1938

PROCLAMATION OF THE GOVERNOR OF MARYLAND PROPOSING AMENDMENTS TO THE CONSTITUTION OF THE STATE

WHEREAS, at the January session of the General Assembly of Maryland, held in the year 1935, an Act was passed, to wit: Chapter 463 proposing an amendment to repeal Section 36 of Article 3 of the Constitution of the State of Maryland, title "Legislative Department," said section prohibiting the General Assembly from enacting a lottery, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection; and

WHEREAS, at the January session of the General Assembly of Maryland, held in the year 1937, an Act was passed, to wit: Chapter 494 proposing to amend Section 21 of Article 4, title "Judiciary Department", sub-title "Part III—Circuit Courts", of the Constitution of this State, to provide an additional judge in the Second Circuit, and to provide for the submission of said amendment to the qualified voters of this State for adoption or rejection; and

WHEREAS, at the January session of the General Assembly of Maryland, held in the year 1937, an Act was passed, to wit: Chapter 523 proposing to amend Article 15 of the Declaration of Rights and the Constitution of the State of Maryland by authorizing the General Assembly to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection; in words and figures as follows:

CHAPTER 463—1935

AN ACT to repeal Section 36 of Article 3 of the Constitution of the State of Maryland, title "Legislative Department," subtitle "Powers of General Assembly," relating to the prohibition of the General Assembly from authorizing a lottery, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection.

Section 1. Be it enacted by the General Assembly of Maryland (three-fifths of all the members elected to each of the two Houses concurring), That Section 36 of Article 3 of the Constitution of the State of Maryland, title "Legislative Department," subtitle "Powers of General Assembly," relating to the prohibition of the General Assembly from authorizing a lottery, be and it is hereby repealed.

Sec. 2. And be it further enacted, That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

Section 36 of Article 3 of the Constitution of the State of Maryland, title "Legislative Department," subtitle "Powers of General Assembly," shall be repealed.

Sec. 3. And be it further enacted, That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

Section 36 of Article 3 of the Constitution of the State of Maryland, title "Legislative Department," subtitle "Powers of General Assembly," shall be repealed.

Sec. 4. And be it further enacted, That the Governor shall issue his proclamation at least two months before the next general election, stating the amendment proposed by this Act, and directing that the same be submitted to the qualified voters of the State for their approval or rejection at the said general election; and that the said amendment shall be published in at least two newspapers in each of the counties of the State where so many may be published and where not more than one may be published then in that newspaper, and in three newspapers published in the City of Baltimore, once a week for four successive months next preceding the general election to be held in the State of Maryland on Tuesday, the 8th day of November, 1938, at which election said proposed amendments to the Constitution shall be submitted to the people in substantially the following form, to wit:

FOR THE GREAT SEAL OF MARYLAND

HARRY W. NICE
By the Governor:
E. RAY JONES
Secretary of State.

CHAPTER 523—1937

AN ACT to propose an amendment to Article 15 of the Declaration of Rights and the Constitution of the State of Maryland, authorizing the General Assembly to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection; in words and figures as follows:

Section 1. Be it enacted by the General Assembly of Maryland (three-fifths of all the members elected to each of the two Houses concurring), That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

Article 15 of the Declaration of Rights of the Constitution of the State of Maryland be and the same is hereby proposed to be amended by adding thereto the following words: "And the Legislature shall have the power to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection."

Sec. 2. And be it further enacted, That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

Article 15 of the Declaration of Rights of the Constitution of the State of Maryland be and the same is hereby proposed to be amended by adding thereto the following words: "And the Legislature shall have the power to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection."

Sec. 3. And be it further enacted, That the Governor shall issue his proclamation at least two months before the next general election, stating the amendment proposed by this Act, and directing that the same be submitted to the qualified voters of the State for their approval or rejection at the said general election; and that the said amendment shall be published in at least two newspapers in each of the counties of the State where so many may be published and where not more than one may be published then in that newspaper, and in three newspapers published in the City of Baltimore, once a week for four successive months next preceding the general election to be held in the State of Maryland on Tuesday, the 8th day of November, 1938, at which election said proposed amendments to the Constitution shall be submitted to the people in substantially the following form, to wit:

FOR THE GREAT SEAL OF MARYLAND

HARRY W. NICE
By the Governor:
E. RAY JONES
Secretary of State.

CHAPTER 525—1937

AN ACT to propose an amendment to Article 15 of the Declaration of Rights and the Constitution of the State of Maryland, authorizing the General Assembly to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection.

