

## Luxurious Tailored Suits Radiant With Fall Colors

By CHERIE NICHOLAS

SEEING the luxurious three-piece suits or costume suits, as the case may be, fashioned as they are of glamorous woolsens that are radiant with rich autumnal colorings,



this season's suits is the fact that they are softly tailored with subtle feminine touches that have in them no suggestion of stereotyped severe "lines." There are many intriguing trimming touches such as bindings of stitched velveteen finishing the edges of gay plaids or leather may be used instead of the velveteen. Then, too, suede and wool fabric often form an alliance. In every event color is played up to capacity. Consider the very charming three-piece suit to the left in the picture. Here is a glowing example of the effective use designers are making of color. Plum-colored imported tweed having a light blue crossed bar is employed for the making of this smart three-piece. The skirt and the piping on the short jacket are of the plum tweed in monotone. The hat is of matching plum suede with stitched brim. Here is a grand chance to wear light blue accessories and a blouse in blue would offer a pleasing change.

one realizes what is meant when Paris says "more color everywhere for fall and winter."

The newer woolsens are superbly colorful, so much so one recognizes in them a direct challenge to the supremacy of black which for so long a time has held sway. The colors featured this season are so glorious within themselves and the combinations that designers create are so daring and unusual, inspired as they are by the richness of the purples, the dregs of wine, tawny browns, deep greens and luminous jewel shades and the surpassing loveliness of the teal blue that is so vastly important just now, it is no wonder that "Paris has gone color-mad" as has been said in regard to recent couturier displays.

The color glory that dramatizes the current fashion picture so thrillingly this season is especially noticeable in the new wool weaves that are being fashioned into stunning coats and suits. In consequence suits and ensembles tailored of genuinely elegant woolsens form the basis for every wisely appointed wardrobe in the opinion of those who guide our fashion destinies.

Speaking of capes, considerable emphasis is being placed on cloth evening wraps and the circular cape of fine broadcloth that extends midway between waist and knees (an inspiration of the nineties) is a favorite. Quaint looking indeed but tres chic just the same.

Interest in smooth face velvety surfaced woolsens is being revived. Broadcloth, suedes, zibelines, duvety types have come into their own this season.

Perhaps the most important thought to keep in mind concerning



## WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—In 1918, the Bolsheviks were fixing to shoot Maj. Alexander P. de Seversky, but he persuaded them to let him go to America so he could get a new wooden leg. He got it, also a beautiful wife, a \$5,000,000 airplane factory, and a lot of flying records, culminating in his new east-west transcontinental record of 10 hours and 3 minutes, from New York to Los Angeles.

Flying for Imperial Russia in the World war, he engaged in more than 100 dogfights with the Germans and dropped 13 of them. But one day they dropped him—into the Baltic. A forty-pound bomb, which he had failed to release, exploded as the ship struck the water, and blew it to bits.

Recovering consciousness later, he discovered that, witless as he was, he had been clinging to a pontoon. The water was red around him. Shifting his good leg over the pontoon, he made a tourniquet of his torn trouser leg. He swooned again, as a Russian destroyer picked him up. He crow-hopped the Chinese border on his wooden leg, as a stupid border guard refused to recognize his papers.

Washington received him hospitably, in April, 1918, and made him a consulting engineer for the army air service. He later experienced some rough going, but the only real crack-up in his career was encompassed in that drop into the Baltic.

He was steadily on the uptake, designing planes, flying and bringing through his factory. In 1933, he designed and built an amphibian plane which made a record of 177.79 miles per hour. Trained in the Imperial Naval academy, he has contributed greatly to aviation engineering and design.

Several years ago, using an alarm clock and few electrical odds and ends, he made a waltzing plane, swaying rhythmically with band music from below. His waltzing days were over and he found this a satisfactory substitute.

SIMON LAKE, the inventor of the submarine, 72 years old, hopes some day to get an under-sea peek at the sunken continent of Atlantis.

In a mid-town hotel in New York, he is up to his knees in blueprints of submarine adaptations and gadgets which he hopes will be found useful by the deep sea boulevardier. His father is 91; his grandfather lived to the age of 96 and his sister to 102. Although his once red hair is white, he thinks he is just now getting his start in life.

