WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK—Several years before Romain Rolland finished "Jean Christophe," Leo Tolstoi called him the warden of the conscience of Europe.

Rolland Comes Home To Die

In his quarter-century exile in Switzerland, he has remained "above the battle," warning of war, decrying hatred, pleading for peace and understanding. His has been a voice crying in the wilderness. His exile ended, he returns to France, "an old man, broken and despairing," as the news dispatches report. The world seems to have little heeded his impassioned appeals. He wants to die in Clamecy, the village where he was born.

The greatest novel of a century, possibly of many centuries, "Jean Christophe" has been called by great critics and multitudes of lesser lights. It was published in 1913. This writer has found few young persons, even those majoring in literature, who have read it.

He has found others who have never heard of Romain Rolland, the Nobel peace prize winner exiled from his country, while Carl von Ossietsky, German Nobel peace prize winner, was impoverished, jailed and harried to his death in the same "years between." There is in this age swift obsolescence in the spiritual heritage as well as in machines.

But another, even greater teacher, looking sadly down on the multitude from a hill in Jerusalem, was also unheeded:

Teachings Will Be Remembered

"How often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!" But neither He nor His teaching was altogether forgotten. There will also be those who will remember Romain Rolland.

When he was exiled from France, vast sums of money were offered him if he would go to America, to write and lecture. Publicity, or any form of self-exploitation, is to him profoundly distasteful. He withdrew to a secluded villa near Zurich, Switzerland.

There is one definite attitude in all these post-war writings. He had no faith in "movements," in "idologies," right or left.

He Knew Righteous Can Be Cruel

He repulsed Henri Barbusse, his clarte group and the various "united fronts," as he did the emissaries of bloody reaction from the right. He knew that the righteous can be as cruel as the wicked, once they find reliance on force.

Like the great German Fichte, whom he esteemed, he believed only in the "inner light"—never in organization or force. But he was not a "political agnostic." He fought, and suffered, to arouse the world conscience, as the dying Tolstoi had enjoined him.

He is a tall, spare, pallid old man, with thinning hair and sad, deep-set eyes as he returns to France at the age of seventy-two. Educated in music, at the Ecole Normale, he became a devotee of Wagner, whose genius inspirited his life—then of Tolstoi and Shakespeare. He has written many times in the last few years that he sees little hope that the world will escape a last devastating war.

• • •

IT WAS reported that Sir John Reith, director general of the British Broadcasting corporation, was badly licked in that international Arabic crooning contest a while back.

Sir John Beaten in Radio Duel

Virtually all observers gave the decision to Italy. If so, it probably was the only time he ever lost a contest.

The tall, bald, grim Scotsman is upped to the job of running the Imperial Airways, as a civil arm of rearmament, with a sizeable hike in salary. It is now $50,000 a year, instead of $35,000.

He is an engineer, and in 1916 was here with 600 technicians checking on war material contracts. He didn't like America or Americans but eased up on us later on. Running British radio, he has been execrated as a tyrant, but he has held to his line and confounded all his adversaries. His views on radio programs were outlined by him as follows: "To set out to give the public what it wants, as the saying is, is a dangerous and fallacious policy."

© Consolidated News Features.
WNU Service.

Contents of the Potato

A potato is more than three-fourths water, only one-tenth to one-fifth starch, an excellent source of phosphorus and iron, and a fair source of vitamin C.

Wide Brim Hat With Chic Silk Print

By CHERIE NICHOLAS

WINSOME frock of chic silk print that makes you look your prettiest, hat big of brim that brings romance into the picture, it's the twosome that "does something for you" and it's exactly the type costume that is holding the spotlight in the midsummer fashion scene.

Special emphasis is being placed on the vogue of picturesque hats that have a sentimental air that tunes in charmingly with the witchery of a brightly colorful, flattering print gown. Which goes to show that there is a trend to dress in lovely-lady fashion. You will find more and more as the summer comes on that the "be pretty" mood prevails throughout the mode.

