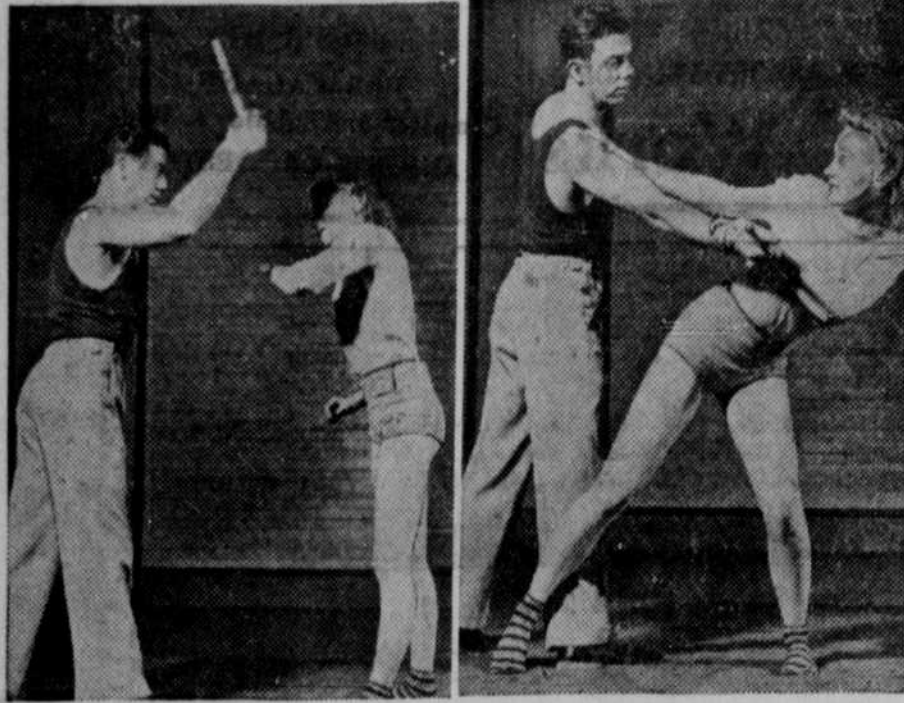
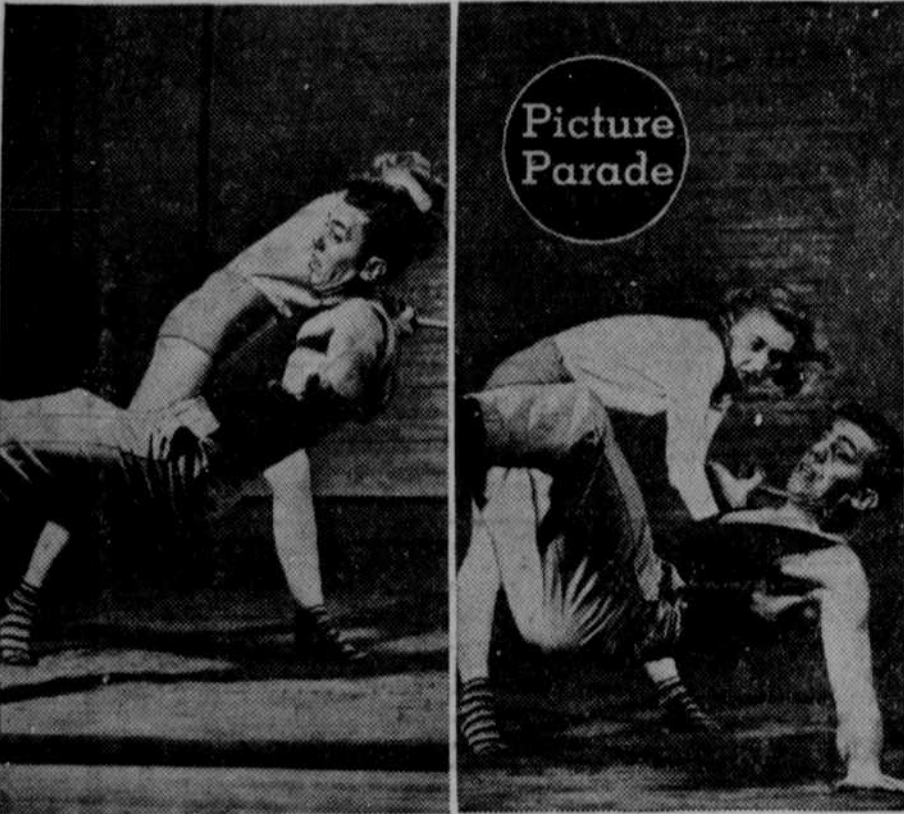


