NATIONAL AFFAIRS

Reviewed by
CARTER FIELD

Effects of Curtailed Postal Service . . . And The Toughness of U. S. Combat Planes . . .

Bell Syndicate—WNU Features.

Washington.—It used to be that the postman rang twice. Now he is supposed to ring only once, and that's only part of the saving of manpower, tires, gasoline, and whatnot which a drastic curtailment of postal service is producing. Some of the short cuts already have been made. Others will follow shortly. Still others probably will be taken when they occur to post office department officials.

All postmasters have received a circular letter from the department advising them that (1) the shortage in manpower is sure to get worse; (2) no new trucks are available for the duration; (3) special collections should be abandoned, and (4) the steps taken by Postmaster V. C. Burke of Washington may be useful as a model elsewhere.

Business office routines all over the country will be affected. For instance, orders and other communications from other offices have hitherto been one of the first items read in most offices which have headquarters or offices in other cities. These generally have arrived early in the morning, before the office boy or girl arrives to sort the mail. This is particularly true in Washington, which proverbially gets to work later than most cities.

The Capital's Post Office!

The citing of Washington's post office as an example is interesting because local conditions have forced conservation measures.

Washington's business is almost ALL paper work. Hence more letters per population unit than most cities. In the last year alone registered mail has increased 80 per cent. Special delivery letters received in Washington have increased 50 per cent in recent months over the same months last year. Even postal cash receipts are up, more than 20 per cent.

To meet this increase the problem of the local post office has been made more difficult by the loss of one-tenth of its 3,100 mail-handling employees to the armed services, and about 50 per cent of the remainder are subject to call!

So—not only have collections and deliveries been curtailed, but mail boxes have been eliminated. In the residence sections boxes remain only on mail thoroughfares. In most cases the only pickups will be by the men who deliver mail. So you will have to be a little patient!

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Shoot Down More Than They Lose to Enemy

Technical superiority of German, Japanese, and above all, the British Spitfire, to our fighter planes has been conceded by experts, who note, notwithstanding, that in actual combat our fighter planes always shoot down more of the enemy planes than they lose of their own.

But this is only part of the story. Actually the army is now getting produced two and the navy one airplane which the experts think will equal, if not surpass, any fighting planes in the world. The great importance of this, although the quantity production of these three new fighter planes is not large yet, is that they combine the same sturdiness, fire power and protection for crews which make our fighter planes so valuable in combat.

This adds up to the new planes having "technical" superiority to the Nazi and Jap planes as well as the effectiveness already attained in our planes which have fought. The "technical" points on which experts have rated our planes last are chiefly high altitude, speed and maneuverability.

The layman might well ask what good is technical superiority to a Zero, or a Messerschmitt if the enemy always loses more planes than we do? There is no particular point in answering that question, especially as the writer is inclined to agree with the lay verdict as against the expert.

The fact remains that the Nazi and Jap fighters, and of course the British, can attain greater altitude, and are more maneuverable, than United States fighter planes which have been tested in action. But the sturdier construction of the United States planes has enabled them to attack more according to plan and direction, and to get home safely when without these instruments they might be lost, either at sea or over enemy territory.

Both the Nazis and the Japs have sacrificed instruments, sturdy construction, and protective armor—if it be permitted to call the thin sheets of metal protecting our fighter pilots armor—for the sake of that greater altitude and maneuverability which they have attained.

Just as the British have sacrificed fire power, altitude and protection for their big bombers in order to make possible greater bomb and fuel-carrying capacity than our Flying Fortresses.

Kathleen Norris Says:

Love and Service Are Irresistible Weapons

Bell Syndicate—WNU Features.

This game of smiles, agreement and good manners will be enjoyed by the children. And the foreign-born Grandpa will be first delighted and flattered, and then, inevitably, softened.

By KATHLEEN NORRIS

"MY HUSBAND'S father is foreign-born," writes Emma. "He lives with us, and there is never a meal during which the old man doesn't start up an argument in praise of the Fatherland. He is 83 years old, but strong and hearty; he owns the three bakeries of which my husband is manager, and pays me good board. We have four sons and a daughter, whose ages range from 17 to 6; it is very hard for them to hear their country criticized, and its enemies praised all the time.

"Up to this time Grandpa and I have always been good friends. He is devoted to my children; he and they have had a little home orchestra ever since they were mere babies; they love him. He putters around the farm, practices his violin, likes to help me in the kitchen. I can boast that there was complete harmony and serenity in my home until just these last few months, when the curse of war seems to have crept in, and we are having difficulties in getting through a single meal without bitterness.

