

GLOBAL JOTTINGS

BY Lou LuTour

CALIFORNIA beckons Mary Ford from New York City, and why not since Los Angeles is where Mary and her sisters have made their home for over a period of years. But those of us here in New York City who have never in the city where they have many opportunities for such a charming and talented personality as our MARY FORD.

NATALIE FRAZIER, whose poetry pleases the Shut-ins on the Lou LuTour Show is now vacationing and will be so doing for the month of August.

In speaking of vacationing, it's MEXICO for Julia Kelly, R.N. and Guidance Counsellor at Harlem Hospital School of Nursing, while it's MICHIGAN for Miss Pearl Schwartz, of St. Louis, Missouri.

INTA—the International New Thought Association and the JEHOVAH WITNESS organization are filling NYC and in a most unusual way with both groups being endowed with supreme thought, mind, body, and surely practices. Know the TRUTH and the TRUTH shall set you free—that seems to be what both groups are saying in their own way. INTA held its meetings at Hotel Astor while JW held theirs at the Yankee Stadium. May God's richest blessings be upon both groups always.

ST. LOUISANS are enjoying the bright lights here in NYC and among them are HAZEL GILES and JUANITA TOLEY, both among the thousands who trek to the schools when September rolls around.

EUROPE had out its welcome carpet last week for D. C. WATSON and DR EARL AND MRS. WILLIAMS of Lovejoy, Illinois. The group will find a lot to do in the three months over in Europe. SUSIE WHEATSTONE of MONT-

Charm

CHARM in all ways and especially during the summer when that bug, perspiration, seems to get hold of several persons. . . and in such a bad way. . . Right now, since we are cut of printed material on how to eliminate undearm perspiration, we have not been able to send the several persons who requested same. But here is some worthwhile news on how to keep that hair as it should be even though you do perspire in the heat. . . Just get yourself a POMFICK. . . POMFICK is worth every bit of praise it is getting and can be secured by just dropping a card to PALO at 78 Fifth Avenue in NYC and mentioning that you read about it in the Lou LuTour Charm Column. . . Of course it costs something, but what good doesn't? Oh, you are now anxious to know the cost—well, any hair worth taking about is surely worth paying the cost of, I guess. . . So it's just \$1.00 plus tax—\$1.23 in all. Not bad for something that is already prepared and ready for you just to apply to the hairline so that you will have a permanent sheen, gloss, and that lovely look in your hair at all times. . . Right now you want to know what to do to keep that lovely look in your hair regardless of perspiration. . . Lou has just told you. . . So there is no excuse not to keep it looking good. This is Lou LuTour—Global—Hotel Theresa—NYC.

DAILEY is the Hostesses. And so it is still vacation time via everybody either getting out of their own town or just relaxing at home. . . Lou LuTour is doing here at Hotel Theresa right in the heart of Harlem. . . NYC.

CANADA is the usual vacationing spot for those of the COMBINATION BUSINESS SCHOOL here in Harlem. PROFESSOR NORRIS F. ROACH, Founder and Principal of the School arranges all trips and a good time is always had by all.

ATLANTIC CITY, NEW JERSEY still is the play spot of the East coast. It is no wonder that so many New Yorkers just seem to fall down there every week-end. . . for a real rest as well as fun many are going to ALBRECHT ANCHORAGE down in LONG BRANCH, NEW JERSEY. Oh, Albrecht Anchorage is that GOMERY, ALABAMA is doing the wonderful spot where ALIDA C.

from the



GOOD HOUSEKEEPING HABITS
Cellophane should be removed from lamp shades, before using them, because the heat from the bulb shrinks the cellophane and tends to pull the shade out of shape—cellophane is used only to protect shade from wear and tear in the shop.
A cloth moistened with vinegar will whiten piano keys.
To prevent mattresses from picking up rust marks from the springs, give the springs a coat of paint when the original paint shows signs of wearing thin.
When repairing furniture requiring a slender nail, try gripping the nail in a springpaper clip until it is well started.
Dust hangs downward, so when you clean walls brush in an upward motion to prevent smearing and streaking.
Keep bathroom shades clean by waxing them; it will make them easy to dust and add a soft luster to the finish.
Wall plaster will not crack so easily if a small piece of adhesive or cellophane tape is pasted over the spot where a tack or nail is to be driven.
Immediately after polishing a brass or metal door knocker, wax it to keep it looking bright longer.
To remove white rings left by hot dishes, place a few drops of camphorated oil or seed oil on the ring, let soak in a few minutes, then polish with a soft cloth.
Ten acre yields of U. S. cotton have increased 24 per cent in the past 15 years.

