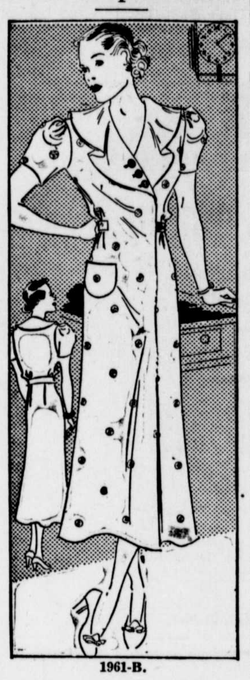
A Charming Wrap-Around Apron Frock



1961-B.

Here's the style of apron-frock you've been wanting, a wrap-around that affords unhampered freedom of movement whether you're scrubbing the floor, or hanging drapes.

The wide contrasting ruff collar is feminine and trim while three bright buttons do their share for the bodice closing. Short puff sleeves are cleverly styled, simple, and comfortable and there's a conveniently large pocket to hold what nots. A narrow adjustable belt supplies that refinement known as "center poise" and helps "coverall." Truly it fits like the proverbial glove.

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You must be free from constipation to have a good, clear complexion. If not eliminated, the wastes of digestion produce poisons and the skin must do more than its share in helping to get rid of them.

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DOAN'S PILLS

WORLD POWER CONFERENCE ENDS

Politics, Supposedly Taboo, Causes Walkout of Some Delegates; Sun Machine Fails; President Sends His Message.

By WILLIAM C. UTLEY

PUBLIC utility executives and engineers from all parts of the world are on their way home now from the World Power conference at Washington, wherein it was hoped that all nations might gain a clearer understanding of the world's power resources and how they might be used for the best good of civilization.

Approximately 700 delegates came from abroad to attend the important parley, which has a tradition that only scientific advances will be discussed or reported, and that politics shall never "rear its ugly head." The ugly head was reared with a vengeance this time, though, and its rearing resulted in the walking out of some of the most important delegates.

Of course the delegates did visit a model electrified farm, and submitted endless papers on technical advancements more important and less understandable than most of the widely-publicized discussions of the parley.

They also assembled on the green grass yard of the Smithsonian institution for what promised to be a highly spectacular demonstration of a machine designed to use power from the heat of the sun's rays. Old Sol himself did not take kindly to this harnessing of his authority, and turned on the heat so generously that he succeeded in melting an essential bearing of the contraption, thereby postponing indefinitely an opportunity for the showing of the machine to the great minds of the power business.

Secretary of State Hull Greets Dr. Julius Dorpmueller, of Germany, as Dr. W. F. Durand Looks On.

Holding Company—Pro and Con.

This, from the layman's point of view, was probably the most spectacular single piece of news to come from the conference. After that the delegates settled down to a few lively time-honored bones of contention, the public utility holding company, and public ownership.

Judge Robert E. Healy of the securities and exchange commission led the attack on the holding company. Defense was taken up by Max Frederick Horn, representing the Belgian government. One of the best holding company executives of Europe, Mr. Horn argued that the holding company was the salvation of the utilities throughout the world. That continent, he said, is genuinely apprehensive concerning the working of the American holding company law. He hoped that the law would not result in the destruction of the holding company system, on this side of the water.

Dr. Harlow S. Person of New York, a consulting economist, threw the meeting a nice morsel to fight over when he declared that private utilities of the United States place a "book value" of 17 billions of dollars on their properties, while the actual physical value does not come within 5 billions of that amount.

Judge Healy's paper went into what he called the "public utility story of 1920-30." He described features which he termed unusual.

"The extreme and often disastrous competition of holding companies to acquire additional properties was," he said, "characteristic of this period. Holding company representatives and promoters combed the United States in search of municipal and private utility companies which could be purchased outright or tied up with an option. There appeared to be no limit to the prices that could be paid for new properties or the extent to which anticipated profits could be capitalized.

