

Speaking of Sports

Farm System Solution to Yank Menace

By GEORGE A. BARCLAY

WITH anti-monopoly and trust-busting movements abroad in the land, baseball men generally would welcome with three rousing cheers any formula that would effectively break up the pennant monopoly of the New York Yankees.

Winners of the American league pennant and the world's series in 1936 and 1937, Joe McCarthy's Yankees look like such sure-fire repeaters again this year in both fields that there seems to be little chance of heading them off.

But in the future it is obvious that something must be done to improve other clubs in the American and National leagues—particularly the last three teams in each circuit—if national interest in the national sport is to be maintained. The tailenders are so hopelessly out of the pennant race from the start that the most ardent followers lose interest.

Two major suggestions have already been brought forward. One is a sort of share-the-wealth plan which proposes that the Yankee machine be broken up and the talent distributed to less fortunate clubs.

Baseball men agree that this is a bad suggestion. The other way suggested to break that pennant monopoly is to build up the weaker clubs in both the American and National leagues to meet it. This can be done. And the way to do it is by the extension of the farm system.

Yanks Get Talent

The Yankees, supported by Colonel Ruppert's wealth, have constructed a splendid farm system with Newark in the International league and Kansas City in the



Joe McCarthy.

American Association as their principal training grounds for talent. These two powerful minor league clubs will continue to produce fine baseball ability every year for the Yankees.

The Yanks are one of several teams that have discovered that the proper method of supplying a winning major league club with capable talent is to own some minor league teams. Ruppert first tried paying high prices for advertised stars when he took over the Yanks. This proved too costly. The farm method has proved far better. It costs less and supplies classier material.

The St. Louis Cardinals under Branch Rickey made a similar discovery a few years back and they now have the most extensive chain farm system in baseball.

The thing for the other clubs to do is to build farm systems that are as good as the Yankees or the Cardinals and Indians are developing. Such a measure would eventually equalize the playing strength of the various teams and bring into a more even balance the strength of the American and the now admittedly weaker National league.

Of course there is the alternative of a bigger scouting system for every team. But if the top clubs continue to increase their farm activities, the field for scouting will be so limited that it will be difficult to find adequate talent except on teams owned by other clubs. Scouts are said to be running into that situation already.

