

WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON
Consolidated Features—WNU Release.

NEW YORK—In 1924, a handsome young English society girl, daughter of an admiral, living in the suburbs of London, turned away from parties and dances. She **Out of Aristoi, She Expounds Virtue of Poverty, Humility** told her friends that the failure of England to make a better life after the war, the "artificiality" of her social coterie, the "sterility" of a machine civilization, had made her customary life intolerable and that she was withdrawing, "to find peace within my own soul." She found jail and exile and jail again the other day, but, as she has always insisted, she also found the peace of mind and spirit which she sought.

She is Miss Madeleine Slade, somewhat inaccurately identified in the news as Mohandas K. Gandhi's secretary, arrested in Bombay with Gandhi and others in the government's drive against the civil disobedience campaign. As well as secretary, she has been Gandhi's cook, nurse, disciple, adviser, strategist, high priestess of his non-violence doctrine, and a faithful herald of the mahatma's "divine mission."

We talked to her a few moments, in a large company in New York in 1934, when, if we remember correctly, she was visiting the late Lillian Wald, of the Henry Street settlement. Her coarse robe of sackcloth and her shawl drawn tightly over her head, her olive skin, darkened by the tropical sun, her large, dark, placid eyes under highly arched brows gave her distinctly the look of an Oriental ascetic. She expounded the virtues of poverty and humility.

When she took up her cloistered life in England, she read **Romain Rolland's life of Gandhi**. She went to Switzerland, saw Rolland and told him she believed her pathway to peace lay in India. He put her in touch with the mahatma, but she was required to serve a year's novitiate before joining him. Rising at five o'clock, she pursued an unvarying routine of spinning and other handicraft, of set periods of contemplation and of intensive study of ancient east Indian religion, poetry and philosophy—all this with a rigid regime of diet and practice of physical posture and proper breathing.

At the end of the year, she went to India, was received by Gandhi and admitted to the Ashram, his school for advanced novitiates of his faith. Her father, late Admiral Sir **Was Gratified at Her Disinheritance; She Had Urged It** Esmond Slade, had vehemently opposed her spiritual adventure. She had word from England that he had said she would be disinherited. She wrote her parents, insisting that by no means should she be mentioned in their wills, as "non-possession" was one of the first tenets of her religion. A considerable fortune was distributed in the two wills, but in neither one of them was she mentioned—to her great gratification, she said later.

Her Indian name is Mira, that of an ancient east Indian princess. The people call her Mirabel, meaning "Lady Mira."

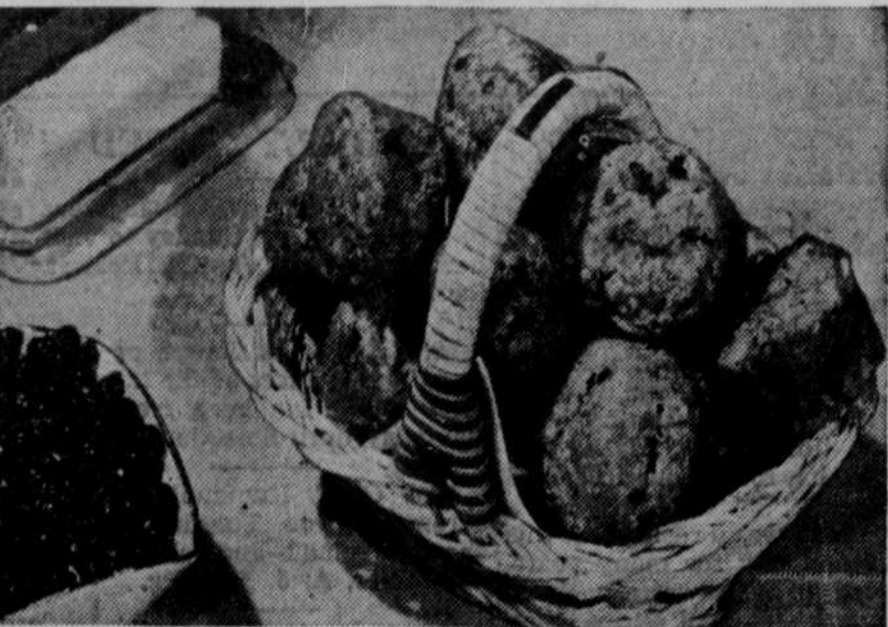
Her working day is now from four o'clock in the morning until ten o'clock at night, including, as well as her various services for the mahatma, a long walk each day, preaching and teaching among the poor. In many forms and from many texts, she expounds her belief that "in serving the poor, one serves God and that is the only essential happiness."