Pyramiding Holdings.

"Many of the holding companies were increasingly impressed with the ease of floating new securities through investment bankers, who were eager for commissions and profits on securities which could be sold to a public hungry for investment outlets and speculative opportunities.

"One holding company was piled up on another. So-called investment trusts and companies were erected above the holding companies, equities were divided and redivided and subdivided over and over again, and at the bottom of this vast pyramid, depended upon to support themselves and everything above them, were the only companies which owned any physical properties or had any real earning power, the local operating and gas utilities companies.

"In certain cases there were as many as eight subholding companies interposed between the operating companies at the bottom and the holding or investment company at the top."

The "disastrous effect" of pyramiding on the security values of the principal holding companies was noted by Judge Healy, who submitted a chart giving the aggregate market value of the securities of twenty-five companies for the years 1929, 1933 and 1935.

Charges Inflation.

"There were instances," declared Judge Healy, "where the write-up was used as a basis for additional security issues, securities issued against 'water.' In a very few instances these securities were sold directly to the public, but in most cases they were delivered to a holding company which issued and sold its own securities against them, so that, indirectly, many securities based on inflation or write-ups were sold to the public."

"It is difficult," he concluded, "to see wherein the well-established operating companies in the large cities gained anything for themselves when they were acquired by holding companies. Several of them are very successful and are not owned by holding companies.

"The experience of the last few years leads to the conclusion that, generally speaking, holding companies which are not in the first tier above the operating companies, or which are not necessary to hold together an efficient integrated system, do more harm than good.

"As to the future, it will undoubtedly see electricity used to an extent not now envisioned. The future of the privately owned utility company depends to a great degree on whether a fair and easily workable method of rate regulation can be developed, and upon the industry's success in completely freeing itself from the hands of the jugglers of finance and devoting itself more to the production and sale of gas and electricity and less to the production and sale of securities."

Politics Comes In.

Maurice P. Davidson, former New York city utilities commissioner, representing Mayor La Guardia, touched off the political bombshell, advocating the threat of public competition as the only effective means of securing lower rates.

"The threat of public competition produces an immediate and salutary effect on the rate policies of the companies," he said.

Following Mr. Davidson was Langdon W. Post, chairman of the New York City housing administration, who complained of the way in which the poor of his city were, in his opinion, exploited by high rates.

"They, the poor of our city," he continued, "save nickels while you and I try to save dollars. The difference between a $2 and a $2.50 monthly electric light bill may not seem to be very much to you and to me, but to them it is all the difference in the world.

"Both Mayor La Guardia, whom I represent at this conference, and I believe that public ownership of electrical utilities, or the threat of public ownership, is the only practical method by which this object can be obtained. This has been proved so in other cities and only a short time ago the New York City rates were reduced because of the drive put on by Mayor La Guardia for a municipal power plant in that city and the able paper presented here by Mr. E. F. Scattergood of Los Angeles only serves to further strengthen us in this conviction.

Division of Savings.

"The very nature of the privately owned utilities with their monopolistic feature and their complicated financial structure will always tend to hold the rates up in spite of all the technical improvements which the engineers may discover.

"Where savings are made they can never go in their entirety to the consumer. They are always divided between him and the owner, and sometimes, I fear, not always equally.

"These factors, together with the high cost of regulation, although not high enough yet to be efficient or effective according to Messrs. Bonbright and Mosher, convince Mayor La Guardia and me that the full benefits of electrical genius in this country will never be enjoyed under our present methods of production and distribution."

Indignant at the New York man's conduct was Morris L. Cooke, chairman of the conference's executive committee, administrator of the rural electricification authority and one of the top men in the biggest of all public competitors of privately-owned utilities, the TVA.

Apology of Chairman.

"I deprecate the emergence of politics this morning," Mr. Cooke said in his statement. "An effort has been made from the beginning, in accordance with the traditions of the World Power Conference, to keep the discussions on a high technical plane.

