ROSE AND BLUE

By CAROL WHITNEY

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DORIS WHITFORD gave a last look at the clipping in her hand, nodded in a satisfied way, and pushed one of the many bells in the apartment house vestibule. When the door clicked, she pushed it open, and waited.

In a few moments the elevator door opened and a young man opened the door.

"Did you come to see me?" he asked.

"Oh!" Doris smiled. "Mr. Storey?"

"Yes—Charles Storey."

"Yes, I came to see you—about the rooms. Only I supposed it was Mrs. Storer. It usually is."

"Is it? That's strange. Though I suppose it's only natural. Will you come up?"

Doris entered the elevator and Charles Storey closed the door and pushed the indicator for the third floor.

The elevator quietly ascended.

He took Doris to his apartment, unlocked the door, and ushered her into his living room.

"It's nice, isn't it?" she said, looking about in a businesslike fashion.

"Yes, this room is all right. But of course it isn't—"

"Oh, no, of course not. Where is the room you have for me to look at."

Charles led her across a small hall, past a bathroom and clothes closet, to a bedroom.

"Oh!" Doris stopped in the doorway.

"What a nice room! Windows on both sides—and such lovely sunny windows. But—"

She hesitated a moment, a little confused.

"Yes." Charles Storey laughed. "That's just it. But—And I don't know what's wrong. I suppose you do. You can refurnish it just as you want."

"Just as I want?"

"Yes—just as you want. I suppose you can get all the stuff at Starling's, can't you? Well, just charge it to me, and it will be all right."

"But—really?" Doris beamed, as bright and gay as the spring sunshine that came in the wide window.

"Yes—really."

"It's the first time in my life I've ever had a room just as I wanted it. And you've no idea what fun it sounds."

"I suppose most people have ideas of their own?"

"Oh," answered Doris, "most decidedly, the people I've known. And such funny ideas, too."

"Well—what about it? Will it be all right?"

"All right? Of course."

Doris sat down, with a pencil and little notebook. "Can I have new curtains?"

"Certainly. Anything you want. Only make it look human. This apartment belonged to my uncle. He's gone abroad—left it as it is. The living room's pretty decent. But the rest is awful."

Doris longed to ask him what "the rest" of the apartment was. She knew the words of the advertisement had brought her here.

"Pleasant room, with big windows, plenty of sun, to rent to young lady. Share kitchen privileges with another lady. Room will be decorated if desired.

She wished "the other lady" would come in. Perhaps it was his sister. Or his mother.

In the meantime she was making notes and sketches and figures, measuring the room with her eye, visualizing it as it would look with new draperies, some new furniture, and much rearrangement.

"Would you think corn-colored net over the windows and ruffled, blue side curtains, that hang to the floor and are looped back halfway up—with big bows, I think they're using them, now, would you think that was nice?"

"Well—I like blue. You wouldn't be putting any pink in the room?"

"A rose-colored slip on that big brown upholstered chair, I think. And perhaps a rose-colored pottery lamp with a natural parchment shade with blue stars on it. I could make that."

"But isn't blue and pink somewhat—well, rather—it isn't a very srong combination, is it—for a man?"

"No—I suppose not. But I've always loved it, always longed for a room with deep blue curtains and a little deep rose for contrast. I think it will be sweet. Now—" Doris blushed, with a sudden confusion—"what about price? I guess that comes next."

"That's up to you," said Charles Storey. "We needn't bother about that now. Will you get it fixed up next week?"

"Oh yes," said Doris. "Early in the week."

Half an hour later, Charles Storey sat comfortably in his bachelor's living room, trying to surround himself with the peace and contentment that usually came to him when he passed within the doors of his apartment. But he was unsuccessful in his efforts.

Peace and contentment had gone. He couldn't quite decide why.

Perhaps it was the thought of living in a rose-colored and soft blue bedroom. Perhaps it was the memory of a wistfully eager girl, pretty and young, sitting on the arm of his big chair, making sketches and figures in a little notebook.

"But—rose and blue! I should have shown some spunk—told her I didn't want it. I thought they always tried to find out your taste, anyway. I guess she had me bewitched."

He had just reached that point in his cogitations—and would probably have reached no further—when his telephone bell rang. He picked up the receiver and a worried woman's voice hurried over the wire in explanation. "Oh, Mr. Storey! This is Miss Brown, of the interior decorating department at Starling's. I had an appointment to meet you this afternoon at your apartment and make plans to do your bedroom over. I just can't explain or apologize—I forgot the appointment. I had it in my notebook, of course, but I just didn't see it. I—"

"You didn't come?" questioned Charles. "Then who did?"

