

# Easter Costume Is Prettied With Beguiling Accessories

By **CHERIE NICHOLAS**



handsomest that ere glorified the fabric realm. It would be beyond human imagination to conceive of weaves more eye-appealing than the gorgeous plaids and stripes that go to make up the jaunty jackets that partner with pleated or gored swing suits registering as "little girl" fashions for grown-ups on the new style program. And tweeds!

**IN PLANNING** your Easter outfit remember that fashions this season have gone utterly, enchantingly feminine. The whole story is one of softly styled suits, dresses and coats that are garnished with brain-storming accessories and breath-taking color schemes all of which bespeak womanly wiles and witchery.

It matters not how fundamentally simple and demure your costume starts out to be, by the time it has been accessorized in accord with fashion's idea of things for spring, it will have become a masterpiece of sophistication.

And so, in the forthcoming Easter fashion parade, eyes will shine from behind romantic veils as gaily colorful as blossoms in springtime, gloves will be worn that look as if they may have been dipped in Easter egg dyes, hats will be as sweetly feminine as flowers and wing trimmings and ribbons can make them. However, for news that is biggest news there's nothing quite so exciting as the irresistibly lovely lingerie touches of frothy frills and dainty lingerie neckwear fantasies that give a freshness to spring outfits.

When it comes to the costume-ideal to wear on a gladsome Easter day choose a suit. Style-leaders have already declared this to be a suit season. This year suit enthusiasm reaches a new high, especially so because the woollens that fashion them are beyond a doubt the

We have gone so completely English on the subject of tweeds. There are suits and ensembles and gowns galore to choose from made of the daintiest most fetching woollens that ever you saw.

So, if your fancy turns to other than tweed why not a superbly tailored pencil-striped lightweight wool crepe suit such as centers the group pictured?

To the right in the picture, see what white violets and frothy white organdie do in the way of toning a sheer black wool dress up to a fascinating degree of feminine allure. The draped cowl of embroidered organdie with val edging as here worn is real news as to what's doing in the neckwear realm this spring. Top this costume with a white violet crowned hat, add a violet corsage and you couldn't look sweeter on a bright Easter morn.

To the left is a charming suit in navy serge with collar and cuffs of pique.

With a greater than ever suit season heralded for spring one can't possibly have too many blouses, and the big news in the blouse realm is the revival of the sheer handmade "baby blouse" exquisitely tucked and frilled, hand-embroidered and lace trimmed. See the picture of one of the newest lingerie blouses inset in the group below. It is of self-printed organdy. Note the new fluted collar with its tiny narrow lace-trimmed edge to add to its sheer daintiness.

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## Style Intrigue



Jacket costumes are having their big moment this spring. According to reports more jacket suits are selling than any other type. The jacket suit presents a particularly interesting theme in that it invites not only intriguing color schemes but also affords opportunity for contrasting materials, features which designers are playing up most dramatically. The clever plaid jacket pictured has an individuality all its own in that the arrow-shaped contrast fastenings add an unusually interesting decorative note.

## Back Comes Sheer Lingerie Blouse

All signs point to one of the big gest, best and most exciting blouse seasons that has ever gone on record. Which of course is the same as telling you that suits are "tops" this spring and to meet the demands of a suit nothing less than a well-stocked wardrobe of blouses will suffice.

The most important message about the exciting blouse furore that is now going on is the revival of the exquisitely sheer lingerie type which is that naive and innocent and young looking it registers on the style program under such endearing terms as baby blouse and it is just that—a confection of finest batiste or organdie all handworked with wee tucks, embroidery and lace edgings, just too lovely for words.

For practical daytime wear you'll be wanting several washable crepe blouses and the gypsy-stripe blouses are practical too and flamboyantly colorful tuning perfectly into fashion's mood this spring.

## Gloves Are Worn In Dashing Shades

Your gloves must tune to the color scheme of your costume. The shops are showing doveskin slippers, also fine fabrics in all the new tones, tints and hues. Fuchsia shades lead and violene is also popular. Very smart are the new pink tones as well as a range of blues.

**Seasonal Shades**  
Greens and browns will be least interesting for sports clothes.

**Open Toes for Spring**  
There's nary a closed toe in the lot of smart shoes for spring.

# WHAT to EAT and WHY

**C. Houston Goudiss Reveals Several Reasons Why Food Sometimes Disagrees; Warns Against Eating When Tired or Worried**

By **C. HOUSTON GOUDISS**

**A GREAT** many people have the unfortunate habit of warning friends and acquaintances against this or that food, on the ground that it is "difficult to digest," or "is almost sure to cause digestive distress, especially if eaten at the wrong time of day or in combination with the wrong foods." Indeed, to hear some men and women recount the various dishes that are best left alone, is to wonder how they manage to find anything to eat at all, in view of the many good foods they consider taboo!