His 25 basic patents alone made the submarine possible. Like many, possibly most, inventors, he could devise a scheme for almost anything except getting what was coming to him. So, in his genial, casual way, he is broke.

Reading Jules Verne, when he was 10 years old, led him to capsize a rowboat on the Toms river in New Jersey and test his staying powers in the submerged air chamber. In 1894, he made a wooden submarine, 14 feet long, with a soda water tank supplying compressed air. It worked nicely. In 1894, he made the Argonaut, Jr., in which he cruised under the water for thousands of miles on Chesapeake bay.

Like the Wright brothers, he aroused little attention. He finally got Washington interested when he telephoned to the capitol from the bottom of the sea. His working submarine came through. Washington didn't seem to care much what he did, so he took his invention to foreign capitol. Czarist Russia made him some impressive offers but he decided they were a dissolute lot and, as a self-respecting American business man, he wouldn't have anything to do with them.

All in all, he became fed up with bureaucrats and red tape and governments in general and turned to deep sea treasure hunts. The submarines, of course, destroyed much more treasure than they ever dredged up. This troubles him. Vigorous and energetic, with a wrinkled, knobby weather-beaten face, genial and friendly, he plugs along alone in his hotel to redeem the submarine by making it a general cargo and passenger carrier.

Cleanliness in Denmark In Denmark and other parts of the continent citizens are compelled by law to paint and redecorate their houses and business premises at certain fixed periods. Those who fail to do this are fined. As a result their towns look cleaner and more attractive

## HEALTH

● Test for tuberculosis made easier with new ointment procedure.

—By Dr. James W. Barton—

SINCE 1907 research workers in tuberculosis have been trying to get a skin or patch test for tuberculosis that would be easier on patient and physician than the present method of injecting old tuberculin.

Dr. Ernest Wolf, San Francisco, in the American Journal of Diseases of Children, about three years ago reported his results with the use of the tuberculin ointment patch test in 800 cases. More recently, in the Journal of the American Medical Association Doctor Wolf and Dr. Samuel Hurwitz report 1,000 new patients treated by this method; that is a total of 1,800 cases.

In order that the true value of the test could be learned two ointments were made up in exactly the same manner, one ointment containing tubercule organisms and one without the organisms.

"The ointment is applied to the inner surface of the upper arm or the skin of the chest wall. The skin is cleansed with benzine or ether and dried. A pea-sized drop of the tuberculin ointment is applied on the right side and a similar sized drop of the control ointment (without tuberculin) is placed on the left side. Each of these drops is covered tightly with a one and a half inch square of ordinary adhesive plaster, which is removed in 48 hours.

Test Results Analyzed. "Positive reactions (tuberculosis present in the patient) shows as follows: a weak test—light case of tuberculosis—shows a few single small papules or pimples of a pale rose color, a medium reaction consists of many vividly red pimples with redness of the surrounding skin, while a marked positive reaction shows the papules with redness and hardening of the whole surface of the skin covered by the patch; that is about one and a half inches square."

As this test is about 98 per cent correct as compared with the injection of tuberculin method, it makes a very simple method of testing for tuberculosis. "The ease and speed of application lend the patch test to general use in private practice and public health work. It overcomes the objection of the mental shock and pain by the use of the hypodermic needle."

### Body Training Pays Big Dividends!

In the Boston marathon race a few years ago research workers of Harvard university examined the blood of the runners immediately after the race. They found that the blood of those who finished well up in the race and those in good condition at the finish was rich in sugar and in those who finished near the end of the last, or were in poor condition at the finish, the blood was poor in sugar. It was suggested to those who finished low down on the list or were in poor condition at the finish that they use more sugar during their training the following year and that during the race itself they eat some sugar.

Without exception these runners finished further up in the race and were in better condition physically at the end of the race than they had been the year before.

In Europe a research worker, Ove Boje, found that the height of the blood sugar level remains about the same or falls but slightly in trained individuals during one hour of average work, while an increase of 50 per cent in the amount of work done causes marked increase in the amount of sugar in the blood. In untrained individuals there is nearly always a decrease of blood sugar during work and the amount becomes still less as the work increases; but this decrease disappears after a few months' training.

