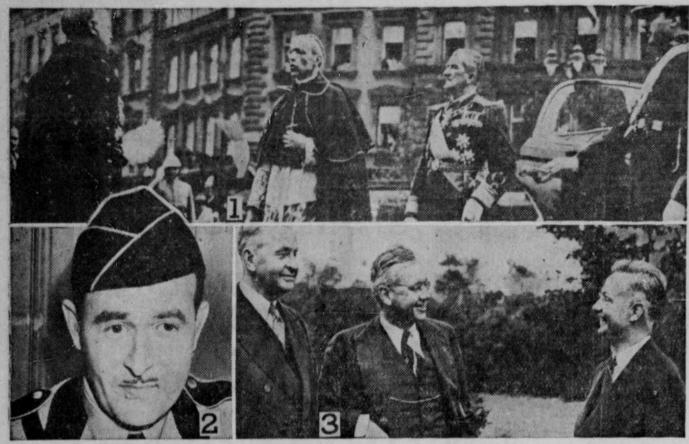
Personalities in the World's News



1-Cardinal Pacelli (center), papal delegate to the thirty-fourth Eucharistic congress which was held in Budapest, is welcomed on his arrival in Mussolini place by M. Szendy, lord mayor, and Admiral Horathy (right), Hungarian regent. 2-While crowds outside the convention hall jeered and picketed, Herman Schwinn, west coast organizer for the German-American Bund, explained the ideals of his movement to delegates garbed as "storm troopers." 3-Alf M. Landon (center), 1936 Republican presidential candidate, pictured with A. C. Deuell, publisher of the Niagara Falls Gazette, and Clarence Runalls, delegate to the Constitutional convention, while attending the annual gathering of the Association of New York State Young Republican clubs at Niagara Falls. Landon called upon his party to dedicate itself to a program to "free this country from all oppressive dictation," whether by government, industry, finance or labor.

SIX-SHOOTING HOSTESS



Lois Mulqueeney, crowned hostess of the rodeo at Livermore, Calif., backs up her invitation to the annual show of bronc and steer riding, roping and other cowboy and racing events, with a pair of shooting

French Show Latest in Rumble Seats



On a bicycle built for two, father and mother join other Paris cycling irons that belie the young lady's at- | fans in an outing. The problem of what to do with the third member of I the family is solved by this trailer. So, everybody is happy.

Farm Girl Knows Her Spelling



Marian Richardson, twelve-year-old Elizabeth, Ind., farm girl, won the fourteenth annual National Spelling Bee held in Washington, D. C. She defeated Jean I. Pierce of Buffalo, N. Y., who failed to spell the word "pronunciation" correctly. Photograph shows Miss Pierce (left) as she checked the spelling of the word with the aid of Miss Richardson shortly after the contest closed.

NEW SPEED KING



Floyd Roberts of Van Nuys, Calif., is shown after winning the 500-mile Indianapolis motor speedway race. Roberts finished about five miles ahead of Wilbur Shaw, winner of the 1937 classic. Driving a streamlined, all-aluminum Miller-built car, he established the remarkable average of 117.2 miles an hour, smashing the record of 113.58 hung up by Shaw last year. Roberts drove the entire distance without relief and made only one 30-second stop.

Elder Statesman Takes Lesson in Divining



Lloyd George, British statesman of World war days, is shown as he assisted Mary Wyllie, a "water diviner," during a demonstration of her power on the former's estate at Churt, Surrey. Her visit was made at the statesman's invitation after he chanced to see the green fields on her farm, watered from a well that she discovered through her "power." Looking on at the left is Dame Margaret Lloyd George.

By CHERIE NICHOLAS



ASHION is in a decidedly dressup mood for summer. The call is insistent for clothes daintily feminine, which accounts for the revival of softly styled afternoon dresses that show care in detail, and with which are worn as pretty beflowered hats and alluring accessories as one's budget will allow.

The dress-to-important-occasion spirit is especially reflected in the charming afternoon frocks which designers are turning out, fashioned of either black or navy silk sheer. Invest in an attractively styled sheer such as here pictured and you will be congratulating yourself the summer through upon your keen fashion foresight. No matter marquisette or chiffon as the case may be, in either black or navy and you will find that you are accounted as among the best dressed.

