WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—The Nazis haven't bothered Frau Katherina Schratt. Unlike the Pompadours and Montespans, usually among the first victims of political upheavals, Austria's "Gnaedige Frau," as Emperor Francis Joseph called her, has ridden the surf-board of dynastic and political change for nearly 60 years. She is now eighty-two, doing crossword puzzles, disclaiming knowledge of the current cataclysm, but longing for the "good old days."

Frau Katie Immune to Nazi's Ban

In those days, she was pretty Katie Schratt, a dancer in the Burg theater, which was under the patronage of the emperor. After a hit performance, with the emperor attending, she obtained an audience.

"Sire," she said, with a low curtsey, "we cannot maintain ourselves on the salaries you pay. I owe $50,000 for my costumes."

The emperor promised a new benefice for the theater and said he would help her take care of her debts. She was backing gracefully to the door when the emperor said: "Gnaedige Frau, why do you leave us?"

She stayed 40 years, in a snug little villa by the palace gates. The emperor, after a hard day swinging the scepter, used to drop in at Frau Katie's, split a bottle of Pilsener and sing a few songs. She knew all the mellow old tunes which he particularly liked. She used to darn his socks and tell him when he needed a hair cut.

She refused to accept gowns or jewels, always remaining the "Gnaedige Frau," but the emperor, by an amusing artifice, induced her to accept a fortune in gems. He was a famous huntsman. He told her he was sending her a wild boar he had killed.

She saw no harm in that. When it arrived, it had diamond earrings, a diamond necklace and bracelets and a diamond breast pin, and its back was studded with precious Hapsburg jewels. The money lenders got them, after the emperor's death.

Slain Boar Is Studded With Jewels

She was supposed to know more of the secrets of the realm than any other person. She guarded them carefully, but did reluctantly reveal a few details of the Mayerling tragedy of 1889.

She said Archduke Rudolf shot himself, after killing Baroness Vetsera. That's the version of the film now running. It would make a good story if somebody could take Frau Schratt to see "Mayerling" and have her write a critical review.

* * *

MARK ETHRIDGE becomes "czar" of the radio industry. It is hard to think of Mr. Ethridge as a czar, or even a third assistant Simon Legree, but he clicks neatly as an able, deft, diligent and resourceful executive.

While Mr. Ethridge is only forty-four years old, he is of the type of old-line, leg-man newspaper man, with an insatiable appetite for news. A native of Meridian, Miss., with soft southern speech and instinctive courtesy, he ought to be an excellent trouble-shooter for the radio, rather than a czar. He was a reporter on the Meridian Dispatch, studied at the University of Mississippi and romped on up through grades to the managing editorship of the Macon (Ga.) Telegraph. He was with the New York Sun in 1926 and his old friends there have been nominating him today for a loud cheer in this corner.

Radio 'Czar' Began Career as a Leg Man

He was lured back to Macon, went thence to the Richmond (Va.) Times, of which he was publisher, and later became general manager of the Louisville Courier-Journal and Louisville Times. He spent the year 1933 in central Europe, on an Oberlander Trust fellowship, studying politics and economics and—the only touch of anti-climax in his career—the Versailles treaty.

The radio has picked a man who knows the social and educational box-score as well as good entertainment. He is still general manager of the Courier-Journal, up and coming in the new enlightened leadership of the South. His "czar" job is unsalaried.

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Talks Too Fast

A certain doctor had the habit of interjecting the phrase "of course" every little while as he spoke, just as others say "D'you see" or "don't you know." But he said "of course" once too often. For, once, when a patient was very ill, "I hurried to him, and, of course, he died."

Speaking of Sports

Baseball and Hockey Keep Stewart Busy

By GEORGE A. BARCLAY

Bill Stewart, manager of the Chicago Blackhawks, could give you a personal testimonial concerning the veracity of the old saw that "all work and no play makes Jack a dull boy." Compared to Bill the one-armed paper hanger, the Swiss bell ringer, and the perpetual motion man are pikers.

You'd think a man would be entitled to a rest after accomplishing the miracle of winning the world's hockey championship with a team that people tittered at when the play-offs began. But not Bill. No sooner was the Stanley Cup series over than he donned his spikes, mask and chest protector and began calling balls and strikes as a National league umpire.

When the world's series was finished on October 11, last year Stewart grabbed a plane in New York and flew to Muskegon, Mich., to take charge of the Blackhawks in his first year as their manager. Bill had been a referee in the National Hockey league in between baseball seasons for several years. He developed ideas on how hockey should be played as a result of his observations of the various teams. How successful those ideas were was demonstrated when the underdog Hawks bagged the cherished Stanley Cup by routing the favorite Toronto Maple Leafs.