Marching by the side of Gandhi in his many civil disobedience campaigns, she has been arrested several times, serving an extended jail sentence in 1932. She accompanied Gandhi to London in 1931, when he participated in the governmental conferences on Indian self rule. Only casually and perhaps accidentally did she meet her old friends of her dancing and dining days. Never, she has definitely said, would she leave her quiet haven of peace for which she has sacrificed so much to attain.

THE bureau of public relations of the U. S. navy doesn't specially need a peacemaker, but it has one. Capt. Leland P. Lovette, succeeding Adm. Arthur J. Heppburn as director of the bureau, is a skilled specialist in allaying friction and getting on with everybody. While in command of the U. S. Gunboat Pampagna in the Canton (China) region in 1928, he was caught in a civil war, between the forces of Dr. Sun Yat Sen and the Kwangsi province invaders. He did a brilliant job of mediation, fixing everything nicely.

Household News

by Lynn Chambers



Turn a Meal Into a Banquet With Blueberry Muffins (See Recipes Below.)

Prepare for Week-Ends

Lazy days with first signs of fall in the air, wilted appetites and the whole family home for the week-end are a heavy drain on the homemaker. If she expects to spend any time with her family, Madame Housewife must scurry around and plan a preparedness campaign which will stock her refrigerator with foods that can be pulled—like the traditional bunny out of the hat—and still keep her reputation as the "best cook around here."

It's a mistaken notion that the main dish has to be an elaborate hot and heavy affair that sends the hostess to the head of her table sweltering after hours of preparation. A much better idea would be to have a cool, tempting chicken-mousse such as I've planned for you today.

Wash the vegetables and store them in the cold compartment and they're ready to toss together in a few minutes, crisp, and chewy, coated with a flavorful dressing, in a salad supreme. If the family really has its heart set on "something hot" bring out some bran muffins, all moist and tasty with blueberries. These take but a short time to bake. Your table should be bright and gay with oranges and yellows, reds, rich browns to add warm notes to the porch supper or lunch—indoors or out. Let your imagination run riot with the dry leaves, bright berries, sprays from the wayside or fall's bountiful fruits.

Remember, you can do more for your table by arranging Concord grapes tastefully with a few golden pears, bluish red apples on rich brown leaves or in well polished pewter, copper or brass vessels than rare, expensive flowers that your family does not know how to appreciate. Then, of course, if you have a few yellow or deep red chrysanthemums in your fall garden, let them fall gracefully in and out among their own leaves in a burnished bowl, and you leave nothing to be desired.

Here's the mousse which you can have as a main dish. Make it the night before and it's all ready to serve just with unmolding:

- *Chicken-Ham Mousse. (Serves 6)
 - 3 egg yolks, slightly beaten
 - 1/4 teaspoon salt
 - 1 1/2 cups chicken broth
 - 1 1/2 cups ground, cooked chicken
 - 1 1/2 cups ground, cooked ham
 - 1/4 cup salad dressing
 - 1 minced scallion
 - 1/4 cup whipped cream
 - 1 package lemon-flavored gelatin.
- Add salt to egg yolks, then broth. Cook over boiling water, stirring constantly until mixture coats a spoon.

Lynn Says:

Easier Way to Live: One good way by which to simplify homemaking is to get rid of trouble-makers in your household furnishings as fast as you can.

If you have an expensively upholstered sofa or chair which requires special cleaning often, make a slip-cover for it out of one of the practical cottons or other washable fabrics which are so numerous in the stores these days. A quick trip through the household washer now and then will keep it spic-and-span. Whisk it off and let the regular covering show when special guests are coming, or use the slip-covers day in and day out, for they are so attractive in themselves.

When your draperies wear out, or when you decide to do over a room, look at the beautiful wash fabrics which you can buy for your windows. Make them up with washable linings, these pre-shrunk, too, of course, and save yourself troublesome cleaning from then on. In time, you can "re-plan" many of your furnishings for practical washing machine handling.

This Week's Menu

- *Chicken-Ham Mousse
- *All-Bran Blueberry Muffins
- Butter
- *Julienne Salad
- *Whipped Cream Sugarless Cake
- *Recipes Given.

Pour over gelatin and stir until dissolved. Cool. Fold in remaining ingredients. Place strips of green pepper, sliced olives, sliced hard-cooked eggs on bottom of oiled mold. Pour in mousse. Let chill until firm. Unmold on lettuce and garnish with romaine, endive and tomato wedges.