What's more, you will be poiseful and serene regardless the heat of a summer day in a cool silken sheer and to add to your comfort you will know that being dark your gown will carry its well-groomed appearance at all times. The importance of the vogue of the dressy dark sheer costume cannot be overemphasized.

Looking toward summer, a "lady of fashion" can make no wiser choice than the stunning afternoon dress pictured to the left in the illustration. It is fashioned of starched silk marquisette with very deep hem of weighted silk taffeta. The rococo bows scattered here and there of matching taffeta interpret the mood of the moment for alluring detail. The jeweled heart adds yet another touch of glamor. It is part of fashion's scheme of things this

season to top these lovely sheer gowns with bewitching hats colorful as they can be, to offset the dark tone of the sheer dress. The little straw pillbox with its gay little veil and flower accent which milady wears does just that.

For hot summer afternoons nothing looks cooler and feels cooler than a black chiffon dress with insertions of fine black lace to give it an air of lady-like charm. You will love the dress shown to the right. Its carefully detailed workmanship imparts an air of distinction that is of unmistakable appeal to women of discriminating taste. The lace yoke with its square neckline and cunning lace-embellished sleeves is highly flattering while the slenderizhow "ritzy" the set in which you ing vertical lines of the lace insert overstrained. move, dressed in a gown of silk endow this model with special grace. And now comes the piece de resistance-a Watteau hat that is all roses and lilacs and delicate green leaves.

> Women who regard the dark afternoon sheer as indispensable in the summer wardrobe have had the task of selection made easy in that through versatile styling there are types for every individuality included in this season's showings.

> If you would have an ensemble may be tuned to any occasion, add these items-a pleated cape-wrap same sheer to wear over a bodice top made decollete for formal affairs, and have your dressmaker design a fanciful waist, pintucked and frilly with lace for afternoon. Of course to carry out these manifold combinations it is assumed that the pleated skirt be so fashioned as to be easily detachable.

@ Western Newspaper Union.

WHITE TUSSOR SUIT By CHERIE NICHOLAS



Here is a man's point of view on what a styled-up-to-the-moment woman should wear this summer. The renowned Creed who is noted for turning out tailleurs de luxe designed this classic suit of handsome white tussor with red scarf worn with a jaunty sailor from Rose Valois. The advance style program heralds the white suit with high color as a fashion of outstanding importance for summer.

SATIN IS FAVORED FOR SUMMER COATS

The newest use of satin is for summer coats. One slinky navy blue model is worn over a deep pink satin-back crepe formal. Other color combinations include purple, green and yellow; red, blue and orange stripes; lavender, white and black; in fact, hues that would dim the glory of Joseph's coat.

Skirts are shorter than ever in Vera Borea's collection. All of her gowns are molded at the waist and hips in the new corselet line, accentuating the fullness of the skirts. Leading materials shown are shantungs, linens, sackcloths, "fantasy" crepes and wool laces.

The principal trimmings are goodluck insects-grasshoppers, locusts, flies and bees-which appear in droves on the models.

Avoid Daytime Frills on **Budget That Is Limited**

To achieve planned wardrobe economy women with high style ambitions and low purchasing powers were advised by a New York style expert to forsake daytime frills and to confine their taste for caprice to evening clothes. For daytime wear she recommended a basic color scheme for each season, simple twopiece suits that can be worn either with or without the jacket, casual millinery, and conservative shoes with medium built-up heels. Above all she stressed the need for meticulous grooming, including attention to twisted stocking seams and rundown heels.

Teen Age Hats Those little sailor hats with the ribbons under the chin have a smattering of followers, especially among the younger girls.

Dark Silk Sheers of Dress-Up Type WHAT TO EAT and WHY * *

C. Houston Goudiss Warns of the **Dangers of Overweight**

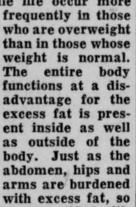
Nationally Known Food Authority Describes the Right and Wrong Methods of Reducing

By C. HOUSTON GOUDISS

THERE was a time when overweight was indulgently tolerated and even respected. It was believed that width and wisdom went together and that fat people had the best dispositions. Surplus poundage was regarded as an indication of wealth for it implied that one had plenty to eat and did not have to work.

The modern point of view, backed by medical science, is that overweight destroys beauty, multiplies the chances of disease and subtracts years from your life.