The trio of charming summer costumes illustrated is convincing as to the "prettiness" of current fashions. The dress to the right interprets a new version of the dirndle in black and pink print silk crepe. It is shirred at each side to give moderate skirt fullness in front with a slim back line. The box shoulders emphasize smallness of waistline, a feature especially indicated in the newer dresses. Wear black accents with this gown for town and change to touches of pink when you go to your country club. The black hair hat posed far back on the head and flaring far up in front is a foremost millinery fashion. Even the new white felt tailored shapes have this upward off-face movement.

A word about black and pink. As the season advances costume after costume favors this combination. It gives a pretty effect indeed, when the dress of pink and black print is enhanced with pink costume jewelry, perhaps adding a girdle sash of soft pink suede with possibly a pink suede bolero.

A lovely midsummer sheer centers the group. This printed blue and white silk chiffon day dress has the new square neckline. Watch necklines! Designers are giving a lot of attention to them, introducing novelty in lowcut fanciful outlines that impart an entirely new character to the styling of blouses and gowns. Note also the horizontal tucked bodice and the skirt pleats released below the hips. And the big flower-trimmed leghorn hat. Wide brims and colorfully patterned prints play a charming duet in the fashion picture.

For an afternoon ensemble select a bayadere silk chiffon dress in rainbow colors, together with a navy wool full-length unlined coat, such as pictured to the left. Take note of the hatpin on the merry widow black straw hat with its crown of taffeta bows and horsehair brim.

Speaking of wide brim hats to wear with print silks the latest models are taking on tremendously high crowns that taper toward the top in early Pilgrim fashion. The leghorns of this type are especially attractive. For the most part their trimming is confined to ribbon bands with streamers down the back.

© Western Newspaper Union.

ACCENTS OF SUEDE

By CHERIE NICHOLAS

Now that designers have sensed the vast possibilities suede offers to the fashion field and now that suede has been so scientifically treated that it is rendered thoroughly fabriclike, there's just no end to the exciting things being done with it. For instance, this lovely silk print summer costume, posed by Lucille Ball, radio player, is greatly enhanced with a girdle sash of grape colored suede with streamers of matching suede on the attractive wide-brim hat.

Milliners Are Featuring Button Bonnets Just Now

Milliners are featuring "button bonnets" this season. They are as fashionable for "big sisters" to wear as they are for the tiny members of the family. They are made of pique, sharkskin, printed linens and such. While the new button bonnets are as pretty as a picture and as chic as can be, they are something more than mere eye teasers for they are practical to the nth degree, in that they are made to unbutton at will so as to lay out perfectly flat. Which means you can launder them easily and when buttoned back into shape they look like brand new millinery. Flatten them out by unbuttoning and they pack without taking up room—ideal for week-end trips.

STRAPLESS BRA IS GOOD STYLE NEWS

By CHERIE NICHOLAS

Here is good news, it's about the strapless brassiere designed to wear with the very fashionable strapless evening gown. It is made of net or lace with drawstring at the top and is boned just enough to keep it up without the aid of straps over the shoulders. Solves the problem of what to wear under that transparent blouse or dress in the daytime where one must do away with unsightly straps to look well groomed. Try the new strapless bra under your costume slip in the daytime and you will be delighted at the nicety and neatness it affords.

White for "Undies" Latest On Calendar of Fashions

If you are casting about for "undies" that express the ultimate in chic, be style-alert by asking to see the latest creations in white "nighties" and slips or foundation garments and corsetry. A vogue for pure white is down on the calendar of new fashions.

Also there is a sentiment gaining to use fine wash materials, such as choicest of nainsooks and batistes and handkerchief linens, dimities and a whole list of the quaint, beautiful wash fabrics that again have come into their own.

You will have joyous surprises, too, in the styling of the various garments. For instance a dainty bed-jacket is made of white batiste with vertical rows of embroidery beading with the traditional "baby ribbon" run through and val lace edgings for trim.

White rayon satin corsets and foundations that slenderize one to a finish are also in promise.

Terry Cloth Retains Its Popularity on the Beach

The introduction of many new cotton fabrics fails to check the popularity of terry cloth when it comes to beach attire. Coats and capes of the toweling continue to be featured, the most striking version being a two-toned striped pattern. Bold contrasts such as bright navy or black with white present the theme to best advantage. Jacket-like blouses that have been dubbed "night shirts," are made of white terry cloth and take the place of longer coats for beach wear.