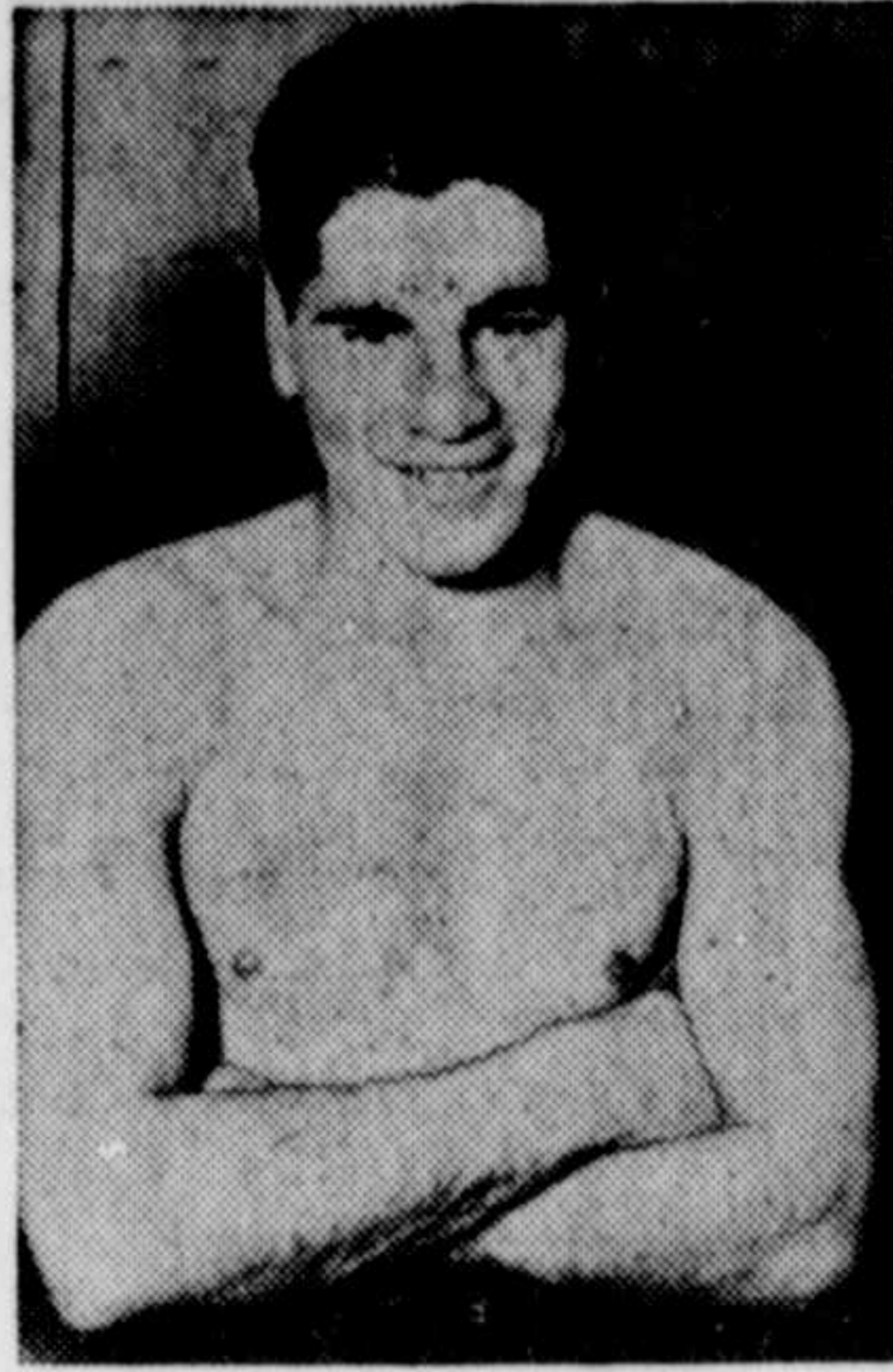
Baseball fans everywhere love a winner. They are content as long as their team is in the fight. But they are justly dissatisfied with teams that have no chances whatever.

Do You Remember When:

Jack Dempsey left a job as an assistant cook in a restaurant and Jack Kearns said he would become heavyweight champion of the world . . . Every one laughed when the late William the "Duke of Muldoon" said Jim Braddock would some day be heavyweight king . . . Helen Wills Moody wore pigtails and won her first tennis championship out in California . . . Molla Mallory, the national champion, made Suzanne Lenglen quit in a match in a national tournament at Forest Hills.

Numerology de Luxe

JACK KEARNS may be coming up with another heavyweight champion in Jimmy Adamick of Detroit, if association means anything. Jimmy crashed into the big time recently when he won a decision over Harry Thomas at Madison Square Garden in New York. Adamick has



Jimmy Adamick

a double "M" ring name the same as Jack Dempsey. He has been hailed the "Midland Macer." Dempsey, you may recall, was known as the "Manassa Mauler." Both have had Kearns as manager and both have seven letters in their last name.

Carrying this business a little further, you will find that the first names of ten of the fifteen listed heavyweight champions of history began with "J" and three of them were called "James."

The current heavyweight title holder, Joe Louis, also figures in the Adamick picture. Jimmy got his start in the same frame-lifting department of a Detroit automobile factory as Joe Louis. So now all Jimmy has to do is go out and win the championship.

Doing that, however, promises to be considerable of a job, particularly in view of Louis' recent showing when he knocked out husky Nathan Mann of New Haven, Conn., in less than eight minutes. The Brown Bomber looked impressive in his second defense of the title he won last June from Jim Braddock. His timing and all-around punching power were reminiscent of the days when he was a sensational contender for the title.