Certainly there is no objection to food as the topic of conversation.

It is so basic to good health that it should be uppermost in the mind of every individual who desires to promote physical and mental efficiency. And it is also natural for a person to be guided by past experience in determining what he should eat, and what it may be advisable for him to avoid.

But it is a grave mistake for one person to warn another against any food or combination of foods on the ground that it will cause digestive distress. For the truth of the matter is that under proper conditions, a normal, healthy person should have no difficulty in digesting almost any food that has a place in the well-balanced diet.

### Food Dislikes Often Unfounded

I once met a woman who told me that her contented-looking husband could, and did, eat most everything "cept horseshoes. Menu planning was simple for her! And how different from the problems of the home-maker who must try to reconcile her menus, both with the food dislikes of various members of the family, and with the foods that they declare they can't eat, for fear of digestive distress.

It is true, of course, that individuals differ greatly, and occasionally a food that can and should be eaten regularly by most people, will cause distress in an individual case. But that is no indication that the food will have the same effect on another person, and it is misleading either to proffer or accept advice of this nature from friends.

It may be that the victim has an allergy to the food in question—that he reacts to it differently than the majority of people. But there is also the possibility that the prejudice exists because of some previous distress, caused, not by the food itself, but by the circumstances under which it was eaten.

Perhaps a clearer understanding of some of the mental and physiological factors influencing digestion would dispel many of the bugaboos that cause people to avoid various, wholesome foods and food combinations, and to warn others against them.

### Emotions Influence Digestion

Scientists have established that the stomach is capable of reacting to almost every emotion and sensation that is experienced by men and women. Thus, how you eat becomes quite as important as what you eat. And any food or combination of foods consumed when you are tired, worried or angry, may cause acute distress, whereas the same food, when eaten at another time, may be digested without the slightest disturbance.

This indicates the folly of jumping to the conclusion that you can't eat this or that, and shows that one is scarcely justified in warning friends or relatives to avoid certain articles of diet.

There is a large amount of evidence that fear, anger or anxiety have the effect of diminishing the gastric secretions, and further, of arresting or slowing down the movement of the intestines.

If food is eaten under these conditions, it may remain stagnant in the alimentary canal, with the subsequent formation of gases and decomposition products. But instead of recognizing the true cause

from too much physical or mental work. A brief rest before eating will put the body in much better shape to receive and assimilate the food.

Then, if the meal is served in pleasant surroundings, and if the food is flavorful and well cooked, the chances are that it will be digested satisfactorily by all normal individuals.

### Be Tranquil at Mealtimes

In view of the fact that tranquility of mind is essential to the proper utilization of food, home-makers should remember never to discuss unpleasant subjects at meal times. Don't nag the children about eating, or choose that time to discuss their lapses from discipline. Don't talk about finances or take up real or fancied grievances with your husband. Let such matters wait until the meal has been digested.

If these suggestions were more generally followed, it is almost certain that we would hear much less conversation about foods that cause distress, much more wholesome talk about the pleasures of the table.

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## ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

### The Questions

1. Which cabinet member was born in a log cabin?
2. What is the smallest republic in the world?
3. How long is the San Francisco-Oakland bay bridge?
4. How long following her marriage does custom allow a wife to be called a bride?
5. Who was the author of the following aphorism: "Laws do not make reforms; reforms make laws"?
6. How long is the world's longest chain?
7. What casualties did the United States forces suffer in the Spanish-American war?
8. In what European countries do the most Americans live?

### The Answers

1. Secretary of State Cordell Hull.
2. It is San Marino in northern Italy, with an area of 38 square miles.
3. The total length is 8 1/4 miles

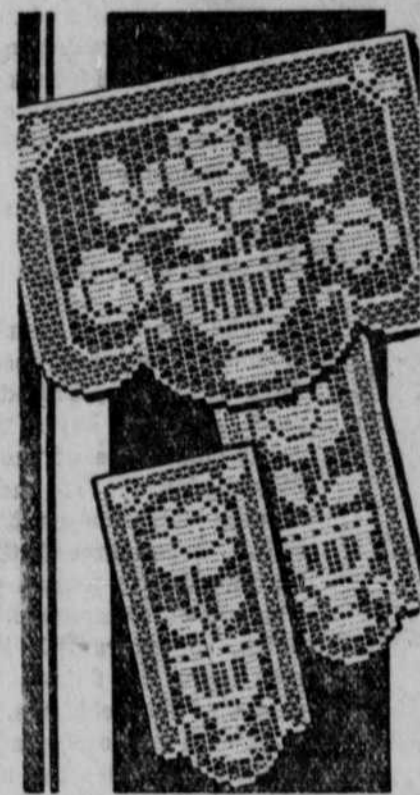
and the length over water is 4 1/2 miles.