Hockey Student

The Hawks had finished sixth in a league of eight teams and barely edged into the Stanley Cup finals. First they took on the Montreal Canadiens. Everybody said they'd be a pushover. In the first game it looked as if the prediction would come true. The Canadiens won. Then the teams moved to Chicago and the Hawks captured two games, winning the right to meet the New York Americans, winners of the series between the second-place teams of the league's two divisions.

In the series with the Americans the Hawks repeated their winning performance. That put them in the finals for the Stanley Cup which never before had been won by an American team managed by an American. Their opponents were the admittedly superior Toronto Maple Leafs. The Hawks were on the spot.

The first game was at Toronto. Late in the day of this contest, Stewart regretfully decided that Mike Karakas, his star goalie, would have to be left out of the line-up because of a broken toe.

Bill Stewart

Confident that they would have an adequate defense man in Andy Kerr, a reserve goalie of the New York Americans, the Hawks were dumbfounded just before game time by a maneuver of the crafty Connie Smythe, the Leafs' manager. With the connivance of league officials "English Alfie" Moore, a castoff veteran, was foisted on the Hawks although his afternoon had been spent in a tavern and his orders for more ale had been frequent. But by some magic, Alfie played a whale of a game, made himself a hockey hero and held the Leafs to one goal while the Hawks were scoring three.

League politics again intervened and Moore was declared ineligible for the second game. Paul Goodman, an inexperienced recruit who had never seen a major league hockey game, was substituted. Goodman was easy for the Leaf marksmen. Red Horner, the Leafs' bad man, contributed to the rout by breaking the nose of Doc Romnes and cutting Hawks Roger Jenkins and Louis Trudell to the skull with his stick. The Leafs won 5 to 1.

Back they came to Chicago for the third and fourth games. Mike Karakas was back in the nets, his broken toe protected by a special steel guard. With the score tied at a goal apiece late in the game, Doc Romnes, who earlier got retaliation from Horner with his stick, gave the Hawks the win with a long hard shot.

In the final game the Blackhawks who couldn't possibly do it, won easily, taking the now demoralized Maple Leafs by a score of 4 to 1.

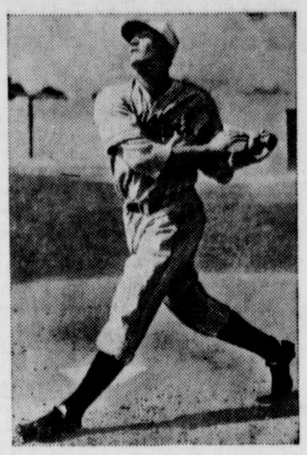
So Bill Stewart is a happy although tired man. And if he misses a few close decisions in the early days of the National league season, maybe it will be because he's thinking of hockey instead of baseball.

Another Ruth?

Rudolph Preston York, Detroit Tiger catcher who hails from Atco, Ga., has two ambitions this season. One is to break Babe Ruth's record for home runs. The other is to help bat the Tigers to the American league pennant. If Rudy accomplishes the first ambition, the second may automatically take care of itself.

York is hoping for the greatest season a ball player has ever had. Fans who saw him in the South this spring marveled at the way he bashed balls out of the parks. He wasn't establishing any new marks as far as his average was concerned, but whenever his bat met the ball, it was good for a non-stop trip.

Rudy has no illusions about being a great catcher although Cochrane says he is a very much improved receiver. But he does know he can hit the ball. He also knows it is possible to break Babe Ruth's rec-



Rudy York

ords, because he has crashed one down already. He drove out 18 home runs in a single month—August, 1937—which was one more than Ruth ever recorded for a similar period.

His total home run production in 1937 was 35. York had been tried out around the infield and found wanting. Detroit was desperate for catchers after the accident to Mickey Cochrane, so they put Rudy behind the plate. When Cochrane told him he was to be the club's regular catcher, he began a batting stampede that made history. The season was then about two-thirds over, but he socked the ball at a clip that sent his average up 60 points. When the season closed he was the only batter in the league to average better than two bases every time he connected for a hit.

Polish Behemoth

Stanislaus Zbyszko, ancient Pole who was formerly king of the heavyweight wrestlers, is back in the United States, not as a wrestler, but as an impresario. Somewhere in the hinterlands of Poland he caught up with a giant named Wladyslaw Talun, who is first cousin to the "missing link" and who, Zbyszko believes, will be the next heavyweight wrestling champion.

Talun, towering six feet, eight inches in height and weighing 278 pounds was a lumberjack in one of Poland's vast forests. Zbyszko took the youngster to South America with him several years ago. This modern Gargantua didn't wrestle with any of the Gauchos, but spent hours each day learning the fundamentals of catch-as-catch-can from the old master.

Two months ago Zbyszko brought Talun to the United States. The pupil had apparently learned his lessons well, for he has had 20 matches and has yet to lose. None of his matches have gone beyond 12 minutes.

