

Your Convention Score Sheet

STATES and TERRITORIES NUMBER of VOTES	FIRST BALLOT			SECOND BALLOT			THIRD BALLOT		
Alabama 26									
Arizona 16									
Arkansas 26									
California 68									
Colorado 20									
Connecticut 20									
Delaware 10									
Florida 28									
Georgia 32									
Idaho 12									
Illinois 64									
Indiana 26									
Iowa 24									
Kansas 16									
Kentucky 30									
Louisiana 24									
Maine 14									
Maryland 18									
Massachusetts 40									
Michigan 44									
Minnesota 30									
Mississippi 22									
Missouri 38									
Montana 16									
Nebraska 12									
Nevada 14									
New Hampshire 8									
New Jersey 36									
New Mexico 16									
New York 98									
North Carolina 36									
North Dakota 8									
Ohio 58									
Oklahoma 28									
Oregon 16									
Pennsylvania 74									
Rhode Island 16									
South Carolina 20									
South Dakota 8									
Tennessee 32									
Texas 56									
Utah 12									
Vermont 6									
Virginia 32									
Washington 26									
West Virginia 24									
Wisconsin 28									
Wyoming 14									
Alaska 6									
District of Columbia 6									
Puerto Rico 6									
Hawaii 6									
Canal Zone 3									
Virgin Islands 3									
TOTALS									

AP Newsfeatures

Total convention votes 1372; needed to nominate 686 1/2. Note: Democratic convention rules specify that for each convention vote, a state may have two delegates, each with one-half vote.

Good Breakfast Is Assurance Of A Good Start

Serving the school child a good breakfast serves a double purpose, nutritionists agree. Properly-planned breakfasts get the child off to a better start on each school day, and they help form eating habits that are important for better health and well-being all through life.

Breakfast should supply from one-fourth to one-third of the daily food requirements. Even adults can seldom make up at other meals the nutrients missed at breakfast, and it is especially difficult for children to try to "catch up" on nutrition, because of their smaller food capacity.

Skipped or skimpy breakfasts may have an immediate bad effect on the school boy or girl, causing listlessness and irritability during the late morning hours, or even resulting in poor grades. Such danger signals may be a warning that early morning nutrition is being neglected.

Results Show Up

On the other hand, absence of the danger signals doesn't necessarily mean the child is getting the kind of breakfast he needs. Results of inadequate breakfasts may show up later in the form of poor teeth, faulty bone structure or digestive upsets.

Safest course is to plan the morning meal around these basics: fruit or fruit juice, hot or ready-to-eat cereal with plenty of milk, whole grain or enriched bread with butter or margarine, and milk or a milk-rich cocoa or cereal drink.

For additional protein, add eggs, bacon, sausage, fish or cheese. The child should have at least three eggs a week, and preferably one a day. Breakfast offers a good opportunity to get these eggs in the diet.

Good breakfasts bring rewards in better concentration, faster reactions and reduced muscular fatigue, for adults and children alike.

Learn It Early

Since eating is a habit, it's important that the child should learn early in life to eat and enjoy a good breakfast. Making breakfast a family meal adds to its enjoyment and makes good eating habits easier to form. With the many easy-to-prepare foods and frozen juices, and cereals the

all your fitting over the foundation garment you plan to wear with the new garment.

TYROLEAN SWISH
"Much ado about the bodice," AMERICAN GIRL comments on

The neck, high and prim, outlined a picture of a date dress. "Little velvet bowknots, each winking with a rhinestone 'eye,' take their bodice places in a Tyrolean lineup starting at yoke seam, ending at the slightly lowered waistline.

with velvet and lace. More of the same on the push-up sleeves."

Cream a quarter cup of butter or margarine with an equal amount of strained honey and use as a spread for toast.

"DOWN THE DRAIN"

Often sadly describes the money that disappears so completely between one pay day and another. The best time to put a stop to this "disappearing act" is at the start.

Before you do anything else with the money in your pay envelope, make a deposit in a savings account at The First National Bank, where it will be safe, and ready when you want it, and also earn for you

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Modern Patterns Catch Up With Women's New Sizes

By DOROTHY ROE
Associated Press Women's Editor

The shape of American women has changed considerably in the last 50 years—and at last home-sewing dress patterns have caught up with the change.

For many years the pet gripe of home seamstresses has been the peculiar measurements of patterns, requiring much time-consuming alteration and often resulting in uncertain fit.

Now, however, the measurement standard committee of the pattern industry has agreed on new standard sizing for all patterns, conforming more nearly to dress sizes in the ready-to-wear field.

