WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—There is an Anthony Edenish flavor about the way Undersecretary of State Sumner Welles denounces Germany in the absence of Secretary Hull, and there is an Edenish flavor about our Mr. Welles himself. He is tall. He is lean. He has a wee, precise mustache, and why nobody has picked him in a best-dressed poll is a mystery. His long, big nose is perfectly cut, too, and not a hair is out of place in the thinning pompadour that roaches back from a domed forehead.

Our Welles No Flop in Poll of Best Dressers

This is not, however, to hint that the undersecretary is anything less than 100 per cent American. He was born in New York City 46 years or so ago. President Roosevelt's own Groton and Harvard shaped him, and he is at home in four or five clubs that insist on looking up candidates in the Doomsday book of the Revolution of '76. His church, naturally, is the Episcopal church, and his home now is understandably in historic Maryland, where two sons are no doubt also preparing for Groton.

The diplomatic gauntlet that he ran to reach his present post extends back to 1915 and Tokyo. Betimes he has been much in South America. He has been first assistant since 1937 to Secretary Hull.

ONE of Carl Sandburg's songs runs: "I have led a quiet youth, careful of my morals; I shall have an old age full of vice and quarrels." So it goes with Walter Brennan, making a distinguished film career playing likable old reprobates. Hollywood pegs him as the successor to Will Rogers, and four Rogers pictures are being readied for him.

Youth in Peace And Quiet; Now In Rum and Riot

He is a personable young man of 40, but, in "Barbary Coast," "Kentucky," and such earlier films as "Smilin' Guns" and "The Lariat Kid," he came through handsomely as a tough old-timer, and now that's his ticket. He likes it, and, living these roles, becomes a sage, homespun old codger given to offhand, David Harum aphorisms. I have heard of similar occupational trends in Hollywood. He says he is growing old happily.

He first upped himself as an oldster by lying about his age to get in the war. Gassed in France, he lost all his teeth and got a rasp in his voice, which also helped. He raised pineapples in Guatemala, made money, lost it in Los Angeles real estate, and then crashed the films. Born and reared in Swampscott, Mass., he is a master of the quaint western and southwestern idiom.

WHEN this writer was doing a short turn helping build the Panama canal, he fell in with a Jamaica Negro water boy, a sort of Gunga Din of a squad of Paraiso swampers, who was worried about the canal being too narrow. In the quaint lingo of the British-taught island Negroes, he used to say:

F. J. Taylor Has Jamaica Boy's Idea of Canal

"Yes bahs, ships grow hugely in coming years and if some is fighting ship it must go swiftly and not fear other passing great ship. Axing parding sir, we Jamaica boys say canal need great enlarging."

Frank J. Taylor, president of the American Merchant marine, returns from the canal to New York with the same idea. He says congress should spend $300,000,000 to widen the canal for both commercial and national defense reasons. Mr. Taylor's career is Brooklyn's favorite "boy who made good" story—from $1 a day to $35,000 a year, which is the possibly vulgar epitome of such careers in this day and age.

He was an orphan lad in a Manhattan slum, at work at 12 as an apprentice at Robbins dry dock in the Red Hook section of Brooklyn. He rose in politics, in the state assembly for 12 terms, sheriff, commissioner of records, welfare commissioner and comptroller of New York City.

Retiring from the last office in 1937, he went to Florida, but the steamship owners tracked him down and burdened him with this $35,000 job. He fights government intrusion on private enterprise, but says the shipping interests will co-operate effectively with the United States maritime commission.

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WNU Service

Suits of Glamorous Wools Are Top Fashion for Spring

By CHERIE NICHOLAS

AN UP-TO-DATE wardrobe without a chic new suit? It just isn't being done nowadays. All fashiondom has gone wildly, deliriously suit-mad this spring—which is your cue as to "what to wear" at this immediate moment.

The fact that fashion is in a mood to suit you as you have never been suited before should count a lot in your planning this spring. The thing that plays big in the glorification of the new suits is the superbly colorful and intriguingly textured wool fabrics that challenge designers to turn out a pageantry of suits that in the matter of variety and chic and charm outrivals all previous showings so far as we of the present generation are concerned.