Woman's Angle



This is the time of year when the little old New York really lives up to its reputation—the fashion center of the country if not the world.
Fashion designers and couture houses which have worked in the greatest secrecy are now revealing to the world's women what they will be wearing this fall. The long awaited secrets are out, and now all over the country are in the Big City viewing the collections, and frantically rushing from one house to another, eating, little needed food at the day time shows, and drinking much needed coffee, pills at the evening shows—all in an effort to get first hand information to their readers back home telling them what will be THE thing in fashion this fall.
Now that the master pieces and works of art fashion-wise are off the canvas, so to speak, one would think that the designers would be very relaxed—just waiting for the orders to come in. It isn't quite like that, however, for at this moment the designers are most concerned about just how much appeal their individual collections will have, and in short whether or not their fashion ideas will catch on.
It is a little early at this writing to tell just what the

fall trends will be, for as a model is paraded before the audiences it gradually becomes evident that one or two ideas seem to permeate the collections of most houses, and one or two good ideas, fabrics, colors and silhouettes seem destined to become the trend.
Within the next few weeks we will digest and then disseminate information through these columns, but for the time being we will continue our hunt to the general trends rather than the specific details of any single collection.
One thing seems certain—The people has gone back to the dog house, and there seems to be not a sign of poodle cloth in the newer lines for fall. It seems that designers are searching for—and also finding—the smoother, slicker haired animals to grace midday's gown.
And speaking of gown—we must say that even the night gown appears in fur-trimmed versions in some of the lingerie collections. There is the touch of fur everywhere.
But back to the fabrics—they are definitely smoother and silkier. The luxurious look rather than the casual one. The bateau shaped neck seems to be favored in the collections. Often it appears wide on the shoulders and comes to a deep point in front.
The color that seems to be in the fore at the moment is one introduced by Christian Dior.

RAYON CREPE FOR SUMMER WEDDINGS



A Marlene Dostler
FROSTY PINK in a crisp, high fashion rayon crepe—made possible by the newly developed "Mimifil" crepe yarn. Tiny rolled collar, wide rib-messing shirring, and a gracefully draped skirt are designed to match the mood of the moment. . . and the feminine figure. A refreshing dress for summer weddings and other special occasions.

AFTER SWIMMING . . . A SMOOTH FINISH



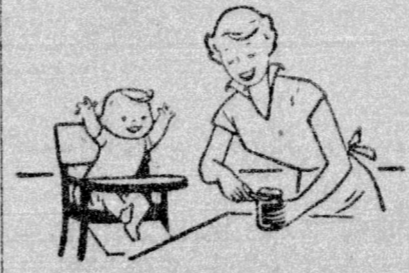
WHETHER you swim in the ocean—or a lake or river or pool—a day out of doors can play havoc with your skin. But it need not if you take this tip from the makers of Trushay hand preparations: Don't put your hand lotion or cream away because it is summer instead of winter! Tuck it into your beach bag instead. Use it to soften the outer skin and to overcome the effect of losing natural oils under the drying summer sun. Smooth it on arms and legs, elbows and knees and face, as well as on hands. It will feel soft and soothing on your parched "hide."

Interior Modes . . . by Reno



JANESVILLE, WIS.—Here is a new, simple and inexpensive remedy for the familiar complaint—not enough storage space. Any vacant corner of a room can be converted into an attractive, useful storage or wardrobe closet.
Above photos, showing closet door open and closed, depict how a child's room has been improved both from a practical and eye-appeal standpoint.
Ea-Tax folding doors, developed by The Hough Shade Corporation here, are made of narrow vertical slats of smooth Northern Basswood. The slats are woven together with extra-strong seine twine to form a wood fabric with distinctive, interesting texture that harmonizes with almost any type of decorating theme. An average handyman—or woman—can enclose the closet in a half hour or so, using such common tools as screwdriver, drill and hammer.

