

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 Mulquency, 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 irons that belie the young lady's attractive looks.

French Show Latest in Rumble Seats



On a bicycle built for two, father and mother join other Paris cycling fans in an outing. The problem of what to do with the third member of 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 Diving



Lloyd George, British statesman of World war days, is shown as he assisted Mary Wyllie, a "water diver," 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.

Dark Silk Sheers of Dress-Up Type

By CHERIE NICHOLAS



FASHION is in a decidedly dress-up 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 how "ritzy" the set in which you move, dressed in a gown of silk 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 peaceful 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 over-emphasized.

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 ruffled 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 lady 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 slenderizing vertical lines of the lace insert 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 that is interchangeable, so that it may be tuned to any occasion, add these items—a pleated cape-wrap to match the skirt, a bolero of the 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.

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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 renewed 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 corset line, accentuating the fullness of the skirts. Leading materials shown are shantung, linens, sackcloths, "fantasy" crepes and wool laces.

The principal trimmings are good-luck 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 two-piece 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 run-down heels.

Teen Age Hats

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

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

6 East 39th Street, New York City.

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 frequently in those who are overweight than in those whose weight is normal. The entire body functions at a disadvantage for the excess fat is present inside as well as outside of the body. Just as the abdomen, hips and arms are burdened with excess fat, so are the internal organs stifled with needless tissue.

Overweight Burdens the Heart

Fatty deposits increase the work of the heart, because each extra pound demands the pumping of additional blood. It has been estimated that every pound of fat requires six-tenths of a mile of blood vessels to nourish it! Thus, the individual who is 20 pounds overweight is carrying around 12 miles of excess blood vessels. Naturally, the heart must work faster and harder to pump blood through these extra miles, and it is not surprising that it is frequently overstrained.

Heart disease and high blood pressure are often associated with excess fat. So are diabetes and kidney disease. And when fat 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. All the data that have been assembled indicate that as age and weight increase, the death rate 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 and can reduce. But you must go about it in a scientific manner. Do not put your faith in worthless or dangerous methods that either fail to reduce or may cause you to lose your health faster than you lose weight.

Never take any sort of drugs for the purpose of reducing, except under the advice of your physician. Many drugs which are said to speed up bodily activities and burn up fat may injure the heart, produce cataracts of the eyes, and

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 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 postcard is sufficient to carry your request.

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.

do other serious damage. Other drugs may have a harmful effect on the kidneys.

The various fad reducing diets which women pass about among themselves are likewise dangerous, because they are usually unbalanced. They may lead to a serious type of acidosis; to nervous disorders, faulty elimination, or deficiency diseases.

Less dangerous, but wholly ineffective, are a variety of salts, soaps, pills and devices said to make fat vanish as if by magic.

It is also a fallacy to believe that rubbing, massaging or pumping will effectively take off weight.

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 standing or walking requires up to 3,000 calories daily. A woman requires from 2,000 to 2,500 calories daily, depending upon her activities.

By becoming familiar with the caloric value of foods, it is possible to construct a well-balanced diet, and at the same time to cut down on fuel values so that you consume less energy foods each day than the body requires. This will force the body to burn some 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 fate.