The new tweeds are captivating, especially the soft coarse meshy kind that are so eminently patrician in their now-so-stylish neutral oatmeal tones, and in the smart honey-beige or in subtle grays that so appeal to discriminating taste. Some of these natural toned tweeds are flecked with multi-color which makes them even more alluring. It's a stroke of genius to buy a new threesome ensemble which includes a skirt, jacket and long topcoat for this many-piece interchangeable combination, together with a collection of blouses, measures up to clothes requirements for almost any daytime event. Then, too, later on the coat can be worn as a wrap over dainty summer frocks.

We are illustrating just such a threesome (see the figure seated). This outfit is beautifully tailored of an imported tweed in soft heather mixture. It has a straight skirt and unusual shoulder detail. The shoulders and lapels of the topcoat duplicate those of the suit. The suit jacket is a one button type. The sailor hat is in a deep purple veiled to bespeak the femininity of the present mode.

As to the new plaids, stripes and checks they play havoc with any tradition that a suit or coat is supposed to be modest and conservative.

Suits of checked, striped or plaided woolens have revolutionized the mode in that they are a far departure from the classic navy or black monotones of yore. The fact that the plaid skirts are pleated also gives them the spring "look." See the nifty plaid suit to the right in the illustration. It typifies the new trend perfectly. It is of imported tweed in soft yellow with crossbar of brown (smart color combination this season). The pleated skirt stamps this suit with unmistakable chic. The pleats are stitched down around the hips for smooth slenderizing line. The single-breasted jacket observes every rule of the game in matter of swank detail. Brown suede sports hat with a wide scoop brim and brown alligator bag bespeak utmost chic.

As to the fetching little dressmaker jacket suit it is with us in such numbers it would take an alert mind to keep tally of the number that pass a given moment at a given point, for the jacket suit is omnipresent in the style parade. The new jacket twosomes play up color combinations in amazing variations. Black wool crepe for the skirt topped with jacket in pale yellow with black piping describes the goodlooking model centered in the group. New details are the softly rolled collar, high pockets and outside tucks around the waist. A wide brimmed Breton sailor with a quill across the crown is jaunty and very flattering to the wearer.

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Veils and Veiling Are Omnipresent

Veils and veiling are that omnipresent in the millinery mode the eyes have to sight through yards and yards of veiling to discover the hat itself. To radiate the spirit of spring try tying a bright green veil over your new black or navy straw. Green veils are the "last word in chic."

It's the proper thing to match the color of your veil to your gloves and other accessories. You will like the new hats made all of veiling. They are appealingly feminine and in their exquisite colorings they tune to spring most charmingly. The all-veiling hat (most often a little sailor) is made of twisted strands of the veiling or layer upon layer. To add allure there are long streamer ends of the veiling to tie and twirl with provocative grace.

Navy Vogue Steps To Fashion Front

Contrasting the flamboyant plaids and stripes and gay prints now so much in vogue is the navy vogue which has stepped to the front. Suits with cunningly devised jackets, dresses with accompanying boleros and coats galore are neatly tailored of navy wools. The accessories may be either very colorful or follow the trend that calls for lingerie touches in immaculate white.

Object of Admiration

Resort visitors are telling their admiration for the rough straw sailor with a high perky bow of taffeta on its uptilted brim.

Of Silk Shirting

It's your play! And why not play in a sports dress of purple silk shirting striped in white, with self-color simulated reptile belt, as here pictured? Speaking of silk for sports frocks, here's another suggestion. If you select a dress of dull-surfaced nubby silk noil, in the new olive green and off-white color, you will be all set. Complement this with a separate lumber jacket top.

ADVENTUROUS AMERICANS

By

Elmo Scott Watson

A Frontier Paul Revere

JAMES WATSON WEBB was the famous editor of the New York Courier and Enquirer who also had a career as a politician and diplomat. But he deserves more honor for a daring exploit which he performed as a young man on the Illinois frontier. The scion of an old New York family, Webb ran away from home at the age of 17 and went to Washington where he persuaded John C. Calhoun, secretary of war, to give him a commission in the army.

In October, 1821, young Lieutenant Webb was sent to join the garrison at Fort Dearborn. In the middle of the winter John Kinzie, the Indian agent at Chicago, reported to the commander that the Sioux and Foxe Indians were plotting to surprise and massacre the garrison at Fort Snelling the next spring.

Colonel McNeil immediately called for volunteers to carry the news of the plot to Fort Armstrong (near Rock Island, Ill.) so that word could be sent up the river to Fort Snelling. Lieut. Webb offered to make the journey. Accompanied by a sergeant and a Pottawatomie guide, he set out early in February.