"I personally deeply regret this morning's occurrence. A cardinal principle of the World Power conference from its inception has been entire freedom of speech on scientific and technical matters, combined with the complete elimination of politics. We have made every effort to carry on this tradition."

Before the conference started, Mr. Cooke had said about the holding company and public ownership subjects:

"I have been asked whether so controversial a subject will not arouse animosities or heated controversy. We are not afraid of that. Representatives of both sides are sponsoring the conference and are vitally interested in its success. The ablest men on each side realize the need for an unemotional presentation of all the facts and all the arguments, so that the public may have a basis for arriving at a decision. Everybody has agreed that there is to be no politics or propaganda."

India Sent Mme. Kapoorsundri Agarwal to the Conference.

Russia Speaks Her Piece.

On the closing day of the conference, Floyd L. Carlisle of New York, who had defended the utility companies, declaring that they "would co-operate with any plan, government or otherwise, founded in sound economics for the public good," made the statement that "modern industrial civilization has been almost exclusively confined" to countries where private ownership is the rule. B. E. Yusim, a Russian delegate, immediately answered, "Russia was last among nations in power production in 1923, but today it is third, lagging only behind the United States and Germany."

President Roosevelt addressed the conference before it ended.

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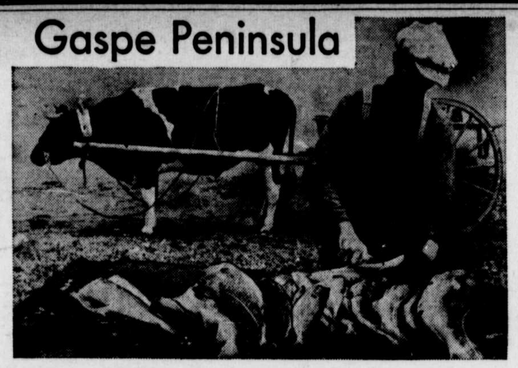
Three Noted World Scientists Discuss Power Problems Informally.

Gaspe Peninsula



Cleaning Cod on the Gaspe Peninsula.

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

LIKE an out-thrust tongue of land at the wide mouth of the St. Lawrence river lies the Gaspe peninsula, one of the newer wonderlands of North America. With completion of the Perron Boulvard in 1928, it was opened to motorists around its entire area—about ten times that of Rhode Island. This summer it is being visited by an increasing number of vacationists from the United States.

The climate is literally unique. There is plenty of bright sunlight but no really hot weather. July and August seldom see more than 75 degrees.

Thanks to Gaspe's northern latitude, it has an hour or so more daylight each day in midsummer than Toronto or Boston. Best of all in this favored land is the air—once breathed, never forgotten. "Atmospheric champagne," it has been called.

Here northern outposts of the ancient Appalachian Mountain system, eastern backbone of the continent from Alabama to Canada, meet the sea and sink beneath it in a chaos of cliff and headland.

Tremendous forces of nature have left their mark all over the area. Ages of erosion have hollowed out huge valleys on the northern shore. On the south side of the peninsula, red cliffs and red pinnacles stand out in striking contrast with the blue of the water and the green of pines.

Beneath the waters lie other mountains, worn and leveled by the waves of centuries. Into these shallows, in countless millions, swarm the cod. Down the slopes flow rivers filled with salmon, streams with romantic, musical names—Matapedia, Restigouche.

The Gaspe folk are a strange and interesting mixture.

People Are a Mixed Race

The first settlers were a few Norman and Breton fishermen who annually made adventurous journeys across the Atlantic to these famous codfishing grounds and finally decided to stay the year round instead of returning to France when the season was over.

Next came the Acadians, driven out of Nova Scotia. A few of them reached some isolated spots on the north side of the Bay of Chaleur, began fishing, and have been fishing ever since.

