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NEW VITAMIN, P, STOPS BLOOD LEAKAGE**Hungarian Scientists Add New "Necessity" To List After Record.**

By DR. E. E. FREE
A seventh vitamin, lack of which in the body makes blood leak out of the capillaries to form purple spots on the skin like thousands of tiny bruises, has been identified by students of Prof. Albert Szent-Gyorgyi of the University of Szeged, Hungary, according to a letter from Prof. Szent-Gyorgyi and Dr. Stefan Rusznayak to the editor of Nature, London.

Scientists now recognize six different vitamins. Lack of Vitamin C causes scurvy and lack of Vitamin D causes rickets. If Vitamin E is lacking there may be interference with reproduction. The new vitamin, which Prof. Szent-Gyorgyi proposes to call Vitamin P, seems to be associated with Vitamin C, curer of scurvy.

One symptom of scurvy is easy bleeding from blood vessels. The Hungarian investigators find, however, that some cases of such leakage of blood are not cured by pure Vitamin C. They are cured by fresh Hungarian peppers or by fresh lemon juice, both of which are recognized cures for scurvy and sources of Vitamin C. From these raw materials Prof. Szent-Gyorgyi's students have isolated a new substance which by itself will not cure scurvy but will cure the blood leakage.

ANKLE-HIGH SHOE STYLE IN PARIS

PARIS—The tunics, shorter skirts and higher waists that are predicted for fall and winter are having a decided influence on shoe styles.

The odd little ankle-high shoes, which have hinted at and even displayed in several salons of couture this last summer, promise to be an important style note for next winter. These ankle-high shoes look a little like dainty galoshes. They fit the foot closely, have moderate heels and are carried out in two tones of leather—the lacings and soles usually being in a bright shade.

Shoe ramps will be higher this year and in some cases will be split or cleft at the sides. Medieval tabs and queer little buckles will trim the fronts or sides of the shoes, while the shoes themselves will be fashioned on simple, tailored lines.

Heels will be higher for winter wear, as early dusk and indoor parties call for more formality. The smoother woven weaves for street and afternoon clothes likewise call for dressier shoes with higher heels.

The low-heeled shoes still will be worn for country and sport costumes. Toes will remain square or rounded.

Black, as usual, will be the outstanding shoe tone, but the winter colors will be used. One house is featuring a deep wine shade to be worn with black, navy, brown or deep gray. Another shows deep violet to be worn with navy. The hitch is that few couturiers are likely to show navy for winter wear. Black, however, will be combined with russet, bright blue and purple tones for winter.

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... OF ... Interest to Women**"BOTTOMS UP" MYSTERY TALE OF THREE GLASSES****Cynthia Proctor Also Suggested Such Laugh Provoking Stunts as Reading Horoscopes, Mock Archery, Five Dots and Card Tossing**

(By Cynthia Proctor)
If you're worn out with "knock-knocks" and "handies"—and guessing names of songs has long ago left you helplessly in the "dumps," then try some of these games to rescue the party from the "doldrums."

The "Bottoms Up" Mystery.
For this you need three glasses. Put them in a row (a, b and c) with the middle one upside down. Problem: To pick up the glasses two at a time, and turn the mover three times, finishing with all three bottoms up! Stymied? Here's how: Done very rapidly, not even an eagle eye can follow you. First time, turn over glasses B and C. Second time, A and C. Third time, B and C. Unless we're crazy, they will be bottoms up!

Mock Archery
Grand for entertaining at the summer cottage. The equipment needed is a blackboard and some arrows with chalk points. Draw two large targets in colored chalk on the blackboard.

Divide the players into two groups of equal numbers. They form lines at a reasonable distance from the blackboard. One member of each line acts as the scorekeeper for his line. Give the first one in each line one of the arrows, blindfold the person and face him toward the target. He throws the arrow, then the next one in line has a chance. The line totalling the highest score wins.

The game can be made more amusing by using a movable blackboard. The archer will think his aim is good, and much to his surprise, and every one else's fun, it will be nowhere near the target! (Mean trick, we admit.)

Five Dots
Distribute cards on which you have placed five dots in any sort of arrangement. Each player must draw a picture of a person, using one dot for the head, two for hands, and two for feet. The irregular placing of the dots will result in some grotesque and comical figures.

