WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—England pioneered the businessman - diplomat—shrewdly and effectively, it would seem. Many of her best fixers and negotiators throughout the world have been men who had a personal stake in the outcome of their operations. They were not disinterested, perhaps, but no more were the traditional diplomats who knew protocol, perhaps, but nothing about oil.

Best Fixers Have Stake In Deals

America followed with Norman H. Davis, a financier who became an effective European swing man under five Presidents, and then came Spruille Braden, engineer and industrialist who was our ambassador-at-large in Latin America until he became minister to Colombia last April.

President Roosevelt, agreeing to act as an arbitrator in the Chaco dispute, picks Mr. Braden to represent him. In his own private industrial diplomacy throughout South America, the husky and gregarious Mr. Braden has proved himself an excellent pacifier and trouble-shooter.

He knows the score in oil, copper, rubber, minerals, hides and what not, and this materialized and particularized diplomacy has made him useful in diplomatic representations at various South American conferences. He has been working on the Chaco settlement for the last three years.

Braden Wise In Latin Diplomacy

In his youth, he did a short turn in the mines near Elkhorn, Mont., his native town, and then went to Yale and became a mining engineer.

He was a second-string halfback at Yale, but a first string engineer and promoter from the start, electrifying Chile for Westinghouse, organizing the Bolivia-Argentina Exploration corporation, branching out widely in South American development and finance. He desperately wanted to be minister to Chile, but was consoled with Colombia.

He is forty-four years old, remembered in New York as the fastest and hardest-working handball player around Jack O'Brien's gymnasium, in which he combated a tendency to plumpness, creeping up on him a bit in late years.

He was married in 1915 to the beautiful and socially eminent Senorita Maria Humeres del Solar of Chile. They have three daughters and two sons. Their New York residence is the former George W. Perkins estate at Riverdale-on-the-Hudson.

• • •

CARL J. HAMBRO, burly president of the Norwegian parliament, is in America for a lecture tour. There is an interesting cutback in his career. At Geneva, in 1927, he staged a spectacular debate with Austen Chamberlain, in which, speaking for the small states, he vehemently insisted that the league must find a way to restrain strong aggressors, or else find itself impotent and discredited in a few years.

Predicted Collapse Of League

With equal vehemence, Mr. Chamberlain proclaimed the trustworthiness of the strong states and their humanitarian aims. Warning Mr. Hambro against overt restraints by the league, he said, "Along that road lies danger."

Mr. Hambro was the most distinguished recruit of the Oxford group movement in 1935, and has since been a leader of the movement in Norway.

Returning from a luncheon attended by Dr. Frank Buchman, founder of the movement, in Geneva, he told of the mystic exaltation of the company and later announced his adherence to the group.

Although a conservative, Mr. Hambro is the president of the Labor party of Norway. For many years, he has been leading the fight of the smaller nations in the league. Arriving in New York, he remarks dryly that Norway is old-fashioned—she has a surplus in her budget.

© Consolidated News Features.
WNU Service.

Platinum Once of No Value

Old prospectors like to tell how they picked "native lead" out of their pans and sluiceboxes, and what they said as they threw it away. They are still saying things, for this much despised substance was actually platinum, which had little value years ago. Counterfeiters used it extensively because of its heavy weight, and gold-plated platinum coins are still in existence. In 1828-45 Nicholas I of Russia issued platinum 3, 6 and 12 rouble pieces that are highly prized by the coin collecting fraternity.—Detroit Coin Club.

Blue Denim Stylish for Sportswear

By CHERIE NICHOLAS

HERE'S big news! It's all about denim, just plain ordinary, sturdy blue denim. Believe it or not, after all these years that blue denim has been associated in our minds as a mundane material devoted for the most part to the making of men's workaday overalls, we awake to the astonishing realization that this sturdy fabric has, in this summer season, gone style-high for women's wear. Just how Dame Fashion could have been so blind these decades past as to fail to recognize the style possibilities of denim as a medium for ladies' apparel will forever remain a mystery.