Hitless Wonders

NOTES gleaned from official National league batting averages: Boston's Bees truly were the hitless wonders of 1937. They had a team average of .247, made the fewest number of runs, of hits, of total bases, and wound up the campaign in fifth place, only a stone's throw from the first division. The answer lay in a defense that was stouter than any other in the league.

It was a bad year for Cincinnati's betting baseball players. Manager Charley Dresen wagered, among other things, eight hats to one of Jimmy Wilson's that the Reds would beat out the Phils in the standings; and Chick Hafey, who had a sporting wager with Wally Berger over relative batting marks, found his .261 average more than 20 points under that of the Giants' outfielder.

With the retirement of Frank Frisch from active baseball the National league lost the outstanding turn around hitter in its history. There were six regular turn around hitters last season—Herschel Martin, Lonny Frey, Jimmy Brown, Ripper Collins, Augie Galan, and Del Young. None of them hit as high as .285.

There were fewer .380 hitters in the National league in 1937 than in either of the two previous years. Also the general league batting average last season was lower than in either of the two other years. Yet, despite the decline of offensive power, the league ruled for a deader ball.

Football Barter

THE recent appointment of bald eagle-faced Tad Wieman as head coach of the Princeton university football team brought to consumption a series of interesting swaps between Princeton and the University of Michigan.

First, Michigan signed Fritz Crisler, Princeton coach, as head football mentor and assistant athletic director at Ann Arbor. Then Princeton selected Wieman, a Michigan alumnus who had assisted Crisler, as its football coach.

Crisler then appointed Campbell Dickson and Earl Martineau, Princeton end and backfield coaches as his assistants at Michigan and Wieman was faced with the task of filling two holes in his coaching staff.

Wieman was graduated from Michigan in 1921. He played tackle and fullback under Fielding Yost. He assisted Yost for six years, then became head coach at Michigan in 1927. After the 1928 season he confined his activities to assistant athletic director. He went to Minnesota in 1930 to assist Crisler, followed him to Princeton and remained with Crisler until the latter transferred to Michigan.

DORIS DENE'S COLUMN

Marriage With Divorce in View Is Scorned by Honest People.

DEAR MISS DENE: I have been going with a girl for five years and love her in a certain way. She loves me and has given up everyone else in the world for me. I feel that it is my duty to marry her and intend to do so. But I want you to tell me if I am doing the right thing. I know that I can be happy with her alone but none of my friends like her—and she does not fit in well with the people I've always gone with. She and I have agreed to get married and on the things do not work out well, to separate after a year's time. I think this is the only fair thing to do.—P. M. D.

ANSWER—The lady must be all-fired anxious for matrimony if she's willing to make an agreement of this sort. For even the most infatuated sweetheart would be loath to undertake marriage on such a cold-bloodedly pessimistic basis.

It seems to me you're asking for trouble in planning a date on which you will separate by mutual consent if things don't work out well. Under the circumstances they're bound to work out badly. With both of you watching the calendar and reminding yourselves that every day brings you nearer the possible moment of separation, you will hardly have time to get used to each other—or to learn how to compromise.

After five years, P. M. D., you should know whether you're happier with the girl you love—or with the friends whose opinion worry you. Surely by this time your allegiance to your sweetheart has alienated the affections of your imitation friends and left you with a pretty good idea of which relationships are most precious. The friends who have stuck to you in spite of their being opposed to your fiancée are going on with their loyalty—through your marriage and everything else. You have no cause to worry about them.

Neither should you worry about the crowd you know whose standards demand a different sort of sweetheart for you. Their praise or blame cannot affect you—except superficially. There is no case on record of a man's giving up his true love in order to please the opinion of some superior group—and finding that the crowd's approval compensated him for his loss of a sweetheart.