WHAT to EAT and WHY

C. Houston Goudiss Offers

Practical Advice on How to

Keep Cool With Food

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

FROM the standpoint of health, the summer months constitute the most important period of the entire year. They should be used to build stamina and vitality that will fortify your body against disease. But to many people, the warm weather means merely a succession of exhausting days and restless nights. And hardly a week passes without reports of heat prostrations.

—★—

Meeting the Challenge of Hot Weather

While abnormal heat or humidity may be a secondary cause, the real reason behind much warm-weather suffering is a failure to meet the challenge of summer with a judicious diet.

Automobile owners know that no car is better than its engine, and in warm weather, careful drivers watch the gauge on the dashboard to be sure the engine does not become overheated. But most people give little thought to that most remarkable of all engines—the human digestive machinery.

Compared to the engine in your body, the one in your car is a crude, rough affair that can stand no end of punishment. Moreover, the automobile is driven for a certain length of time and then permitted to rest. But the marvelous mechanism which transforms your food into blood, bone, muscle, and your capacity for thought and action is never wholly at rest.

—★—

Importance of the Right Food

If the automobile engine requires special attention, how much more important to stoke your body engine with food suited to the weather!

No one would think of going about in midsummer wearing the same garments that were worn all winter. Yet many women continue to serve the same type of meals which were required to keep the body warm in winter. **Such a practice is sure to make you miserable. But more than that, it lowers resistance and may, therefore, lead to illness.**

—★—

Beating the Heat

There are several factors to bear in mind when planning the hot-weather diet. The first secret of keeping cool is to supply the body machinery with food fuel that can be utilized with the least expenditure of energy.

Warm weather is responsible for muscular relaxation in the digestive tract, as well as other parts of the body. And you run the risk of digestive upsets, with their discomfort and health hazards, unless you make every effort to lessen the work of your digestive system.

Eat lightly of rich fatty meats, pastries, rich cakes, sauces and gravies. At all times, choose easily digestible foods.

—★—

Overeating Saps Vitality

Don't overeat. The task of handling excess food is a burden to the body at any season. In hot weather, it will cause the body temperature to mount along with the thermometer, and may result in a serious upset. It is also advisable to cut down somewhat on the quantity of heat and energy producing foods consumed—that is the carbohydrates and fats.

—★—

Need for Body-Building Foods

The protein requirement remains the same summer and winter. Some people think that meat should not be eaten in summer, or should be reduced to a minimum. But there is no closed season for growth in children, and moreover, they play so constantly and indulge in such strenuous exercise that they break down body tissue very rapidly. Adults also have a constant need for protein to rebuild the millions of cells that are worn out daily.

It is desirable, however, to avoid rich, fatty meats and to select protein foods that are more easily digestible, as chicken, lamb, lean beef and lean fish. Special emphasis should be placed on milk, cheese and eggs. These splendid foods not only supply Grade A protein, in an easily digested form, but also fortify the diet with minerals and vitamins.

—★—

Liquids Essential

To help you keep cool, the summer diet must include an abundance of liquids. These are necessary to make up for the large amounts of moisture lost from the body through increased perspiration.

Liquids may be taken in the form of milk, fruit juices and cooling drinks made from pure water and packaged beverage crystals containing dextrose, fruit acid, flavoring and coloring.

—★—

Hot Weather and Vitamin C

Two European investigators recently found that exposure to high temperatures causes a 50 per cent loss in vitamin C from the body tissues. And lowered vitamin C reserves are partially responsible for that tired feeling so often experienced in warm weather. Their research indicates that drinking orange or lemon juice, which are rich in vitamin C, actually helps to mitigate the effect of the heat.

—★—

Choose Cold Drinks Carefully

A cold drink is comforting on a hot day. And in addition, sweetened beverages help to relieve fatigue, for their carbohydrate content supplies available energy. Sugar is the least heating of the energy producing foods, for less than one-sixteenth of the energy it supplies to the body is converted into heat. The rest goes into brain and muscle power.