THE SAFE AND EASY WAY TO CARE FOR BABY FOOD



No mother wants to lose any part of those health-giving vitamins and minerals which have been so carefully captured in each jar of baby food! But improper handling, heating or storing can do just that. So here are simple-ABC rules for caring for baby food the right way.
A: Before opening a baby food jar, wash it and dry it with a paper towel—or wipe it with a clean damp cloth. Then, with the handy little cap-lifter which The Beech-Nut Packing Company provides mothers at no cost, remove the cap. To reset it, just press down firmly—but be sure you use the same amount of pressure on all sides.
Called "Mother's Friend," the Beech-Nut cap-lifter is especially designed for vacuum-packed glass jars. With a slight twist of the wrist, it lifts the cap from the jar, leaving the cover intact, permitting convenient and effective recapping for refrigerator storage. One of these handy lifters may be had at no charge by writing The Beech-Nut Packing Company at Canajoharie, New York.
B: To best retain food values and flavor, spoon the required amount for one feeding into a custard cup or tencup and place it in a pan of hot water. Let it stay there until the food gets warm, not hot. Serve fruits and desserts at room temperature.
C: Store leftover baby food in the jar, carefully resealed, in the coldest part of the refrigerator (not the freezing compartment, of course). With good refrigeration, leftover fruits and vegetables may be stored and saved for subsequent servings—either for the baby or in adult recipes.

North Carolina's barley tobacco average for harvest this year is estimated at 11,300 acre, 6 per cent below the 12,000 harvested last year.

How A Doctor Set High Standards

A shipwreck at sea, a doctor who preferred practicing chemistry, and a truckload of scientific instruments carried in an overland trek across the mountains of North Carolina and Tennessee figured in the transformation of whiskey-making from local hobby to statewide industry in Kentucky, 125 years ago.
Largely it is the story of James Crow, doctor-turned-chemist who came to this country soon after graduating from the famous Edinburgh College of Medicine and Surgery.
The new arrival shut himself up in a log cabin, experimenting with ingredients until he was satisfied that he had the formula destined to revolutionize whiskey-making and establish the fame of Crow whiskey throughout the world.
Crow was the first to use scientific methods—hydrometer, saccharimeter and thermometer—and was the first to introduce a hand-made sour mash process, using spent beer. He employed a mill to brush the grain and clean all the kernels. He insisted on stricter sanitation than his frontier predecessors had practiced. And where others dredged every possible drop of beverage from the grain, Crow set a limit of two and a quarter to two and a half gallons per bushel of corn.
But the Scotsman characteristically showed the Kentuckians how to profit from his rigid rules. He made it possible for them to raise their prices—to 25 cents a gallon.
Within a few years, he had his own distillery, established when he discovered a limestone spring on Glenn Creek near Frankfort. Soon the barrels were traveling East on wagons, bearing the "distiller's mark"—James Crow's whiskey—on their ends.
For the hearty social life of Washington, Senator Henry Clay imported Crow's "wonderful elixir" by the barrel. Clay's friend and adversary, Daniel Webster, called it "the finest whiskey in the world"—a statement still being echoed over hotel and restaurant bars more than a century later.
In the fastness of Kentucky's Woodford County, to found that the small distillers had long prepared their beverage with no defined rule or formula, somewhat after the old manny's version of bread making by taking "a passel" of meal, "a passel" of malt and "so much" water. Frequently, good whiskey