Section 1. Be it enacted by the General Assembly of Maryland (three-fifths of all the members elected to each of the two Houses concurring), That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

Article 15 of the Declaration of Rights of the Constitution of the State of Maryland be and the same is hereby proposed to be amended by adding thereto the following words: "And the Legislature shall have the power to impose taxes on incomes, and providing for the submission of said amendment to the qualified voters of the State of Maryland for adoption or rejection."

Sec. 2. And be it further enacted, That the following amendment to the Constitution of the State of Maryland be and it is hereby proposed to the qualified voters of the State for their approval or rejection at the next general election to be held in the year 1938, namely:

Amendment

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Sec. 3. And be it further enacted, That the Governor shall issue his proclamation at least two months before the next general election, stating the amendment proposed by this Act, and directing that the same be submitted to the qualified voters of the State for their approval or rejection at the said general election; and that the said amendment shall be published in at least two newspapers in each of the counties of the State where so many may be published and where not more than one may be published then in that newspaper, and in three newspapers published in the City of Baltimore, once a week for four successive months next preceding the general election to be held in the State of Maryland on Tuesday, the 8th day of November, 1938, at which election said proposed amendments to the Constitution shall be submitted to the people in substantially the following form, to wit:

FOR THE GREAT SEAL OF MARYLAND

HARRY W. NICE
By the Governor:
E. RAY JONES
Secretary of State.

Ate the Church

The gypsies of Privlaka, Jugoslavia, boast a church, but not as toothsome a one as legend says they once had. Centuries ago folklore says they traded their fine marble church to the Romans for one made of white cheese. The cheese proved so tempting that the tribe promptly ate it and so had to go without a church until modern times, when a rich gypsy fiddler gave his fortune to build a new one.

Meaning of Name Allison

The name Allison is of Teutonic origin and means "of holy fame." It may be either a man's or woman's name but in the latter case is usually spelled Alison, and by some authorities even the slightly different meaning of "famous war maid."

How 'Portland' Cement Gets Name

"Portland" cement gets its name from the fact that the concrete made from it resembles stone quarried on the island of Portland, England. The mesh through which finished high-grade cement is screened is so fine it will hold water.

Ole Bull's Colony

Ole Bull, the Norwegian violinist, bought 125,000 acres in Potter county, Pa., for a Norwegian colony which was to have been called Oleana. His title proved to be faulty and the troubles which resulted seriously affected his health.

Racing Old in England

Horse racing has been in existence over 300 years in Newcastle, England. They were first held at Killingworth Moor in 1632. They were moved at Newcastle Town Moor in 1721, and remained there until 1811.

Abraham Lincoln Saying

In a letter to Horace Greeley on August 22, 1862, Abraham Lincoln said: "I shall try to correct errors when shown to be errors, and I shall adopt new views as fast as they shall appear to be true views."

Ellis, 'Jehovah Is God'

The name Ellis is a form of Elias, a Hebrew name meaning "Jehovah is God," or, according to one authority, of Elisha, meaning "God is my salvation," only slightly different from Elias.

Why They Were Roundheads

In the reign of Charles I a Puritan, or member of the Parliamentary party who wore his hair cut short was called a Roundhead in derision by the Cavaliers, who usually wore ringlets.

Battle Fought After Peace Treaty

The Battle of New Orleans was fought after the treaty of peace in the War of 1812 was signed, yet it is considered this country's second most important military event.

Cow Breathes Bushels of Air

Every hour a thousand-pound cow breathes in and out about 2,800 bushels or 2,600 cubic feet of air. This air weighs about 270 pounds.

Pie-Eating Once Illegal

Pie-eating was once illegal in Scotland. A parliamentary decree in 1433 stated no one under the rank of a baron should eat pie.

Spinach Long Used in Salad

The young leaves of spinach were used raw in salad in the days of Queen Elizabeth.

Effects of Mongol Invasion

The Mongol invasion in the Thirteenth century arrested the industrial, artistic and literary development of Russia for 200 years.

Inventor of Canning

Nicholas Appert was the inventor of canning. He applied his process to milk and received an award of 12,000 francs from Napoleon.

Main Foods of Eskimos

Caribou meat, fish, seal meat, polar bear meat, rabbits, birds and eggs are the main foods of certain groups of Eskimos.

Cider Popular in New England

Cider was so popular in the early 1700s in New England that it was freely used by children even at breakfast.

Insect Species Increasing

Insect species are so vast in number that 3,500 new kinds are added to scientific literature each year.

Brazil Larger Than U. S.