"Nobody. I'm home, now, checking on the day's work, and I found your appointment in my notebook. I'm awfully sorry."

"Oh, that's all right, Miss—Brown. Quite all right. I seem to have had another engagement, too. And—I'll want you to do the room over, you know. How about coming back in—well, a month I think I'll want it in blue and rose, and I'll know by then."

The change in Charles Storey's point of view toward rose and blue had been startling, even to himself.

When he took off the receiver he hated rose and blue.

When he learned that his visitor of the afternoon had not been the interior decorator he had ordered from Starling's, he had been puzzled, and blue and rose furnishings went from his mind.

As he listened to apologies, his eye wandered to the paper, opened to the want ads.

There he read, among "Rooms to Rent," the words that had brought Doris Whitford to his door, "Pleasant room, with big windows, plenty of sun, to rent to young lady. Share kitchen privileges with another lady. Room will be decorated if desired. Storer." And the address of the apartment he lived in.

It was that Storer woman a couple of floors above.

They often got mixed up—Storer and Storey. And suddenly his liking for blue and rose draperies soared high. If, perhaps, he could get hold of Doris and explain—if, perhaps, she could get a room with Miss Storer for a little while—if, perhaps, he could persuade her to change back to his apartment after she had known him for a decent interval; well, then, why not a room done in rose and blue?

Green Fruit Not Cause of Your Stomach Pains

Do you believe that eating green fruit causes tummy-ache? Do you imagine that an ostrich, when frightened, buries his head in the sand? Would you say that one must feed a cold and starve a fever—or that beef tea is nourishing?

If you do, declares a writer in London Answers Magazine, you're wrong.

It's swallowing fruit in chunks that causes pain, and there's actually less nourishment in six large cupfuls of beef-tea than in one slice of bread.

As for feeding colds—the familiar saying is a misquotation of the famous Dr. Abernethy, who declared: "If you feed a cold you shall have to starve a fever," meaning that stuffing a person laid up with a cold would soon bring on a fever.

Then there's the idea that cats see better in the dark. Actually, the time when cats see at their best is twilight, because their pupils expand far more than ours and are sensitive to the ultra-violet rays of the spectrum. But after dark they're just as blind as we are.

If you think your heart is on the left side, you're entertaining another fallacy. It happens to be neither left nor right, but almost in the middle.

Shaving doesn't make hair grow faster. Experts have measured under a microscope the length of hair that grows, day by day, between shaves, and have compared this rate with the daily growth in people who don't shave. The average is exactly the same.

Spring Brides in Lace, Moire or Satin

By CHERIE NICHOLAS

PERHAPS at no time is the challenge greater to brides-to-be to look their most entrancing than in the joyous, rapturous spring of the year when all nature seems to conspire to stage a most glamorous setting for the wedding scene.

Yes, indeed, the picture must needs be one of super-enchantment and romance that tunes to skies sunny and blue, to birds trilling exultant notes in welcome to spring, to blossoms and verdure bursting into a very ecstasy of color reaching as far as eye can see. When you read the story or glimpse the new fashions as pictured here, you know that all things beautiful have been taken into account in creating wedding array for those who would make their nuptial vows in springtime, this year of 1938.

Lace ranks high in the list of fashion "firsts" for spring brides. In fact many wedding parties will use lace throughout for bride, maid of honor, bridesmaids and little flower girl. One of the allures of lace is that it presents charming color possibilities, for the newer laces come in beguiling pastels for the attendants, with silver-threaded lace for the bride or embroidered lace, if you will; likewise fine Alencons, or Chantilly, priceless rose point or rich Spanish lace.

Can you imagine anything more "darling" than a wedding gown that is fashioned row after row of narrow Val lace just as you see pictured in the foreground of the illustration herewith? The little puff sleeves and youthful square neckline are outlined with baby ribbon run through a narrow lace beading and even the quaint mitts are of lace.

Speaking of vogue for lace, a most gorgeous Spanish lace headdress and veil are being shown this season for the bride who would dress in period fashion. The picturesque mantilla of lace is draped to towering height on the head (just as you see in quaint wedding pictures of old Spain) from whence it sweeps out in voluptuous flowing lines in a grandiose train.