4. One year.
5. Calvin Coolidge.
6. The world's longest chain is a 4,200-foot chain made of 12,500 nickel steel links, used in planting ocean cables.
7. Killed in action, 498; died of wounds, 202; died of disease, 5,423; died of accidents, etc., 349; total deaths, 6,472.
8. On May 13, 1938, Italy had more Americans living there than any other European country. There were 25,616 at that time. Great Britain and Northern Ireland ranked second with 12,447, and France third with 12,384.

### Improved Oration

It is a thing of no great difficulty to raise objections against another man's oration—nay, it is a very easy matter; but to produce a better in its place is a work extremely troublesome.—Plutarch.

## Filet Crochet Design For Chair or Scarf



This graceful bowl of filet crochet roses is set off by the K stitch. The design is lovely as a chair set, scarf ends, or buffet set. Pattern 1830 contains directions and charts for making this set; illustrations of it and of stitches; materials required.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Avenue, New York, N. Y.

## SAFETY TALKS

### Mischievous Hands

**MAYBE** he picked up the habit about the time he couldn't resist pulling the pig-tails of the girl who sat ahead of him in grammar school. But even though they were more chivalrous in their school days, adult man (and woman) has a lot of trouble keeping his hands and fingers out of mischief.

The National Safety council reports that of all accidents suffered during 1937 by persons who were at work, 33 per cent were hand and finger cases. Legs and feet were injured in 24 per cent of the occupational accident cases. The human trunk was injured in 19 per cent, or the third largest, number of cases.

Other parts of the body and the frequency with which they were injured: arms, 11 per cent; head (other than eyes), 6 per cent; eyes, 2 per cent. The council said general accidents accounted for 5 per cent of the cases.

## CLASSIFIED DEPARTMENT

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### Choosing or Doing

There is always something to do if we are willing to do it, and do not insist on doing something else. Many think there is nothing for them to do because they are more eager to choose their work than to do it. There is a share of life for everyone; there is work for every hand.

## To Check Constipation Get at Its Cause!

If constipation has you down to you feel heavy, tired and dopey, it's time you did something about it. And something more than just taking a physic! You should get at the cause of the trouble. If you eat the super-refined food most people eat, the chances are the difficulty is simple—you don't get enough "bulk." And "bulk" doesn't mean heavy food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines. If this common form of constipation is your trouble, eat Kellogg's All-Bran for breakfast every day and drink plenty of water. All-Bran isn't a medicine—it's a crunchy, toasted, nutritious cereal. And it will help you not only to get regular but to keep regular, day after day. Made by Kellogg's in Battle Creek. Sold by every grocer.

## WATCH GEORGE WOOD CLOSELY AS HE ROLLS UP HIS JOY-SMOKIN'



**1 THE "MAKIN'S"!** Ready with the paper, ready with the tobacco! And look at what he rolls—yes, sir, Prince Albert! His name is George E. Wood (insurance) and he says: "Start with Prince Albert and you're all set. I got a yen for P.A. and you're about to see why..."

**2 LAYS RIGHT!** P. A. snug-gles right down in the paper, pinches up tight, thanks to its "crimp cut." "I'll say it rolls firm and neat," says Wood. "It's the easiest-handling 'makin's' tobacco I know of. That special cut helps Prince Albert to smoke cooler and taste mellow..."

**3 ROLLS RIGHT!** It's so easy to get the "hang" of rollin' 'em if you use P.A. The picture can't show how quickly Wood twirls up his "makin's," but it's only a matter of seconds. "And speakin' of taste," he says, "well, Prince Albert has more taste — more smoke-joy — and no bite."

**4 READY! GO!** Look at that smile on George Wood's face as he lights up his mellow-smoking "makin's" cigarette. "Show me a man with a P.A. tin peeking out of his pocket," he says, "and I'll show you a real contented smoker who's enjoying a smooth 'makin's' cigarette."

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**OFFER STILL OPEN**

Roll yourself 30 swell cigarettes from Prince Albert. If you don't find them the finest, tastiest roll-your-own cigarettes you ever smoked, return the pocket tin with the rest of the tobacco in it to us at any time within a month from this date, and we will refund full purchase price, plus postage. (Signed) R. J. Reynolds Tobacco Co., Winston-Salem, N. C.

—and more PIPE-SMOKERS smoke Prince Albert than any other brand

**SO MILD • SO TASTY • SO FRAGRANT**

# PRINCE ALBERT

THE NATIONAL JOY SMOKE

## Jerry On the Job!



## On the Second Bounce



by **HOBAN**

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