"Otto, my husband is the gentlest, most good-tempered angel with which any wife and children ever could be blessed. He merely laughs about all this, and says, 'Go easy, Papa; we're all Americans here.' But the boys and I find it very hard to keep our mouths shut. Last night the third boy, Harry, broke out suddenly, 'You could be sent to a concentration camp for saying that, Grandpa!' We were all shocked, and the old man was reduced to tears, for Harry is his special favorite.

Gave Her His Farm.

"What can I do to get us through the years that may be ahead, without destroying everything toward which Otto and I have been building all these years—a happy home, with nothing but love and kindness in it? Grandpa wants to live with us now; he has given me this farm, but it is his own old home, that he and his wife built fifty years ago. He has a right to be here.

"His only other son has an invalid wife; we will not break his heart by suggesting that he go to strangers. But this present situation is almost unendurable to me and I would be deeply grateful for any solution that you might suggest."

My solution, Emma, is a simple and effective one. It is that you take the four children into your confidence and play a game with Grandpa. He is too old ever to suspect it is a game, and its rules are such that the more outrageous his remarks the more fun the children will have. It consists merely in politeness.

But not ordinary politeness. The politeness your children will learn from this game will last them all their lives.

To illustrate what I mean: One of the fighting men of today was a small boy on our mountain ranch years ago; he spent most of his summers with us. We have a pool on the ranch, and two generations of children have learned to swim in the pool. They begin in the shallow end, gasping under splashing water and never too far from the safety of the steps.

They Soon Learned.

But in no time at all shrill shrieks of "Watch me! Looky, I'm swimming—I'm diving—I can go under water—I can turn somersaults!" informs us that one more boy or girl has taught himself or herself to be at home in water.

> *PLAY A GAME*
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> *The "Emma" who writes this letter has a problem we can all understand. She must choose between hurting an old man who loves the "Fatherland" he remembers and listening to him defend one of our country's enemies. Kathleen Norris advises Emma and her children to play a little game with him. It can do no harm, she says, and it may do a lot of good. What is the game? Just the light hearted practice of good manners and the loving kindness which is more convincing than all the arguments in the world.*

Well, this particular beloved boy was in the Midway sea battle and at Midway. A hot still day came when he found himself in the Pacific ocean, with only a plank between him and death. Death indeed was all about him; waves of smoke and oil washed over him—but he had been trained to dive and float and stand on his head and save his breath, and he could hold out where other gallant boys could not. He was battered and blackened and slippery when they picked him up, but his first remark was that he could have stuck it out for another six hours.

The moral for you in this story is that you have an opportunity now to teach your five children mental and spiritual diving and swimming and endurance, and you must not miss the valuable chance.

Tell them that because Grandpa is old, and because he remembers so fondly the Fatherland of his youth, which he has not visited for more than forty years, and because he DID emigrate to this country with a good father, when he was only 17, you are going to humor him in his delusions. Be sure to make it a game.

Grandpa Will Be Delighted.

It is a game of smiles, agreement, attention, good manners. They will enjoy it tremendously, once they are well into it. Grandpa will be first delighted and flattered, and then—inevitably—softened. Their courtesy will lead him to speak of his childhood, of the old days of music and gardens and home, and he will grow less assertive and truculent every day. Nobody can argue with himself, and a smiling nod and pleasant assent will daunt him as no vituperation could.

What harm will it do? It won't make the boys one whit less loyal to America; it will teach them the mighty power of good over evil. And when once a boy or girl has learned that lesson he or she has been given a greater treasure than anything else you could wish for him. If the nations had learned it, far back in the past when nations were young and small, poor old Grandpa would not have to be violently defending the policy of a murderer, liar and robber today. Yes, I mean Hitler.

Silence, love and service are irresistible weapons. Your children will soon find them so strong that they will be almost sorry to use them. It will be almost cruel to baffle Grandpa by a gentle rejoinder, a friendly glance. Impress upon them that what a man of 83 says is colored by his happy childhood in the old country, of the music he loves, of the pain and nervousness and anxiety that he is suffering now with the rest of us.

GRASSROOTS

by WRIGHT A. PATTERSON

Released by Western Newspaper Union.

GOVERNMENTAL MAINTENANCE COSTS

NEAR SAN JOSE, in California, there is an unusual, but worthless house. It was built over a period of years by a wealthy woman, in whose disordered mind was a belief that she could live so long as she kept on building, but would die when she quit.

