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The cause of headache is the accumula-tion of poisonous matter in the blood which spreads with it, every moment, to all parts

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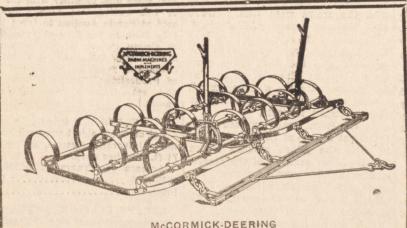
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## CLASSIC SPORTS CLOTHES SCORE

All White for the Courts -- Longer Shorts Good --Sleeves Appear in the New Beach Suits.

(By Kay Thomas)

Even if your idea of summer is lyng in an orchard under a sheltering ree, what you wear matters For loaf ng too, is much more comfortable, when you really know what to loaf in. But if the sun and the wind and the blue sky above make you active, and you go in strenuously for sports correct clothes are even more important. That's why we went directly to that Madison avenue shop that is known for its tweedy male customers, and classic sports clothes for women. And now with the golf and tennis champions designing clothes in their respective sports, there seems to be no excuse at all for not scoring.

White is the accepted color on the courts this summer. And the new, longer shorts, faking a one-piece ennis dress, is the uniform. Usually hese have a shirt top with a yoke. And although you may be tempted by those backless, shoulder-exposing dresses with trick belts and necklines, remember that they'll do nothing for your game in the hot sun. The heavy, pure silk shorts we see here are ideal because there is a back zipper from the collar way down here, and you can slip in and out of them easily. Short pique dresses with flared skirts are good too.

For golf nothing of any importance has taken the place of the shirtwaist ype dress, one piece, with high, nan's collar, long or short sleeves. This year, though, dresses have the lightly flared rather than pleated skirts, and any novelty which is inroduced is seen in buttons and belts. We found a classic for golf in a new whric, called woollen taffeta, which has a dull silky feel, and enough body o keep you from looking blown bout even in a gale. This fabric is especially effective in navy, powder, vine and white plaid, with glovestitched wine leather buttons and

You can expect anything on the beach this year, with even the most conservative shops importing enornous silk prints from Honolulu and absurdly wide-brim hats from California. Short sleeves look very new in peach suits, too. This is done effectively in flabrics like sharkskin, in the dressmaker type, which is flattering to almost any figure. We can't magine swimming in these, for there is quite a pull at the shoulder when they're well cut, but they would be effective and practical for lounging n the sands.

weather is warm and you can't bear even to dine indoors, you'll want sev eral unusual printed silks or sheers. We found a nice street length, navy marquisette with white linen appiqued flowers, which would dance nicely in the informal places, and be , big hat for just sitting them out.

On the city roofs at night net promises to be important-in gray as well as the always effective black.





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... OF ... Interest to Women

# EMERALDS FOR THE MONTH OF MAY

Gem of Lovely Women, the Green Stone Could Reveal the Inconsistancy of Lovers by **Changing Color** 

(By Alice Curtis Desmond) The emerald, birthstone for May, and the gem dedicated by the anci-

ems engraved with her portrait.

Napoleon's only gift of jewels to ewels, appealing to their love of 770,000. Today, emeralds outranks ven the ruby in popularity among The emeralds of Mary farden, for instance, are notable.

The emeralds, great lady of the eryl family, is a sister of the aquaarine. Its chemical composition is ilicate of aluminum and berylium. s green color is caused by a small ep-cut to bring out its rich green it, especially brilliant by artificial tht, the emerald is the perfect 'ev-

Its modern habitat is so limited hat you need not rake your brain to member it. Rich, deep green emalds, scarce from Roman days to rs, come almost entirely from the orthwestern section of South Amca, in the Republic of Colombia,