Self-Defense Program

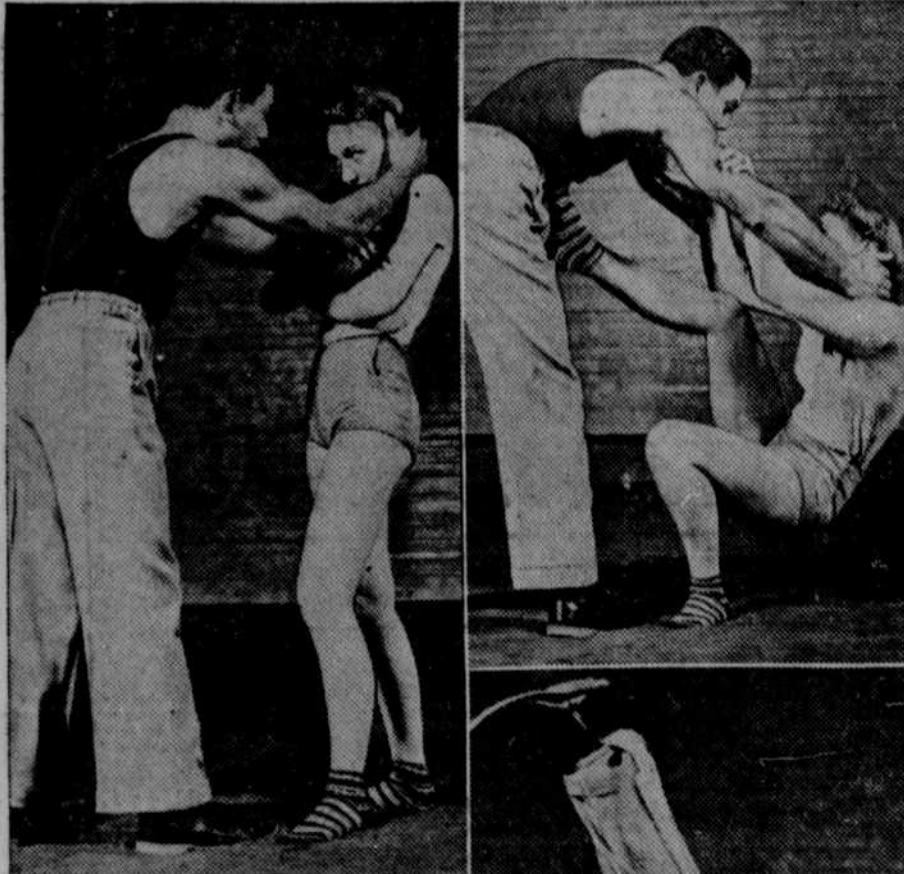
In these days when the doctrine that "might is right" seems to be enjoying a boom, individuals as well as nations seem to need a self-defense program. The ideal technique of defense for the average man or woman is jiu-jitsu. In this series of photos, made at the Bothner Gymnasium in New York, Lou Leonard, physical director, and Miss Swann Marlow enact the two attack and defense sequences.