Brazil exceeds the size of continental U. S., excluding Alaska, by 250,000 square miles.

Injuring Character

Uncle Ab says that a man's character cannot be injured by anyone but himself.

SPEAKING OF BIRDS . . .

● There's really no blue or green in their feathers, but sun rays, rain or a blue sky can make our nesting friends colorful as a peacock!

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

THERE is no blue pigment in the feathers of birds; neither, with rare exceptions, is there any green. The only pigment colors in ordinary birds' feathers are reds and yellows and blacks, and all the other colors are due either to a combination of these or to the superficial structure of the feathers overlying some other pigment.

Blue feathers, for example, contain only brown or black-ish pigment overlaid by a layer of prismatic cells which reflect only blue light rays. Sometimes the structure is that of minute pits on the surface of the feathers. When they become filled with water during a rain, they lose their refractive power, and the birds, apparently, change from blue to white, as in the tropical swallow tanagers.

Again, the blue color is due to minute air spaces in the superficial layer of cells, just as the blueness of the sky is due to minute dust particles, and the blueness of the milk on the boarding house table to the minute cream droplets. So long as our blue birds remain between us and the source of light, they are not blue birds at all and therefore may go unnoticed.

Yellow birds are usually conspicuous because our eyes are very sensitive to yellow. But many birds have a blue-producing structure overlaid by a yellow pigment, so that the combination sends green light to our eyes. Then we say these birds are green. Wet the back of a parrot and it becomes brown, or scratch the surface of one of the green feathers with a knife and a dark mark is left. This is not because any green pigment is scratched off, but because the yellow and the prismatic cells have been removed and the dark layer beneath exposed.

But there seem to be many red birds among these tanagers and finches. Why do we not see them more often? Certainly we have no trouble seeing a red traffic light—indeed, most of them seem to be that color when we are in a hurry. There are some reds, such as the iridescent throats of the humming birds, for which the structure of the feathers is responsible. But most reds, such as those of the tanagers and finches, are due to pigment, and they register as red under all light conditions. To be really effective, however, the red must be exposed to direct sunlight.

Sonoita, the manager alight in the middle of a sunlit lawn or a bright flower, with a darker shrub in a garden, either bird would attract attention, but most of the time they are sitting among the shadows of green leaves, where they are poorly lighted. The sunlight is reflected from the leaves more readily than from the birds, especially since green is particularly sensitive to greens. Anyone who has trained his ear to recognize the songs and calls of the birds can easily find ten tanagers, while another, who has not learned to use his ears, will have difficulty in finding one.

Winter Markings

During the winter many birds have their conspicuous marks veiled by gray edges to the feathers. These edges break off during the spring, exposing the color underneath. The male house sparrow, for example, in winter seems to have only a narrow line of black on his throat, because the rest of his black cravat is concealed by the gray edges to the feathers, which break off during April.

Red finches display no such gray edges to the feathers. But upon examining a feather with a lens, one will find that the red pigment occurs only in the main branches of the leafike structure, the parts called the shaft and the barbs, while the more minute branches, or barbules, are gray. As these barbules wear off, the barbs with their color become more exposed and the feathers apparently get brighter. Thus the red finches (the purple finch, house finch, and redpolls) apparently brighten as spring advances.

Thus the summer tanager male remains red throughout the year, and so do the cardinal, the purple finch, the pine grosbeak, and the crossbills. The yellow evening grosbeak never becomes gray like his mate, once he has acquired maturity, though the male goldfinch does.

No one has yet advanced a satisfactory explanation for these differences in seasonal styles among the males, but the inference is that the females are dully colored so as not to attract attention to the nest. Usually the brilliantly colored males in this family never assist in incubating the eggs, but even here there are exceptions, as in the rose-breasted and black-headed grosbeaks. Males of these birds not only sit on the eggs, but even break all rules of bird conduct by singing as they do so.

Grosbeak Mortality

Whether because of the singing, or because of the bright colors of the incubating female, or because of the general fragility of the nest, there is a relatively high nest mortality among the rose-breasted grosbeaks, and some years very few young are reared. When the species becomes scarce, because grosbeaks are not so persistent about roosting as are some other birds.

There is no one place in North America where all of the birds here mentioned can be found. The pyrrhuloxia, hepatic tanager, beautiful bunting, and Sharpe's seedeater, for example, are not found very far north of the Mexican border.