The bald-pated Zbyszko is enthusiastic about his young charge. For sentimental reasons he would like to see another Pole grab the championship, for Zbyszko is a great patriot. During the war when Poland was making a bid for independence Zbyszko, who had gathered a large fortune through his mat career, tossed practically everything into the treasury. Like his famous compatriot, Paderewski, the elder Zbyszko is a brilliant pianist.

Here and There—

For the fifth time in the 38-year history of the American Bowling Congress a perfect 300 game was bowled during the meet in Chicago. Mike Blazak of Conneaut, Ohio, was the bowler who entered the hall of fame along with Billy Knox of Philadelphia; Charlie Reinlie, Kenosha, Wis.; Jack Karstens, Fort Sheridan, Ill., and Carl Mesenberg, Scranton, Ill. Approximately 1,800,000 games have been bowled in the tourney since 1900, so the chances of getting a perfect score are one in 360,000 . . . Ray Schalk, Jr., son of the greatest of White Sox catchers, is a starting pitcher for Hyde Park high school, Chicago. Young Schalk, although weighing only 140 pounds, is still growing and by graduation time two years hence may get a nod from organized baseball.

Rogers Hornsby has finally landed another baseball job, this time as coach of the Baltimore Orioles in the International league. The Rajah is also to be a pinch hitter. The club management emphasized the fact that he had been signed solely in a coaching capacity and not with any idea that he would succeed Bucky Crouse as manager.

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What to Eat and Why

C. Houston Goudiss Discusses LAXATIVE FOODS ★

Nationally Known Authority on Food Shows How Right Diet Can Help You to Avoid Health Hazards of Faulty Elimination

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

THOUSANDS of men, women and children are alive today because we have learned how to prevent many types of infections and how to cure diseases which once caused untimely deaths.

We have reason to be proud of the achievements of science in fighting disease and lengthening the span of life. ***But we should be ashamed of the fact that hundreds of thousands of individuals are not getting the most out of life—indeed they are not realizing half their potentialities—because improper eating and faulty habits of hygiene cause them to suffer from that great evil of civilization—constipation.***

—★—

EVILS OF CONSTIPATION

Someone has called constipation the most deadly disease, and while this may seem like an extreme statement, it becomes justifiable when one realizes the untold misery and wretchedness that may result when food residues remain to stagnate and putrefy in the body.

Constipation muddies the complexion, dulls the eye and befogs the brain. It causes a general feeling of discomfort and fullness in the abdomen, lack of appetite, bad breath, coated tongue, a feeling of lassitude and a tendency to become easily fatigued.

By weakening resistance, it opens the way to numberless diseases. Serious complications, such as irritation of the appendix, may occur as a result of the friction of hard masses of waste against the delicate walls of the intestine. Piles have frequently been laid at the door of faulty elimination.

Do you wonder that I consider prompt, regular elimination the keystone of good health.

Its importance is readily understood when you consider the processes by which food is digested and absorbed.

—★—

FATE OF FOOD IN THE BODY

From the mouth, food passes down the esophagus into the stomach, where it is penetrated by the gastric juice. It then passes into the small intestine where it is mixed with the secretions of the liver and the pancreas. Here the nutritive elements are absorbed by minute, hair-like tubes which line the intestinal walls. These tubes converge into the blood vessels and lymphatics which transport nourishment to all parts of the body.

Undigested residues pass into the large intestine or colon, where they are normally moved along by a series of muscular contractions known as peristalsis, and finally evacuated

The amount of the evacuation varies in bulk with the amount of indigestible roughage contained in the food. When there is insufficient bulk to promote normal peristalsis, waste accumulates and we have the condition known as constipation with all its resulting evils. Bacteria prey upon the stagnating material, producing poisons which may be absorbed by the body.

There is not the slightest excuse for allowing this condition to develop. For the misery and wretchedness of constipation may easily be avoided by including in the daily diet sufficient laxative foods, that is, those rich in fiber or cellulose.

—★—

BULK OR FIBER ESSENTIAL

Because of their fibrous framework, plant foods are our chief source of cellulose or bulk, and therefore, our greatest aid in promoting normal elimination. Vegetables and fruits are sworn foes of constipation, and unrefined cereals are also extremely valuable.

—★—

SOME LAXATIVE FOODS

Foods with an exceptionally high residue include raw fruits, especially those with skins and seeds; dried fruits, as apricots, prunes, figs and raisins; raw vegetables; such cooked vegetables as onions and leafy greens; the legumes, that is, dried peas and beans; whole grain cereals and bran.

Among the vegetables, don't overlook cabbage, lettuce, celery, spinach, brussels sprouts, string beans and green peas.

Foods which tend to form a little gas in the intestines, including spinach, onions and cauliflower, are also useful stimulants to intestinal movement.

In addition to providing cellulose, the acid fruits, such as oranges, lemons and grapefruit, act as a mild stimulus to increased peristaltic motions.

