

SUMMER COMFORT

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COLORS FOR BRIDES

White and ivory are still classics for brides, but more and more color is being worn. Faint tinges of color, subtle and charming, are creeping into the bridal gowns and the tradition of a pure white bouquet is rapidly diminishing.

Colored flowers that harmonize with the attendants' costumes are very lovely. Often color is combined with white in the bridal bouquet. One of the leading flowers for June brides is the beautiful white Canhamian orchid with purple lip and another is the white orchid with a cream colored centre.

However, with the new trend to color many smart brides are carrying colored orchids either in the pale pastel shades or the deeper tints. A bride who carries orchids can be perfectly certain that they will stay crisp and fresh through the wedding and reception, for orchids are harder than any other cut flowers in spite of their fragile looking beauty.

And when the bride sails away for her honeymoon she will probably wear an orchid corsage, correctly, with stems down.

Thousands of women sail for a vacation and whether they are brides or not a large majority wear corsages. Flowers on the shoulder or at the waist add to the gala and excitement. Every woman, whether she's in her teens or sixties, loves to receive flowers in her stateroom. If they are orchids she will be doubly flattered for she knows they are the most luxurious and elegant of all flowers and also that she will be able to wear them several days if she puts them in water in a cool place.

SQUIRREL FUR TRIM

With grey furs winning so much applause in the fashion parade for fall, squirrel comes into its own again.

A new treatment that makes for striking effects in both sports and dress coats is splitting the skins and working them lengthwise.

Attractive contrasting effects are achieved, too, by diagonal and horizontal working on sleeves, backs, bodices, pockets, collars and borders.

A most attractive swagger coat in silver Russian squirrel has a striking border of split skins worked diagonally forming a tuxedo effect and four pockets in the same diagonal design.

Another, a short "boxy" coat with raglan sleeves, which is perfect for the college girl, has a tiny upturned collar circled with a navy blue and red leather band buckling at the throat; and a matching lining of navy blue crepe with red trim.

The long fur cape is dramatized in Russian blue squirrel worked vertically in split skins, with a soft Johnny collar. Little slits for the hands make it practical for daytime wear.

Squirrel is a favorite fur, too, in the big bolero or hip length jackets that go with smart, svelte wool suits.

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CAPITAL GARAGE

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**... OF ...
Interest to Women****DON'T PEN THE BABY UP TOO MUCH;
LET HIM GET AROUND AS HE WILL**

It Will Help to Extend Him—Joyous Dancing Also Will Do Much for the Young Physique

Do you let the baby creep around the house as much as she wants to, climb over the furniture and romp on all fours over the beds to her heart's content, or do you keep her in her high chair or snug in her little play pen so that harm shall not befall her? And which is better for the development of her body?

Many mothers may not have thought definitely about the development of their children's bodies in infancy even before the first toddling steps are essayed. But one of the new ideas in physical education is that the mother who wants her baby to grow into a healthy, well-developed adult—and that means every mother—should start training it in that direction during the creeping period.

For a Sturdy Body

"It is the middle class mother today, the mother who does her own housework and lets the baby go around with her in a leisurely way, who is giving her child the best chance to develop a sturdy body," declared Miss Josephine L. Rathbone, who is in charge of corrective physical education at Teachers College.

"The child in a cramped home who must be kept off the floor in his high chair or play stool so that his mother may not be hampered by stepping over him," she said, "equally with the one who is tended by a nurse and continually waited on, has far less chance to begin his bodily development early than the one who is allowed to move around freely."

Miss Rathbone pointed out that the human body in its pre-natal condition and through the creeping age is prone to crumple together. "As it grows toward adulthood," she said, "a process of extension takes place. The vigorous young adult has an elevated pose and an alert bearing and today it is recognized that the right kind of physical training helps in developing this. After forty, the body begins to slump back toward less extension. Correct habits of extension, that are bound to help the body maintain healthy conditions, should be encouraged all through babyhood and adolescence."

RAW VEGETABLES AND FOOD VALUES

The Adequate Diet Today Requires Good Portions of Uncooked Vegetables and Fruits

Every once in a while the "natural" food fad puts in an appearance. The theory is that man was meant to partake of foods in the state which nature provides. Primitive man, without doubt, preserved life on a diet of nuts, fruits, roots and other vegetable foods supplemented by a certain amount of raw meat. His teeth, however, were not strong enough to masticate meat in this form. As soon as the use of fire for cookery was discovered, man became much more certain of the preservation of his life and consequently the development of civilization began.

Through the Middle Ages and even later we find that raw vegetables were looked upon with suspicion. Physicians warned their patients against them. Country people, however, especially the peasants, discovered that the greens which grew wild in profusion in the spring provided a remedy for the swollen joints and the skin diseases which a diet of salt meat and fish and bread, the staples of their winter diet, produced. "Salads" became popular among all classes.

