blue denim and is embroidered in heavy white cotton. Napkins may be made to match, or plain white napkins may be used. Here are all the directions you will need for the embroidery.

Cut the mats the desired size, pulling a thread of the fabric to guide you in cutting the edge straight. Hem the edges by hand with 3/8-inch hems, using matching cotton sewing thread or raveled threads of the fabric if they are strong enough. Now, blanket stitch over the hems with the embroidery thread as shown here at A. Next, make tiny chain stitches between the blanket stitches as at B. This completes the embroidery for the long sides of the mats. The short ends are embroidered more elaborately. Make a V stitch at the top of every other blanket stitch as shown at C. Chain stitches are then made as at D.

NOTE: Mrs. Spears' latest book gives complete directions for

many novelties, gifts and things for yourself and the children. It also fully illustrates 90 embroidery stitches with interesting variations. You will use these again and again for reference. Ask for Book 2, enclosing 25 cents. Address Mrs. Spears, 210 S. Desplains St., Chicago.



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