More of Lace This Summer Than Ever

By CHERIE NICHOLAS

AN UNPRECEDENTED vogue for lace is recorded this summer. No longer is lace considered from the luxury and esthetic viewpoint only. Lace has become a tremendously practical factor in the realm of apparel wearable for all occasions. Lace has come into its own in a big way, so much so that designers are thinking in terms of lace as they never thought before.

So lace-conscious have we become, women of keen judgment are acquiring entire wardrobes that are for the most part fashioned of lace. This is especially true with those who travel, for, put to the test, lace stands up under the stress and strain of packing and unpacking, in fact of serving for general wear as well as any other fabric. Of course, there are laces and laces and it behooves the woman who would be well-dressed to choose the right lace for the right occasion.

You can get laces that you can scarcely identify as lace, so fabric-like is their mesh. They tailor as perfectly as cloth and carry a sophisticated air about them. As for service, you'll be delighted with their practical wearableness. Then there are the handsome, washable cotton and linen laces that tailor so smartly in simple daytime dresses you will be wanting above all else at least one of these practical gowns. Perhaps we would be better expressing the idea to insist that you invest in several. They will carry you through most any social crisis.

So far we have been talking of lace from the practical standpoint. When it comes to reviewing the triumphs of lace from the esthetic side of the question we think the lovely evening ensemble to the right in the illustration tells the story more eloquently than any word-picture could do. This exquisite creation is of bottle green Chantilly lace, so delicately meshed it is like filmiest cobweb structure. A water green foundation with bands of crepe in rainbow colorings at the hem and bodice top of this slip reflect the spirit of joyous summer. The evening veil which has become a favorite headdress for formal occasion is of bottle green net with appliqued motifs of the lace.

A lace dinner and evening dress, such as is centered in the group, is almost indispensable in any woman's wardrobe. The short rounded bolero of matching lace, the full short sleeves as well as the easy fullness of the skirt are all features that make this dress distinctive and correct for both dinner and dancing. It comes in delectable colors in a new pattern of angel skin lace.

You will be wanting an afternoon dress of lace. A very apt model is shown to the left. Pale blue Chantilly lace fashions it. Its styling gives a particularly interesting interpretation of the draped bodice treatment that terminates in a wide molded corselet-girdle line. The hat is a Toya straw.

Lace costume suits, especially in jacket types, in navy, dusty pink, or various blues are outselling other sheer media this season. The jacket may go to extremes, varying from bolero to full length coat, but a jacket there must be with every dress for practical daytime wear. In many instances the lace jacket suit is enhanced with ribbon-bound edges. Frog fastenings made of tubular ribbon cording add a touch of distinction.

© Western Newspaper Union.

'ON THE SQUARE'

By CHERIE NICHOLAS

Decidedly on the square is the formula that newer bags follow, and as to size many of them are enormous. Pictured is a bienen-davis bag on the tab of which are monocraft miniature initials. Wide, flat handles and zipper top opening are added features to this bag which comes in tones of black, navy, rust, tan and black patent leather.

Suit of Hopsacking

A suit of yellow hopsacking is a flattering costume for a summer day. Its jacket may be fitted and belted or swing straight and free, but it must be short-sleeved. Add a blouse of white organdie or a vestee of printed lawn.

FASHION DECLARES FOR WHITE SUMMER

By CHERIE NICHOLAS

We grant that white is always a summer favorite, but this summer fashion is playing it up in a highly dramatic manner. Costumes are described in the fashion story as "white as snow" or of icy whiteness or white as fleecy summer clouds and so on. You appreciate the stupendous accent on white in fashionable gatherings where "white as a swan" capes and jackets; and boleros of marabou, fur or ostrich are the favored wraps, and where evening gowns float about in billowy masses of white net or chiffon or that which is late style—the pencil-slim draped dress of snow-white rayon jersey draped sculpture-like. Then there are the new white taffeta frocks, "beauties," that they are.