Horoscope
We all have a failing for enjoying hearing about ourselves—that's why

fortune telling games of all kinds, especially Horoscopes, are so popular. Give each guest a paper with the following questions to be filled in. The sheet is folded over at the top, with the name of the one who is to receive the completed horoscope, but the writer must not look at this. Here is the list:

- 1—Date of birth
- 2—At
- 3—His (or her) character is
- 4—He has a constitutional tendency to
- 5—But will find an antidote in
- 6—He should avoid
- 7—He should gravitate toward
- 8—Will succeed at
- 9—Will be a total failure if
- 10—He should marry a person of the following character
- 11—He will marry a person of the following character
- 12—Will marry
- 13—Will have a fortune of

When the horoscopes are completed, pass them to the person whose name is written at the top. Then each one is requested to read his list aloud to the group.

Another way is to have each person answer one question, fold the paper over and pass it to the player on the left, who fills in the answer to the next question, folds it over and passes it along. The queerest mixture of facts and fancies will be the result!

Card Tossing

We've told you about "In Your Hat," now try this reversed way of getting cards into an object on the floor. Have ready 10 fairly heavy cards—the kind the plumber and electrician leave to remind you to call them will do. Now place a hat or basket on the floor in front of a straight chair. Each player in turn stands behind the chair and, without letting clothing, hands or body touch it, tosses the cards into the receptacle, or tries to. For a shower or other party where fortunes are in order, write a "fortune" on each card—a sea trip, a raise in salary, a thrilling adventure, etc. Then, whichever card a player succeeds in tossing into the hat will indicate a coming event.

HOW THEY DO THE SWING DANCE**A California Expert Gives Advice on This Mysterious Development**

Whether or not it's "true what they say about Dixie"—it's certainly gospel that the song which has been ringing around New York back court yards from millions of insistent radios these past weeks, has helped to start the latest trend in dancing—swing dancing.

Music is played—dance steps set to the music follow. It always works that way. 'The Charleston' music was published. And before you knew it everybody was doing that knee-shaking dance. "Is It True What They Say About Dixie?" is one of the most popular of the new swing music pieces. 'Robins and Roses' is another. And one Wednesday evening the Dancing Masters of America adopted 'The Swing Dance' officially at their convention meeting in the Roosevelt Hotel 'because of the popularity of swing music.'

Swing music, in case you are slightly mixed up about what it means, is a form of jazz—a syncopated time in which the drum beats on the accent, rather than the off-beat of the music.

Swing dancing is characterized by a swinging sort of movement in which the hips act as the foundation and the foot swings loose as a pendulum does. The rest of the body follows through. 'The Swing Dance,' which the ballroom committee of the dancing masters will teach to the assembled teachers at the convention, who will in turn go home and teach it to dance pupils in classes from Nome to Fort Worth and points West, may be done in several ordinary ballroom positions—the closed position, the open or conversational position, in which both partners face the same direction, or the increasingly popular side position, in which both feet of both partners are outside each other in a line, rather than with the gentleman's right foot in between his partner's evening sandals.

If you'd like to try a few practice steps at home, here is how the ballroom committee of the dancing masters say it should be done, Miss G. Virginia Gollatz, who came all the way from Pasadena to attend the convention, demonstrated. Besides being one of the outstanding dance teachers of California, she has classes of from twenty to eighty children in private groups, as well as six classes in public schools and says she thinks people learn to dance younger in California, and one of the supervisors of the committee, the lovely-looking brown-haired girl has a superior mind for explaining dance steps so you can put them down in print. It's not so easy.

Of course, every dancing teacher will have her own slight variation to 'The Swing Dance.' But according to Miss Gollatz two of the most popular combinations of steps are done as follows:

1. Take two slow walking steps forward and one swing step. The swing step is done by the gentleman balancing on the right foot and swinging forward with the left foot. The lady's part, of course, is always counterpart. She would balance on her left foot, take the two slow steps backward and swing back with her right foot.

2. Take two slow walking steps forward (the lady backward), then two 'cut steps,' followed by a swing forward of the gentleman's right foot at the lady's right side. The lady's step is counterpart—she swings her right foot backward. (Cut steps are crossing of the left foot in front of the right and cut back, in the case of the gentleman—counterpart for the lady.)