Low Calorie Pickles



Here's news for dieters who complain about blandness in their diets—Sweet Pickles and Sweet Mustard Pickles with scarcely any calories. For summer picnics and all year round food enjoyment dieters need not give up the sweetness they like now. That's because the new low-calorie sweetener, Sucaryl, is here. Sucaryl can be cooked right in with the other ingredients in a recipe because it does not become bitter or lose its sweetness at high temperatures. Try these two recipes.
LOW CALORIE SWEET PICKLES
2 small fresh cucumbers 12 Sucaryl tablets or 1 1/2 teaspoons Sucaryl
4 cauliflower flowerets Solution
1/4 cup vinegar 2 tablespoons mixed pickling spices
1/4 cup water
Slice cucumbers 1/2 inch thick, soak overnight in brine* made by dissolving 3 tablespoons salt in 2 cups water. Drain, combine with cauliflower, vinegar and Sucaryl in saucepan. Tie spices in cheesecloth bag, add. Cook 10 to 15 minutes. Remove from heat, add water, stir well. Remove spices. Makes 1 pint, or about 10 servings of 1 1/2 ounces each. Each serving contains 4 calories: protein, 0; fat, 0; carbohydrate, 1 gram. If made with sugar, each serving, 24 calories.
*If diet is sodium restricted, omit brine soaking.
LOW CALORIE SWEET MUSTARD PICKLES
Prepare pickles as above, before adding water, combine 1 teaspoon dry mustard and 2 teaspoons cornstarch; blend with water, add. Cook over low heat 2 to 3 minutes.
Makes about 10 servings of 1 1/2 ounces each. Each portion contains 6 calories: protein, 0; fat, 0; carbohydrate, 1 1/2 grams.
If made with sugar, each portion, 26 calories.
NOTE: These pickles will keep about two to three weeks under refrigeration.

Tan Swimmers Cop Honors In Annual Endurance Meet

By GLADYS P. GRAHAM
BAY SHORE, L. I. (ANP)—Two tan athletes both veterans of World War II and adepts in their specialty, came out on top last week in a field of 14 who participated in a seven-mile endurance swim in the fourth annual Fire Island to Bay Shore event.
Roberto Lopey was first and Carlos Butts, second, shattering all previous records.
Lopey, a senatorial government employee who has been swimming since his early years, almost lost the race due to his leg injury caused by shrapnel during the war. He limped to victory to set the record of 2 hours 24 minutes and 26 seconds.
North Carolina farmers are producing more hay per acre this year.

One Dime Provides REAL Health Food

Almost everybody eats at least three times a day and almost everybody worries about what he eats. Some people worry so much that they fall for the food faddist's advice and load up on expensive items. Others eat only specific classes of foods.
All this when the fact of the matter is that most people simply need a well balanced diet of common, ordinary food—meat, vegetables, dairy products, fruits, wheat products—to maintain a healthy weight. And if they are overweight they still need all these things but merely a reduction in the total consumed daily.
In any case, people interested in maintaining proper weight will be glad to find out that just ten cents worth of the commonest food of all—plain, everyday enriched bread—can provide significant quantities of a number of essential food elements.
"Wheat: A Bargain in Food," by Anna May and Dr. James R. Wilson, in the July issue of Today's Health, published by the American Medical Association, explains why people on reducing diets are making a mistake if they give up bread, flour and other wheat products.
Dr. Wilson, who is secretary of the AMA's Council on Foods and Nutrition, and his wife point out that wheat flour furnishes far more than calories.
"If you give up bread when on a reducing diet," they say, "you deny yourself an inexpensive source of a number of things your body needs."
Bread contains a significant amount of protein. All of the essential amino acids necessary to good health are found in the proteins of wheat and bread. However, the quantity and proportions of these amino acids are such that wheat proteins do require supplementation with animal proteins such as occur in milk, eggs, meat, fish, and poultry. When eaten along with these animal foods, it is safe and economical to supply one half to two-thirds of the body's daily protein needs from plant sources, the article says.
"At current prices," the article goes on to say, "ten cents worth of bread will give you almost one third of the daily recommended allowance of protein (70 grams) while also supplying 600 food calories, which is about one fourth the caloric needs of an office worker."
"Wheat protein today is considerably less expensive than the protein of whole milk and much cheaper than protein in the form of meat. Wheat proteins are a real bargain."
Flour and bread have other bonuses, according to the article. In addition to the nutritive values already mentioned, ten cents worth of bread will buy the following portions of the recommended daily dietary allowances of these four essential nutrients: nearly half of the thiamine; between one sixth and one fifth of the riboflavin; between one third and one half the niacin, and about one third the iron.
The article says that while bread does not supply all of the essential nutrients, no single food item does that.
"Wheat rightfully plays an important role in our basic food economy," Dr. and Mrs. Wilson say in conclusion. "Its cost is no measure of its importance as a part of the good diet. Ten cents worth goes a long way in supplying the body's need for food. And it is not bread alone that does this. Breakfast cereals and other wheat food products made from whole grain or enriched white flour supply about the same proportions of nutrients at a comparably low cost.
"Give us our daily bread!"

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