The lazuli bunting, black-headed grosbeak, western tanager, rosy finch, house finch, green-backed and Lawrence's goldfinches are birds of the Pacific coast and the Rocky mountain region, while the rose-breasted grosbeak, scarlet tanager,

A picture of evening grosbeaks at Whitefish Lake, Montana, taken with telescopic lens. The camera has aided man immeasurably in his study of bird life.

and indigo bunting are primarily birds of the eastern United States.

It is difficult to explain why each species has a restricted summer home when it is free to roam and go as it pleases and often migrates extensively. It is still more difficult to explain how this whole group of birds got into North America originally. Certain of them, such as the tanagers, the cardinals, the blue, rose-breasted, and blue-black grosbeaks, and the "buntings," have close relatives in Central and South America and none in the Old world. Hence, we feel that our species came originally from the south. Furthermore, most of them are quite migratory and tend to return to the land of their ancestors each winter.

Occasionally the house sparrow builds a nest among the branches of a tree instead of in a cranny of a building. Then he shows the close relationship of his nest to that of the weaver birds, which are also finches, and which break off during April.

The tanagers and finches are relatively poor nest builders, though an exception is the goldfinch, which makes a beautiful abode of cotton or thistledown. The nest of the indigo and the other "buntings" also is more elaborate and thick-walled, with a mixture of dead leaves among the grass, fibers, and rootlets that compose it, so that it will stand considerable abuse before straying apart.

With the majority of the others the nests are flimsy cups of rootlets and weed stems, often dislodged by windstorms, and so rarely is openly constructed that the eggs are sometimes visible from below.

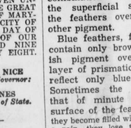
HEALTH

●Breathing exercises will relieve asthma, specialists are now certain

—By Dr. James W. Barton

IN MY student days the cause of asthma was unknown. That it seemed to "run in some families" and that all that could be done was to give amyl nitrite during an attack was about the extent of our knowledge and treatment.

Today it is known that a complex of three ailments—hay fever, asthma and eczema—does run in some families, and the members of such families are predisposed to tissues that are predisposed to asthma, hay fever, and eczema, if they come in contact with certain substances by breathing, eating or handling. Since this has become known many are now kept free of attacks by avoiding these substances or by having had their tissues "desensitized"—tiny amounts of the substance injected under the skin.



Dr. Barton

In asthma there appear to be other conditions which enter into the cause of the attacks, such as defects and infection of the nose and throat, so that even when poisons, foods, dust, dander, or other exciting causes have been corrected, attacks persist, often, it is believed, because of emotional disturbances.

However, and this is the important point, no matter what causes the asthmatic attacks, the majority of all asthma cases are helped by the breathing exercises advocated by the Asthma Research Council of Great Britain.

Information Available.

I have mentioned and outlined these exercises before, but any asthmatic can obtain the little book of instructions describing Exercises for Asthma"—by sending a postal order for 25 cents—to Secretary, Asthma Research Council, King's College, Strand, London, W. C. 2, England.

At King's College hospital asthma clinic the results of this exercise treatment for 1937 were: 40 per cent of cases of severe asthma were apparently entirely or became so slight as to cause no inconvenience; in about 30 per cent of the condition was very much improved and there remained 30 per cent of failures. Of the 30 per cent of failures, half of these did not or could not learn the breathing exercises effectively. The other half did not improve despite the fact that they were breathing correctly.

Glandular Trouble May Cause Acne

Some years ago I tried to interest a skin specialist in diet as a possible cause of acne—but without success. He pointed out that, although some glandular disturbances might cause acne, there was another factor because the acne in many cases improved or became worse according to the amount of certain foods eaten. He believed that the gland change, as the boy emerged into a man or a woman, was entirely to blame.

It would seem that more than one gland is at fault in causing acne; the pituitary gland lying on the floor of the skull is also partly to blame. It is now known that the front part of the pituitary gland has much to do with the way starch foods are handled by the body so that slowness or laziness in the development of this gland is considered another cause of acne. Dr. C. H. Lawrence some months ago Dr. C. H. Lawrence in the Journal of the American Medical Association told of his success in the treatment of a number of cases of acne, given daily treatments of anterior pituitary extract for 60 days. And just recently Dr. Jonas Friedenwald, professor in psychiatry at Bellevue Psychiatric hospital, New York, recounted his success in six cases of acne by the use of insulin—the extract of another gland, the pancreas—now used to keep diabetics alive.

Age Factor Considered.

Thus it would seem that it is some lack of activity or some delay in gland development that may be the cause or partly the cause of acne. The fact that acne first, or usually, occurs in the early teens would support this idea.

Even when acne occurs in older people it may be due to lack of activity of one or more glands and extract of the pituitary or the pancreatic gland should prove helpful.