DEAR DORIS DENE: I have quarreled with my husband and left him because he prefers his mother to me. We lived with his mother up till last week and then I left. My husband is still with her. His mother can't stand me and made my life a torment. I love my husband and want him to be with me always. But apparently he doesn't care enough for me to give up his mother.—S. T.

ANSWER—Just a minute—just a minute! You're jumping to conclusions so fast you haven't time to see where you're going. Because your husband doesn't desert his mother in order to follow you is no indication that he doesn't love you. There may be any number of reasons for his behavior and you ought to consider some of them before forming such an unfavorable opinion of your spouse's brand of devotion.

In the first place, he may feel quite rightly, that you should have talked over the situation with him reasonably, before flouncing out of the house in a temper. Your sudden exit may have hurt him so that his pride prevents his following you. Did you honestly give him a chance to understand how strongly you felt on the subject?

Now the man of the house may argue that you knew before you married that you were scheduled to live with Mother-in-law—and that since you married on that understanding, you're not playing fair now in walking out on the job. Isn't it true that you knew what you were in for, when you married a man who perhaps had to support his mother?

And if your husband is his mother's only standby, he can hardly be blamed for refusing to desert his big responsibility—without a good deal of consideration and planning. Wouldn't it be selfish of him to throw over his mother, and fly after you, regardless of her feelings? If you'd been wise you wouldn't have created a situation in which your husband was left in such an awkward position with both contestants.

The romantic lover of fiction might have dropped everything, and torn after his departing wife, pleading with her to return. But the sensible everyday man who feels his duty toward his mother keenly, who believes in fair play and reasonable treatment—is slow to forgive the tempestuous darling who has thrown his life into chaos with her abrupt departure. He may love her deeply and tenderly yet feel that her own action has made it impossible for him to help her immediately.

If you honestly feel, S. T., that the right is on your side, and that your leave taking was warranted from every point of view, have no fear—since in that case your husband will assuredly come after you to make peace. Life alone with mother will not prove a satisfactory substitute for the devotion of a loving wife. And the man left to endure such a dismal substitute will have a chance to figure out the rights and wrongs of the case.

© Bell Syndicate.—WNU Service.

WHAT TO EAT AND WHY

Food Provides the Key to Mental and Physical Power

You Can Be Strong, Beautiful, Wise, Rear Healthy Children Only If You Know How to Combine the Right Food Materials in the Diet

By C. HOUSTON GOUDISS

6 East 39th Street, New York.

SINCE the world began, food has been man's first consideration. For it he has fought and died. To find it he has traveled over great continents and braved unknown dangers. His quest for food has changed the map of the world and colored the history of nations. But in all of these historic struggles, he has been motivated solely by the desire to get enough food to satisfy hunger.

Today, actual hunger is rare. But hundreds of thousands of people starve in the midst of plenty because they do not realize the tremendous power of food for good or for evil.

They do not realize that as a man eats, so he is, and that his choice of food materials gives or takes away the power to live vigorously—to think clearly—to feel warmly—to be strong, healthy and wise.

It can be truly said that your food is your fate. It has the power to shape your body—to make it strong and beautiful, or weak and ugly. It has the power to influence your language, your gait, your tone of voice, in short—your life. With the right food, life becomes a glorious adventure, for it increases your leadership, intensifies your magnetic qualities, strengthens your morale, and increases your physical defenses and resistance. Without it, one drags through miserable days—never realizing even half of his potential mental and physical powers.

Food—the Fuel of Life. The human body is a machine, far more complex than any machine devised by the mind of man. Food is the fuel which runs this amazing machine. Food is also the material used to repair worn-out parts, and to keep the intricate mechanism in good working order.

The body machine cannot be run efficiently without proper food fuel any more than a car could be run without gas, or a house could be heated without oil, coal or wood.

Food also has the power to speed up or slow down the workings of the mind. It likewise influences the state of our nerves, the warmth of our affections, the type of characters we possess.

Finally, the power to have strong, healthy children is based on proper food. And nutritional scientists have discovered that the wrong food can even take away from us the greatest blessing that Nature has bestowed—our earthly immortality. For it can deprive us of the ability to bear children who will carry on after we are gone.

