Speaking of Sports

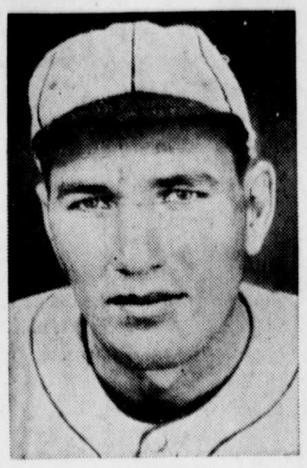
1938 May See Comeback of Sports Flops

By GEORGE A. BARCLAY

WHILE Lloyds of London wouldn't give you any odds on it, there is a good chance that 1938 may be the year of the big comebacks in sports—a sort of retribution time, when the lads who stumbled last year or the year before will pick up their feet and overtake those who passed them in the stretch.

Take a fast inventory and you'll find that most of the lads on the comeback trail are making a fairly good showing up to the present.

For instance, Max Baer whipped Tommy Farr decisively and an-



Dizzy Dean

nounces that he will regain the heavyweight championship of the world which he lost to Jim Braddock. The Cubs after a dismal August fold-up in the past two campaigns inform you that they are going to win the National league pennant with the same club that did the fadeout in the home stretch.

They May Be Right

Schoolboy Rowe vows he will pitch the Detroit Tigers to the American league pennant if he can get some help from the rest of the pitching staff. Dizzy Dean says he will show Branch Rickey that he is still the greatest pitcher in baseball. Max Schmeling declares he will regain the heavyweight title now held by Joe Louis.

If you've been following Dizzy this spring you will note that he has made a real start. Above all he is serious for perhaps the first time in his life, and regardless of his quirks, 80 per cent of the managers in either league would like to have him on the payroll. He's about as handy with a baseball as anybody in the big time and if he really settles down to business he can be the most valuable pitcher in the National league.

As for the Cubs, they really may make it this time. Tony Lazzeri, who has played against the Giants in the last two world series will tell you that the Cubs have a better team today, man for man, than Bill Terry's outfit and he can see no reason why they shouldn't come through. A lot of people wonder why they didn't win the last two pennants.

With Max Baer, as with Dizzy Dean, the thing that will really count in the comeback effort is taking his game seriously. From all reports he has cut out the night clubs and the clowning.

Baer Can Punch

Max can really punch and take it. His best chance at regaining the championship is via Max Schmeling. If Schmeling should knock Joe Louis out, then Baer might be able to club the German into a count of ten once more, because he can beat anyone he thinks he can whip and he is fully convinced that Schmeling is his meat.

A lot of fight fans are convinced that Schmeling can repeat his for-

Max Baer

Max Schmeling

mer win over Joe Louis by means of that right cross and that's pretty good logic, since the best way to gauge the future is by means of the past. These fans will back their beliefs to the extent of even money. As far as Louis is concerned, he hasn't looked any too impressive lately.

To be sure, he has only had to dispose of set-ups like Nathan Mann and Harry Thomas and maybe he hasn't taken these tune-up bouts any too seriously. But when he gets in the ring with Schmeling again he will have to show considerably more than he did in their 1936 engagement if he wants to remain boss of the heavyweight division.

Cage Game Brakes

BASKETBALL'S racehorse speed that some authorities regarded as detrimental to the athletes' health will be slowed down a bit next season by two brakes applied recently by the rules committee of the National Association of Basketball Coaches meeting in Chicago.

The coaches increased the permissible number of time-outs for the college game to five and provided for optional use of four ten-minute periods, instead of the usual twenty-minute halves.

For high school games a new rule on ties will make the first overtime a "sudden death" period, for the first score made will decide the game. This will eliminate possibly harmful long-drawn out overtime games. While no extra timeouts were added to the high school game, officials were instructed to take an official timeout in the second and fourth quarters, provided no time has been called during the first four minutes of play by either team.

Among additional rule changes approved for the college game were: optional use of a four-foot instead of a two-foot out of bounds margin behind the face of backboards and the barring of substitutions after a goal is made until the ball is back in play.

The outer half of the foul circle was exempted from present provisions of the "three second" rule in the case of a player who does not have possession of the ball. The change eliminates last year's penalty for lingering in the area by players without the ball. The rule remains unchanged in regard tc players having the ball.