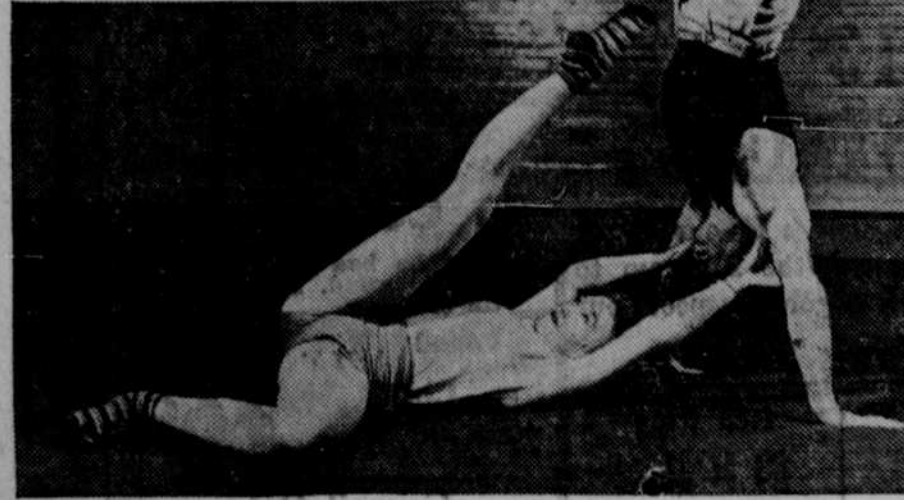
1. As a first step in her self-defense program, Miss Marlow blocks the blow of Lou's cudgel with her forearm. 2. She presses the arm back, grips his biceps with her righthand and shifts her right foot behind his right foot.



3. Then it is just a matter of applying pressure quickly. One smart jerk and Lou is thrown off his feet. 4. And down he goes, flat on his back. An opponent thrown with such force usually has the fight knocked out of him.



Above: Lou grabs Miss Marlow. She gets her arm inside his and then (upper right) snaps her hands to his biceps, throws her weight backwards and brings her right foot to his midriff.



Continuing the backward motion, Miss Marlow's body rolls to the ground from a sitting position to a reclining one. Simultaneously the right leg stiffens and the "attacker" takes a beautiful nose-dive.



Historical Highlights

by Elma Scott Watson
(Released by Western Newspaper Union.)

Famous in Triplicate

DURING the recent celebration of "I Am an American" Day, a group of church dignitaries and members of the American Legion gathered at a monument in the little city of Carrollton, Mo., to pay tribute to a man who has been called the "most honored American." His name was James E. Shields and he is described on the monument as a "soldier, jurist and statesman."

But those three words are only a slight indication of the factors which made his career so remarkable. A quotation from a recent book, James Gray's "The Illinois," a volume in the "Rivers of America" series, published by Farrar and Rinehart, sums it up more adequately. It says: "With a thoroughness characteristic of his executive temperament, James E. Shields seems to have done everything in triplicate. He fought in three wars and represented three different states as United States senator." No other American, it might be added, holds such a record.

Born in Dungannon, County Tyrone, Ireland, in 1810, Shields came to this country at the age of 16. He enlisted in the army, served in the Seminole Indian war, then went to Illinois, where he was elected to the legislature in 1836, made state auditor in 1839 and appointed a judge of the State Supreme court in 1843. Two years later he was appointed commissioner of the general land



BRIG. GEN. JAMES E. SHIELDS

office, but gave up civil life at the outbreak of the Mexican war to accept a commission as brigadier general of Illinois volunteers in 1846.

Shot through the lung at the Battle of Cerro Gordo and brevetted major general, after his recovery he served in the Valley of Mexico as commander of a brigade, only to be wounded severely again at the storming of Chapultepec.

Mustered out of the service on July 20, 1848, he was immediately appointed territorial governor of Oregon, but resigned this office when he was elected senator from Illinois. He served in the senate from 1849, to 1855, then moved to Minnesota.

When the state government was organized there he was again sent to the United States senate where he remained until 1859. He next moved to California, and at the outbreak of the Civil war he was commissioned a brigadier general of volunteers in August, 1861. At the Battle of Kernstown, Shields was wounded, receiving a broken arm from a fragment of shell.

