WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—As a token of good will, President Kemal Ataturk of Turkey sends his bomb-tossing adopted daughter on a flight over Greece and the Balkans. She holds a diamond medal for bombing Kurds, having outscored veteran male fliers in a recent work-out.

Feminine Bomb Tosser Has Good Aim

When the timid and demure Turkish women started coming out from the harem, they kept right on going. They seem to be out-distancing our girls who are merely coming out of the kitchen.

Turkey's "Flying Amazon" is Sabiha Gueckchen, twenty-four-year-old daughter of a Turkish army captain who was killed fighting Greeks in 1921. She is a pretty little thing.

An admiring woman correspondent described her as "shy and demure," with quick recourse to her "modish little vanity case," as she climbed from her plane after a hard day's bombing. That was in the Dersim area, in eastern Anatolia, in which she had been blasting the Kurds out of their caves.

She is a first lieutenant in the Turkish army, the only woman air force officer in the world.

Her French flying instructor says she is the most gifted woman acrobatic pilot in the world. She was trained in flying and gliding in Russia and later was a cadet in the Turkish army air force school. She rides a single-seated military plane, handles all types of planes and is especially accurate and skillful in bombing.

Sabina Best Stunt Flyer, Says Mentor

It is said no aviator in Turkey can match her in diving and stunting, but she shrinks modestly from all such, possibly unfeminine, exhibitionism, and sticks to her humdrum bombing tasks.

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HERE is another diverting little news note, in sharp contrast, however, on the emergence of the modern woman. At her home in New York, Mrs. Lewis Stuyvesant Chanler presents prizes of $750 to the winners of the annual "Intellectual Olympics," conducted by her new history society.

Happily the flying bomb put is not included in her decathlon. She has been for many years a diligent and earnest advocate of peace and brotherhood, working through the international Bahaist movement, of which she has long been a leader. She derives from the Blue book and has turned from society to religious and humanitarian concerns.

Belle Gives Up Society For Religion

Her husband, now retired, is a great-grandson of John Jacob Astor, and a former lieutenant governor of New York. He is a big, gray, silent man, walking a small white poodle dog, rarely seen at his wife's salon, but a loyal partner in her endeavors. He is the brother of the late Bob and John Chanler.

The flaming-haired Valeska Suratt was an instrument of fate in the life of Mrs. Chanler. They were jointly engaged in a Hollywood script enterprise when Miss Suratt introduced her to Mirza Ahmed Sahrab, descendant of Mohammed and a disciple of the Abdul Baha. He was her tutor in the esoteric faith whose followers, like those of the Oxford movement, fervently believe the world can be saved only by a religious and cultural internationalism.

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DOWN in Peru, this writer knew some dilatory natives who frequently used a word which meant, "not tomorrow, but day after tomorrow and maybe not then." From ancient parchments, Trinity college dons lift the reverse expression—"nunc pro tung," which means "now instead of then." With this high academic sanction, they are enabled to deal a bachelor's degree to Richard Barthelmess, who failed to touch second when he was there 20 years ago.

Dick Gets Degree 20 Years Late

Baseball moguls could now say "nunc pro tung" and hand Fred Merkle that run he didn't get in 1908. If the custom gets going, it might open the way for some European debt payments.

Mr. Barthelmess is one of the thinning line of the stars of the old silent screen who remain in the public consciousness. His mother was Caroline Harris, an actress of the Biograph days. She gave Nazimova English lessons and in return Nazimova gave her boy his professional start in "War Brides." "Broken Blossoms," with Dorothy Gish, was his last big success.

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Quality Silk Weaves Lead Styles

By CHERIE NICHOLAS

FINE silks make fine ladies, or rather we should say fine ladies are wearing fine silks—finer and more of the quality type than for many seasons past. The enthusiasm expressed for handsome silks is no doubt due to the fact that current fashion declares in favor of greater elegance in the mode, and when the "dress-up" mood is on, as it so unquestionably is this season, the logical answer that has stood the test of centuries is—silk!

The significant thing about the present silkward movement is that the fine silks fine ladies are wearing are fine indeed. They are pure silk and no camouflage about it. Then, too, the quest for the better silks has revealed so many new and novel types brought out this season that the silk vogue now on is contributing a most exciting and fascinating chapter in the 1938 story of fabrics.

A note of elegance runs through the patrician silk costumes pictured. These modes convey an idea of how the "dress-up" spirit is interpreted by women of discriminating taste.

Speaking of silk weaves that are new this season, the dress to the right is made of a rustic-weave Indian silk that is a joy to wear, since it is quite crush resistant and goodlooking and its slightly rough surface adds charm to the texture. It is smartly styled in peasant type with long sleeves and striped silk girdle in vivid gypsy colors that contrast the neutral tone of the silk most dramatically. It is topped by a full length sleeveless coat of matching silk. The sombrero of natural straw adds a picturesque touch.