Six Groups of Food Substances. What food substances are necessary to build and maintain top health—to develop the greatest physical and mental power? There are six groups of food substances which must be included in the balanced diet which promises increased health, happiness and longevity.

1. PROTEINS which build and repair body tissues. These are found in such foods as milk, eggs, meats, fish, cheese and nuts.

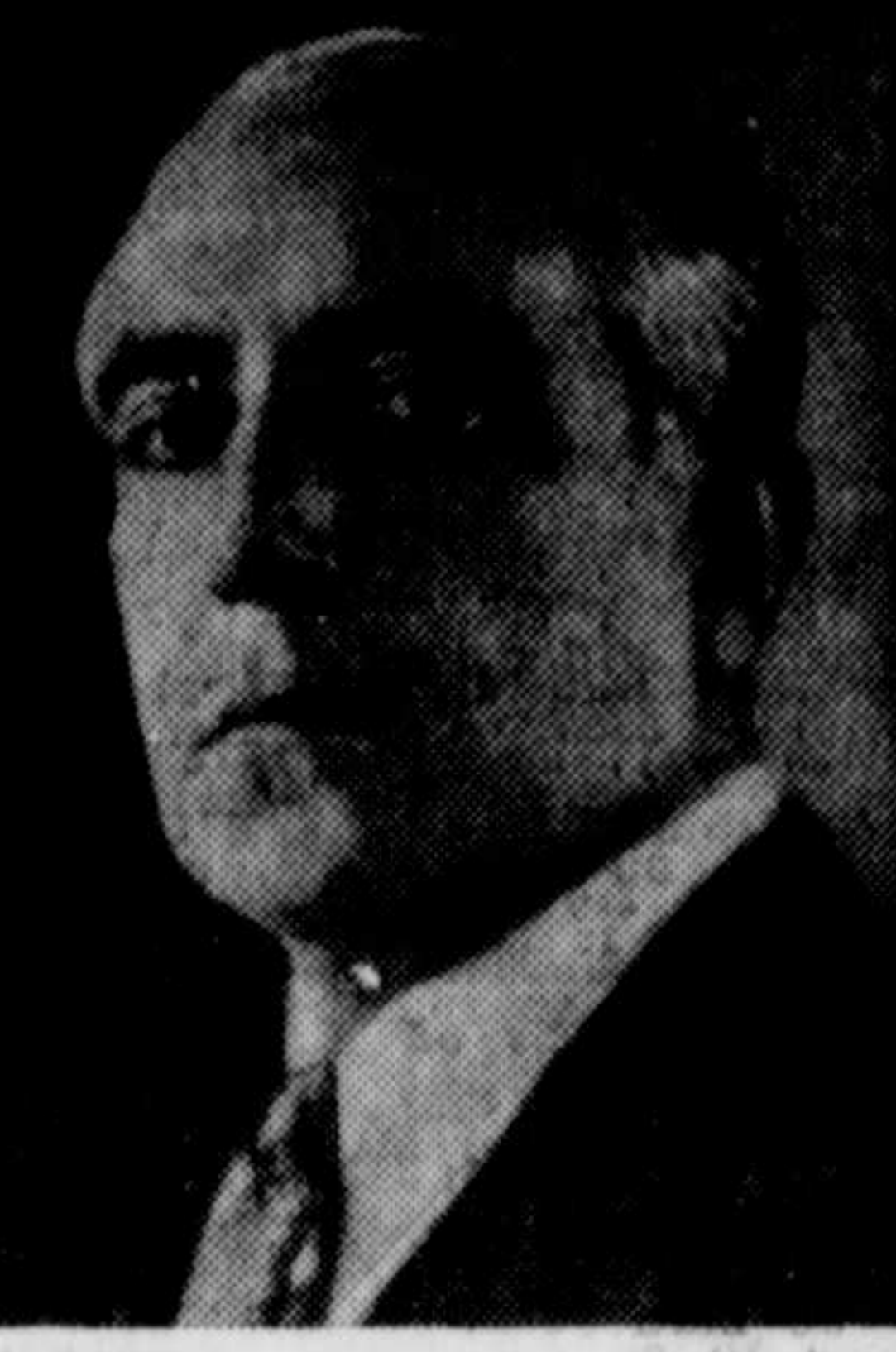
2. FATS which yield heat and energy. The fats are represented by butter, cream, oils and the fat of meats.