These Acadians have a distinctive accent and a way of speaking largely produced by their maritime habits. A horse "swings" in its course to starboard or larboard, as old time sailors said—and when you stop the steed is "moored."

After the cession of the country to Britain came the Channel Islanders, Guernseymen and Jerseymen from the English islands off the coast of France. Those English-French newcomers, speaking either language with complete facility, as they still do, settled down in some vacant spaces, set to fishing and privateering, and left plenty of descendants behind them.

A few years later, about the time of the American Revolution, groups of "loyalists," or "Tories," left the new United States to establish themselves at the head of Gaspe Bay and in other well-selected spots.

Then the Irish arrived—they, too, had settlements of their own—and another group, northern Irish or Scottish, of bold sea-roving stock in either case.

The Canadian habitant, most persistent and prolific of colonists, finally worked his way along both north and south shores and set an example of farming in a country which so far had been entirely devoted to fishing.

Finally, on the St. Lawrence near the mouth of the Metis river, at the landward end of the peninsula, was established a colony of Scottish and English settlers.

Revealed by a Highway

Ten years ago only a few outsiders had any idea of the interest and beauty of the Gaspe area, for it was difficult of access. The last few years, however, have seen astonishing changes.

By a remarkable feat of highway engineering, a broad safe 553-mile road, linked with the general systems of Quebec and New Brunswick, and so with those of New England, has encircled the entire peninsula. Automobiles can tour the area where ox carts and dog carts were outdistanced formerly only by the horse and the reckless bicycle. A popular approach is to cross the St. Lawrence from Quebec to Levic. An easy day's journey eastward, with the St. Lawrence at the left of the highway growing constantly wider, leads to Metis Beach, one of the most northerly summer resorts of eastern Canada and the first town to be encountered in the Gaspe peninsula. Here at Metis Beach the golfer has his last game, for a while, at any rate. The sportsman who is not afraid of cold water goes for a swim or a sail.

Turning south from there, the road crosses the base of the peninsula, climbing the hills behind the village to the watershed which separates the valley of the Metis river, flowing into the Saint Lawrence, from that of the Matapedia, flowing toward the Bay of Chaleur. Bay of Chaleur rivers, and there are plenty of them, are full of salmon.

The small white town of Carleton was named for an Eighteenth century governor general of Canada. Acadians of the original settlement in 1775 called the place Tracadigeche, from a Micmac word meaning "Place of Many Herons." The name was later changed, under the influence of Americans who came to Gaspe rather than fight against the English in the Revolution. A few miles farther, at the mouth of the Cascapedia river, a road runs off to the north to zinc and lead mines.

Hereabouts there are many farmers, mainly Canadians from the upper part of Quebec. They share their machinery and they have technical advisers from the government, so that their farms although small, are good. Farther up the coast, at Cape Cove, have been produced the finest peas in North America.

An Old Codfishing Town

The town of Paspebiac, old-fashioned codfishing center, is an odorous introduction to the authentic Gaspe industry. Down on the beach are warehouses, where many practices have remained the same since the industry began soon after the time of Jacques Cartier, 400 years ago. Cod are stored about as they were by the first local fishermen, in stacks resembling huge pine cones. Cod are split, spread open, and dried so that they are hard and flat as boards. Then they are arranged in cylindrical piles, the lower end smaller than the top and covered by pieces of birch bark held down by stones.

A few miles more brings the traveler to Port Daniel, where Jacques Cartier made his headquarters while he explored the Bay of Chaleur. A wide sand bar almost closes the mouth of the Port Daniel river, and most of the village is built on the sand bar. The road for the next 40 miles hugs the shore.

Then suddenly Perce comes to view. On the landward side are red peaks partly covered by greenery, then the tops of three fanglike cliffs and a white village nestling between them and the headlands fronting the bay.

