Speaking of Sports

Schmeling vs. Louis Bout Is Sports Riddle

By GEORGE A. BARCLAY

WHEN Joe Louis and Max Schmeling climb into the New York ring to fight it out for the heavyweight championship on June 22, you can be sure of one thing. The fight experts won't be out on a limb as they were two years ago when these battlers first met. In 1936 the prognosticators were unanimous in picking Louis. Columns were written about his superiority over the stolid Schmeling. Betting odds made Max a long shot. It was simply a matter of how few rounds it would take for the lethal Louis to do his stuff.

But you remember what happened. It was a pugilistic cinderella story. The underdog emerged as the

MAX SCHMELING

lion. The crafty Schmeling got Louis off balance at the start, clubbed him repeatedly with his right, overawed and out-foxed him and wound up by knocking him out.

Louis Explodes

Louis looked bad. A seven-day wonder had exploded. Some who had been loudest in their paeans now solemnly insisted that Joe was all washed up. But he went on to lick a couple of set-ups, recovered his form and equilibrium and really showed championship caliber when he knocked out Jim Braddock a year ago and won the heavyweight crown.

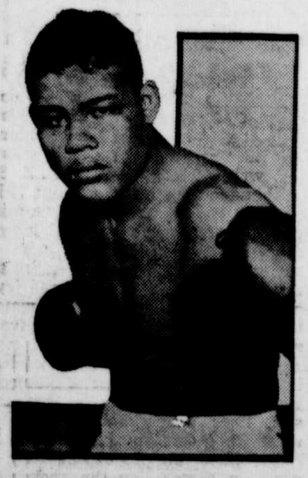
So today there is an air of caution about predictions. It is an open and shut question. You can get "yes and no" answers, but few are willing to go unequivocally on record.

Everybody is agreed that Louis is fistically more grown up than when he met Schmeling two years ago. Everybody is likewise agreed that Schmeling is physically a good deal older than he was. At his time of life athletically a year or two makes a tremendous amount of difference in the performance of his legs, his wind, his timing. He has looked good in his recent fights, but it is a question whether he is now hitting as hard as he did when they met before.

But there are some imponderables involved and they can determine the outcome as well as anything else. Has Louis recovered psychologically from the beating Schmeling gave him? Will he be as confident against the German as he was against Jim Braddock?

Schmeling is probably as smart a fighter as Gene Tunney was. He studies his opponents and depends on what he learns about them to crush them. He made several trans-Atlantic trips in order to get first-hand evidence about Louis' strength and weakness before their last fight.

Both Louis and Schmeling have demonstrated that they can be



JOE LOUIS

knocked out. It is a case of superior ringcraft, coolness and experience against youth and great natural ability. Gameness may be the determining factor.

But whoever wins, some interesting possibilities will be opened up in the way of future opponents. Three fighters stand out: Max Baer, who re-established his reputation as a big-time fighter by the way he polished off Tommy Farr; Tony Galento, the human punching bag; and Gunnar Barlund, the up-and-coming Swede.

Versatile Umps

WHEN it comes to being versatile, the umpiring staff of the National league can hold its own with anybody. Its members have been distinguished for a long time for their prominence in other fields of activity as well as baseball.

Take Bill Stewart, for instance. For years Bill was the ace referee in the National Hockey league during the winter. Then he became manager of the Chicago Blackhawks a year ago and really began to make the headlines in earnest. He reaped more fame than an umpire ever dreamed of, when the Hawks swept through all their opposition to win the world's championship in the hockey league's Stanley cup playoffs a while back.

Then there's Ernie Quigley, supervisor of umpires for the National league. For 25 years he has been one of the most noted officials in intercollegiate football and basketball. He was chairman of the committee to select Uncle Sam's representative basketball team in the 1936 Olympic games in Berlin.

And don't forget Charlie Moran. Charlie won fame as a football coach. He coached the team from Center college, in Kentucky when the Praying Colonels were famous from coast to coast, beating a great Harvard team and earning for Coach Moran the title of football's miracle man.

Kid Golfers

A "KID" golf team is representing Uncle Sam in the Walker cup events in Britain this month. The eight lads on the team captained by the non-playing veteran Francis Ouimet, average less than 25 years of age.

Oldest member of the squad is Johnny Goodman of Omaha, a doddering campaigner of twenty-eight, who is national amateur champion and former national open crown-holder. Youngest is Fred Hass, Jr., of New Orleans, national collegiate title holder. In between come Ray Billows, Poughkeepsie, N. Y., runner-up to Goodman last year; Charley Yates of Atlanta; Johnny Fischer, Cincinnati; Chuck Kocsis, Detroit; Marvin Ward, Olympia, Wash.; and Reynolds Smith, Dallas, Texas. Two alternates, Tommy Tailer and Don Moe, figured they would be just wasting their time under any

JOHNNY GOODMAN

circumstances, so they did not accompany the team abroad.

Francis Ouimet is an oldster of forty-five years and has been a member of every Walker cup team since the competition began in 1922. He has been captain of the last three teams.