3. CARBOHYDRATES—the starches and sugars. These also supply heat and energy, and are found chiefly in such foods as bread, potatoes, cereals and sweets.

4. MINERALS which build, repair, protect and regulate. Among the minerals which are absolutely necessary to health and vigor are calcium, phosphorus, iron, copper, iodine, sulphur, manganese, magnesium, sodium and potassium. These are found in varying amounts in milk, eggs, fruits, vegetables, whole grain cereals and meats.

5. VITAMINS which are necessary for body regulation, and as a protection against dread deficiency diseases. Six have been discovered to date—A, B, C, D, E and G.

6. WATER which is a part of all body tissue and must be present in order to have the other food elements function properly.



C. Houston Goudiss, outstanding food authority, author, and radio lecturer, author of "What to Eat and Why." He knows food from soil to serving, from table to tissue. Watch for his articles each week.

Her baby will not grow into a healthy man or woman unless he or she has the right nourishment from the moment of birth. And school children can't keep up with their classes without the right food.

If you will follow this series of articles, and put into practice the principles of correct eating that I advocate, I can promise that you will increase both mental and physical efficiency, and as a result, achieve greater health and happiness for every member of your family.

Food Affects Your Body and Mind

Each morning when you awake, a new life is ahead of you. Whether that day and the days to follow will be better or worse than those that went before, depends largely upon what you eat. For nothing short of a miracle is performed at every meal.

Within a few hours the bread, meat, vegetables and liquids that you swallow are transformed into your personality. They begin to think, feel and act. They become YOU. What was food yesterday, today is carrying on the important business of the world.

Each meal that you eat helps or hinders the efficiency and ease with which these various duties are performed. That is why it is true that as you eat, so you are. And that is why I say that three times a day, at your table, you SIT DOWN TO LIFE.

© WNU.—C. Houston Goudiss—1938.

How Often Should Your Furniture Be Polished?

Housewives differ on the question of "when to polish their furniture." Some have no set time for it—polishing when they think of it—or when, casting a glance about, they decide that the furniture can "stand it." Others, polish every cleaning day—which ordinarily occurs once a week. Others delicately but once a year to this important procedure. And still others, polish the furniture in their home regularly, once a month. This last group is the largest—but their schedule is not sufficiently frequent. Furniture can not be polished too often! True, the outward benefit of the best oil polish—the luster—will last through a single week—and more—but with this same polish, with its light oil base, preserves and "feeds" the furniture, revives it, prolongs its life! So that every application is highly beneficial to woodwork and the various pieces of fine wood in the home. Our advice, therefore, for the sake of endurance, as well as appearance, of your furniture, is "polish up" with a good oil polish at least twice a month!

Physical fitness is a far greater asset than material possessions. For in times of stress and trouble, those who can stand up under the physical strain win the battle. For those who collapse, all is lost.

The Homemaker's Responsibility.

Every wife and mother is therefore faced with the tremendous responsibility of keeping her family mentally and physically fit. Her husband must have the right kind of food in order to earn a living. Her own diet must be adequate and well-balanced if she is to have the energy, wisdom, and patience required of a mother at all hours of the day.

O-CEDAR CLEANS, POLISHES, PRESERVES—KEEPS FURNITURE LIKE NEW

More women use O-Cedar Polish and Mops than any other kind—for furniture, woodwork, and floors.

O-Cedar POLISH MOPS - WAX

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 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 the advertisements too!