Off shore stands the magnificent Pierced Rock (Rocher Perce) looking like the wall of some huge sea fortress or a monstrous battleship, dwarfing to insignificance the village to which it gives its name. Near its outward end an arch has been cut through by the action of the water. Farther seaward was the sentry tower of the wall, a smaller pinnacle of rock, originally joined to it by another arch which has long since fallen in. Farther out still lay Bonaventure island, its cliffs topped by trees and meadows.

The road from here to Gaspe climbs through mountain valleys and up peaks which are green and rounded on the landward side but fronting the sea as vertical red cliffs. Around the end of the peninsula lies Gaspe Bay. On its south side, along which the road runs, are hills and woods and farms. On the other side stands a range of wooded heights ending in the 700-foot cliffs of Cape Gaspe, a long stone finger pointing southeastward across the mouth of the bay. An extensive drawbridge crosses the bay where the French explorer, Jacques Cartier, discoverer of the St. Lawrence river, took refuge during a storm.

Along the North Shore

Gaspe village two years ago celebrated a four-hundredth anniversary, with French and British both participating in the ceremonies. A huge granite cross was unveiled near the spot where Cartier landed in 1534 and took possession of the soil for France.

The north shore of the Gaspe peninsula provides thrilling automobiling through the wild green Shickshock mountains. This worthy range of the Appalachians, rearing to a height of more than 4,000 feet, is strangely shaped. The summits are almost level; the peaks have been washed and ground away, and only the flat foundations are left. In the distance it looks like a barrier wall with higher towers rising here and there above it.

Little towns along the north coast of the peninsula are unique spots. Riviere-au-Renard (the residents usually call it Fox River) has an old fish storehouse converted into a hotel. The Caribou Inn has "China" over the door, for it was the custom in Gaspe to call the storehouses after the names of wrecked ships.

As the elevations of the Shickshocks grow higher and higher, the highway climbs more precipitous heights and swoops down steeper inclines. In places the road must zigzag down a cliff side, as at the entrance to Mont Louis at the head of the bay, the only real harbor on this wild coast. One may see a little stream drop a thousand feet and turn to rainbow dust before it reaches the roadside.

Elsewhere the highway is built on a causeway of rock and heavy timber to protect it from the tide. Thus the Perron Boulevard returns to Metis and completes the tour of the Gaspe peninsula.

How Are You Today

Dr. James W. Barton Talks About

Three Stages of Obesity.

THERE are many of us who can remember when a little "plumpness" in girls or women was considered attractive; anyone who was thin or "skinny" was considered less attractive than one of normal weight.

We have been passing through an era when the reverse has been the case, and when girls and women have been trying to attain a slim, slender or boyish figure. It is gratifying to know that this desire for extreme thinness is passing away and that our overweights, while properly anxious to get rid of their excess weight, are now satisfied to be of "average" weight.

Dr. Barton.

It was Dr. L. F. Barker, Johns Hopkins university, who spoke some years ago about the three stages of obesity or overweight, that is: (1) the enviable, (2) the comical, and (3) the pitiable stage. We have all seen these three stages and as mentioned above the first or enviable stage—the one that formerly aroused envy in others — is now coming back into fashion as it "rounds out" the female figure by filling in hollows.

Physicians, as a rule, have not much faith in exercise in reducing weight. In most cases this is because, knowing their patients, they know that they will not take the exercise anyway. In other cases the physicians have not studied the effects of exercise in reducing weight and when asked what special exercise or what game should be played, cannot give the necessary advice. Further there are so many cases of overweight in which exercise would be dangerous that it is safer not to recommend any.

Take Doctor's Advice

Generally speaking, physicians are very wise in advising that the first and foremost step in reducing weight is to cut down on the amount of food eaten.

The first thought with most physicians is to advise cutting down on the starch foods — bread, potatoes, sugar and pastry — because starch foods are stored away as fat in the body. If less of the starch foods are eaten there will thus be a stop in the formation of fat in and on the body.