However, the fact remains denim has unmistakably come into its own in the feminine realm, not only for the making of play clothes, but designers are turning out the smartest-ever suits meticulously tailored of this never-wear-out attractive weave. In consequence of which we now see clever little classic jacket-and-skirt tailleurs of blue denim worn by women who register among the best dressed. These suits are stunning worn with a white pique blouse or a dainty, frilly white lingerie type, with accessories in white. Equally attractive are these suits with accents of bright color such as a Roman striped blouse with striped sandals and hand-bag to match. Scarlet or bright yellow buttons, belt and gloves is another way of doing it. The tailored linen blouse in vivid color also goes well with an outfit that is made of denim.

A two-piece dress (shirt and skirt) of denim, as illustrated to the left in the group, will not only give untold service but it stands for style personified in the sports clothes realm. Every line and detail of this outfit reflects exquisite standards of tailoring plus perfection of fit and finishing touches.

Ship ahoy! See the lovely recruit for the sailor's life centered in the picture. All togged out is this midsummer siren in sturdy denims that never lose an item of perfection no matter how many the big waves that wash over them—old demon shrinkage doesn't have a chance. And what a wealth of style these sturdy denim togs do pack.

Even if the girl pictured to the right took an unexpected dive into the sea she need not be concerned about her outfit, for neither salt spray nor suds will make the sturdy fabric shrink. Note the nautical symbols, the pipings, braidings, all smart details of this grand garment that promises to remain true "for better or worse" wear.

By way of offering a few extra suggestions for the styling of denim we don't mind telling you that a bolero dress of denim will prove a positive treasure in your outing or vacation wardrobe. You vary the blouse to suit the occasion and it's "on again, off again" to suit the changing temperature, so far as the cunning bolero is concerned.

The idea of denim for children's play suits, dresses and other apparel should prove most inspirational to mothers.

© Western Newspaper Union.

CROCHET COLLARS

By CHERIE NICHOLAS

A spic-and-span collar to give new life to your favorite dress is always a welcome addition in a collection of pretty accessories. If hand-crocheted so much the better for a bit of handiwork always adds an exclusive touch to a costume. The collar pictured at the top is crocheted of lightweight mercerized cotton and embroidered in contrast color. The other collar is also hand crocheted of light mercerized cotton. It is trimmed with a border of contrasting color to match the draw-string of twisted cotton strands cleverly brought through open spaces in the crochet.

Pockets Go Down

Pockets on beach togs have been lowered and lowered until now they have reached the knee.

SUMMER FURS TAKE STYLE SPOTLIGHT

By CHERIE NICHOLAS

Fur in summertime is just one of the charming incongruities that makes fashion an ever-abiding source of interest and enthusiasm. If you would keep pace with the mode you must acquire a white ermine bolero or a cape of pointed fox for this summer. When fall comes you will be wanting one of the new hip-length jackets in brown fur, advance models of which have already arrived. White marabou or ostrich neckpieces, boleros and capes are also proving of immediate interest.

Bed Capes Used as Evening Wraps Over Summer Frocks

Recently some very cunning breakfast-in-bed capes have been brought out that are crocheted with tiers of little ruffles from neck to hemline. They are too lovely to be secluded in the boudoir, at least that is evidently the thought of young and daring daughters of the household who conceived the idea of appropriating these delectable capes for wear as evening wraps over their summer frocks, and from all reports the idea is working out to perfection.

'Forest Green' New Color For Girl Scout Uniforms

Forest green is the shade chosen for the new costume to be adopted by the 450,000 Girl Scouts throughout America. The dresses are in one piece, made on princess lines with a flared skirt, and short, slightly puffed sleeves. They are belted at the waist and zipped up the front to a close, rolled collar.

Boleros Popular

Boleros become increasingly important for summer fashions. They are worn equally often with evening clothes and informal daytime dresses, and they are made of everything from velvet to organdie.

Fall Tweeds Stress Color

High style tweeds which will appear soon for the fall market have wine-purple-green-pink blended together in stripe or in tile patterns Blues are especially stressed.

WHAT to EAT and WHY

C. Houston Goudiss Analyzes The Cereal Grains

Well Known Food Authority Describes Their Place in the Diet

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

TO ME, there is no more inspiring sight in the world than a field of nodding golden grain. It not only pleases the eye with its grace and profound beauty, but it attests to Nature's bounty. For down through the ages, grains have sustained and comforted man.