Most of the degenerative diseases of middle life occur more



are the internal organs stifled with needless tissue.

Overweight Burdens the Heart

Fatty deposits increase the work | do other serious damage. Other of the heart, because each extra drugs may have a harmful effect pound demands the pumping of on the kidneys. additional blood. It has been estimated that every pound of fat requires six-tenths of a mile of blood | themselves are likewise dangervessels to nourish it! Thus, the individual who is 20 pounds over- balanced. They may lead to a weight is carrying around 12 miles of excess blood vessels. Naturally, the heart must work faster and or deficiency diseases. harder to pump blood through these extra miles, and it is not effective, are a variety of salts, surprising that it is frequently soaps, pills and devices said to

pressure are often associated with that rubbing, massaging or pumkidney disease. And when fat | weight. creeps around the abdominal muscles, it may interfere with normal

elimination.

Life May Be Shortened

Furthermore, life insurance companies estimate that the more overweight the body becomes, the slighter the chances for longevity. that is interchangeable, so that it All the data that have been assembled indicate that as age and weight increase, the death rate to match the skirt, a bolero of the rapidly accelerates. Gross overweight may shorten life by as much as ten years.

What Should You Weigh?

It is generally held that under the age of thirty, it is advisable to weigh from five to ten pounds more than the average for one's height and age. But after thirty, a weight of ten to twenty pounds below the average is desirable. In fact, leading authorities now agree that it is an excellent plan to endeavor after thirty to maintain the normal weight for one's height at age thirty.

Reducing Methods to Avoid If you have allowed yourself to become overweight, you should

about it in a scientific manner. to 3,000 calories daily. A woman Do not put your faith in worthless or dangerous methods that ories daily, depending upon her either fail to reduce or may cause activities. you to lose your health faster than you lose weight.

the purpose of reducing, except diet, and at the same time to cut under the advice of your physi- down on fuel values so that you cian. Many drugs which are said consume less energy foods each to speed up bodily activities and day than the body requires. This burn up fat may injure the heart, will force the body to burn some

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

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 Laxa-

The bulletin gives concrete suggestions for combatting 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 postcard is sufficient to carry your request.

tive Diet."

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 scien-tific Reducing Bulletin, which shows how to reduce by the safe and sane method of counting calories.

The various fad reducing diets which women pass about among ous, because they are usually unserious type of acidosis; to nervous disorders, faulty elimination.

Less dangerous, but wholly inmake fat vanish as if by magic.

Heart disease and high blood It is also a fallacy to believe excess fat. So are diabetes and meling will effectively take off

Rational Weight Control

The one scientific method of maintaining normal weight or getting rid of a surplus is to recognize the fundamental fact that all body fat originates as surplus fuel. Thus weight control is chiefly a matter of regulating the diet so that the food intake does not exceed the energy expenditure.

Counting Calories

The person who has become markedly overweight as a result of overeating should put himself in the hands of a physician, but the maintenance of normal weight depends largely upon learning to count calories. Many people are puzzled by the word "calorie," which is a term of measurement used to measure both the fuel value of foods and the body's energy needs.

For example, a tablespoon of sugar furnishes 50 calories; a tablespoon of butter, 100 calories; one-fourth of a large head of lettuce only 12 calories.

The energy requirement for a normal adult man engaged in a sedentary occupation is from 2,200 to 2,800 calories daily; work done and can reduce. But you must go standing or walking requires up requires from 2,000 to 2,500 cal-

By becoming familiar with the caloric value of foods, it is possi-Never take any sort of drugs for ble to construct a well-balanced produce cataracts of the eyes, and of its own fat for fuel and result in a safe, scientific gradual weight reduction.

I shall gladly send readers of this column a chart showing the caloric value of all the commonly

used foods. You will find that by eating 500 calories less each day than the body expends, you can reduce your weight a pound a week. And with the chart before you, you can cut out 500 calories without even missing them.

Sample Reducing Menus

In planning a reducing program, it is essential to include in each day's diet adequate amounts of the protective foods. To help you plan a balanced diet, a week's sample menus have been included in my Reducing Bulletin.

By keeping your weight down, you may have at least ten years longer in which to enjoy life. In becoming master of your fat, you will truly become master of your

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