Starting with what had been a large home, she built rooms within rooms; stairways that led nowhere; additions for which there were no doors or windows, and no way to get into them. Her dementia precluded, the possibility of tearing down one addition to make room for another. There must be a continuous adding to the structure. In the end, she had a house that covered an acre or more of ground and of no value to anyone. It was utterly worthless as a living place, but it had consumed the woman's fortune.

Building that house reminds me of the building of our governmental structure. Throughout the years we have been continuously adding to it. We build bureaus and departments within those already existing; we construct blind alleys that lead to nothing but a maintenance cost; we add additions to additions. We never dispose with any one of the departments or bureaus or administrations, but build new ones in or around them.

The result is as crazy a governmental structure as is that house near San Jose, with resulting confusion by the American people, caused by overlapping or contradictory laws and orders. With it there is a construction and maintenance cost that is eating up our national fortune. But the boys must have jobs and a place at the feed trough.

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AMERICA—AND A DICTATOR'S PLANS

THE ROAD WINDS through high mountains, across rolling fields, down to and along the seashore, over sparkling brooks and broad rivers; through forests of towering trees, across broad fields of brilliant blossoms and others of ripening grain, past hamlets of happy homes.

That is life as life was intended. That is paradise. That is America.

I see it as a picture stretching from ocean to ocean which I have crossed and recrossed so many times. I try to visualize what a man, or a small group of men would make of that picture—that America—if they could.

The winding road would be destroyed; the mountains marred by shell craters; the rolling fields pockmarked and rutted; the ocean beach strewn with dead bodies; the brooks red with blood; the broad rivers littered with wreckage; the forests but smoldering stumps; the flowers and grain ground into the earth; the happy homes but blackened ruins.

They shall not pass through this paradise that is America, as they have through death-ridden Europe.

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ON FRIENDSHIP

I HAVE a friend whom I know is my friend only because of the many kindly things he has done for me when he thought I would not know. He would never admit he was my friend.

That friend is a business executive. Several hundred people are working for him. To no one of them does he ever admit that his job is well done; that he fully earned all that is paid him; that he is loyal and dependable. But if any third party even faintly criticized or condemned any of those employees, my friend would wrathfully defend the one attacked. He is a friend of his employees, but he does not want them to know it.

That friend will never admit that he is wrong; that anything he does or any statement he makes can be other than correct. Days, weeks or months later he may advance just an opposite statement but he would not admit he had ever said anything different.

A few days ago I listened to a speaker talking of "Appreciation," of the one rosebud given to the individual while he lives being better than the blanket of roses on his casket. It recalled my friend.

What a benefactor to the race would be the individual who might discover a remedy for the disease that afflicts my friend.

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REMEMBER the old Star bicycle? Bet you don't. It had a high wheel in the rear and a little wheel in front. Saw one the other day and it was carrying a war worker to his job. That was going back almost to the oxen and prairie schooner days.

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WEALTH is not the only measuring stick for success, but it is the one most people accept without an argument.

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WE ARE GOING TO GET some real value out of that 39,000 tons of high priced silver the government has been buying for the past several years. It will not be made into "cart wheel" dollars, but will be used in place of more war-valuable copper for condenser tubes in making butadiene for the production of that all-essential rubber.

Household News

by Lynn Chambers

Success for Dinner—Savory Stuffed Peppers
(See Recipes Below.)

Flavor's the Thing

Ever notice how ever-so-good foods run in combinations of three flavors? There's the steak, french fried potatoes and pie combination. Or, you can have fried chicken, gravy and biscuits as a threesome.

At one time or another you've all tried lamb chop, peas and mint jelly combination, or a melted cheese, toasted bread and grilled tomatoes plate luncheon.

Now other foods are joining the victory parade and new dishes are joining hands at the table to blitz their way to food fame. The nutrition rule which is rapidly gaining popularity is the one which says that if you miss one food combination at one meal, you must pick it up at another meal so you'll get all the energy units you need these busy days.

That's why today I'm offering you combinations of food which contain nutrients easy to miss if you're not careful. Take iron, for instance.

Iron is a mineral that has a big job to do for your system. It sees to it that your energies don't lag and guards against anemia and general digestive disturbances.

Biggest job of all that iron does is to see that your body gets all the oxygen it needs by making enough red blood cells to go through that 7,000-mile long circulatory system that will replenish with oxygen and carry off the poisonous carbon dioxide which is another word for the oxygen after you finished using it.