What about the control of excitement; why does it help in so many cases?

Visoterol is rich in vitamin D. Vitamin D stimulates all the body processes into action and makes certain minerals—lime and phosphorus—not only build and make more energy to the body, but helps to destroy harmful organisms in the blood and tissues. This extra activity of the body processes stimulates skin activity and helps to prevent and cure acne.

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Talents and Character

The difference between talents and character is adroitness to keep the old and trodden ground, and power and courage to make a new road to new and better goals.—Emerson.

Baile Atha Cliath

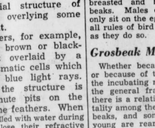
If anyone should ask the location of Baile Atha Cliath, the answer is Ireland. Baile Atha Cliath is the capital of the Irish Free State, in fact, and was formerly known as Dublin

CLASSIFIED DEPARTMENT

CHICKS

BR. AND WH. ROCKS, REDS AND BR. CROSSES. All popular U. S. approved blood-lines. Circular free. Catalog weekly. —MILFORD HATCHERY, Milford Road or, Liberty Rd., Pikesville, P. O. ROCKDALE, MD. Pikesville 36-R.

Exclusive Initials for Linens and Lingerie



Highlight your linens and lingerie with colorful initials and monograms in easy lazy-daisy stitch and french knots. Extra sprays help form interesting monograms! Pattern 1959 contains a transfer pattern of four alphabets, two 2¼ inch and two 1⅜ inch (with floral sprays); directions for placing of initials; illustrations of stitches; color suggestions.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Please write your name, address and pattern number plainly.

THE CHEERFUL CHERUB

I wouldn't miss my sorrows
I love both woe and wail
This statement may sound foolish—
But that's the way I feel!
BY—eo

Still Der Kaiser

Although ex-Kaiser Wilhelm of Germany has been in exile and outcast for almost 20 years, he has still not divorced his royal prerogatives. The gentleman still refuses to see visitors until they have been informed how to act in his presence, a set of rules that even includes "the proper way to walk" into his audience chamber. —Collier's Weekly.

CONSTIPATED! Gas Crowds Heart.

"For many years I suffered from constipation and gas in the back. Awful gas would get into my heart, Martha Ellen got right away. Now I eat sausage, bananas, pie, and feel fine." Mrs. Ida Belle Hall, Lexington, Ky. Get Adlerika today. Relieves gas in 10 minutes. A THIRST Accumulation of poisons in the system can cause you to suffer from the digestive tract. SECOND: Partly digested food and bacteria ferment and form poisonous gases which inflate stomach and intestines, pressing on heart and other vital organs. Adlerika relieves BOTH QUICKLY. Adlerika acts on BOWEL and URINARY TRACT. It clears out poisons you never thought were there. Just one spoonful of Adlerika will convince you. Or your money back. Adlerika has proved its value in more than 1,000,000 cases. Sold at all drug stores

Distinguished

The Drake offers every luxury and convenience of a fine hotel on Chicago's Gold Coast, overlooking Lake Michigan.

A. S. Kirkeby, *Managing Director*

The Drake
LAKE SHORE DRIVE—CHICAGO

THE HOTEL Vendig
PHILADELPHIA
announces
New Low Rates
2.50 SINGLE * 4.00 DOUBLE
New low rates plus savings on transportation costs make this convenient hotel an excellent and economical place to stop. 525 outside rooms with private baths and ceiling fans. Also moderate priced Coffee Shop and Bar.
Richard S. Shenley, Manager
J. Leslie Kincaid, President
HOTEL Vendig PHILADELPHIA

NERVOUS?

Do you feel so nervous you want to scream? Are you irritable? Do you avoid people? Is your temper short?

If your nerves are on edge and you feel tired, blue, "all-in" from worry, hurry, too much to do, Pinkham's Vegetable Compound is what you need.

For over 60 years this woman has told another how to go "smiling" through. Pinkham's Compound helps Nature build up more physical resistance against nerve tension—helps you sleep more soundly—helps you enjoy your meals. Also a wonderful tonic for weak, run-down condition—due to functional disorders. Follow label directions. Worth trying!

Highest Lot

I'm a mother before I am a queen.—Queen Elizabeth of England.