On March 28, 1863, weakened by the wounds which he had suffered in two wars, Shields resigned from the army. Going to California he found that the lands granted to him for his military services had been lost by his trusted agent and he bought a farm near Carrollton, Mo.

Although he had decided to retire from public life, he was soon back into politics. In 1868 he was Democratic candidate for congress, and although his friends declared that he had been elected, he was not seated. Six years later they elected him to the legislature, and upon the expiration of his term, the general, aged, weakened and impoverished, sought the humble position of door-keeper of the United States senate.

But this was denied him and he returned to Missouri. That state promptly honored him by electing him to the senate. He held this position until his death, which took place on June 1, 1879, at Ottumwa, Iowa.

One of the most famous incidents in Shields' career was his "duel" with Abraham Lincoln while he was state auditor. Lincoln wrote an anonymous letter to the Illinois State Journal, ridiculing the financial policies of Shields who challenged him to a duel. Lincoln accepted but chose as weapons cavalry broadswords and specified that the fighting be done over a plank set in the ground with the duellists standing on opposite sides "at the distance of the whole length of the sword and three feet additional." They didn't fight!

Chic Prints Feature Flowers In Colorful Wide-Spaced Motifs

By CHERIE NICHOLAS



THIS season the new look for prints is carried in big florals that dramatically splash and dash vivid color in wide-spaced motifs. Nor is the technique and the eye-dazzling color confined to evening prints. While it is true that gorgeous prints of the type described have gone "tops" for party and for other formal evening wear, it is also true that big flowers patterned in new and far-between motifs are the newest news of all in regard to materials for smart afternoon frocks.

What's more the craze for huge, wide-spaced flower prints is also reflected in sportswear fashions. Even if the material itself is not printed the latest gesture of fashion is to make pajama ensembles that have long semi-fitted jackets (some with a tunic flare) of quality-kind white crepe, spotting them here and there with applique of huge florals cut out of madly colorful silk print. As yet these flower-applique outfits are shown only in exclusive collections but the fashion is one that will gain in momentum with a rush. You can get stunning prints with huge Hawaiian designs that yield cutout motifs for applique that are both beautiful and unique.

For the most part the new big-flower prints run to hand-blocked types of exclusive and individual type. Flower-printed sharkskin is the "last word" in chic. It is especially good style in white with a background of enormous clumps of flowers spaced widely apart and fairly vibrating with hectic color. Lovely little afternoon dresses made of this new sharkskin print are being shown in the shops.

Necessarily these strikingly beflowered prints have to be made up very simple, whether for day or evening, but it is with a sophisticated simplicity that is purposefully planned in order to give accent to the beauty of the fabric. The dresses

to the right and left in the picture illustrate this idea. The stately figure standing to the right is gowned in an evening creation styled of a splashy tulip print on a white background. The maximum of dramatic effect is reached in the clever use of applique cutouts from this splashy tulip print placed at the upper left side of the bodice. Again tulip applique repeats at the shirred waistline. Note the chic long sleeves that are tightly fitted below the elbow.

The afternoon dress to the left is a hand-block print in red, green and gray against a white ground. In her hand this lady of fashion holds a chalk white felt off-face hat. Bright days ahead are promised by the perfectly charming flowered print dress centered in the picture. This multi-colored floral print is a pure silk crepe which makes it outstanding because best dressed women are insisting upon genuine quality-kind silk. Another important message in this gown is the trimming formed of quilted flowers (cut from the print itself) that edges the sleeves and neckline and goes meandering down the front of the simulated jacket top of this one-piece dress that looks like a two-piece. It also delineates the jacket edge around the neckline. This is one of the gay flower types that is very good style for day frocks and seen in the original it is strikingly colorful. As to the hat worn with this winsome frock it is one of the very wide brims such as fashion decrees for summer.

Chinese prints with legendary design and in authentic colors present a fascinating new trend of thought. Some designers are even going so far as to create dresses in the straight, slim Chinese lines thus emphasizing the native source of inspiration. (Released by Western Newspaper Union.)