Turning from lace to fabric, there's much news to impart. First we would speak of the tendency this spring to use sheers such as mousseline de soie, tulles, marquisettes, dainty nets and also shadow-print swiss organdie (inexpensive but lovely) for the bride's gown. Contrasting these diaphanous weaves is a very new silk moire-brocade that bespeaks the stately and elegant. The handsome gown the lady in the center background of the illustration is wearing is a beautiful dress made of this high-style moire. Of course this stately silk must be styled with utmost simplicity the better to emphasize the magnificence of the material. Taffeta silk, white for the bride and colors for the bridesmaids, is also a favorite this spring.

A gown of the patrician moire just described demands that utmost simplicity prevail in way of headdress and veil. Note the monk's cap and veil as worn by the moire-clad bride pictured. It is styled exquisitely but very simply, the close fitting tulle being finely all-over-shirred with yards and yards of the tulle billowing over shoulders and as long as one cares for the veil to be.

As to the ever becoming tiara, you may be wanting to know if it still is in fashion. For answer see the charming bride to the right. The tiara made of lattice-worked satin is modish, as is also the tiara built high with orange blossoms. This bride clings to the wedding tradition of exquisite white satin for the nuptial gown.

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YOUR NEW BLOUSE

By CHERIE NICHOLAS

Your new spring blouse will be different, in that it will give the softly bloused silhouette so important this season. Owing to the emphasis placed on suits this spring you are supposed to start out not with just a single blouse or two but a collection of 'em, and the models here shown convey an idea of the newest trends in blouses that are made of gay silks, as so many of them are this season. The soft bloused effect is maintained in the model shown at the top, the gathered neckline being a special feature. The balloon blouse of circus stripe triple silk sheer pictured below has shirred sleeve tops and brilliant buttons. It is worn with a bakou sombrero with wood beaded bandeau.

LAPEL GADGETS IN PLASTIC MATERIALS

The latest thing in lapel gadgets for spring suits are "good luck" insects—grasshoppers, locusts, flies and beetles—designed in plastic material, in dull white or bright colors, by Vera Borea, according to a report from the Paris office of the Du Pont Style News service. Plastic material in dull white, vivid green and gold makes the scattered arabesque motifs which trim a crepe dress by the same designer. Complementing a white evening gown is a bolero embroidered with scattered motifs in transparent, iridescent cellulose film, matched by a belt of woven cellulose film.

Man's Felt Hat Worn With Chic Tailored Ensemble

Tweed woven in the turquoise blue and strawberry red shades forms a severely tailored new ensemble worn with a man's soft felt turquoise hat trimmed with a band of red grosgrain ribbon. Very practical is the idea of buying a tailored suit of this tweed and another suit of solid color and making up a number of ensembles with the two jackets and skirts.

Quite a few of the suits seen are collarless and trimmed with three rows of buttons all the way down the front. Also unusually attractive are the tailored vestees in contrasting colors.

Light Toned Silk Is Used in Coats by Paris Expert

Maggy-Rouff shows for spring light-colored silk coats, bright-colored redingotes and jersey coats gathered and fastened with belts.

Her leading design is one of straight line, collarless and slightly shaped at the waistline. One coat on the draped, gathered type is made full-cut in black wool with detail at the waistline. It has a green belt.

Cambridge Professor Finds Brain Activities of Fish in Four Classes

Prof. James Gray of Cambridge university, England, in addressing a meeting of the British Association for the Advancement of Science said: "As far as I have been able to determine, the brain activities of a fish fall into four categories. These four types of behavior include most, if not all, of the activities of the human race. Almost certainly the associative powers of fish are on a much lower plane than those of educated or civilized man, but the power is there and I do not believe we can put our finger on any one of our mental powers and truthfully say: 'Herein we are a race apart, elevated far above all other branches of the animal world, the quadrupeds, the birds or even the fish.'"

So, according to the professor, there isn't such a thing as a "poor fish," a "silly goose" or a "dumb possum." And many will agree with him, asserts a writer in the Detroit News.

One often marvels at the intelligence, (if it may be termed so) of our migratory birds. As an illustration: The diminutive ruby-throated hummingbird, weighing but a few ounces, leaves its southern home in Mexico in late spring and without guide posts or signs to chart its course returns year after year to the same home in the north. It arrives unerringly at a time when flowers give off nectar, its principal food. But if a feeding tube, filled with sugar and water, is within reach it will desert the flower for this easier method of securing food.