Now the thing about iron is that it's difficult to find it in a great many foods. You can see how important it is because you need it every day. You'll find iron in eggs, whole wheat cereals and oatmeal, for instance. Suppose you skip these things at breakfast. That means you've got to pick up iron in one of the other two meals, for instance, by having some iron-rich food like liver, heart, oysters, greens, dried fruits. Do you follow?

That's why today I'm including several iron-rich foods so you will be sure not to miss a day without having something with iron.

Browned Oysters.
(Serves 6)

1 quart oysters
4 tablespoons butter
1½ tablespoons flour
Juice of 1 lemon
Salt, pepper
Worcestershire sauce

Remove oysters from juice and drain. Dredge in flour and brown in 2 tablespoons butter. Remove from pan and set aside. Make a brown sauce by blending remaining butter with flour. Add juice from cooked oysters, lemon juice and sauce. Pour over oysters and serve.

Lynn Says:

Survey Notes: A nutritional survey by a large firm reveals the following interesting bits of information: that we are the best fed country in the world, but as a whole do not know enough about eating as wisely as we should.

Of the 11,582 interviews made, it is found that about 27.7 per cent of the families are eating more protective foods than two years ago. Marked increases were made in the consumption of citrus fruits.

Most women like to cook, it goes on to tell, three out of four in the first thousand like to cook, 11.6 per cent like to cook occasionally, and about 10.8 per cent "not at all."

Families are fed—at least 66 per cent of those interviewed—what women think are good for them. Then 58.5 per cent are fed what the family likes. Cost of food affects 42.19 per cent, and variety influences 28.2 per cent.

This Week's Menu

*Baked Stuffed Peppers
with *Tomato Sauce
Molded Fruit Salad
Bread and Butter Sandwiches
Pears Baked in Honey
Beverage
*Recipe Given

Here's a recipe suitable for lunch or dinner, made delicious and healthful by iron-rich molasses:

Baked Stuffed Peppers.
(Serves 6)

6 large green peppers
1 pound chopped beef
2 cups bread crumbs
3 tablespoons minced onion
1 cup canned tomatoes
2 tablespoons pure, dark molasses
2 tablespoons melted butter
½ teaspoon salt
¼ teaspoon pepper

Remove seeds and membranes of peppers and parboil in salted water 10 minutes. Combine all remaining ingredients in order given. Stuff peppers with mixture and bake in a moderate oven (350 degrees) 40 to 45 minutes. Try serving this with:

Tomato Sauce.

2 tablespoons butter
2 tablespoons flour
1 No. 2 can tomatoes
2 large onions, sliced
3 cooked carrots, diced
¼ cup pure, dark molasses
1 can green peas, drained
1 green pepper, diced
½ teaspoon salt
Dash of pepper

Saute onions and pepper in butter. Push to one side of pan and mix flour with butter. Add tomatoes, molasses, and seasonings and cook, stirring until thickened. Add carrots and peas. Cook about 5 minutes.

When you talk about the mineral, iodine, you might as well ask about the I.Q., for this is the mineral that directly affects mental alertness. In addition to that, iodine prevents simple goiter and also affects how you tip the scales.

Rich in iodine are seafoods, so make a point of including them in your menu often. For example:

Shrimp Casserole.
(Serves 6)

3 cups ½-inch bread cubes
2 cans shrimp
1½ cups grated cheese
3 eggs, slightly beaten
2 cups milk
¼ teaspoon salt
Pepper
Paprika

Place layer of bread cubes, shrimp and cheese in casserole. Repeat until all are used. Combine beaten eggs with milk, and add seasonings. Pour over mixture in casserole. Bake in a moderate (325-degree) oven about 45 minutes.

In addition to containing iodine, shrimps also have about 17 other valuable minerals. Then, combining the curly pink shrimp with milk and butter, you have a real health-giving dish that's good to eat besides, as this:

Shrimp Soup.
(Serves 6)

2 tablespoons butter
2 tablespoons flour
Salt, pepper
¼ teaspoon celery salt
1 quart milk
1 can shrimp
Few drops tabasco sauce

Combine melted butter and flour. Add seasonings, then stir in milk gradually. Drain shrimp, add liquid to white sauce mixture and cook stirring constantly until thickened slightly. Break shrimp into small pieces and add with tabasco sauce. Heat. Serve at once.

Lynn Chambers can give you expert advice on your household and food problems. Write her at Western Newspaper Union, 210 South Desplaines street, Chicago, Illinois. Please enclose a stamped, self-addressed envelope for your reply.

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