In every quarter of the globe, foods made from grain constitute the largest single item in the food supply. This is as it should be, for no other foodstuff affords such a rich store of fuel value at such little cost. ***It has been estimated that during one day's labor, an American farmer, growing wheat by up-to-date American methods, can produce enough protein and calories to sustain a man for a year.***

—★—

A Source of Power and Pep

Every nation depends upon some form of cereal to furnish motive power for the body machinery — to provide necessary energy to keep body and brain functioning efficiently. In the Western world, wheat is supreme. But in Oriental countries, rice takes the lead and it is the chief article of food for half of the world's people. Rye, oats, barley, maize and buckwheat are likewise important crops.

—★—

Energy Values Compared

All uncooked cereal foods show great similarity in their chemical composition and therefore have very nearly the same energy value—that is about 1,650 calories per pound. The **weight** of a 100-calorie portion is about an ounce. But there is a wide variation in bulk, depending upon the degree to which the cereal has been refined. **For example, three tablespoons of patent wheat flour weigh one ounce; one and one-fourth cups of a puffed wheat cereal likewise weigh one ounce.** After cooking, there is a big variation in weight, as well as measure, owing to the varying amounts of water absorbed. Thus a cup of cooked oatmeal mush supplies the same number of calories as three tablespoons of a pebbly dry cereal with a nut-like taste.

—★—

The Cereal Proteins

From 8 to 12 per cent of the calories in cereal foods are obtained from protein and two noted investigators have estimated that grain products contribute 38 per cent of the total calories and 37 per cent of the protein in the typical American dietary.

Laboratory experiments indicate that the proteins of wheat, oats, maize, rye and barley are about equally efficient in promoting and supporting growth. None of them compares with an equivalent weight of the complete proteins of milk, eggs or meat, but when combined with small amounts of milk, the cereal proteins become highly efficient.

—★—

Iron and Copper

The mineral elements of grains are concentrated largely in the outer layers and in the germ. For this reason, there is considerable difference in the yield of minerals from whole grain and highly refined cereal foods.

The mineral content of bran is from 10 to 20 times greater than that of patent flour, and whole wheat contains from three to five times as much iron, calcium and phosphorus. Bran, oatmeal and whole grain cereals are a good source of copper as well as iron.

—★—

Rich in Vitamin B

The different cereal grains are quite similar in their vitamin values, but as the vitamins are very unevenly distributed throughout the kernel, there is a wide variation in vitamin content between the whole grain and refined cereal foods.

All seeds, including whole grains, are relatively poor in vitamin A. They are entirely lacking in vitamins C and D and contain only small amounts of vitamin G.

Both the germ and bran, however, are excellent sources of vitamin B—which promotes appetite, aids digestion and helps to prevent a nervous disorder. **The importance of the germ as a food has been more fully appreciated since it was discovered that it is at least five times as rich in vitamin B as the whole grain or bran.** There are several cereals on the market containing added wheat germ and this precious substance may also be obtained in concentrated form.

—★—

Laxative Value of Cereals

The whole grain cereals contain an abundance of bulk or cellulose and are therefore a valuable aid in promoting normal elimination. Individuals differ in their requirement for foods having a laxative effect, and in some cases one must be guided by personal experience. But inasmuch as the whole grain products furnish the body with larger amounts of minerals and vitamins B and G, a good general rule is to consume at least half of one's bread and other cereal foods in the whole grain form.

—★—

Digestibility of Grains

The whole grain products are less completely digested than those which are more highly refined, but as they contain larger amounts of protein, it is estimated that the amount of protein digested and absorbed from an equal weight of entire wheat or patent flours is practically the same. Thus when the two types of flours are considered as sources of protein and energy alone, they are regarded by nutritionists as substantially equivalent and interchangeable.

—★—

Many Forms of Cereal Foods

From infancy to old age, the cereal foods should, and usually do constitute the mainstay of the diet. Fortunately, there is such a wide variety from which to choose that there is little likelihood of monotony. Furthermore, because of their bland flavor, one does not readily tire of cereal foods.

In addition to the wide variety of breads, rolls, muffins, biscuits and griddle cakes that can be made from refined and whole grain flours, there are an astonishing number of cooked and uncooked cereals from which to choose. When served with milk, bread or cereals make an ideal and economical food combination.

—★—

Macaroni for a Main Dish

Besides serving as the main feature at breakfast and for the child's supper, cereal foods are useful as the chief attraction at dinner or supper when served in the form of macaroni, spaghetti or egg noodles. They are a fine source of energy and also furnish about 12 per cent protein. When combined with cheese, which adds protein, minerals and vitamins, they constitute a balanced main dish.