Dispositions will all be the merrier when you serve these bran-blueberry muffins because the B-vitamins, often called morale builders, in the bran and the magnesium in the blueberries, which is reputed to create kindlier feelings toward your fellow men, really get together and do their best for the system:

- *All-Bran Blueberry Muffins. (Makes 12 small muffins)
 - 2 tablespoons shortening
 - 1/4 cup sugar
 - 1 egg
 - 1 cup all-bran
 - 1/4 cup milk
 - 1 cup flour
 - 1/2 teaspoon salt
 - 2 1/2 teaspoons baking powder
 - 1/2 cup fresh blueberries
- Cream shortening and sugar until fluffy. Add egg and beat well. Stir in all-bran and milk and let soak until all moisture is taken up. Sift dry ingredients and add blueberries. Add to first mixture and stir just until flour disappears. Fill greased muffin tins until two-thirds full and bake in a moderately hot (400-degree) oven about 30 minutes.

Greens tossed together with melon french dressing are attention-getters:

- *Julienne Salad Bowl. (Serves 6)
 - 1 cup cabbage
 - 1 cup carrots
 - 1/2 cup green peppers
 - 1/2 cup red radishes
 - Garlic
 - Curly endive or shredded lettuce
- Shred all the vegetables fine. Arrange mounds of them in a bowl, and toss french dressing over them. Rub the bowl in which they are served with garlic.

A main dish that will go well with the Julienne Salad is this Baked Bean dish:

- Baked Bean Rarebit
 - 1 can baked beans
 - 1/4 pound American cheese, grated
 - 3 slices bacon, fried crisp
 - 1/2 cup green pepper sliced
- Mix beans, green pepper and crumbled bacon with grated cheese and pour into a casserole. Bake in a moderate oven 35-40 minutes.

A cake that's a tasty sugar saver is this one:

- *Whipped Cream Sugarless Cake.
 - 2 1/4 cups sifted cake flour
 - 2 1/2 teaspoons double acting baking powder
 - 1/4 teaspoon salt
 - 1/2 cup butter or shortening
 - 1 cup light corn syrup
 - 2 eggs, unbeat
 - 1/2 cup orange juice
 - 2 teaspoons grated orange rind
 - 1 cup cream, whipped
- Sift flour once, measure, add baking powder and salt, and sift dry ingredients together three times. Cream shortening, add orange rind, and then syrup beating well after each addition. Add 1/4 of flour and beat until smooth and well blended. Add eggs one at a time, beating well after each. Add remaining flour in thirds alternately with orange juice, beating after each addition for best results. Bake in two greased 8-inch layer pans in a moderate (375-degree) oven 30 minutes. Cool. Spread whipped cream between and on top of layers.

What are your food problems? Cake making? Bread making? Pickles, jams, jellies? Children's lunches? Miss Lynn Chambers will be glad to give you expert advice on your particular problem, if you write her explaining what you want to know, at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Please enclose a stamped, addressed envelope for your reply.

NATIONAL AFFAIRS

Reviewed by CARTER FIELD

Pending Law Against Paying Fees to Capital Agents . . . Fight by Congress Over Depreciation Allowances . . .

WASHINGTON.—It is not only corporations which are perturbed by pending legislation which would prevent the paying of fees to agents representing them in Washington—fees usually fixed by a percentage of the amount of contracts obtained. Many of the buying experts, particularly in the army, navy and Maritime commission, are worried also.

This point by the government officials against the pending legislation is that the constant visits of agents of companies is not a waste of their—the officials'—time by any means, since they are amply protected against unwanted visits. But visits by agents keeps the army and navy officials abreast of all the latest improvements in machinery, processing, etc. to a degree which could not be achieved as economically in any other way.

"It is not a question of anyone trying to hide anything," a navy man told the writer. "But it would take a huge force of experts, traveling all the time and constantly conferring with officials of various corporations and plant foremen to learn what these much maligned agents bring in to us eagerly."

Learn What Is New

In short, the use of these corporation agents' selling efforts enable us to winnow the wheat from the chaff, at least nine times out of ten.

"For instance a concern in St. Louis may have worked out a new machine for making Part X of an airplane. The company is pleased with it, and wants to do something about it. It informs its Washington agent. Now this agent is by way of being an expert himself. He knows what the army and navy want, by constant contact with us. He knows what his competitors are doing along the same lines. So he often does a little winning himself. He may tell the St. Louis concern that its idea is very good, but another concern at South Bend has an even better idea for the same function. Whereupon the St. Louis output is stepped up, or made more economical, without the army and navy people having their time wasted."