Dusty rose pink silk crepe fashions the coat-dress to the left. It is a charming costume for the young matron, its slim draped lines and slightly bloused back being particularly flattering to the slender figure. Shirring at the neckline, shoulders and down the center front places emphasis on the style message that declares shirred effects to be a leading trimming feature this season. The hat faced with black organdie and trimmed with dusty rose grosgrain ribbon is extremely effective with this charming costume.

A smart ensemble for mother or daughter centers the group. The straight, printed crinkled silk crepe coat with quilting spaced between the large white flowers is new on several counts. Note that the silk print is crinkled, and crinkled fabrics are the rage this season. In cottons crinkled seersuckers and crinkled flowered organdies lead in chic, while in the silk realm the accent is on richly colorful crinkled prints, preferably crepes, together with a versatile showing of crinkled silk sheers. The idea of the long silk coat is going big this season, prints, if prints be your choice, or dressmaker separate coats made of choice navy or black failles, crepes, bengalines and other silks of similar type.

The dress worn under this crinkled and quilted flower-print coat is of black silk Canton crepe with sleeves continuing the quilted theme. The scalloped Milan hat is something to talk about in that it confirms the report from Paris that designers are "scalloping everything" this season.

Among the newer silks that are making a definite impression the sheer crepe that is ribbed in raised relief should be mentioned. There are also many interesting novelty crepes, outstanding among which are those having honeycomb patternings, while still others are of etamine construction. In the sports class the new Chinese silk damask crepes in clear pastel shades are greatly admired. As a parting word—don't forget the importance of taffeta.

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BABY TRIMS GIVE THAT CHARM TOUCH

By CHERIE NICHOLAS

This season's frocks and lingerie blouses are taking on the charm of childhood days when leisure moments were taken up with running ribbons through beading, or hand-running numberless pintucks or with "whipping on" dainty lace edgings, plus countless other enhancements that contribute that something called "charm."

The trend toward ultra femininity in dress that marks current styles accounts for the revival of the dainty "baby trims" that are so much in evidence in summer fashions. As a consequence, in selecting your wardrobe you can indulge to your heart's content in the fancies and foibles that give the "pretty" look to summery clothes. So look up the dress and the blouse collections in your favorite shops and departments and be gladdened at the refreshing sight of fascinating touches that designers are lavishing on even the most inexpensive washable as well as upon the delectable "dressup" fashions for more formal wear.

Simplicity for Day

New day and afternoon dresses are straight and simple, with plaits for morning wear but draped for afternoon. Hips tightly modeled, rather far down, are plain in contrast to tucked and shirred waists.

Versatile Silk Jersey

Silk jersey is being used with equal success in the sports, afternoon or evening wardrobe. It may be combined with other materials, and is particularly effective when it forms the blouse to a wool suit.

HOT-WEATHER WEAR

By CHERIE NICHOLAS

The lovely cool fabric which fashions this frock is ideal for hot-weather wear. It is a new shadow-and-substance weave of rayon that is lacy, lightweight, washable, highly crease-resistant and comes in the most delectable colors fancy can picture. You'll love it in dusty rose and other choice pastels as well as white. Be sure to take note of the touch of peasant Swedish embroidery that embellishes this charming frock. Watch the embroidery vogue!

WHAT to EAT and WHY

C. Houston Goudiss Recounts

The Miracle of Milk

Noted Food Authority Explains Why It Is the Cheapest and Most Nearly Perfect Food

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

OF ALL the foods known and used by man, milk is supreme. It is a miracle of perfection—a veritable elixir of life.

Milk has powers possessed by no other food. It builds sturdy bodies for infants; strong bones and sound teeth for growing children; helps to maintain vitality in adults; and to delay the onset of old age.

It contains a greater assortment of nutritive materials than any other single food. It is the foundation of every balanced diet. Considering the services it performs for mankind—from infancy to old age—it is the cheapest food we have.

Milk is so many-sided that I always think of it as the Benjamin Franklin of foods. It is a vast treasure chest of nutrients — the most complex product of nature's chemistry. It contains nearly every chemical element of the body itself, in proportions adapted for quick and easy assimilation.

Milk fulfills six essential requirements of a perfect diet.

First: It supplies carbohydrate and fat for heat and energy.

Second: It furnishes protein that is suitable for building new tissues and repairing the millions of cells that are worn out daily.

Third: It yields minerals which build bones and teeth and regulate the subtle internal processes of the body.

Fourth: It contains every known vitamin in some degree and is abundantly supplied with the vitamins that are necessary to growth, to the smooth running of the body machine, and to the prevention of many types of infection.

Fifth: It contains water, to act as a solvent, a carrier and regulator.

Sixth: It is easily digestible.

This brief summary helps to explain the unique place of milk in nutrition. Think of it! In one food, we find protein of the highest type; carbohydrate and fat; **all** the vitamins; **every one** of the minerals demanded by the human body; water; and an easy digestibility that readily changes these ingredients into vigorous life.