Other physicians advise cutting down on the fat foods—cream, butter, fat meats—first because they feel that as the body has a lot of fat in it and on it, this fat can be used for the needs of the body thus reducing the fat and therefore the weight.

The ideal way to get rid of the weight would appear to be cutting down equally on fats and starches. However as the starch foods are the ones that give energy, or "pep" as it is so often called, and fat foods are more useful as "protection" to the body and to ward off illnesses, cutting down more on fats than on starches would perhaps be better.

Another point about fats is that proteid foods—meats, eggs, fish—all contain considerable fat anyway, and it is the proteid foods that are never cut down in a weight reducing diet. The proteid foods are the body builders, building up worn out tissues and creating so much heat or "dynamic" action that all foods are more completely burned in a short time.

Ideal Reducing Diet.

The ordinary or regular diet for one of average weight is one part proteid — meat, eggs, fish — to two parts fats — butter, cream, fat meats, egg yolks — to four parts starch foods and vegetables. In a reducing diet however the proportion is much different, the proteid foods are so necessary that they are not reduced; in fact proteid foods are actually increased.

The ideal reducing diet then takes into consideration the number of calories—heat units—necessary to sustain the "ideal" weight of the individual. This means that food is not eaten to sustain or keep going the excess weight of 20, 50, or 100 pounds.

Thus if the individual is eating 3,000 calories a day and it is decided that 2,000 calories is all that should be eaten these 2,000 calories will be divided about as follows: 600 calories of proteid foods, 1,000 calories of starch and vegetable foods and 400 calories of fat foods. The result of a weight reducing diet shows three steps: (1) considerable loss of weight for a few days owing to great loss of water from the tissues before the water balance is reached; (2) a steady loss of weight but the rate of loss is much slower, and (3) when no further loss is being made, the weight remaining at the same level.

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Glue Made of Soybeans

Soybean protein is made into a waterproof vegetable glue of high tensile strength which is used by furniture manufacturers in the preparation of veneer work and by airplane manufacturers in making airplane propellers.

Custom of Throwing Rice

The custom of throwing rice at weddings is probably a survival of the ancient Roman practice of scattering nuts after a wedding party.

Spirited Kittens on Cross Stitch Towels

Pattern 5572

A dull moment's unthinkable with these seven, mischievous kittens about! In fact, they've thought up enough cute tricks to give you decoration for a week's supply of tea towels. Sit right down and send for this pattern, and get started on your set. The seven simple motifs work up very quickly in a combination of cross stitch, single and outline stitches. Use colored floss.

In pattern 5572 you will find a transfer pattern of seven motifs 5 by 8 inches (one for each day of the week); color suggestions; illustrations of all stitches needed; material requirements.

To obtain this pattern send 15 cents in stamps or coins (coins preferred) to The Sewing Circle Household Arts Dept., 259 W. Fourteenth St., New York, N. Y.

Write plainly pattern number, your name and address.

SMILES

What's in a Name?

"If a child were to come in and say that her mother had sent for 'a can of maltreated milk,' what would you give her?" asked the dairyman of his new assistant.

"Why, malted milk, of course."

"Fine! Our last man hunted all over the shelves for a can of whipped cream."

Fulfilled

Bill — Have you ever realized any of your childhood hopes?

Pete—Yes; when mother used to comb my hair I often wished I didn't have any.

Collecting 'Em

Henry—I've a good mind to propose to you.

Mabel—Oh, please do. I need one more proposal to beat my last year's record.

Too Well

Stranger — Is Shortleigh well known around here?

Native—I'll say he is. He is so well known that he has to go out of town to borrow a quarter.

Crying Need

Mary Jane—All my mistresses have admitted that I'm full of "go," madam.

Employer — That's very nice, but what I want is a girl with some staying power.

Caesar's Ghost?

Lollie — I thought Caesar was dead.

Audrey—He is, isn't he?

Lollie—No, Mrs. Butler said she teaches him!

EXPERT OPINION

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