



TAKE the confusion out of shorts and slacks by using this chart made up by the Sanforized people to show the graduated lengths of two-legged sportswear in 1959 and the correct name for each length. Taper tailoring is currently important in all of these such as is seen in the Western Wear for women by Levi Strauss which is being featured in Klamath Falls. For real sunning, here is a camisole type top, but Levi's shirts are better cover-ups.

CHART

What's your I.Q. on two-legged sportswear?

Once upon a time, fashion offered only shorts and slacks as a change from skirts for active sportswear. The shorts were for hot, hot days and the slacks for mornings and for problem figures. But fashion changes quickly with each new challenge.

Bermuda, popular vacation spot. In the late 1930s decreed that both local and visiting ladies must "cover their knees." So Bermuda length shorts that barely covered the knee caps were introduced as a third length in American sportswear.

Next, college girls adopted shorts for year-around class wear. These were Bermuda shorts, of course, and the girls finding the length slightly awkward, secretly shortened them a little. Soon, makers of all Bermuda shorts were featuring this just-above-the-knee-cap length.

Homemakers at the same time were finding that pants were better than skirts for around-the-house chores and morning errands. They were good for gardening and for lounging at picnics and barbecues. There were no deans of women here to decree "Bermuda-length-only," so the women demanded different types for different occasions.

More important, American ways of living and playing were changing rapidly. Sports separates or mix-and-match magic swept into favor. Each season, fashion heightened or lowered the horizons of its two-legged sportswear to meet the shifting sport interest.

EVERY LENGTH AVAILABLE
Today, you can take your choice of a dozen different lengths of two-legged sportswear. These range from short shorts to ankle bone pants. Actually, each length has its special name but usually it is only the fashion smart and professional stylists who can identify them.

Smart shoppers, of course, buy shorts and pants that fit: fit their figure, fit their life, fit their pocketbook. Smart shoppers today also buy their sportswear with one eye on the information tag that tells what to expect in wear and how to take care of the garment. For instance, shrinkage is all-important in shorts and slacks. You buy them to fit, and you don't want to lose that original fit. That is why it is important to look for the Sanforized name on the care tag. The wash and wear quality is an important time saver. Be sure to follow directions on these tags exactly to get best results.

DID YOU KNOW?
Short shorts are the briefest. One company has aptly named their "Whistle Bitches." Short shorts permit wonderful sunbathing, but if you are over 30 years in age, or 120 pounds in weight, better choose the next length, which is: Boy's shorts. They add an inch in length to short shorts, and always have a turn-up cuff that effects a softening line. No bulging thigh line here.

Jamaica shorts are the all-popu-



THREE NEW DRESSINGS have been added to Nalley's fine line of specialty dressings. This trio, called "diet-eze," has been brought out at the request of the calorie-watchers to provide a variety of tasty dressings with low calorie content. As Nalley's, Inc. recommends, "Crown your salads with Nalley's diet-eze dressings."

Herald and News

upstairs and downstairs

In Milady's Kitchen

By Florence Jenkins, Food Editor

lar length. They come in every type of fabric, every color, every price. Sanforized broadcloth, saten, chambray, denim, linen, twill, and gabardine editions are all available today at retail store counters. It is in these Jamaica shorts that we notice the fashion trend to taper the leg fit.

Nassau shorts are the newest length. They were introduced briefly last season but are enjoying great popularity in 1959. These add another inch to the Jamaica shorts, a more flattering line to the average thigh.

Longer than Jamaica and Nassau shorts—and we're not talking geography—are Bermuda versions. These look especially neat in the trim tapered tailoring. Cropped just above the knee cap, they "sit" comfortably too.

Pedal pushers fall below the knee cap, usually to the break in the calf. These are especially good for ladies not blessed with "dimpled knees." Originally growing out of a revival for bicycling in the 1940's, pedal pushers had full cut pants bottoms, but 1959 finds them close if not snugly fitting. When offered to sassy and boating enthusiasts, these are often called "clam diggers."

Cal skimmers rode into fashion prominence with the influence of Western fashions on our sportswear. A similar length in other seasons has been variously dubbed "foreador pants," pirate pants and sometimes fancy pants. However, these latter have several lengths, the styling factor relying on their trim rather than their length.