"But if the idea of the St. Louis crowd is really tops, or appeals in the way to its agent here, then we get a crack at it. If we like the sound of it, we send an expert there to study it. The agent may make a commission, but a lot of valuable time of government experts is saved by the whole system."

Same Boat for Government And Big Corporations

The objection of the average little man to some big corporations is that they don't make allowances for his difficulties. He has to pay what the big company demands, and take what the big company offers. He winds up, usually, with the dirty end of the stick.

Actually the government is just as bad as some big corporations. The average income tax payer, anyone who has been paying for ten years or more, knows this is true. Many more are going to find it out next year.

The trouble, of course, is not really with the big corporations or with the government. The trouble is with human nature. When the individual, hoping to forge ahead, gets into the grooves provided by big corporations and the government, he soon finds out that the most important thing is to have no black marks on his records.

"Don't do anything you can be attacked for," is the slogan not only of the employee of a big corporation, but of an employee of the government. Unfortunately, this is true also of the army and navy.

So what happens? A taxpayer has a fair case. He in fact has a real grievance.

What is the employee's main objective? Obviously to make a good record so as to win promotion. What is a good record? Obviously one that cannot be attacked. How can one make that kind of a record? Obviously by never admitting that the persons with whom one deals put anything over. Obviously by avoiding even the appearance of graft, or gullibility.

The boys can't all be Thurman Arnolds, but at least they can be in there pitching, trying to knock the daylight out of the taxpayers!

The fight now going on in congress about depreciation allowances is a fair sample. The government, which means some officials of the treasury department, is resisting violently the notion that anything should be deducted from the annual profits of owners of mines and oil wells for depreciation. The government people say this is an unfair discrimination in favor of such business men!

TO YOUR Good Health

by DR. JAMES W. BARTON

Released by Western Newspaper Union.

DIZZINESS
For many years the home treatment of dizziness was a dose of Epsom salts—magnesium sulphate. This dose was given because dizziness was thought due to a sluggish liver and gall bladder and constipation. As a matter of fact, many cases of dizziness are due to these conditions and the treatment by Epsom salts is considered correct.

There are, however, many cases of dizziness due to disturbance—swelling of the tissues—about the balancing canals of the inner ear. Any drug that will remove water from the system, as does Epsom salts, would be considered good treatment.

Treatment by Epsom salts is, however, not the method of treatment for dizziness now used by physicians. Dr. K. M. Simonton, in Proceedings Staff Meeting, Mayo Clinic, states that severe vertigo—dizziness—should be treated by (1) rest in bed; (2) avoidance of all movement, especially sudden movement; (3) avoidance of sudden sounds and light; (4) raising the head of the bed to prevent congestion in the inner ear; (5) moderate doses of atropine (to open up blood vessels) and a quieting drug; (6) a soft, light diet; and (7) magnesium sulphate—Epsom salts—taken by mouth.

If attacks of dizziness are accompanied by head noises and loss of hearing (Meniere's disease), the patient is instructed to take six 7 1/2-grain tablets of ammonium chloride, three times daily with meals, for three days; no medicine is then taken for two days; and the tablets are repeated for three days. No salt is allowed at the table and very little is to be used in cooking. No baking soda—sodium bicarbonate—or other drug containing sodium should be used. To keep the patient free from dizziness, this treatment must be always kept up.

When there is dizziness only and the dizziness is "up and down" rather than "round and round," the liver and gall bladder are considered at fault and Epsom salts is used. When the dizziness is "round and round" and there are head noises, loss of hearing, nausea and vomiting, eating food low in salt and omitting salt with and in food may give relief without the ammonium chloride.

Relieving Pain By Means of Heat

When examining boxers at 2 p. m. for a boxing bout that night, I have often been annoyed by having a boxer step on the scales one or two pounds overweight. The manager of the boxer is sometimes fined for this neglect to have his boxer at the correct weight.

Being overweight means covering him up with heavy woolen sweaters, hard brisk exercise, and a Turkish or cabinet bath to get the one or two pounds off within an hour. This effort is both a mental and physical strain as the boxer feels that he is weakening himself and will not be at his best for the evening bout.

There is nothing wrong with increased heat of the body by means of exercise or baths, but the heat should be created gradually, not in such a rapid manner. A Turkish or cabinet heat bath, too hot and too prolonged can cause weakness, shock, and collapse.

"The heat, whether it is dry or moist, should not be given for a longer than 30-minute period even where there is profuse sweating."