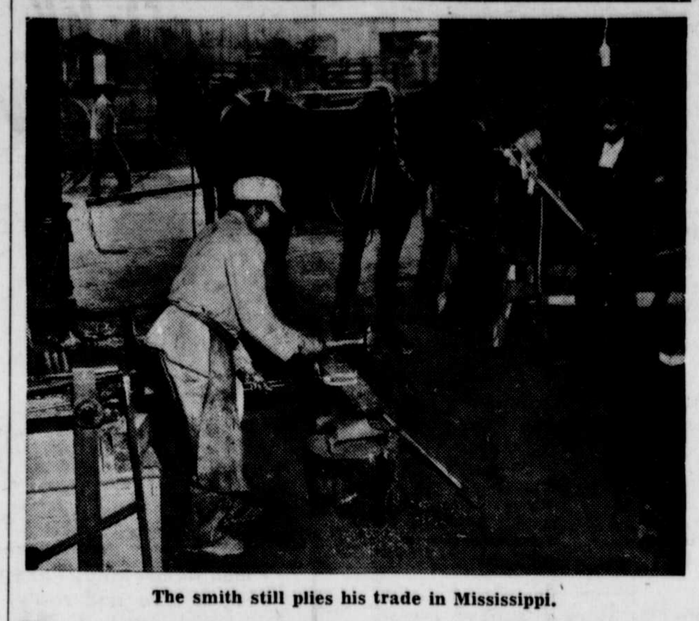
For day there are numberless man-tailored suits of sharkskin and other fascinating wash whites, while the afternoon dresses of white rayon jersey compete in endless parade.

White lingerie has come in and is the wanted kind at present. And as for accessory whites, footwear, gloves, bags and details too numerous to mention make their bow on the fashion stage in pure white.

Top a Print Frock With Silk Coat in Monotone

Well-dressed women find appeal in the new summer costumes that top the print frock with a silk coat in monotone that repeats the leading color of the print. For instance wear with a brown beige and rose print dress, either a jacket or full-length coat of brown silk crepe. Or a red-on-white silk print dress adds a bolero of red silk and there are red ribbon bow trims on the frock.

MISSISSIPPI INDUSTRY



The smith still plies his trade in Mississippi.

How Machinery Is Transforming This Once Agricultural State

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

MACHINES are coming to agricultural Mississippi.

After a morning tour of industrial Jackson you scrape from your shoe soles layers of cottonseed oil, pungent creosote, and clayey bentonite, all caked hard with dried mud from a petroleum well being dug by special appropriation of the state legislature.

Twice daily the red and silver streamline Rebel train flashes through the state—past ox teams plodding along sunken roads, new myriad-windowed garment factories, Negroes driving ramshackle buckboards—and glides beneath airplanes that are heading into the capital's spacious, four-way airport.

Over in Natchez girls in lavender hoop-skirt gowns trimmed with rare old lace sidle into automobiles to drive annual pilgrimage-week visitors to ante-bellum homes straight from the pages of "So Red the Rose."

Up the Delta a sprightly gentleman of eighty-two years calls his chauffeur to take you in his car to a log cabin still standing on the plantation of 6,000 acres of cotton, corn, pecans, and hay. He and his uncle built the cabin only 65 years ago, after they had cleared the land and floated the timbers in from the surrounding forest and the chimney brick from the river dock 10 miles distant.

This epic from covered wagon to limousine in one man's lifetime is a clue to why Mississippians call their state "the last frontier."

Jackson Is Spacious and Busy.

Busy, modern Jackson illustrates the transformation. This city is no upstart; it has been the state capital since 1822. Stately homes with wisteria growing over columned porticoes and with crape myrtle on the lawns line wide avenues.

Barber shops still are spacious forums of political argument where a southern colonel may doff his broad-brimmed hat in courtly salutation without toppling over a coat rack. Rooms in hotels, office buildings, and homes knew not the builder who estimates costs in cubic feet.

From sidewalks beneath rusty tin roofs you look across the street toward shop fronts with onyxlike tiles, burnished metal, and neon lights.

One tall office building with cubistic floors and chromium elevator doors rises knife-edged to carve an otherwise gracious skyline just opposite a colonial-type home now painted green and occupied by the Salvation Army.

As recently as 1920 century-old Jackson still had only 22,817 people; by 1930 it counted more than twice that number; in 1937 a local census estimated nearly 60,000, a rate of growth rivaling that of Los Angeles.

The citizens disclaim any boom. The increase, they assert with reason, is the normal result of several obvious causes.

One impetus was the discovery only seven years ago of natural gas which now flows from nearly 100 wells in the city limits, much of it into pipe lines that radiate all over the state and reach even into Louisiana and Florida.

Another change was putting through high-power transmission lines—the state had none until 1925—and the consequent encouragement of factories in Jackson as well as in many other places.

Roads and Cottonseed Oil.