Spine Extension
"The baby who is allowed to creep around unhindered, especially if there are stairs for him to climb, gets his spine extended. Then, as soon as he can walk, he will keep up this extension by skipping. In the kindergarten, he should have dancing exercises, in which his body stretches and reaches up and out. This is more extension. I feel that dancing, that is, dancing with joy, should be a feature of all physical education for young children and for adolescents."

Miss Rathbone stressed the idea of joyousness. "I feel it a great mistake," she said, "for young children and adolescents to try to imitate some of the dance patterns that they see on the stage. Children should not try to express fear, hate or anger in their dance patterns. They should dance with joy because a joyous emotion tones up the entire musculature and helps the body develop in the direction that nature intended. Joy, even if of short duration, does something to the body as well as to the mind."

Body Building

"This was pertinently demonstrated to me through a body-building clinic which I conducted recently at one of the New York hospitals. The children who came to the clinic every Saturday were from homes where the stress of poverty had been felt. Some of them had serious mental conditions due to this fact. But for the short time at the hospital, when they were turned to a happy hour, doctors and the social workers agreed that there was a definite improvement. Their weight went up, their color was better, there was an improvement in muscle tone and in orthopedic development."

If a child's body has adequate extension development, Miss Rathbone insists, liability to various bodily ills will be lessened. For instance, the child whose legs have been trained by the dance has stronger ankle and knee muscles and it is not likely to have ankle or knee difficulties.

TRAFFIC STUDY AIDS POLICE

Nine-Months Course Offered by Safety Institute

WASHINGTON, D. C., Sept. 2—Police officers of Massachusetts who wish to become traffic specialists are offered a nine-month course of study and training in "America's Safest City"—Evanston, Ill. The offer has been made by the Traffic Safety Institute of Northwestern University, which under a grant of the newly established Kemper Foundation has five to ten fellowships available for the school year beginning October, 1936.

The course will include the study of scientific methods of detection, particularly as applied to traffic accidents, in the scientific crime detection laboratory of the university. Special instructions in safety subjects closely related to police traffic administration will be provided by the staff of the National Safety Council. The fellowship students will also participate in setting up an accident-prevention bureau in one or more cities. There are no educational prerequisites for the fellowship, which will be awarded on the basis of local and regional examinations.

Increasing attention to the traffic side of police work is reported by the Police Chiefs News Letter, bulletin of the International Association of the Chiefs of Police, which describes the success of two similar traffic schools held this summer.

The Southern Traffic Officers' Training School, at the University of Alabama in July, graduated 79 police officers who represented practically every southern state. The New England Traffic Officers' Training School also came in for considerable commendation in the Association's bulletin.

The New England school was sponsored by the Harvard Bureau for Street Traffic Research and the International Association of Police Chiefs, and had an advance enrollment of more than 75 officers. Tentative plans are under way for a similar regional traffic training school to be held at Rutgers University in New Jersey next spring.

Northwestern's Training School, pioneer in the field, will hold its fourth annual session in Evanston, from October 12 to 24.

TOO MUCH EDUCATION

Isaac F. Marcossion has been making some interesting inquiries into the problems of youth and reaches the conclusion that a college education is no longer an asset in the United States. Writing in the American magazine, he insists that the majority of the nation's university students become "misfits rather than fits" in the industrial civilization of today.

Many orthodox educators will take fire at the Marcossion suggestion that the schools have made a fetish of classical education. Nevertheless, it is hard to escape from the conclusion that the effort to get college youths to "enter the professions" has had a definitely harmful effect upon the younger generation. Since 1929, "white collar" workers have been a drug on the labor market. Young men and women who have been trained for clerical, administrative, or professional jobs have adjusted themselves to the changed industrial conditions with the utmost difficulty.

There was a time when every university in the United States was trying to outdo the other in enticing students within its walls. After the World War, there was a rush to garner knowledge in the institutions of higher learning. That trend continued for a decade. High schools as well as colleges ignored vocational guidance for their pupils. Mr. Marcossion cites the condition of Connecticut, where, among 43,000 young men and women, many of whom had high school and university educations, 75 per cent were untrained for any type of skilled labor.

The higher education is not to be sneered at, but it would seem evident that the curriculum of the average university will have to be radically revised, ditto that of the high schools. According to Mr. Marcossion, the average American youth "dreams of achievements without the knocks." If so, the difficult labor conditions prevalent during the last seven years must have rudely awakened many of the younger generation to the harsh realities of life. One hopes its members will try to be patient as their elders try to work out some satisfactory solution of a pressing problem.

Washington Post: To Napoleon is attributed the saying that "the Spanish ulcer killed me." The modern Spanish ulcer, unless most carefully treated by curative forces of diplomacy, is very likely to restore conditions similar to those of the Napoleonic age.

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