Time was when the standard of womanly beauty was a "perfect 36", with other proportions in accordance, but today every woman works for the ideal 34 bust, 24 waist, 34 hip measurement.

The modern figure has changed since grandmother's day. Today

the bustline is higher, the waist and hips smaller. And now all patterns sold in department stores and local sewing centers have been changed to fit the new national figure more accurately.

All new pattern catalogs have insert sheets showing the new measurements. However, the changeover is not yet complete on the pattern envelopes, though the pattern inside is cut to the new sizing. The trick is to select the pattern size from the chart in the catalog and ignore the measurements printed on the envelope. New pattern envelopes have the new measurements, but older ones may not. The patterns themselves have all been changed and it is practically impossible now to find a pattern with the old measurements.

Here are some tips from local sewing center experts on picking the right size pattern according to the new measurements:

Today's size 12 misses' pattern is scaled to 32-25-34, as opposed

to the old measurements of 30-25-33. All the pattern companies have adopted the new measurements, and the only difference between individual patterns now is the amount of ease allowed through the bustline. This varies from 4 to 6 inches. If your bust is 33 inches, you have a choice of the size 12 or the size 14 pattern, and in most cases the size 12 would be right. The exception to this rule will be in the case of a garment that requires considerable ease, such as a sports outfit.

Buy your patterns by your actual bust measurement, and don't worry about allowing ease. That's all taken care of. The patterns are still slightly different from ready-to-wear sizes, but the alterations required will be fewer and less complicated than before.

When buying a suit or coat pattern, buy the same size you require for a dress or blouse. The extra ease, again, has been provided for in the pattern. For slacks or skirts, buy your pattern by the waist measurement, unless your hip measurement is larger than that shown for the size. In that case, buy by hip measure-

ment. Remember that it usually is easier to take a pattern in than to let it out.

If you are taller or shorter than average, you need not let that affect your pattern size. Both lengthening and shortening are easy adjustments to make.

The change in sizing follows through the entire range for women, misses, half-sizes, juniors and teens.

When you go to buy your new patterns, get the salesgirl to take your measurements if you are in doubt as to your correct pattern size, and let her advise you.

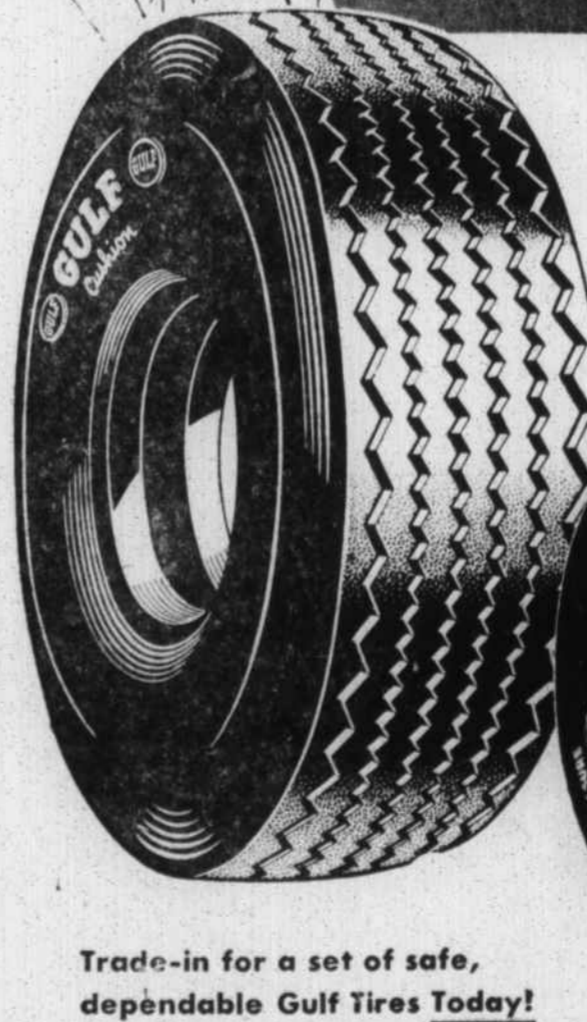
You'll find your fitting problems much easier if you get a complete measurement, including the width across the back of the shoulders, the distance from shoulder to neckline and other trouble spots. Use a tape measure to check the pattern size, and make alterations on the pattern before cutting into your fabric.

After you have discovered the minor alterations necessary with the new sizes, the same alterations will be good in patterns from all companies.

One final tip: be sure to do

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