In a like manner we wonder at the intelligence of the purple martins which leave Brazil just about the time flying insects are ready to return to their winter range when insects become scarce in early fall. Taking all their food on wing, their very existence depends on the insects of the air, and they seem to know just when such food will be abundant enough in the north to keep them from starving.

What Women Want to Know About Fashions

Silhouettes are becoming more feminine.

The funnier the smarter seems to be the motto for printed silks.

Add a new bewitching trim from Paris to your good hat and bring it up to the minute in style.

Flowers in charming Eighteenth century and Watteau arrangement are blooming in all fashionable shops.

Back come tri-corns to the hat picture.

Costume jewelry is more beautiful and finer than ever.

The vogue of trimmed millinery extends even to felt hats for wear with sports costumes.

Brims pulled to the back are the keynote of Le Monnier's collection, composed notably of bretons, cloches and halos.

What to Eat and Why

C. Houston Goudiss Discusses WATER—the Elixir of Life

By C. HOUSTON GOUDISS
6 East 39th St., New York.

OF ALL the elements required to support life and maintain health and efficiency, water takes precedence. Without it, the protein, carbohydrates, fats, minerals and vitamins, which build and repair tissues, provide motive power for the body engine, and regulate the complex processes necessary to existence would be utterly useless.

Water is the magic stream through which all nutritive elements are carried into and through the body and there held in suspension. It is the ever-ready messenger which distributes heat, moisture and body-building material, where and as it is needed.

★ ★ ★

Man Is a Sponge

Our bodies are like water-logged sponges, for we carry water to the limit of our capacity. A human being is more than two-thirds water, and this proportion must be maintained, if health and strength are to be preserved.

There is enough water in a person weighing 150 pounds to fill a 15-gallon barrel. Muscles, liver and kidneys are about 80 per cent water, the brain 85 per cent. Even bone is made up of more than one-third water, so you can see that the old adage "dry as a bone" is not strictly accurate.

No cell can function unless it is constantly bathed in fluid. Furthermore, the cells depend upon water to transport their foods through the blood. This alone requires ten pounds of water in constant circulation.

We may term these functions an incoming service. But it is equally important as an outgoing stream. The cells need water to flush away their waste products. And if the surface of the lungs is not kept moist, there can be no intake of oxygen, no output of carbon dioxide.

Without water, no waste would be carried out of the body. Poisonous substances would remain to wreck the system within a short time. Water flushes the countless channels of physical existence—even while we sleep, for it constantly passes from the body through the lungs and skin, as well as through the bowels and kidneys.

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Water Starvation

Where do we get all this water? When we are thirsty, we take a drink and there the interest of most people ends.

Few individuals give proper consideration to supplying the body with all the water it needs. Yet, when the water content of the body diminishes, health and life are in danger. A loss of 10 per cent of body water is a serious matter and a loss of 20 per cent is usually fatal.

It is only in rare instances—such as when lost in a desert—that man actually dies of thirst, for even when no fluids are drunk, water is consumed with food. **But all about us we see men and women suffering from the effects of water starvation. Some indications of this are dryness of the skin and lips, mucous membranes and scalp. There is also danger of damaging the kidneys which require water to flush away the acid products of metabolism. And very often constipation can be traced to a deficiency of water, which is necessary to soften the contents of the intestinal canal.**

None of these ill effects may be feared if you take enough water.

★ ★ ★

How Much Is Enough?

A healthy, normal individual requires about four quarts of water every 24 hours. That requirement varies somewhat with the season. In hot weather there is a greater elimination of water through perspiration and that loss must be replaced.

However, it is not necessary to drink four quarts of water a day. For part of our needs are supplied by food. The body draws upon three sources for its water: First, water taken as a drink or in other liquids; second, water supplied by foods, especially fruits and vegetables, for although solid foods appear dry, most of them are in fact from 75 to 95 per cent water; third, water formed in the tissues in the combustion of fuel foods. Fat gives the most water when burned. In fact, it produces more water than the weight of the original fat. Sugar gives the least.

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Foods Rich in Water

A half-pound potato contains nearly a full glass of water. Some other foods that are more than 70 per cent water are asparagus, berries, string beans, cabbage, cauliflower, celery, cucumber, eggs, citrus fruits, cherries, grapes, melons, apples, raw and cooked greens, milk, onions, cooked green peas, boiled potatoes, sauerkraut, shell fish, meat stews, tomatoes and squash.