—★—

NEED FOR VITAMIN B

Another important factor in promoting normal elimination is vitamin B, which has been shown to be essential for good muscular tone and activity of the digestive tract. Investigations with experimental animals have demonstrated that it requires twice as long to empty the large intestine when the diet is deficient in vitamin B. Yeast, egg yolk, milk, whole grain cereals, liver and green leafy vegetables are good sources of this vitamin.

—★—

LIQUIDS ESSENTIAL

A sufficient quantity of liquids is likewise necessary to prevent the contents of the lower intestine from becoming too hard for easy evacuation. In addition to water, the diet should therefore contain an abundance of milk, fruit juices and other beverages. Acidophilus milk and buttermilk are especially beneficial.

Fats and oils, used in moderation, act as gentle lubricants.

—★—

REGULAR HABITS

It is most important to eat at regular hours and to establish regular times for evacuation, as this is a great aid to body rhythm.

Guard carefully against overeating, for this practice is a frequent cause of constipation. When the digestive system is overworked, none of its functions can be efficiently performed.

The homemaker is largely responsible for safeguarding her family against the dangers of faulty elimination. For she has it in her power to plan meals that will help normal individuals to avoid the curse of constipation.

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 39th Street, New York City.

Questions Answered

Mrs. B. T. M.—Do not worry if your child prefers the egg yolk to the white. The white is chiefly protein, and he can easily obtain protein from other foods, especially milk. But the yolk contains an abundance of minerals and vitamins in addition to protein and fat. Nutritionists have determined that the inclusion of one egg yolk daily in an otherwise adequate diet is an effective method of balancing the intake and output of iron in a child's diet.

Miss S. B.—No, the generous use of cream cannot be considered as a substitute for taking milk as a beverage or in cooked dishes. Cream is much higher in fat and contains less protein, minerals and vitamins, with the exception of vitamin A. Cream deserves to be included in the dietary for its vitamin A content, but it should not replace milk.

Mrs. A. McK. — Strawberries contain vitamins A, B and C. Recent experiments indicate that they rank with citrus fruits and tomatoes as a source of vitamin C.

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Hidden Benefits

Few housewives realize the underlying advantage of the use of a good light-oil furniture polish! Most polish is used only for the luster it bestows on the chairs, tables, piano, woodwork in the home. Rubbing the polish on cleans the furniture—works up a glow—and the outward effect is fresh and sparkling! But that is only part of the housewife's reward. For out of this domestic routine comes definite benefit to the furniture! A reputable polish, with a light oil base, does what is known as "feeding" the finish. The "massage" causes the oil to penetrate, seep into the pores of the wood—just enough to lubricate—and keep it healthy! Here, it is important to note that cheap polishes are made with a heavy oil base—and are "greasy" and unpleasant to use. The best polish—made with a fine light-oil base—is never greasy. Applied on a damp cloth (according to directions), it is neat to use and proves a boon to the furniture! Lack of polishing—or the use of a poor polish—will cause the finest wood to dry out, crack, split—for wood is a product of Nature and needs a certain amount of oily moistness. So polish the furniture regularly! Use a quality oil polish—it pays! For not only does the furniture look better—it is better! Its life is preserved!

AROUND THE HOUSE

Preserving the Oilcloth.—Bind the edges of oilcloth used for table coverings with bias tape. This will keep the edges from tearing or becoming ragged.

* * *

Hemming Sash Curtains.—Make the hems of sash curtains the same at the top and bottom. You can then use them either end up.

* * *

Preparing Baked Potatoes.—Baked potatoes look much nicer if scooped from the shell, mashed with butter, pepper and salt, a well-beaten yolk of an egg, then placed back in the half shell and browned in the oven. They not only look nicer, but taste better.

* * *

Rinse Silks Well.—Silk underthings should be washed in water that is barely warm, and should be rinsed in at least three fresh rinsing waters.

* * *

To Retain Juices in Meats.—To keep flavor and juices in meat when baking or frying, expose it to extreme heat first, then reduce the temperature and cook more slowly.

* * *

For That Musty Odor.—To remove a musty odor from a room, put a drop of oil of lavender into the corners.

Do You Want to Learn

How to Plan a Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combatting faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods *and contains a full week's sample menus. A postcard is sufficient to carry your request.*

WHEN YOU CLEAN HOUSE USE O-CEDAR—THE POLISH THAT CLEANS AND *PRESERVES* YOUR FURNITURE

More women use O-Cedar Polish than any other kind—for furniture, woodwork and floors. *It CLEANS as it POLISHES*

O-Cedar POLISH MOPS · WAX

Bargains YES!

You find them announced in the columns of this paper by merchants of our community who do not feel they must keep the quality of their merchandise or their prices under cover. It is safe to buy of the merchant who ADVERTISES.