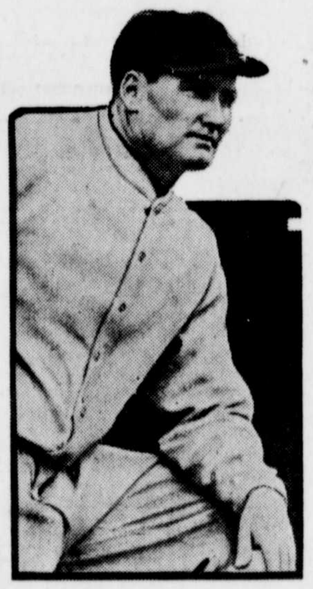
He Threw 'Em Fast

WHO was the speediest pitcher you ever watched throw a baseball?

Was it "Smoky Joe" Wood, Bob Feller or "Fireball" Mungo? Or was it Lefty Grove, Dazzy Vance or Ed Walsh?

All these lads have or had plenty of "swift," but take it from Al Schacht, the baseball clown who is really serious in this instance, he still hasn't spotted a pitcher, rookie or veteran who can throw a baseball as fast as Walter Johnson used to.

For years Al has been making the rounds every spring working out with different teams and he has been watching the young pitchers, searching for the easy, flowing mo-



Walter Johnson

tion that made Johnson his idol. He has just about decided that he'll never find it.

Schacht, who was a team-mate of Johnson for years on the Washington club, gets vehement on the subject. He asks:

"Why do people keep talking about who was the greatest pitcher when anybody with any sense knows there was never one even close to Walter? Ask any man who ever tried to hit that fast ball of his.

"When I look at some of these guys they call fast-ball pitchers these days it hands me a laugh. Why, Johnson threw a ball harder when he was loafing along behind a one-run lead than anybody else ever has."

Here and There

THE consensus of opinion is that "Slingin' Sammy" Baugh, recently transferred to Columbus by the St. Louis Cardinals will eventually stick to football. Training camp verdict was that he'll never be a big league hitter, a difficulty which has beset other gridiron immortals like Jim Thorpe who tried baseball. But Sammy should worry. He's certain of at least $15,000 a year from the Washington Redskins for throwing forward passes in the fall . . . Joe Louis, whose Horatio Alger career led from an Alabama cotton field to the world's heavyweight championship, has earned almost $1,000,000 in the prize ring since 1934 . . . New York's three major league ball clubs, the Yankees, Giants and Brooklyn Dodgers, will advertise the 1939 world's fair with blue and orange emblems attached to the sleeve of each player's uniform.

When "Goose" Goslin signed a contract with Washington, it marked the third time the former Detroit outfielder has been a member of the Senators.

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DORIS DENE'S COLUMN

Proximity Best Ally to Young People Who Think They're in Love.

DEAR MISS DENE: I have only one daughter whom I have to support. My work takes me all over the country so I am not with her much. She is sixteen now and has fallen in love. The boy is perfectly all right, and his family are delightful people. I tell her that she is too young to marry. This is her first love affair. The boy's family have suggested that my daughter come to live with them for the next two years. This will mean taking her out of boarding school but it will give her time to test her love which I think is the most important thing.—Mrs. D. B.

ANSWER—The trouble is that two years of constant companionship with her first love may simply allow your daughter to slip into a rut. Proximity is Cupid's best ally when boys and girls are young—and in love with the idea of being in love.

There may be no earthly reason why your girl shouldn't marry her Romeo—but you think yourself she should be given the chance to discover whether she's experiencing the genuine blue white emotion or not. And I suggest that while she lives with her fiance's family—who will take care that she sees no other boys and has no opportunities to make other friendships—she isn't going to get any proper perspective on her love affair at all.

Keep her at school and let her mind keep on growing up. Let her be where she will have opportunities to meet other men. Let her develop outside interests through her school life. In that way you'll be equipping her to be sound-minded so that one of these days she can depend on her own judgment and be competent to choose a husband for herself. You see most girls of sixteen would like nothing better than to be almost-engaged-to-be-married with both families encouraging the romance as hard as possible. At sentimental sixteen we ask nothing better than that life should be one long love story.

Fortunately few of us attain this heavenly state. Against our will we are kept at school, we are constantly jacked up to common-sense standards—we are urged to cut out foolishness and to pay attention to the business of getting ourselves educated. We hate it at the time—but in the end we find that we have been saved from making a mess of our lives. The very treatment against which we rebelled has prevented us from becoming serious about Tom, Dick or Harry who is the first boy who ever cast languishing glances in our direction, and who might easily have become our beau ideal if we hadn't been rudely ridiculed out of romance.

Now your daughter, Fond Mother, is just another sweet sixteen, all wrapped up in her great love affair, and probably purring with happiness because Fate is propelling her in exactly the direction she wants to go.

Taken away from school she can devote all her time to the business of being in love—she can become daily more absorbed in the hero of her dreams who even if he doesn't fulfill all her expectations, will soon become a habit with her. Don't you see that in allowing her to have this experience, you are depriving her of the discipline and the common-sense which would make a real person of her—and give her opinion and ideas of her own with which to confront the world?