The story of South American emalds is romantic. Four hundred ears ago when the Spaniards conuered the Incas and took their reasures, they found enormous emalds on the conquered natives and a their temples. One, the size of an gg, was worshipped as a goddess Rather than lose their gems to the onquerors, the Inca told the white en that their emeralds were most false and only the genuine would ithstand blows of the hammer. Therefore, many stones were destroy-Nor would even torture induce the Incas to reveal to the Spaniards the location of their emerald mines, For evenings in town when the and they were soon swallowed up by

the jungle. of the mines found near Muso in upon as Nature knew when she made Colombia. Others were stumbled up- the vegetation, on later. These Colombian mines properfections, make them superior to was believed to dazzle the snake

(By Marion Ryan)

r been quite so hardy as at present.

their wedding veils into spirals.

well-grown grandchildren to whom

courts all winter, are young men and

women ,elderly ones also, playing in

every kind of weather and dressed as

if it were summer. White linen or

less and hatless. Exercise is a fetish

with all of them. Riding, for exam-

ple, used to be reserved for the very

which encircle London.

stones from Egypt, Russia, Brazil or the Transvaal

ents to the goddess Venus, has al- glass or triplets, aquamarine or rock ways been the gem of lovely women. crystal colored by inserting layers of Cleopatra, who owned the Egyptian green glass. Such reproductions copy mines by the Red Sea from which even the emerald's chemical compos ame emeralds of the ancient world, itien and its customary flaws. But liked to give to her ambassadors imitations have never lowered the value of genuine emeralds.

Their cost is due to their increas pera singers, actresses and society ing scarcity. An amazing cost, when you remember that they are the least durable of precious stones. Taken from the mine an emerald is soft. Although it hardens with exposure to the air, it fractures easily; approach ing near the limit of softness at which a faceted gem may be used in rcentage of chromic oxide. Usually | a ring mount without wearing on the

An emerald therefore should be worn and handled with care. Never lace it loose in a jewel case with harder diamonds, rubies and sapnires that might damage it.

Flawless emeralds are almost unwithout a flaw,' being a saying. Ev en the Colombian stones are usually marred by cracks and 'feathers.'

Many superstitions surround

Believing the stone to cure epil-

osy, Caesar collected emeralds. The ancients also thought that this green gem cured diseases of the eye. Nero, who was near-sighted, followed the gladiatorial games in the Coliseum through a thin emerald cut with convex; the forerunner of the modern lorgnette. Roman carvers kept on their benches an emerald on which they gazed frequently to relieve eye strain when carving gems Only by accident in 1558 was one green being a restful color to look

In the seventeenth century powderduced emeralds of the finest quality ed emeralds were used as a drug; a ever since. Their velvety green color remedy for dysentery, fever and bites arative freedom from im- of serpents. The gem's green color

be sadly embarrassed when she rode

"Oh, yes we have central heating,"

ers or the good old coal fire. It is dif-

"So drying to the skin, my dear,

and apt to make the throat dry, too.

They tell me that in New York you

see people sitting in hotel lounges

drinking iced water to keep cool.'

and you huddle nearer the little gas

But the British maiden is a hand-

some wench these days. All her out-

culture and hairdressing, too, more

stove and sip your tea reflectively.

ENGLISH GIRLS HARDY AND HANDSOME

Bitterest Weather and Even the Grand-

mothers Exercise

LONDON, England-There is no up with other girls and men properecessity for a Youth Movement in ly rigged out and the hounds barking

y, and face the bitter cold with equadances all winter without stockings nimity just as the shrubs and flow- and certainly that is not because the

ers come out in the early spring and rooms are too warm for one of the eem undisturbed by wind and frost. greatest jokes in England is the

It is the fashion to be hatless on cold your hostess will tell you and you

days when walking or riding in the surreptitiously feel a radiator. Stone park. To step out of a limousine in cold. "Does it work all right?" you

a rich fur coat with curly locks fly- ask. "Certainly, but it is not turned

ing wildly round. Brides go from the on just now. It is so warm today,

church to motor without even the And if it chances to be turned on it

lightest wrap over their wedding gives out a faint warmth which has

On the golf courses all winter are ficult to solve the mystery of the

gray-haired women, sturdy and red- steam heat. People pay large amounts

cheeked, swinging a good club even to have it installed but they seem to when they are grandmothers with dislike it when it works efficiently.