He intended to go first to the post of a French trader on the Rock river and there secure a Winnebago guide. But when he reached the post he found the Winnebagoes holding war dances. So Webb and the sergeant cautiously circled around the camp and headed toward Fort Armstrong.

The weather was bitterly cold and the two men faced the danger of perishing in the raging blizzard. But in spite of this they reached Fort Armstrong in safety. As a result of their trip, the commander at Fort Snelling so reinforced his post that the Indians did not dare attack and a possible massacre was averted.

* * *

A Safety-Minded Adventurer

THE Colorado river was referred to as a "mysterious monster" until Maj. J. W. Powell made the first authentic survey of its canyons in 1869. It lured many daring adventurers to their death both before and after his first expedition.

Strangely enough, Powell was a scholar and not an adventurer by purpose. Even when he made his successful journey down the river, it was his methodical preciseness rather than engineering or navigating ability that brought success.

The Colorado descends an average of more than eight feet each mile and makes this drop by a series of rapids. It rages through canyons with perpendicular walls that often tower several thousand feet.

Powell never ran into anything dangerous when he could avoid it. Being a geologist and not a navigator, he beached his boat and sent men along the cataract walls to reconnoiter the rapids ahead before he attempted to descend them. Powell's methods were so successful that he is one of only a few who ever made expeditions down the Colorado without losing a single life.

He traveled the Colorado from the Green river in Wyoming to Virgin canyon below the Grand canyon, bringing back the first authentic information about that natural wonder.

Although he was a professor of geology at Illinois Wesleyan university and had had no navigating experience before his first venture, he designed boats that became models for Colorado river work.

Major Powell was a paradox—a cautious man whose motto was "safety first" and yet he was one of America's greatest adventurers.

* * *

'King' Strang

IN 1847 James Jesse Strang—and the first two names are in the proper order!—led a colony from Voree, near LaCrosse, Wis., to the Beaver islands just west of Traverse bay in Lower Michigan. There he set up a "kingdom" over which he ruled with an iron hand. He was a picturesque figure with his flaming whiskers almost as red as the kingly robe he wore.

Not only did he dispense his own cruel brand of justice to the people in his colony but he constantly made war on the Irish fishermen on the mainland and often pillaged their homes. Finally he became so bold that President Fillmore issued a warrant for his arrest on a charge of treason for setting up an independent government within the United States. For some unknown reason he was not found guilty and returned to his "kingdom."

But his downfall was not long in coming. He made a law that all women were to wear short skirts with baggy bloomers. When Mrs. Thomas Bedford refused, her husband was flogged for upholding her refusal. This was a fatal mistake.

For Bedford and another man who had been flogged at the same time, waylaid their hated monarch and shot him. He was taken back to die of his wounds at Voree and the people of his "kingdom" were driven away from their island by the inhabitants of the Michigan mainland.

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What to Eat and Why

C. Houston Goudiss Offers Practical Help in Planning Meals That Avoid Hidden Hunger; Illustrates Right and Wrong Methods of Menu Building

By C. HOUSTON GOUDISS

A GENERATION ago, homemakers approached the problem of feeding their families with but two objectives: to put weight on their children and to send adults away from the table with their appetites appeased. If the child failed to gain satisfactorily, or if his teeth were crowded and subject to decay, he was said to "take after his Uncle Abner" or perhaps to have inherited the poor teeth of his maternal grandmother. And if adults were chronically tired or suffered from "nerves," that, too, was blamed on circumstances that had nothing to do with the diet.

No one had ever heard of hidden hunger! For nutritionists had not yet startled the world by demonstrating that food may satisfy the appetite and yet fail to feed . . . that the absence of minute amounts of minerals and vitamins may be responsible for a long train of deficiency diseases which cause untold misery and are responsible for mental and physical inefficiency.

Planning Meals Scientifically

Today we know that a definite relationship exists between food consumption and bodily activity, and that normal individuals can usually control body weight by regulating the amount of fuel foods in the diet. We know that minerals and vitamins play a powerful part in building and maintaining sound teeth as well as healthy nerves; and that we can build resistance to disease, defer old age, and even lengthen the span of life by choosing our food, not merely for its appetite appeal, but for the qualities that contribute toward what nutritionists term a balanced diet.