I honestly think you would be doing the kindest thing, in insisting that your girl keep on with school—that she make new friends—and that the engagement be postponed.

DEAR MISS DENE: Is it unreasonable of me to demand that my husband show me affection? Other wives are constantly showered with affection in my presence, and I am treated as if I'd been married for fifteen years. My husband says I am unreasonable. Am I?—Amy.

ANSWER — Probably you are, Amy. If you married an undemonstrative man you knew what you were in for and it isn't fair for you to start complaining now because a reserved fiance has turned out to be, quite naturally, a husband who objects to showing his affection in public.

You must admit that the fact that a man is demonstrative doesn't actually make him a good husband. There are plenty of traits more handy to have around the house than the faculty for incessant love-making. Begin to count your blessings, Amy, and see whether after all the other women's husbands are as kind or generous or sweet-tempered, or easy going as your own.

And don't forget that nothing can be worse for your undemonstrative spouse than your constant reminders that he is a perfect frost. The more you tell him about his shortcomings, the more disinclined he'll be to show affection. His reserve rises from shyness anyhow, and you can't cure shyness with nagging criticisms.

Be sensible and thank Providence for all the good qualities you've annexed in one man. Hang on to your sense of humor and let go some of your vanity. You're worried mostly about this situation because the other wives are getting something you've missed. Just pause to consider that you wouldn't change your own silent but devoted life-partner for all the petting sheiks in the world.

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WHAT to EAT and WHY

C. Houston Goudiss Discusses

TEETH--Your Passport to Good Health--and Tells How You Can Avoid the Tragedy of Dental Decay

By C. HOUSTON GOUDISS
6 East 39th Street, New York.

A SCIENTIST, who was also a wit, once remarked that you must be true to your teeth or they will be false to you. That most people do not heed this advice is evidenced by the fact that almost 100 per cent of the adult population is affected by some form of oral disease, and from 90 to 97 per cent of all school children have decayed teeth.

As there is a close relationship between healthy teeth and healthy bodies, and conversely, between decayed teeth and sickly bodies, it is easy to understand why science views this appalling situation with the greatest alarm—and why such an eminent authority as Professor Ernest A. Hooton of Harvard University warns that "unless steps are taken to discover preventives of tooth infection, and correctives of dental deformation, the course of human evolution will lead downward to extinction."

Health and Happiness Depend on Sound Teeth

That is a strong statement, but it is not an exaggeration, for it would be difficult to over-estimate the influence of the teeth upon human health and happiness.

Do you wonder how teeth can affect happiness? Consider, then, that a pretty face depends, first upon the position of the mouth when the lips are closed, and second, upon the appearance of the teeth when the lips are parted. You cannot have a lovely mouth when the lips close over crooked front teeth; you cannot have an attractive smile if the teeth are dull.

And when gums recede, and loosened teeth are forced out of their natural position, the position of the lips is likewise changed—with the result that the lower part of the face is disfigured.

Surely this is tragedy enough. But the effect of decayed teeth upon health is of far greater significance.

Dental Decay Does Extensive Damage

A decayed tooth is a poison factory, distributing its noxious product to every part of the body. In the body, that poison attacks and centers in the weakest spot.

It may lead to neuritis, rheumatic ailments, dyspepsia, or even duodenal ulcers. It may be a contributing cause of heart disease.

In view of such extensive damage, it is easy to understand why a prominent medical authority has declared that if the teeth were given proper care, so that dental decay became rare, instead of almost universal, more than half of all sickness would be eliminated.

Mothers Are to Blame For Children's Bad Teeth

It has been estimated that the temporary, or "baby teeth" of children come through the gums practically perfect in 98 per cent of all children. Yet, statistics show that by the time they reach the first grade, 90 per cent of the children, both from wealthy homes and from homes where money is scarce, have bad teeth; one-third have abscessed conditions in their mouths, and every fourth or fifth child does not have proper masticating surfaces.

If this disgraceful state of affairs is allowed to continue, the blame must be laid squarely at the doors of the nation's mothers.

Formerly it was thought that oral hygiene alone would prevent tooth decay. But though the importance of thoroughly cleansing the teeth is recognized today as never before, nutritional scientists have discovered that correct diet, plus mouth hygiene, is the real key to dental health.

Diet and Its Relation To Dental Disease

The teeth are living tissues, which require proper nourishment just as much as any other part of the body.

Every food element required for a healthy body plays its part in building healthy teeth. But special emphasis must be placed upon providing adequate amounts of calcium, phosphorus, and three vitamins, A, C and D.