Cereal products of all kinds deserve a ranking place among FOODS THAT KEEP US FIT.

YOU WON'T MIND THE HEAT IF YOU *Learn How* TO

KEEP COOL WITH FOOD

SEND FOR THIS FREE BULLETIN

● C. Houston Goudiss offers a free bulletin "KEEPING COOL WITH FOOD" which distinguishes between "heating" and "cooling" foods and contains sample menus showing how to eat for hot weather health and comfort.

A post card is sufficient to carry your request. Just address C. Houston Goudiss, 6 East 39th Street, New York City, and ask for "Keeping Cool with Food."

Reduce

Summer Is the Best Time to—

Send for this Free Reducing Bulletin and Calorie Chart

You'll feel better, look better, enjoy better health if you get rid of excess pounds. The safe, sure and comfortable way to reduce is to count your calories, as outlined in the Calorie Chart and Reducing Bulletin, complete with menus, offered free by C. Houston Goudiss. Write him at 6 East 39th Street, New York City, and ask for the Reducing Bulletin.

Questions Answered

Miss R. M.—There is no evidence to indicate any relation between thunderstorms and the souring of milk. Thunderstorms are more likely to occur during the summer when temperatures are high. Hot weather also induces bacterial growth in milk. The only connection between the two is that conditions favoring one also favor the other.

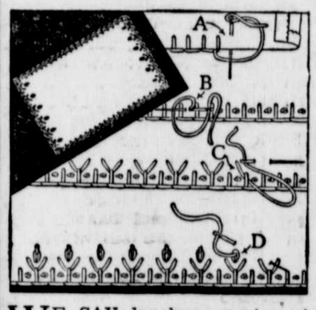
—★—

Mrs. J. McK.—Though the food value of meat extracts is low, they have a tempting flavor, due to the presence of the savory extractives which stimulate appetite. Their content of potash salts causes a quickened and stronger heart beat. In fact, it has been said that their effect is more like a stimulant than a food. That is why they are often used as a restorative for invalids.

© WNU—C. Houston Goudiss—1938—23

HOW to SEW

By RUTH WYETH SPEARS



WE SAY luncheon mats yet, more and more, mats are being used three times a day. This change from the traditional table cloth saves time and laundry; the color and variety of mats add interest to table settings.

A set of sheerest organdie is used with dainty china. The mat shown here is the other extreme. It is made of soft blue denim and is embroidered in heavy white cotton. Napkins may be made to match, or plain white napkins may be used. Here are all the directions you will need for the embroidery.

Cut the mats the desired size, pulling a thread of the fabric to guide you in cutting the edge straight. Hem the edges by hand with ⅜-inch hems, using matching cotton sewing thread or raveled threads of the fabric if they are strong enough. Now, blanket stitch over the hems with the embroidery thread as shown here at A. Next, make tiny chain stitches between the blanket stitches as at B. This completes the embroidery for the long sides of the mats. The short ends are embroidered more elaborately. Make a V stitch at the top of every other blanket stitch as shown at C. Chain stitches are then made as at D.

NOTE: Mrs. Spears' latest book gives complete directions for many novelties, gifts and things for yourself and the children. It also fully illustrates 90 embroidery stitches with interesting variations. You will use these again and again for reference. Ask for Book 2, enclosing 25 cents. Address Mrs. Spears, 210 S. Desplaines St., Chicago.

PIKCARDS prevent PICKING-PICKOUTS
APPROVED BY POULTRY EXPERIMENT STATIONS
MILLIONS NOW IN PRACTICAL USE
ASK YOUR DEALER OR WRITE
PRODUCTION LABORATORIES
P. O. BOX 1247 SEATTLE, WASHINGTON

Diffusing Pleasure

How easy it is for one benevolent being to diffuse pleasure around him; and how truly is a kind heart a fountain of gladness, making everything in its vicinity to freshen into smiles!—Washington Irving.

Come to Washington
THE NATION'S CAPITAL
America's Most Interesting City
200 large, quiet outside rooms with tub and shower.
SINGLE . . $3 to $4
DOUBLE . $4.50 to $7
Kenneth W. Baker Manager
THE Lee HOUSE
4 blocks to the White House
15th and L Streets, N. W.
WASHINGTON, D. C.