WNU—4 35—38

Announcement

HELP KIDNEYS
To Get Rid of Acid and Poisonous Waste
Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys or bladder cause you to suffer from backache, leg pains, nervousness, rheumatic aches, dizziness, getting up nights, smarting, scanty or burning passages, don't take chances. Use Doan's Pills. A mild, safe diuretic. Used successfully by millions for over 40 years. Don't delay. Get Doan's Pills today.
DOAN'S PILLS

Smart Fall Styles That Are Flattering

HERE are two charming fashions with the crisp, slim-waisted, very feminine look that proves they are new and smart! And you'll notice that the sleeves are proudly puffed up, not cut—they give height, not width, to the shoulders. These two simple designs, each accompanied by a detailed sew chart, make it very, very easy for you to have two leading fashions of the coming season at very little cost.

Two-Piecer With Jacket Blouse.

This charming fashion is extremely good this fall. It's tailored or dressy, according to the materials in which you make it up. The skirt is slim and plain. The jacket-blouse as youthful and be-

coming as it can be. For street, make it of wool crepe, flannel or silk. For afternoon, choose velvet or broadcloth for the skirt; satin, velvet or silver cloth for the jacket blouse.

With Smart, Slenderizing Lines.

Notice that the front panel of the skirt is cut in one with the midriff section—that's apart of the tail that you see in expensive models, and it's another trick in slenderizing. You can trust the suave, slick lines of this dress to make you look extremely feminine. It fits beautifully. Shoulder darts, and gathers above the waistline, ease it over the bust, without any hint of bulkiness. Make this of satin, silk crepe, velvet or sheer wool, and you'll like it better than any dress you've had for a long time.

The Patterns.

1477 is designed for sizes 14, 16, 16, 20, 40 and 42. Size 16 requires 3 yards of 54 inch material for the jacket-blouse; 2 yards for the skirt.

1585 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 5¼ yards of 39 inch material for long-sleeved dress; 4¾ yards for short sleeves.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Miss Louise A. Boyd, wandering far from sunny San Rafael in California, pushes farther up the East Greenland coast than any American ever went before. She was a comely woman of 30, skilled in the rubric of serving tea and all the niceties of Victorian etiquette before she shoved into the ice pack and began pot-shooting polar bears —nine in one day. She both shot and felt like the late William James who, free from a long stretch at a Wisconsin chautauqua, asked passersby if they could direct him to a nice Armenian massacre.

For the last 12 years she has been equipping stout little Norwegian sealers for her Arctic expeditions. She has trained herself in scientific observation and her findings are published under scientific auspices. She holds decorations from two foreign governments and the American Geographical society has published two of her books. She surveyed a stretch of the Greenland coast, previously uncharted, and for this the Danish government named the area Miss Boyd Land. She has ventured farther north than any other white woman.

She dislikes publicity and has little of the histrionic manner so common to explorers. So far as the reporters are concerned, she might just as well make an expedition to Flatbush. At great labor and expense it has been ascertained, however, that she takes a slender wardrobe with her and that she always powders her nose before going on deck. She probably was trapped into these indiscreet admissions as she has made it clear that all this is nobody's business.

Weaving through ice packs on an Atlantic voyage gave her big idea. One of her chief interests on her northern voyages is photography. She is the daughter of John Boyd, wealthy Californian, who was manse at San Rafael, which this writer has once visited, and is a citadel of decorum, from which, it would seem, none would ever wander, so far and so dangerously.

* * *

THOSE who liked Thomas Mann's "The Magic Mountain" will find in Dr. Cyrus Adler, who has just come to the front again, just the other day, a living statement of Mann's theme. A scholar of international fame, he has given his life to an exemplification of democracy as an ethical and religious concept and of non-political formula—which is Thomas Mann's characteristic. He is the writer thought of that when he read the book, and spotted a Dr. Adler's face in the future book for attention here.

He is the only president of two colleges, Dropsie college of Philadelphia and the Jewish Theological seminary of New York. A fellow of Johns Hopkins university, where he obtained his doctorate, he taught at the University of Baltimore. He has been a lecturer in history of science and the humanities against bigotry and fanaticism through the more than half-century of his teaching, writing and speaking.

At his retreat at Woods Hole, Mass., he is still creative, alert and vigorous. He is almost the only proprietor of one of our most important periodicals.

* * *

DR. GEORGE D. BIRKHOFF, professor of mathematics at Harvard, appears to be the first to note the competition in the academic field for the world from the influx of superintellectuals—refugees from Europe.

Prof. Birkhoff Warns of Influx Of Intellectuals	*Fashion Embarks on Wild Color Career in Fall Garb*

As the doctor sees it, the American colleges won't be worth a dime a dozen if these highly gifted men keep on coming. However, his observations indicate no narrow insularity on his part. He is for the enrichment of our intellectual life, but notes that somebody may have to do the running board with all this overcrowding.