Teeth Are Actually Formed Before Birth

These substances must be supplied before birth and throughout life.

Although teeth do not appear in a baby's mouth until some months after it is born, they are actually formed before birth.

It is during this period, therefore, that proper dieting should begin. The teeth are constructed of the same materials as the bones, chiefly calcium and phosphorus, and if the diet of the prospective mother is not adequate, these building materials are withdrawn from her own teeth and bones.

The old idea that mothers must sacrifice "a tooth for every child" arose because expectant mothers did not realize the importance of taking extra amounts of calcium, which is obtained from milk, cheese, dried peas and beans, green leafy vegetables and many nuts; phosphorus, which is abundant in egg yolk, cheese, whole grain cereals, dried legumes and milk; and vitamin D, which is supplied by fish-liver oils; irradiated foods, or those enriched with vitamin D concentrates; and egg yolk.

It has been proved experimentally that when vitamin A is withheld, the teeth begin to deteriorate, and become chalky, white and brittle.

Vitamin C is so closely related to the health of teeth and gums, that when it is lacking, profound changes occur, including swelling and bleeding of the gums and loosening of the teeth.

Four Important Rules For Dental Health

The prevention of dental decay and the preservation of sound teeth and healthy gums is founded on a four-point program:

First, a well-balanced diet containing an abundance of calcium, phosphorus and vitamins A, C and D.

Second, frequent and thorough brushing of the teeth, to remove all food particles. The use of an efficient dentifrice encourages efficient brushing and helps to keep the teeth looking attractive.

Third, the inclusion in the diet of foods that require the chewing, tearing, gnawing and biting for which our teeth were designed, such as raw cabbage, celery, apples and other fibrous foods.

Fourth, a visit to the dentist at least twice a year, so that he can check the condition of the teeth.

If every mother will follow this program, and train her children to follow it, the result will be a vast decrease in dental decay, and a forward step in human progress. For it is not too much to say that the SALVATION OF THE HUMAN RACE LIES IN SAVING ITS TEETH.

Write to C. Houston Goudiss, 6 East 39th Street, New York City, for information on How to Build and How to Maintain Healthy Teeth.

Have You a Question?

Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East Thirty-ninth Street, New York City.

Questions Answered

Mrs. E. T. D.—Answering your question as to the effect of cooking on vitamin D, this is no problem in the kitchen. Natural vitamin D is virtually absent from most foods, but in irradiated foods, or those to which vitamin D concentrate has been added, the vitamin D is stable and ordinary cooking has little destructive effect on it.

Mrs. J. B. McK.—It is incorrect to say that rye bread is more, or less, fattening than white bread. A slice of rye bread supplies the same number of calories as a slice of white bread.

Miss F. S. P.—The sulphur dioxide used to bleach a good grade of dried fruit is present in a chemical combination that is entirely harmless.

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DO YOU WANT TO REDUCE

Safely . . . Surely Scientifically?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, at 6 East 39th Street, New York City, for his scientific Reducing Bulletin, which shows how to reduce by the safe and sane method of counting calories. The bulletin is *complete with a chart showing the caloric value of all the commonly used foods* and contains sample menus that you can use as a guide to comfortable and healthful weight reduction. *A postcard is sufficient to carry your request.*

Terence Shea Tells of His Bulging Barrels

A social worker with more enthusiasm than tact went to call upon Terence Shea, night watchman, at his home.

"I hope, Mr. Shea," she said, "that you do not squander your money in riotous living. May I ask what you do with your wages?"

"I'd just as soon tell you as not," replied Mr. Shea. " 'Tis $15 a week I make. When I've paid the rent, the provisions, and the milkman, and bought what's needed for Maggie and me five children, I deposit the rest of my money in barrels. Mostly, ma'am, sugar barrels. They're bigger an' hold more. But when I can't get them I use plain flour barrels."

Housecleaning? NOTHING TAKES THE PLACE OF O-CEDAR FOR FURNITURE

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

It CLEANS as it POLISHES

O-Cedar POLISH MOPS · WAX

FIVE *minus* **TWO** *leaves* **FOUR**

WRONG? Well, yes—and no. The arithmetic of your school days taught that if "Mary had five dollars and spent two . . ." three dollars remained. But that is mathematics—not shopping!

In managing a home . . . guarding a limited family income . . . we've simply got to do better than Mary did. We must sharpen our buying wits . . . ascertain where the dollars of extra value lurk . . . take five dollars to town and get much more for the money spent.

Fortunately, there are ever-willing guides right at hand—*the advertisements in this newspaper.* Advertised merchandise is often exceptional value merchandise. It makes dollars S-T-R-E-T-C-H.