Foods containing less than 30 per cent water include butter, cakes, candies, ready-to-eat cereals, crackers, dried fruits, nuts, potato chips, sausage, bacon, syrups and zwieback.

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Avoid the Dry Habit

In addition to the water consumed with food, every normal individual should drink about six glasses of liquid daily—as water, milk, coffee, tea or other beverages.

Most people drink far too little water. Women often have the mistaken notion that water will make them fat. To demonstrate the fallacy of this idea, a world-famous physician once remarked that if that were true, poor people would long ago have adopted the practice.

It is possible to drink too much water and those who are suffering from disease should be guided by their physician in determining the amount required. But most normal people could increase both mental and physical efficiency by taking more of this magic fluid.

★ ★ ★

Drink Water with Meals

The question is often asked—"Is it wise to drink water with meals?" The answer is "Yes." There is evidence that the drinking of a reasonable amount of water with meals by normal individuals stimulates the secretion of gastric juice, thereby improving digestion. It has also been demonstrated that it aids in the absorption of food by the body and retards the growth of intestinal bacteria.

The homemaker should be just as conscientious in providing her family with sufficient water as with adequate amounts of the other food substances. For water must be included in the list of essential food constituents. It is in truth, the ELIXIR of LIFE.

WE OFFER ★ A New Food Department

★ All the accumulated knowledge and experience of C. Houston Goudiss, the man who for 30 years has exerted a wide influence on the food habits of this nation, are now available to homemakers through the series of articles now appearing in this newspaper. These discussions are as fascinating as fiction, as up to date as tomorrow, and, above all, authoritative. For no matter what aspect of food is under discussion, C. Houston Goudiss knows whereof he speaks.

★ His work has been a devotion to the study of food, both from the productive and the manufactured standpoint. He believes that better food means a better nation. Sharing these views, we have secured him to assist in carrying out our aims—to be the best available guide in the most important of all matters that affect the homes of the readers of this newspaper—for health, happiness and prosperity depend first of all upon food.

★ Every homemaker will want to clip these articles, and save them. She will find them invaluable aids in keeping her family properly fed.

Have You a Question?

Ask C. Houston Goudiss

C. Houston Goudiss has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss at 6 East 39th Street, New York City.

Questions Answered

C. D. L., Jr.—Pyorrhea seems to be associated with a mild vitamin C deficiency which has gone on over a long period of time. To obtain adequate amounts of vitamin C, you should eat plenty of citrus fruits, tomatoes, strawberries and raw, leafy vegetables, such as cabbage.

Miss T. P. G.—Yes, there is a stimulant in cocoa that closely resembles caffeine in coffee. But a cup of cocoa contains less of the stimulant than is found in a cup of tea or coffee.

Mrs. A. R. M.—No, milk is not fattening. Women especially fear that milk will increase their weight, but this fear is not justified, since a pint of milk, or two large glasses, only supplies 340 calories.

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Why . . . an Oil Polish?

And here, home-makers, is why: The oil element in polish is absolutely essential to all fine wood! For the same reason that we oil machinery—water our plants—massage cream into the face—is oil polish used! The same principle applies—for wood definitely requires this attention to keep it "alive!" The best oil polish has a fine, non-greasy oil base—and it is just this—when rubbed or massaged into the furniture—that prevents the wood from checking, drying out, splitting or cracking. Furniture will not do any of these things, when cared for—and it is the combination of the "oil" and the "rubbing" that prevents it! For the quality oil-polish "feeds" the hungry finish—keeps the wood young! Other polishes may give a quick, easy-to-achieve luster—but a little time and energy (it should not be labor) on the part of the housewife, will pay dividends in the looks and long life of her furniture and woodwork. All experts agree that an oil polish properly used (apply on damp cloth—as directed) is not only better—it is vital! And so, home-makers, take this important tip: Always use an oil polish—and the best one!

George Changed Line—But Not the Results

"The boys" had made a habit of meeting one evening a week for a chat over their doings, but recently many of the old faces had disappeared as their owners got work in different parts of the country.

One evening, Bill and Bob found themselves alone and began to talk over old times.

"That reminds me!" said Bill. "What happened to George after he failed as an architect?"

"Oh," replied Bob, "he went on the stage!"

"How's he doing there?"

"Still drawing poor houses," was Bob's unkind reply.

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