There isn't much doubt but that you'll see plenty of 'The Swing Dance' before the snow flies. Mrs. Montie Beach, first woman president of the dancing masters, says she thinks 'swing music and swing dancing will last for the next twelve months.'

As far as conservative ballroom

IMPORTANCE OF FOUNDATION GARMENT

When fashion flashes say 'Princess silhouette' and 'Directoire influence for fall,' it sounds simple enough. Just a matter of buying a new dress, and there's nothing complicated about that. But have you seen that princess silhouette? Have you noticed its sweeping, unbroken line? All smoothness and slender grace with not a sign of a bump or wrinkle anywhere. It doesn't just happen; it calls for quite drastic action in figure control—a good corset. Foundation garments are more important than ever before since wasp waists and bustles. Save yourself time, and don't even try on a new dress until you've found and slipped into an efficient, well-fitting foundation.

Your silhouette just has to have a corset build-up. First, the bustline must be defined. Second, the waistline positively must be confined. Third, hips must be streamlined. All because the princess dresses and Directoire frocks you'll be wearing accentuate the bust, nip your waist, and have slim, graceful, flared skirts. Imagine a flared skirt on bulging hips! Horrible!

Corsets shape and glorify the figure, rather than distort it as in the past. The uplift and divided bustline will perfect your curves, for young, alluring curves are fashionable.

Front panels, some with stretch and some without, smooth the diaphragm and mold a slim waistline. If waistlines of the new dresses are clearly marked and defined, your own must be recognizable. Back panels without a trace or suggestion of stretch do the rest of trick; they restrain hips, curves gently but firmly, giving smooth line below waist.

BATHROOM DONE IN GREEN, BLACK

"With two little boys in the family you can imagine what our bath room looks like most of the time. When we moved into this house, the bath room was very raggle taggle, then with our family adding their havoc, it soon became past overlooking, especially after the little oil heater was left to smoke in there overnight."

She was a worried little brown eyed woman, rather appealing in appearance because of a dependent manner she had about her, and we watched expressions in her face as she continued:

"So I got my husband to help me and we scrubbed the walls and ceiling, then painted them a very nice shade of apple green—a dull surfaced paint. The woodwork we painted a shiny black and do you know the effect is really good. We really didn't think we ought to afford new linoleum or the floor, but we needed it so we did get it, black and white, and it's successful too. My towels are all coral, or else white with coral borders—so are the bath mats. I like them against

and the touch of black finishes things off so. I'm making coral colored curtains, and I may even get a coral shower curtain, though to tell the truth we use the shower so little that it doesn't seem to be essential."

WARDROBE SUIT

Regular number one for the business and college girl is a wardrobe suit, a slim, trim, reliable costume that makes her look and feel thoroughly businesslike. This year the reefer topcoat, fitted with tailored grace and with big, imposing lapels, is the newest and youngest version of this wardrobe suit. The suit of matching herringbone tweed has a jacket cut on the same lines and a split skirt. An outfit for sunny fall days and cold, stormy weather, too. In tan, brown and gray.

FALL GILET

End of summer cocktails for spring suits are crepe gilets all pleated in the tiniest folds in a soft, wide and blousey front under your jacket. A feminine touch without froth and fuss. The collar is a standup band that fits snugly around the neck, and there is a curved ruffle below the belt that ties at the waist. There are fine Persian prints in delicate colors, pink and white, and fall's favorite black, royal, rust and brown.

dancing goes, the foxtrot is still the most popular of all dances, according to the silver-haired woman who stepped into her husband's presidential shoes to head the D.M.A. 'Tricky steps,' Mrs. Beach thinks, 'aren't done quite so much as they were.' Hollywood does have an influence on dancing. The 'piccolino' is directly traceable to Fred Astaire and Ginger Rogers' picture 'Top-Hat.' But they are 'fad dances,' Mrs. Beach said, that die out with the picture. 'Swing dancing, however, is a little more important, with its trend rooted in music. The dance is really a new type dance—not just a routine. But when all the swing dancing, truckin', carleons, continentals are dead and forgotten, foxtrot will probably still be going strong with the waltz as a runner-up.'

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