The Balanced Diet

Every modern homemaker therefore owes it to her family not to plan meals at random, but to take into consideration the seven factors that science has determined to be essential for top health. These include: **protein** for building and repairing body tissue; **carbohydrates** to produce quick heat and energy; **fats**, a more compact form of fuel; **minerals**, which serve both as builders, and as regulators of body processes; **vitamins** A, B, C, D, E and G, which act as regulators, and help to prevent the various deficiency diseases; **water**, which serves as a vehicle by which food is carried to the tissues, and **cellulose** or bulk, required for the normal functioning of the intestinal tract.

A Day's Food Plan

The various food essentials will be supplied if the three daily meals include a quart of milk for every child, a pint for each adult, which may be served as a beverage, with cereals, in soups, sauces or made into desserts; an egg daily, or at least three or four weekly; one serving of meat, fish or chicken, usually at the main meal of the day; a second protein food, such as cheese, baked beans or nuts, usually served at lunch or supper; two vegetables besides potatoes, one of which should be of the raw, leafy variety; two servings of fruit, and at least one serving of a whole grain cereal.

By adhering to this plan, you will help to supply your family with the necessary proteins, minerals, vitamins and cellulose. Fuel foods may be added by way of breadstuffs, macaroni, rice and other cereals; butter or margarine and the fats used in cooking.

Common Errors in Menu Planning

Common mistakes in menu planning are a concentration of too many proteins or carbohydrates in one meal; the failure to include adequate bulk by way of fruits, vegetables and whole grain cereals; and the massing in one meal of too many foods that are high in fat.

The following menu, for example, contains more protein than necessary, and too little bulk, yet it is typical of the dinners served in many homes: Hamburger Steak, Baked Beans, Potatoes, Stewed Corn, Custard Pie.

Since both meat and baked beans are rich in protein, they may well be served at separate meals, as indicated by either of the following combinations: Hamburger Steak, Creamed Potatoes, String Beans, Lettuce Salad, Fresh or Cooked Fruit. Or, Baked Beans, Stewed Tomatoes, Cabbage Salad, Custard Pie.

In the first menu, the beans, potatoes, corn and pastry are all high carbohydrate foods. To provide additional bulk, as well as to reduce the amount of carbohydrate, it would be advisable to serve a green vegetable such as string beans, and choose fruit instead of pie for dessert. It is assumed, of course, that eggs would be given in some other form during the day.

Since baked beans contain both protein and carbohydrate, we omit potatoes in the third menu, and serve a food rich in vitamin C—the tomatoes, and add a bulky raw vegetable by way of the salad.

It's Balance That Counts

It requires no more time or effort to prepare nutritionally correct meals than those which lack balance, nor is it more expensive. For elaborate meals can lack balance, if they are deficient in minerals, vitamins and bulk, while those composed of such simple foods as bread and milk, and stewed fruits may provide an abundance of the protective substances which satisfy the hidden hunger of the body.

My plea to homemakers is to give less thought to the preparation of elaborate recipes, and more thought to supplying the food values that will create abundant health and vitality. In that way, I believe we shall take a real step forward in human progress.

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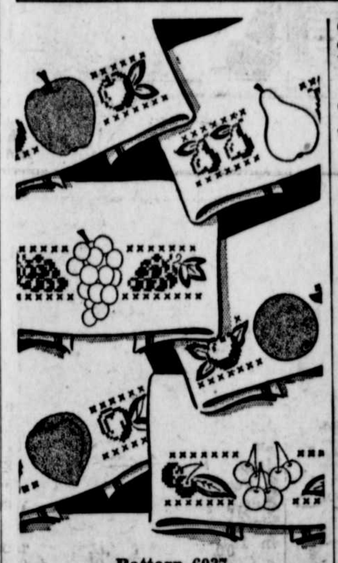
Gay Fruit Motif for Towels



Pattern 6037

Here's your chance to add color to the kitchen in the simplest of stitchery. Do the large fruit in applique or outline stitch and let the cross-stitch (4 and 8-to-the-inch) give the finishing touch. Make them for the bride-to-be but here's fair warning, you'll want to keep them yourself! In pattern 6037 you will find a transfer pattern of six motifs averaging 4 by 10 inches and the applique pattern pieces; color suggestions; material requirements; illustrations of stitches used.

To obtain this pattern, send 15 cents in coins to The Sewing Circle, Household Arts Dept., 259 West 14th St., New York, N. Y.

Please write your name, address and pattern number plainly.

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