When Einstein began batting his hot relativity grounders this way, Doctor Birkhoff was one of the few men in America who could field them. He is a profile writer in the overlapping zone of mathematics and philosophy, one of the most formidable of the scholastic world, a distinguished Catholic layman holding high papal honors for scholarship. He is a native of Michigan, educated at the University of Chicago and Harvard.

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Webster's Tribute to Hamilton

In a speech on Alexander Hamilton made on March 10, 1831, Daniel Webster said: "He smote the rock of the national resources, and abundant streams of revenue gushed forth. He touched the dead corpse of public credit, and it sprung upon its feet."

Cotton as a Perennial

Although cotton is grown as an annual plant in most countries, it has been cultivated in the Tropics as a perennial.

FASHION is about to go on a great color spree. For that matter the new clothes have already started out on a mad color career that promises to outcolor even the most colorful seen for many a year.

Not that this color orgy writes this to be simple black foundation dress that provides such dramatic setting for stunning costume jewelry and for accessories that splash color accents in vivid highlights. No indeed! The black dress with dashes of color is holding its own.

The intriguing thing about the colors exploited this season is that they are distinctively out of the ordinary. The fashion herald must about and seen dramatized throughout Paris collections are the purples and plums, the mauves and violets and fuchsia shades. In fact the entire gamut of violine shades is run. Comes next in the limelight the much talked of teal blue and fox blue and that rapturous blue made famous by Schiaparelli, Blue Boy portrait painting. In fact, we are to enjoy a season of blues! They are subtle and lovely beyond description.

The next bit of refined elegance which you see pictured to the right in the drape in matelasse of an imported wool in an exquisite scarab blue tone. It is trimmed with sheared beaver in a shade that matches exactly in use this fall. Self bows tie at the collar and belt which is a significant if not much emphasis is given to tie-fastenings throughout current costume designs. Two wide bands of shirred, matching silk are set into the top part of the dress skirt panels.

Wine dregs is a shade that is

Fur Jacket Adds Chic to Costume

For ultra chic on an autumn day the smartest formula calls for a dress of any alluring wool weave topped with a youthful and jaunty fur jacket. No-end versatility is expressed in these voguish fur-jacket costumes.

A likable model includes a conservative black dress of handsome dull-finished velvety surfaced deep all wool. With this milady wears a swank short skunk jacket. There is a huge gold jewelry piece at the throat and the belt of the dress is studded in gold.

A gray tweed coat dress is topped with a gray kidskin lumber jacket. A soleru of natural beaver surmounts a dress of brown cloque weave and so on.

Even Trimmings Turn to Jewels

The flair for jewelery display is reflected in the new jewelled trimmings that are worked about the necklines of many of the newest daytime dresses. The latest models are arriving bedecked with necklace effects that are jewel-appliqued right on the very fabric itself. It is realistically is this done to all appearance it seems like an actual necklace or perhaps huge pendant suspended from a chain.

The idea is clever and presents no-end opportunity for ingenious design. Not only jewels but metal embroidery, bucklet effects and leaf motifs combine to add a decorative note.

Femininity Note

The feminine lingerie effect is not limited to blouses and vestees but frequently characterizes the whole dress.

Trends for Fall

Day dresses for fall show a tendency to wider flared skirts with accentuated hip lines.

Hints From the Leading Designers' Studios

Enliven a dark, conservative suit with blouses in gay colors.

The ideal street costume for fall wear if the three-piece suit.

Raffia birds and animals are appearing at necklines of dresses and on coat lapels.

Gray is seen in background in soft silk frocks and in spectator sports tailored types in spun-rayon linetype weaves.

Drape Technique

Much of costume design in the new fall fashions is based on a draped technique that is designed to slenderize the figure. Below in the picture is an example of adept draping in the blue silk jersey which sort of intertwines the material in a manner much approved by designers. Illustrated at the top is an unusual draping of royal blue acetate jersey against the black sheer of a sheathlike frock done in the latest vicolor manner. In every dress collection the bi-color theme is widely exploited. The ostrich shimmmied tricorne and the doeskin gloves are royal blue.

What to Eat and Why

C. Houston Goudiss Describes Diet After Middle Age; Shows How Right Food Can Prolong the Vigorous Years

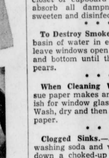
By C. HOUSTON GOUDISS

ONE of the best prescriptions ever offered for longevity was advanced by the wise man who said: In the twenties, prepare for the thirties; in the thirties, prepare for the forties; and after that—prepare for a long and vigorous old age!