—★—

The Biggest Food Bargain

We occasionally hear the charge that milk is too high in price—that it is a luxury to afford enough of this master food to supply a quart daily for every child—at least a pint for each adult. That is ridiculous! The cost of milk is much cheaper than the cost of illness. And milk is not a luxury, but an indispensable necessity.

I contend that no homemaker can afford not to buy milk in adequate amounts—that if she desires health, efficiency and longevity for her family, she must provide a sufficient amount of milk before she purchases any other food.

—★—

A Food for Children and Adults

Humankind needs milk as the flowers in the garden and the grains in the field need the blessing of rain.

Deprived of milk, children develop a multitude of ills. They become thin and weak; their resistance is low; they fall easy victims to the germs of disease; there is small hope of their reaching normal manhood and womanhood.

Nor is milk only a food for children. It is likewise essential for adults who desire to live longer, happier, and healthier lives—to fortify their bodies against the assaults of disease—to retain or regain mental and bodily vigor. It is indeed a Fountain of Youth!

—★—

Milk for Pep and Power

A quart of milk daily supplies from two-thirds to three-fourths of the total calories required by a year-old child. For a five-year old, it provides about half the day's fuel requirements, and for a ten-year old, one-third. Even a moderately active man could obtain one-fourth of his energy requirements from a quart of this precious fluid. It is also interesting to note that five-eighths cup of milk is equivalent in energy value to one and one-third eggs, or two and one-fourth ounces of lean beef.

A quart of milk yields more than an ounce of pure protein of the highest quality. Moreover, nutrition authorities hold that under normal conditions, it is the most completely digested and absorbed of all food proteins.

—★—

Milk for Minerals

As a source of calcium, milk is indispensable. **Without milk, it is practically impossible for the body to obtain enough of this captain of the minerals for normal skeletal development.**

It has been estimated that when the calcium requirement is met through the use of milk, the need for phosphorus will also be adequately provided.

Though milk is not as good a source of iron as of calcium and phosphorus, the iron is present and in a form that can be easily utilized by the body.

—★—

Milk for Vitamins

Milk is so rich in vitamins A and G, that the addition of a quart of milk daily to a good mixed diet practically guarantees against a deficiency of either of these precious substances which promote growth, help build resistance to disease, prolong the prime of life, and help to ward off old age. It also furnishes a considerable amount of vitamin B, which promotes appetite, aids digestion and helps to prevent a nervous disorder.

Milk contains a relatively small amount of vitamin D, but this can be remedied in both bottled and evaporated milk by irradiation, or the addition of a vitamin D concentrate. It is less dependable as a source of vitamin C than any other vitamin, as the amount it naturally contains varies with the diet of the cow and is reduced by pasteurization or evaporation. This deficiency is easily made good, however, by adding to the diet fresh fruits and fruit juices and raw leafy vegetables.

—★—

In Praise of Milk Producers

As milk is man's finest food, the men who are occupied with its production are engaged in the world's most important pursuit. They labor to provide the nation with a pure, safe, clean supply of the food that makes life worthwhile for children and helps to prolong life for adults.

Let no one say that milk is expensive. Rather let every homemaker come to realize that this magnificent food would be CHEAP AT ANY PRICE!

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Send for This Free Chart

Showing which Foods are **ACID** *and which* **ALKALINE**

One of the principles in planning a balanced diet is to include at least enough alkaline, or base-forming foods, to balance the acid-forming foods.

To help you distinguish the foods that belong in each group, C. Houston Goudiss offers to send a free chart listing the principal acid-ash and alkaline-ash foods. Address C. Houston Goudiss, 6 East 39th Street, New York City.

Designs for Sheer Cottons

THESE pretty styles will make you and your daughter feel fresh and cool, and look smart and charming. They have a summery, dressy effect, and yet they are not fussy. Make them yourself, and have something very individual as well as fashion-right. It's so easy; a detailed sew chart comes with each pattern.

Afternoon Dress With Shirring.

Shirring is one of the smartest details you can choose—it's used just this way in new and expensive models—on the shoulders, to give fullness over the bust, and at the sides only of the skirt. Thus your dress has animation and grace, and yet the front and back are plain and won't crush and muss when you sit down. In dimity, voile, organdy, handkerchief lawn or mull, with a youthful tie belt and frills of lace, this will be the most flattering frock you own.

Bolero Frock for Little Girls.

With or without the sleeveless bolero, this dress is a perfect darling for little girls! It's so simple and yet it has loads of style, with its very puffed sleeves, very full skirt, and little round collar. Notice how short the bolero is—that's the smart new kind. Make this up in dotted swiss, dimity, organdy or batiste, and trim it with ricrac, irish edging, or linen lace.

The Patterns.

1505 is designed for sizes 4, 6, 8, 10 and 12 years. Size 6 requires 2¼ yards of 35 inch material for dress alone. Three-eighths yard for bolero; ¼ yard for contrasting collar, if desired. Two and three-eighths yards is required for trimming bolero and collar.

1545 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4⅞ yards of 35 inch material. Three yards of lace edging for neckline and sleeves. One and one-fourth yards ribbon for belt.

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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