rich but not nowadays. Business wo- | door exericse the year round has

men hire horses and after a few les- made her firm and straight. The

sons are showing what they can do in damp days give her skin a dewy

the Park or along the lovely downs freshness. She goes in for beauty

They can hunt, too, if they care to than she ever did before and she

ay their yearly subscription or the dresses better. You have to be in

for a day's hunting. But the Hunt London during the winter and the

ds to tradition. Riding habit and cold damp spring to see her at her

best. In the summer she goes to the

nd no nonsense about that. Any girl country home as soon as the season ho tried giving up hats or stock- is over. And, anyway, she is just like

ngs in a fresh air craze spirit would any other girl then.

gowns and with the wind blowing to be aided by gas or electric heat-

Perhaps the English girl has nev- steam heat or central heating.

spend a winter here to realize that fit. You never can tell.

Emeralds are easily imitated in

A gem of velvety moss-green tint Josephine were emeralds and pearls. and without flaws commands a price Emeralds from the Ural Mountains higher than the finest diamond. Even vere the glory of the Russian crown in the days of Pliny the emerald was considered too valuable to be engravarbaric splendor, and Catherine the ed, and engraved emeralds are rare reat's emeralds and amethysts were although Alexander the Great would old by the last Czarina in 1906 for allow Pyrogoteles to engrave his roy al countenance only on an emerald.

known. "As rare as an emerald

nerald; in olden times, called the weet-tempered stone.' It is the abol of hope, faith and immortaly, Happiness and everlasting youth attend its possessor, help them to esist temptation and sin.

# Every cup a delight

# AVOID THE FUTILITY OF BEING OVERANXIOUS

If People Knew What They Did to Their Faces When Making Really Unimportant Decisions They Might Show Less Concern

(By Ruth Cameron) Why be anxious when you don't have to be?

There are times when all of us are ust naturally anxious and worried.

When the people whom we love are exposed to some danger, when economic uncertainty threatens us, when there is illness in the home, when Jane goes off with a group of wild oungsters for an after-the-dance drive, and doesn't show up until 4 in the morning, when John gets a job as air pilot-of course we worry some. Who wouldn't?

But why be anxious over the things that don't really call for anxiety at all? Why let that frown come between our brows, why tighten our lips in the appearance of anxiety when there is really nothing to be anxious about?

This is the sort of anxiety I mean.

A woman sat down opposite me in a hotel restaurant with her husband and two children, and picked up the menu. It was a place where one writes what one wants and she set about writing the requirements of her family. And I couldn't help noticing with what anxiety she did it. You would have thought she was making, led, her lips tightened. Her face of real anxieties. would have made a good masque for the quality "Anxiety.

Yet there was nothing whatever to be anxious about. It's just that she obviously has the habit of bringing an anxious concentration to all sorts of little things.

We see people play cards that way. They pick up their hands and look at them with a frowning concentration;

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they make their bids with an anxious uncertainty. What foolishness. Is this a game for fun, or is it not? Why look so anxious lady? Do you know what you are doing to your face?

Some people go about all sorts of simple tasks with that anxious look on their faces; writing a letter, planing the day's menus, getting children off to school, cleaning the silver.

It represents, I suppose, not actual anxiety but a tightness, a tension that is entirely unnecessary.

I always loved that advice of the old Scotchman. "Be soople, Davy, in things immaterial." I think it's a grand advice for husband, wife or parent. And I think a good companion piece would be, "Be casual in things immaterial.'

Martha was "troubled about many hings.' Some real, probably, like Lazarus' sickness. And some just small things that didn't always run to suit her. She has come down the ages as a synonym for that exaggerated concern. I think she would have looked at a menu in the same way the woman at the table opposite did.

Be casual about things immaterial. Be casual, be easy, smile, cultivate the light touch. And I have an idea and calling upon them to make, im- that if you do, you will find it easier portant decisions. Her brows wrink- to still keep serene even in the face

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