However, most individuals who undergo heat treatments by baths or other methods are not boxers or athletes but those with rheumatism or arthritis, soreness and stiffness due to accumulation of waste or fatigue products in the tissues. By means of heat these wastes are hurried out of the system in half the time or less than it would ordinarily take to remove them.

Those who are not well should not take heat treatments without supervision. Patients may feel a fullness and throbbing of the head, rapid beating of the heart, and a feeling of great weakness while undergoing heat treatment. For this reason the "steam" room of the Turkish bath establishment has a couch on which the individual should lie down. Sitting erect means more effort on the part of the heart as it is easier to pump blood on the level than up and down.

QUESTION BOX

Q.—What causes me to become breathless when I climb stairs or do too much housework? I have a chronic sinus drip.

A.—Pain in breast is not likely due to heart disease or physicians would have told you. It is more likely to be due to nervousness or gas pressure. For the sinus condition you might try eating more vegetables and cutting down on liquids as well as on table salt on food and in cooking.

PATTERNS SEWING CIRCLE



1621-B the modern miss—who is wearing slack suits as well as skirts and frocks. The slip is of six gore construction, very easy to make, with a brassiere shaped top.

Barbara Bell Pattern No. 1621-B is designed for sizes 11, 13, 15, 17 and 19. Corresponding bust measurements 30, 32, 34, 36 and 38. Size 14 (32) slip requires 2 1/2 yards 35 or 39-inch material, brassiere top, 1/4 yard and panties 1 1/2 yards. Send your order to:

1629-B

WHAT will look prettier or fresher on the summer landscape than you in this trim, slim "two-piece" made up in a cool linen, a rayon weave or a crisp cotton? Pattern No. 1629-B presents that all-time love, the dress which looks like a suit, in a spick-and-span tailored version. Brisk turn-down collar and lapels, patch pockets and darts at the waist give the top a precisely tailored air; the skirt has front and back pleats which give it good walking fullness while it maintains the slim silhouette wanted today.

Barbara Bell Pattern No. 1629-B is designed for sizes 11, 13, 15, 17 and 19. Corresponding bust measurements 29, 31, 33, 35 and 37. Size 13 (31) with short sleeves requires 4 1/2 yards 35-inch material.

Slip, Pantie, Bra

HERE'S the answer to the problem of "what to wear under slacks"—the pantie and bra shaped top, which, with a slip, complete this useful underwear pattern. We designed this set for

SEWING CIRCLE PATTERN DEPT.
Room 1116
211 West Wacker Dr. Chicago
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size
Name
Address

Rain Tells the Time

We use watches and clocks to tell the time, but in Para, Brazil, they rely on rain to check the hours. It rains so regularly in short, heavy showers that people make appointments "after the third shower," or "the fifth shower," and so on.

Many countries have weather fads. In parts of China, instead of wearing one thick coat when the weather gets cold, they add thin silk coats. So, instead of saying that the day is chilly, a man will say that it is a "three-coat day," and if it is very severe, he will probably call it a "seven-coat day."



"HIGH-WIRE" artist

HE'S A "SELF-STARTER"

THE "SELF-STARTER BREAKFAST"

A big bowl of Kellogg's Corn Flakes with some fruit and lots of milk.

It gives you VITAMINS MINERALS PROTEINS FOOD ENERGY

plus the famous FLAVOR of Kellogg's Corn Flakes that tastes so good it sharpens your appetite, makes you want to eat.

Hit the spot for lunch, supper, bedtime, too. Also ask for it in hotels, restaurants, dining cars.

Kellogg's CORN FLAKES

THE ORIGINAL

Carl Williams is a telephone company "trouble shooter." That's a job that's tough and plenty dangerous. Mr. Williams says: "I've got to be alert and on my toes every minute I'm working. I've found that eating the 'Self-Start Breakfast' is a great help in starting the day right . . . and it tastes like a million!"

Are Women Better Shoppers than Men?

GRANTING a woman's reputation for wise buying, let's trace the methods by which she has earned it. Where does she find out about the advantages and details of electrical refrigeration? What tells her how to keep the whole household clean—rugs, floors, bathroom tiling—and have energy left over for golf and parties? How does she learn about new and delicious entrees and desserts that surprise and delight her family? Where does she discover those subtleties of dress and make-up that a man appreciates but never understands?

Why, she reads the advertisements. She is a consistent, thoughtful reader of advertisements, because she has found that she can believe them—and profit thereby. Overlooking the advertisements would be depriving herself of data continuously useful in her job of Purchasing Agent to the Family.

For that matter, watch a wise man buy a car or a suit or an insurance policy. Not a bad shopper himself! He reads advertisements, too!