Most important factor, perhaps, is the road-building program which gives centrally-situated Jackson an ever-wider wingspread as a shopping point, and controverts the old taunt that "Mississippi has three big cities: Mobile, New Orleans, and Memphis."

Early among Jackson's industries, naturally enough, were cottonseed oil mills.

In the musty archives of the squat old state capitol are ante-bellum laws which prohibited gin owners from polluting streams with cottonseed or dumping it inside town and city limits.

No need for enforcing such laws now, when for every 500-pound bale of cotton the planter may sell an average of 900 pounds of seed for about $18.

All around Jackson's "hoop skirts," as someone aptly called the outlying industrial belt, tall, circular warehouses with conical metal tops rise like the oasthouses of Kent's hop-growing districts.

Each seed house stores 5,000 tons or so of cottonseed which awaits the mechanical alchemy that will convert its parts into horse collars, salad dressing, blotting paper, cheese crackers, house roofing, and an amazing variety of other products.

Should you be listening to a recording of Lawrence Tibbett's voice or Guy Lombardo's orchestra, you will be indebted to the velvety cottonseed for ingredients in the phonograph record.

The seeds pour first into huge machines which whirl, shake, screen, and pull out all the dirt and foreign particles. The clean seed goes to delinters where the lint fiber is removed and collected to help make felt, absorbent cotton, mattresses, and even underwear.

The kernels, or meats, emerge from a steam-jacketed cooker into hydraulic presses which squeeze out the oil that will be used to pack sardines, make butter substitutes, soap, and cooking oils. The cakes remaining in the powerful hydraulic presses are removed and broken up to feed cattle and rejuvenate the soil.

"Hot Cakes" Wrapped in Hair.

Negroes, stripped to the waist, deftly handle the literal "hot cakes," wrapping them for the presses into mats made of human hair from China, which best withstands the high temperatures.

The odor from the presses is like that of hot buttered toast. At lunch time you see the workers dip their bread into the dripping oil, and eat the oil-spread slices with evident relish.

Enter a bathroom of an ocean liner and you encounter Mississippi composition board; stroll along Atlantic City's boardwalk or go aboard some British man-of-war and your feet tread the state's yellow-pine planks; contract a cold in London, Australia or Argentina and your prescription is apt to contain pine oil extracted from Mississippi stumps; buy gasoline as you tour Italy or Japan and it may have been bleached by a distinctive product, bentonite, from the state some people call provincial.

A plant at Jackson hauls in each week some 800 tons of bentonite, mined in Smith county. The soft, porous clay, sleek as an alligator's belly, product of ash from volcanic eruptions of bygone geologic times, is dumped from car to conveyor belt, mixed into a slurry, and treated with acids.

You must climb a high platform to see the giant drum, covered with fine cloth, which draws the water content through a screen as it revolves, permitting the residue cake to be scraped from the outside.

A glass-bottle works at Jackson best illustrates Mississippi as a customer of many states and foreign lands.

Tons of old bottles from everywhere are piled high in the yard to be carried on moving belts to crushers, then to be mixed with sand from Arkansas, salt cake from Chile, lime from Ohio, barium from Missouri, feldspar from Colorado, arsenic from Montana, and selenium from Canada, to make enough bottles every day to supply one for each white family in the state.

You can look, but not too long, through colored glasses into furnaces where these products and others from huge bins are melted by natural-gas flames at 2,700 degrees Fahrenheit.

Seventy tons of raw materials are shoveled out of the bins for each day's production of about a quarter million bottles. Out they go, in carload lots, toward their ultimate destinations on drugstore shelves, cosmetic counters, nocturnal milk wagons, liquor cabinets and beauty-parlor tables.

WHAT TO EAT and WHY ★ ★

C. Houston Goudiss Discusses

Cheese--Prince of Proteins

Noted Food Authority Tells Why You Should Eat More of the Food That Is So Rich in Protective Elements.

By C. HOUSTON GOUDISS

6 East 39th St., New York City.

FOR many years, men with an inventive turn of mind have dreamed of creating a product that would concentrate all the important food elements in a small tablet or capsule. They have been inspired by a desire to simplify meal preparation without sacrificing nutritive values.

No one has ever succeeded in making a synthetic food that would both satisfy hunger and properly nourish the body. *But all the while, the researchers have overlooked the magnificent possibilities of cheese, one of the most concentrated, nourishing, satisfying and versatile of foods.*

—★—

Cheese—The Body Builder

Cheese is the most concentrated source of protein known. Moreover, the protein is of such high type that if it were the only body-building food in the diet, given in sufficient quantities, it would be adequate not only to maintain life, but to support normal growth.