That advice is well worth following, for it has been estimated that by taking into account all the newer knowledge of nutrition, it is possible not only to improve health, but to add a number of years to the normal life span.

A Man Is as Young as He Feels

It has been well said that "the age of man has small relation to his years," for it has been demonstrated, both officially and in the scientist's laboratory, that old age is a physiological condition than an accumulation of years. In grandmother's day, a woman of 50 was considered old. Today that age



is regarded as young, and much of the important work of the world is being done by men and women who can see 50 only by looking over their shoulder.

Importance of Correct Diet

On the other hand, thousands of Americans are unknowingly impairing their efficiency and shortening their lives through the misuse of food. They are eating the wrong kind of food—and what is equally disastrous—they are overeating! They do not seem to realize that eating too much does not strengthen the body, but exhausts it with the labors of digestion. The surplus nourishment clogs the system and may be indirectly responsible for headache, dyspepsia, biliousness and mental dullness.

Unless they change their habits of eating, they will inevitably become victims of their own indiscretions. For while it is folly to neglect the health at any age, to do so in middle life is to open the way to an early death or to an old age marred by sickness.

Keep Down the Weight

The first 25 years of man's life are devoted to growth. During this period of youth, the body usually has a large fund of reserve energy which can be called upon in times of stress. During the next 25 or 30 years, the weight should remain constant, the diet should be properly regulated, and sound habits of hygiene are formed. The man or woman will come into middle age full of vigor and with mental and physical capacities undiminished.

Unfortunately, however, the laws of hygiene and nutrition are often broken during the active middle years. As a result, bodily reserves are depleted and middle age finds many men and women near the danger line, no longer able to resist infections and the degenerative diseases.

That is why it is so desirable—if you hope to be vigorous at 50 and after—that you begin to plan for it many years earlier.

Live sensibly. Avoid overwork. Regularly take a moderate amount of exercise. Get enough sleep so that you avoid that chronic "tired feeling." **Above all, eat enough, but not too much, of the foods that build and maintain health: milk; eggs; fruits and vegetables; protein foods in amounts just sufficient to meet your requirements, so that there is no excess to be eliminated; enough fuel foods to give you plenty of pep and power, but not in amounts that will cause you to weight increase which many people erroneously believe inevitable during the middle years.**

Curb the Appetite for Rich Foods

It is most important to avoid overeating. For muscular activity decreases with the passing years. The middle aged individual often rides where a younger person might walk or observes active sports from the sidelines where he formerly played them with zeal. Unfortunately, however, the appetite seldom diminishes in proportion to the lessened fuel needs. That is why every individual who has entered upon the middle years should check his or her weight frequently, and promptly reduce the fuel foods if a significant gain is noted.

The protein requirement diminishes somewhat after the age of 60 for no new tissue is being built. It is, furthermore, advisable to take a large share of the protein in the form of milk and eggs.

Vegetables should be used freely and if there is difficulty in mastication, they may be finely chopped. Fresh fruits may be eaten as long as they do not cause fermentation; otherwise cooked fruits should be used instead. Concerning the use of vegetables, sweets can frequently be eaten in considerable amounts without causing indigestion. Fats, however, should be used sparingly.

Hot Foods Beneficial

Hot foods are often more easily digested than cold, and it is helpful to begin a meal with hot soup, in order to stimulate the secretion of digestive fluids. A hot beverage may also be beneficial at bedtime.

It is sometimes observed that five or six small meals are more easily digested than three large ones. Each person should discover what meal schedule best suits individual requirements and then abide by it. For it is indeed true that middle age—and the years beyond—are largely what you make them!

Questions Answered

Mrs. J. A. H.—Milk, fruits and vegetables supply a large part, but not all of the minerals required by the body daily. The diet must be supplemented with whole grain bread or cereals, eggs and some meat.

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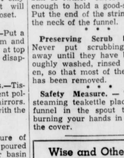
HOW to SEW

By RUTH WYETH SPEARS



THIS mat is made of white cotton cable cord such as you use for the pattern counter for corded seams and trimmings. The original mat from which this drawing is taken was made of cord and in this generation would ever guess what! Corsed strings

The design shown here is compact, and copied in rather heavy cord would make a useful mat for tea. Follow the sketches for directions. Make the circles in pairs, as shown, using No. 40 cotton thread to sew them. Braid three cords together and then sew the braided strip around and around to make the center of the mat. Sew a row of the circles to the edge of this center part, then add another braided row, being careful to "ease in" the edge of the mat en