Ankle bones govern longer length pants in 1959. Capri pants which stand high in fashion favor are cropped an inch or more above the bone and fit slim as a glove. These come in wide variety of styling and sometimes are even called Slim Jims.

Slacks are the "long" of the story and reach to the ankle bone and sometimes below it. These too are tapered. In Western versions they are also called ranch pants. These are a wonderful choice if your vacation path leads through overgrown lanes, or through mosquito and chigger territory.

There you have it, ladies,—the long and short of the pants story.

AMBROSIA

Fresh dates and tangy orange slices chilled with flaked coconut make "Summer Date Ambrosia." Top each serving with commercial sour cream lightly sweetened and flavored with orange rind. This is an easy-to-do dessert just right for lazy summer days.

Fresh California dates do much to enliven warm weather meals. Their desert-sweet freshness make them a natural combination with summer fruits and berries. Use them to give a festive touch to salad, sandwich and cold meat platters. Marinate pitted dates in French dressing, then stuff them with cantaloupe balls or whole strawberries.

SUMMER DATE AMBROSIA
2-3 cup fresh California dates
3 large oranges
3 tablespoons flaked or shredded coconut
1/2 cup commercial sour cream
1 1/2 teaspoons sugar
1/4 teaspoon grated orange rind
Few grains salt
Pit and slice dates. Pare and slice oranges; arrange in layers in bowl with dates and coconut. Chill thoroughly. Combine all remaining ingredients and blend. Spoon orange-date mixture into serving dishes, and top with sour cream mixture.
Makes five to six servings.

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Dieters probably will be with us always.

Dieting seems to add zest to conversations and it certainly adds problems to meal planning. Our personal feeling is that dieting should be undertaken only under the orders of the family physician and his instructions should be followed faithfully.

Be that as it may, there seems to be a growing segment of the shopping population which seeks out low-calorie foods with the fond hope of cutting inches off the circumference of various members of the family. The fact that some of the members of the family supplement their meals at home with double malted milks and slabs of

chocolate fudge cake when they take a daily coffee break probably does a good deal to offset the home weight reduction program.

Nalley's, Inc., has marketed three new low calorie salad dressings which permit the dieter to really enjoy salads again.

Nalley's suggests dressing a carrot and raisin salad with Nalley's diet-eze whipped dressing. For a glamour touch, add a little chopped green pepper.

Use Nalley's low calorie whipped dressing instead of mayonnaise (or even butter, if you must) with your favorite sandwich as a moistener and binder.

You can dress up the dressings to suit your own taste. To dress a plain lettuce salad, add one cup small curd cottage cheese, two green onions, chopped fine, 1/4 cup chopped celery and two tablespoons Nalley's diet-eze Parisienne Dressing. Add salt and pepper to taste and serve on wedges of crisp iceberg lettuce. This recipe should serve four.

DIET-EZE COLE SLAW
Combine 1/2 cup Nalley's diet-eze whipped dressing, two tablespoons chopped onion, 1/2 teaspoon celery seed with 1/2 head red or green cabbage, finely shredded. Makes four servings.

POTATO SALAD
Potato salad can be enjoyed by everyone, whether dieting or not, by using a combination of Nalley's diet-eze dressings. Marinate the cooked potatoes in Nalley's diet-eze Parisienne dressing and then combine all the salad ingredients together, moistening with Nalley's diet-eze whipped dressing. Potatoes, remember, all by themselves, are not fattening.

GARLIC DRESSING
A long-time friend of the calorie conscious is the easy-to-prepare

sliced tomato and cottage cheese salad. Dress your salad with good taste, using Nalley's diet-eze Garlic Dressing over all.

VINAIGRETTE SAUCE
You can prepare Dieteze Vinaigrette Sauce to serve over your chosen hot vegetable. Combine 1/2 cup of Nalley's diet-eze Garlic dressing, two green onions finely chopped, one hard-cooked egg finely chopped, a few grains of salt

and pepper if desired. Serve over heated asparagus spears, cut blue lake green beans or sliced beets.

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