Therefore, one good way to prevent needless fatigue in summer is to take a cool, moderately sweetened drink whenever you feel tired during the day. This will satisfy thirst and ward off exhaustion like a rest by the road after a long hard tramp.

Too highly sweetened beverages, however, may be heating to the body, though they are cooling to the palate. For this reason, it is advisable for homemakers to mix their own cool drinks so that they can control the amount of sweetening used. It is possible to buy inexpensive packaged beverage crystals in a variety of flavors, which make delicious, refreshing and cooling drinks for general family use. One of these contains added vitamin D, and as the sugar is added by the homemaker, you can be the judge of how much to use. This is an excellent idea, especially in households where there are children, for the home-made drink satisfies thirst, provides needed energy and discourages them from buying bottled beverages of doubtful purity.

—★—

Cooling Foods

I offer free to readers of this column a new bulletin containing a list of cooling foods, plus practical, specific advice in planning the warm weather diet. There are also menus showing how easily you can KEEP COOL WITH FOOD.

© WNU—C. Houston Goudiss—1938—20

Keep Cool Improve Health

With this Free Bulletin on Planning a Correct Summer Diet

SEND for the free bulletin on "Keeping Cool with Food," offered by C. Houston Goudiss. It outlines the principles of planning a healthful summer diet, lists "cooling" and "heating" foods and is complete with menu suggestions.

Just address C. Houston Goudiss, 6 East 39th Street, New York City. A post card is all that is necessary to carry your request.

Simple, Keep-Cool Cottons

IF YOU wear 14 to 20 sizes and expect to be outdoors and in sports clothes most of the summer, then you'll want the smart frock with tucked skirt and tailored collar. If you're in the 36 to 52 range and want something cool and good-looking for home wear, the dress with straight skirt and draped collar is the style for you!

The Sports Frock.

This is such a good-looking, classic style that you can wear it all day long during your vacation travels, and always feel well dressed! The radiating tucks give a graceful flare to the skirt; the tailored collar is deeply notched in the smartest fashion. Sharkskin, spongy linen, pique and flat crepe are good fabric choices.

The Home Frock.

This is a diagram design, that you can finish in a few hours, and oh my, how you'll enjoy it! The sleeves, cut in one with the shoulders, are so easy to work in, the soft collar, with the little tab, is so becoming. Best of all, this design is cleverly darted at the waistline in a way that makes you look much, much slimmer than you are. Make this of gingham, percale, handkerchief lawn or calico. In tub silk it will be appropriate for home afternoons, too.

The Patterns.

1537 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3¾ yards of 35 inch material with short sleeves.

1395 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3⅜ yards of 35 inch material; contrasting collar (if desired) takes ⅝ yard cut bias.

Success in Sewing.

Success in sewing, like in any other field, depends upon how you approach the task in hand. To help you turn out clothes professional looking in every detail, we have a book which plainly sets forth the simple rules of home dressmaking. The beginner will find every step in making a dress clearly outlined and illustrated within its covers. For the experienced sewer there are many helpful hints and suggestions for sewing short cuts. Send 15 cents (in coins) today for your copy of SUCCESS IN SEWING, a book every home dressmaker will find of value.

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.

© Bell Syndicate.—WNU Service.

KOOL-AID MAKES 10 GLASSES 5¢
MADE IN 7 FLAVORS
BOYS! GIRLS! FREE AVIATION CAPS
ASK YOUR GROCER

The HOUSEWIFE...

"RESEARCH PROFESSOR OF ECONOMY"

SHE'S not a Ph.D. or an LL.D. She hasn't a diploma or a cap and gown. Her research is not done in the laboratory or the library. As a matter of fact, her findings are made, usually, in the street car, in the subway, in the suburban commuter's train.

She reads the advertisements in this paper with care and consideration. They form her research data. By means of them she makes her purchases so that she well deserves the title of "Research Professor of Economy." She discovers item after item, as the year rolls on, combining high quality with low.

It is clear at once that all who make and keep a home have the same opportunity. With the help of newspaper advertising you, too, can graduate from the school of indiscriminate buying into the faculty of fastidious purchases!