Button-On Yoke



One of the most successful and flattering fashions of the present season is the basic dress made to look important and lovely with crisp snowy neckwear and other refreshing lingerie touches. There is no greater favorite on the list of neckwear types than the youthful looking yoke collar. These yoke collars "do something" for you. They come in exquisite lace-trimmed and embroidered sheers, also in pique if a tailored type is your choice. A wide lace-trimmed flounce edges the enchanting yoke-collared picture. It is made of eyelid embroidered permanent finish organdy with matching lace insertion following the squared line of the yoke. The fact that this dainty yoke buttons on adds practicality to chic and charm.

Irish Crochet Lace Trims

Dresses, Handbags, Gloves The pendulum of fashion swings around to Irish crochet lace this summer. Just arrived are a collection of summertime dresses made of cotton boucle trimmed with that old-time favorite lace—Irish crochet. Then too pique collar sets and yokes are being edged with Irish crochet and pique party frocks trimmed in this lace are the "last word."

You can find also little jackets, handbags and gloves to ensemble with Irish crochet-trimmed frocks. Milliners are trimming some of their choicest hats with this same lace.

White Jewelry Accents

Summer Prints, Pastels White hats call for white jewelry. The two are playing a duet this summer. The new white plastic jewelry, especially the lacy type, is very flattering, giving a fresh accent to dark dresses. Take a look at the new glass bead jewelry, too, next time you visit the jewelry section. You'll love it, for it so colorfully accents summer prints and pastels.

Gay Peasant Blouses

The peasant theme persists in the minds of schoolgirls and debutantes. Of course their fashion hobby at present is the full peasant skirt topped with a gaudy foreign looking blouse. However, if you are older and still feel the urge for a blouse of native Hawaiian, South American or Mexican, it will delight your heart to visit the blouse sections and see the grand array of peasant-inspired blouses to be had.

Things to do

PLEASANT dreams are assured when sheets and pillow cases are embroidered with these lovely flower motifs. The designs and the crocheted edging will be found pleasant and easy to do, even by the beginner.



Pattern 6893

Pattern 6893 contains a transfer pattern of a motif 7 1/2 by 19 1/2 inches; 2 motifs 7 1/2 by 12 1/2 inches; directions for edging; illustrations of stitches; materials needed. Send your order to:

Sewing Circle Needlecraft Dept.
82 Eighth Ave. New York
Enclose 15 cents in coins for Pattern No.
Name
Address

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"Not me. I'm as sensible as I look."

Three little girls who were sharing the same room while vacationing on the farm of an uncle wrote home as follows: "We have dogs and horses and pigs and cows and chickens and we all sleep in the same room."

Might Let Up
"Don't be afraid of Fido. A barking dog never bites, you know."
"You mean he never bites while he's barking?"

Gratifying?
"I'd like to see something cheap in a felt hat."
"Try this one. The mirror is on your left."

WE FOUND A BETTER WAY

A BETTER WAY TO MAKE FIRE WAS ACHIEVED BY DR. CHARLES SAURIA WHO INVENTED



THE FIRST PHOSPHOROUS MATCH IN 1831.
THE BETTER WAY TO TREAT CONSTIPATION DUE TO LACK OF PROPER "BULK" IN THE DIET IS TO CORRECT THE CAUSE OF THE TROUBLE WITH A DELICIOUS CEREAL, KELLOGG'S ALL-BRAN... EAT IT EVERY DAY AND DRINK PLENTY OF WATER.

Race on the Square

Many western fairs and rodeos feature a horse race that cannot be fixed. Although the jockeys do not ride their own horses, being made to exchange mounts before the race, each man tries to finish first and, thereby, help his own horse win. The last one in is the winner.

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may affect the Heart
Gas trapped in the stomach or gullet may act like a hair-trigger on the heart. At the first sign of distress start men and women depend on Hall's Tablets to get gas free. No laxative but made of the finest-eating medicines known for acid indigestion. If the FIRST DOSE doesn't prove Hall's better, return bottle to us and receive DOUBLE MONEY BACK, 25c.

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