

Wide Brim Hat With Chic Silk Print

By **CHERIE NICHOLAS**



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 girlish sash of soft pink suede with possibly a pink suede bolero.

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 lovely midsummer sheer centers the group. This printed blue and white silk chiffon 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 horse-hair 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.

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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 girlish 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 "nightsies" 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.

FARM TOPICS

CAN NOW MAKE HAY IN RAINY WEATHER

Modern Methods Are Used In Making Green Silage.

By Clarence H. Parsons, Superintendent Massachusetts State College Farm, WNU Service.

How to make hay in rainy weather is a trick that has been solved on many dairy farms during the past few years. Modern methods of making green grass silage have done away with the need for long curing in the field, and the resulting product is high in valuable food elements and appetizing to the cows.

Dairymen have been experimenting with this new method of making grass and clover silage for several years and the state college has also given it extensive trials. Up to the present time, corn has been the standard silage crop of the Northeast, but on many farms grass and clover are easier to grow, the yields are as high as those of silage corn, and protein content of the resulting silage is higher than that of corn silage.

Grasses and clover are low in sugar content and for this reason it was difficult to bring about desirable fermentation in the silo until investigators found that the addition of cheap molasses brought about this result. The molasses is added to the grass and clover as it is fed into the cutter. On the college farm 40 to 60 pounds of molasses are added to each ton of grass. Where alfalfa is put up about 75 pounds of molasses to the ton is used. Silage put up in this manner last year came out of the silo sweet and in excellent condition, and the herd responded favorably to it.

Grass silage is best when the crop is cut in a young and tender stage. If it becomes mature and woody, it makes poor silage.

Feed Hoppers Are Urged For the Young Pullets

Healthy growing pullets require large quantities of feed, and the best growth can be made only when the birds have free and continued access to the feed. For this reason, advises a writer in the Montreal Herald, we recommend at least three 5-foot mash hoppers 4 to 5 inches deep, feeding from both sides, for each 100 birds, during the early part of the summer. These hoppers should be filled daily with fresh mash, and should never stand empty. On the other hand, if they are filled too full there may be a waste of mash. To overcome this difficulty a strip of lath may be nailed along the top of the outer edge, so as to form a lip and prevent spilling.

To prevent soiling the feed, a revolving pole or reel of laths is fastened just above the level of the feed and secured to the raised ends of the hopper. For outdoor feeding, much labor can be saved by using large weatherproof, self-feeding hoppers. These are built with a solid roof or lid covered with tarpaper, which extends out beyond the feed trough on each side of the reservoir, and thus protects it from rain. These feeders may hold 100 to 200 pounds of mash, and thus require little attention in filling. A pullet will eat about 20 to 25 pounds of feed from the age of six weeks up to maturity.

Gasoline, Kerosene Dangers

Gasoline and kerosene fires cause a loss of approximately \$6,000,000 a year on the farms of the United States, according to the bureau of chemistry and soils of the United States Department of Agriculture. They are sixth among the causes of farm fires and are responsible for 5 to 7 per cent of the total loss each year. Ignorance and disregard of the explosion hazard of gasoline and kerosene are responsible for most of these fires, says a bulletin. The vapor of gasoline is so highly explosive that it has been called "liquid dynamite." It is dangerous to use gasoline for dry cleaning in the home. It may explode from even a tiny spark of static electricity produced by rubbing the clothing being cleaned. Although not so inflammable as gasoline, kerosene also gives off vapors which may be easily ignited. Neither should be used to start a fire in the house.

Farm and Feed Lot

Matured sugar cane contains 18 per cent sugar.

In hot weather the hens need plenty of water, often renewed.

Soils become acid because the lime is used by crops and carried away in drainage water.

Legume hay and legume pasture are fine for growing colts. These nutritious roughages make it unnecessary to feed grain to colts.

Legume hay as part of the roughage helps to keep horses in good health and flesh, says E. T. Robbins, live stock extension specialist, College of Agriculture, University of Illinois.

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

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.

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.

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Simple, Keep-Cool Cottons



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, lawn, tub silk or calico.

The Patterns.

1537 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3 1/2 yards of 3 1/2 inch material with short sleeves.

1395 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3 1/2 yards of 3 1/2 inch material; contrasting collar (if desired) takes 1/2 yard cut bias.

Send your order to The Sewing Circle Pattern Dept., 149 New Montgomery Ave., San Francisco, Calif. Patterns 15 cents (in coins) each.

Women in Baseball

One of the few women holding an executive position in major league baseball is Mrs. Barney Dreyfuss, chairman of the board of the Pittsburgh Pirates. She was married to the late Barney Dreyfuss in 1894 and has been connected with the game for more than 40 years. Miss Dorothy Hummel, assistant to Will Harridge, president of the American league, is another woman who has succeeded in this line. She has had nearly 25 years' experience in the American league and handles all details connected with contracts, assignments of umpires and financial matters.



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