Gladstone Was Right. In fact, instead of the sugar in the blood decreasing it actually increases, whereas in an individual not in "shape" or not in training, the blood sugar is soon exhausted and he cannot continue to work because of lack of energy. But—and this is a big point for all of us—"this decrease in blood sugar in untrained individuals disappears after a few months' training."

Just think then of the wonderful effect of exercise in that a few months' training will put the average healthy individual into such physical condition that his blood sugar will not decrease but remain at a normal level.

Truly, Gladstone realized this when he said that "All time and effort spent in training the body pays a larger rate of interest than any other investment."

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## What to Eat and Why

C. Houston Goudiss Offers Timely Advice On Avoiding the Menace of Tooth Decay

By C. HOUSTON GOUDISS

ONE of the most serious indictments against our present-day civilization is its failure to preserve the teeth of men, women and children. Countless examinations in all parts of the country reveal that practically 100 per cent of the adult population is afflicted with some form of oral disease. And surveys of the physical condition of school pupils in different localities and under various circumstances disclose that tooth decay affects between 90 and 97 per cent of our school children.

Remarkable and widely heralded advances have been made in our knowledge of how to control and prevent many dangerous and debilitating diseases. Yet we appear to be complacent in the face of the fact that the majority of our population is handicapped by decayed teeth!

Nor does the mere statement of the case convey any idea of the seriousness of the situation. For it is unfortunate that diseased teeth and dental infections which may result from unchecked decay, seldom incapacitate the sufferer. Thus the victim does not become sufficiently alarmed to take the steps necessary to arrest the progress of the diseased condition.

Yet a single decayed tooth might be compared to a poison factory, distributing its noxious products to every part of the body, and tooth decay may be indirectly responsible for rheumatic ailments, neuritis, dyspepsia or duodenal ulcers. It may be a contributing cause of heart trouble.

### Possibilities of Prevention

Yet there is little or no excuse for the appalling amount of dental decay that afflicts the American people. For in recent years a vast amount of laboratory and clinical research has been undertaken in this field and there is impressive evidence that dental caries, or decay, may be completely controlled by dietary means. Then, too, our understanding of correct dental hygiene has advanced tremendously, and scientifically designed tooth brushes and skillfully compounded dentifrices are available in every town and hamlet throughout the country.

### Diet and Dental Disease

Various investigators have advocated different dietary formulas for the control of dental decay. There is a lack of agreement among them as to which single element is the most important in constructing a diet to prevent caries.

But outstanding authorities hold that each of the five following dietary factors has a controlling influence: vitamins A, C and D; an adequate supply, in the correct proportions, of the minerals, calcium and phosphorus; an excess of alkaline or base-forming foods over acid-forming foods; and a generous allowance of raw foods, with emphasis on those that leave an alkaline-ash.

### Vitamin A and Tooth Structure

Notable research has demonstrated that vitamin A is a definite factor in controlling tooth development. The development of the enamel is governed by a complex structure which begins to deteriorate as soon as vitamin A is withheld. When experimental animals are placed on a diet lacking in this vitamin, their teeth become brittle, chalky and white. This is due to the loss of the enamel, with its orange colored pigment, and the exposure of the dentine.

An English authority also claims that vitamin A is necessary to help prevent diseases of the gums. Inasmuch as vitamin A likewise has many other important functions to perform in the body, every homemaker should see to it that her meals contain an abundance of milk and other dairy products, and the green, leafy and yellow vegetables which are a good source of this vitamin.

### Vitamin C and Tooth Health

Vitamin C is closely associated with the health of both teeth and gums. There is strong evidence

that this vitamin is essential to the dentine, enamel, cementum and the bone of the jaw. And there are on record remarkable experiments which demonstrate that dental decay and gum disorders are both prevented and arrested when extra amounts of foods containing vitamin C are included in a well-balanced diet.

Vitamin C is best obtained from the citrus fruits, tomatoes and raw leafy vegetables such as cabbage.

Vitamin D which we get from the sun, from fish-liver oils and concentrates, and from irradiated foods and those fortified with vitamin D concentrate, is necessary for the proper utilization of the calcium and phosphorus, which must be generously supplied if the teeth are to develop properly.