One-half pound of American Cheddar cheese will supply all the protein required by an adult for an entire day.

—★—

Cheese—The Energy Food

In addition to its rich store of protein, cheese is also a fine source of energy.

A cube of Cheddar cheese one-and-one-eighth inches square provides 100 calories or the equivalent in energy value of the lean meat of one lamb chop or one medium-sized potato. One-half pound of Cheddar cheese furnishes 1,000 calories, about half the daily requirement of an adult leading a sedentary life.

—★—

Cheese for Mineral Salts

Because milk is rich in minerals, it follows that cheese, which is made from milk, contains these precious substances in highly concentrated form. It is an excellent source of calcium, the mineral which is responsible for building strong bones and sound teeth, and for keeping the heart beating normally. A one-and-one-fourth inch cube of American Cheddar cheese contains as much calcium as an 8-ounce glass of milk.

The individual who does not care for milk as a beverage can easily obtain the necessary calcium from cheese. But it is practically impossible to get adequate amounts of this mineral without either milk or cheese.

In rennet cheese, phosphorus, as well as calcium, is present in the same proportions as in milk, but is much more highly concentrated. As in milk, these minerals are in a form that is most nearly perfect for easy assimilation. Rennet-curd cheese is always high in sulphur and fairly high in iron. Furthermore, the iron is in the most readily assimilated form.

—★—

Cheese and Vitamins

Cheese is a splendid source of vitamin A, which promotes growth and increases resistance to disease. It is especially important for eye health and is necessary to prevent the affliction known as night blindness. **The amount of vitamin A varies with the type of cheese, but both American Cheddar and Parmesan cheese are extremely rich in this substance, and cream cheese is an outstanding source.** Vitamins B and G are also found in whole milk cheese.

With this wealth of food values, one would expect to find cheese appearing on the menu in some form every day. But though the annual production of cheese in the United States exceeds 700,000,000 pounds, it **should** be much greater. The annual per capita consumption is only 5½ pounds—a woefully small figure when we consider the wide benefits that would result from its greater use.

The failure of American homemakers to use cheese in the amounts that they should is, I believe, due to three factors: first, a lack of knowledge concerning its splendid food values; second, a belief in the old superstition that cheese is not easy to digest; and third, failure to take advantage of the many ways in which it can be served.

—★—

Digestibility of Cheese

The foregoing outline of its many food values should give a new conception of its place in the diet. As to its digestibility, studies by the United States Department of Agriculture have entirely **disproved** the fallacy that it is not completely digestible.

It was found that on an average about 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed. The various kinds of cheese tested were found to compare favorably in digestibility with the food of an average mixed diet. It was also demonstrated experimentally "that there was practically no difference between cheese and meat with respect to ease of digestion, at least in such quantities as are commonly eaten."

There was also a notion that because it is so high in food value, cheese should only be eaten in small quantities. But scientific tests have proven that cheese may be eaten by normal individuals in large quantities, as the principal source of protein, with entirely beneficial effects upon health.

—★—

Place of Cheese in the Diet

There is a case on record of a young man who lived for two years on a daily diet consisting of one-half pound of cheese, a one-pound loaf of whole wheat bread and two pounds of fruit. While this limited diet might prove monotonous to some people, it is possible to utilize cheese as the easiest method of providing important food value, varying the diet, and simplifying meal preparation. For there are more than 200 distinctive varieties of cheese listed by the department of agriculture, ranging from the smooth, delicately flavored cream cheese, which may be given to very young children, to the sharp tangy cheese which is especially popular with men. Fortunately, almost every type can be purchased in packaged form, in sizes that are convenient for large and small families, making it possible to enjoy a wide variety.

Cheese can be used as a main dish; in salads or sandwiches; as a sauce for vegetables; as a dessert. It is desirable at the same time to serve bulky foods, such as fruits and vegetables. Cheese may also be combined advantageously with carbohydrate foods. This is because the balanced diet requires more carbohydrates than protein. **And cheese is essentially a protein food, interchangeable with meats and fish.**

© WNU—C. Houston Goudiss—1938—21

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.

Do You Want to Learn How to Plan a Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combatting faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods *and contains a full week's sample menus. A postcard is sufficient to carry your request.*