### Importance of Dental Hygiene

Thus a carefully calculated diet, beginning before birth and continuing throughout life, is necessary to build teeth that are structurally sound. But even the most perfect teeth require constant care to maintain their soundness.

Thorough brushing is necessary after every meal to remove all particles of food which remain between the crevices and cling near the necks of the teeth. If not removed, this debris may ferment, giving rise to unpleasant odors and creating acids which may attack the tooth enamel.

It is important, however, that the brushing be done correctly, away from the gums and with a slight rolling stroke, so that the bristles can penetrate between the teeth. Never use a horizontal stroke nor brush toward the gums. This may irritate the tender tissues and may also force food particles under the gums at the necks of the teeth.

### A Good Dentifrice Essential

The selection of a dentifrice is most important because an agree-

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able dentifrice encourages thorough brushing—an efficient dentifrice helps to float away minute bits of food not reached by the toothbrush.

It is also advisable to use a paste or powder which helps to restore luster to teeth which have been surface-stained by foods and beverages.

The use of an antiseptic mouthwash, at least once daily, especially before retiring, is commendable as it leaves the mouth fresh and clean.

It is also important to give the teeth regular systematic cleansing, and to see your dentist periodically for a careful checkup.

## Questions Answered

Mrs. L. B. R.—Yes, lettuce and corn both contain copper, and so does beef liver. Copper is a mineral that is needed for the proper utilization of iron.

Mrs. F. L. S.—Children require about one and one-half times as much phosphorus as is necessary for a full grown man. That is why they must eat generously of whole grain cereals, eggs, dried legumes, leafy vegetables, milk and cheese.

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## Braid Trimming Is Smart



give this design an unusually good figure line.

The Panty-Frock. High waistline, puff sleeves, square necklines—they all look adorable on little girls. This flaring frock buttons down the front so that ambitious tots can easily dress themselves in it. This design will be pretty in so many different materials—gingham, challis, percale and dimity. A dress-up version in taffeta will be sweet, too; trim that with ribbon instead of the braid.

### The Patterns.

1570 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 4 3/4 yards of 35-inch material without nap; 2 3/4 yards braid to trim.

1516 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 3 yards of 35-inch material; 4 3/4 yards braid or ribbon to trim; 1 3/4 yards ribbon for belt.

### Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents.) You can order the book separately for 15 cents.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

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### Baseball Is Smart

Baseball in Japan is not only popular, but very smart. The speculators are waited upon hand and foot. Baseball season over there begins in September and comes to a close about the first of the new year. Japanese fans go to the games in family groups, with the dowager lady of the family in the place of honor.

## Fur-Sleeved Coat



Fashion dictates fur sleeves for winter cloth coats. They are being shown in endless number and the furs employed are apt to be of any type which, of course, adds zest to the mode. In this instance lavish silver fox is employed. Special points of styling interest in the mode pictured is the multiple skirt pleats and the wide crushed leather belt.

## Dirndl Is Leader

### Among Juveniles

The dirndl may be dwindling in popularity with the grown-up fashion leaders but it continues to hold first place in juvenile styles for the coming season. Many coats as well as dresses designed for little girls from three to six years old show the peasant influence.

One coat that is typical of the trend is made of royal blue velveteen and has a fitted basque top to which is attached a very full shirred skirt section. A little collar of gray squirrel fastens snugly at the throat. Another coat similarly styled is made of wine red wool velour and has cordings of the fabric trimming the dirndl skirt.

## Leather Hats Are

### New Fall Fashion

Leather hats have come to town as spice for the fashion menu.

Lily Dache makes them of kid and suede in such colors as elephant gray, rural autumn (a rich maple leaf red) dawn blue (green blue) and beet root (a deep dark red) as well as the regulation shades trimmed with bright colors. She sends them out with gloves of the same color to wear now with dark frocks and later with fall suits.

### New Fall Color

"Tabac" brown, more mellow in its tone than most browns, is off to a good start in the early collections. Maggy Rouff combines it with maroon and deep sage green to make a "mosaic" winter coat formed by pieced-together squares of the three colors.