Here and There—

HAL TROSKY'S robust batting average is attributed to orders from the new manager of the Indians, Oscar Vitt, to forget that short right field fence in League park and try for singles and doubles . . . Boston has not defeated Carl Hubbell since 1935 . . . Carl, however, pitched only one game against the Bees in 1936 . . . Texas Christian football players gained weight in spring practice but lost an average of two pounds each during examination week.

There may be nothing to it, but Managers Burleigh Grimes of the Dodgers and Gabby Street of the Browns insist on wearing uniforms No. 13 . . . Boston baseball writers have presented Duffy Lewis, the old outfield star and now traveling secretary with the Bees, a wardrobe trunk . . . Roland Logan, University of Pittsburgh trainer, was Glenn Cunningham's first coach and Jim Potts, assistant coach of the Panthers, started the peerless miler in his first race when Glenn was thirteen years old . . . Max Baer never has been beaten in a return bout.

Six man football is the coming sport for smaller high schools, Iowa high school superintendents and coaches agreed at the first annual six man clinic held at Iowa State college recently.

Though only 19 Iowa high schools played six man football last fall several of its sponsors attending the clinic predicted that this number would be greatly augmented when the 1938 season rolls around. Several coaches from larger Iowa high schools also attended the clinic.

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Men of the Mounted

by Captain G. Elliott-Nightingale

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AND SO ONE THING LED TO ANOTHER, UNTIL—

WHEN old Tim Jillis blew his brains out with a rifle, he also set off a box of fireworks that jumped about hither and yon and hit quite a few people. In fact, the body of the suicide was barely cold in death before an unsuspecting citizen was tarred and feathered, and the latter event caused another explosion because it forced a sergeant to desert from the Royal Northwest Mounted Police. At any rate, let's get back to the beginning.

Tim Jillis was a lazy, good-for-nothing sort, and a booze-fighter, to boot, all of which kept his hard-working wife, and his two fine children on the outermost edge of destitution and want. Neighbors did all they could, of course, for the sake of the youngsters, and just when things were about as bad as they could be, Mrs. Jillis had a bright idea. She would change the house a bit and take in a lodger, someone who would pay for good food and a warm room. With the income from the boarder, she could make it all right, she felt sure, and soon a Charlie Brown was part of the household. Now Brown was a sober, hard-working chap, and when he saw the general economic conditions in the Jillis household, he dug down into his pockets and provided plenty of food, some necessary clothing, and a nice pile of fuel.

Naturally, the heart of Mrs. Jillis was about to burst from sheer gratitude, and she put herself out to make Brown feel right at home. His slightest wish was law, and the Jillises began to emerge from destitution to a fair measure of comfort and well-being. All of this, strange to say, aroused the anger and displeasure of the no-account husband and father who spent his days in local barrooms bewailing the fact that Brown the lodger was stealing his wife and gradually breaking up the Jillis home.

Instead of shooting the lodger, as most people had expected, Jillis stuck the rifle barrel in his own mouth, pressed the trigger, and scattered his brains all over the bedroom walls. The coroner and the Mounted Police soon realized that it was a plain case of suicide, and the case would have been closed right then had not a gang of half a dozen masked men barged into the Jillis home and seized Charlie Brown, the lodger. They took him to a lonely spot and there they tarred and feathered him from cap to boots. They drove him back to the tiny settlement and threw him into the lobby (?) of the local hotel which was hardly more than an ordinary six or seven-room house. Hours later Brown found his way back to his room in the Jillis home, and about the only clue he had as to the identity of his kidnapers was that all the talking and all the orders had been spoken by a man with a distinctive western drawl such as was common along the Montana boundary.

Things quieted down, and Brown stayed on at the Jillis place. And then, months later he was sitting on a hotel veranda in Lethbridge, Alberta, when his ears caught up a voice that he would never forget as long as he lived. He knew he had found the leader of the kidnap gang, and in half an hour the owner of the distinctive western drawl was breaking down under stiff questioning on the part of Men of the Mounted. Later he admitted leading the gang, and was held for trial. And then, while assembling all the necessary data and information for the trial, the inspector of the Mounted Police in the district made a most startling and distressing discovery. Five of the six gangsters were accounted for, and the inspector, while moving heaven and earth to find out the identity of the sixth, found that the much-wanted lawbreaker was one of his own sergeants, a man with years of creditable service behind him, and a man who had always been above reproach in every way. At any rate, perhaps a bit enraged by this discovery, the inspector did all he could to make a strong unshakable case against the sergeant. But, as the days passed, it appeared that the inspector was more hell-bent on "getting" that sergeant than anyone else, and just when conditions looked bad for the three-striper, he turned up missing.

The fact is, the tiny settlement was loyal to the sergeant, and while the inspector was fussing and fuming over evidence and court procedure the sergeant's many friends dug into their pockets, made up a sizable purse of money, and staked the sergeant to a midnight getaway on one of the finest and fastest horses in the region. Moreover, while the inspector was looking up the law on this and that, a fair-sized escort of mounted citizens were escorting the sergeant over the border into Montana.

And . . . that's how one thing led to another, until . . . well . . . it was difficult to find out just where this all started and when and where it finished. At any rate, it added a few gray hairs to the inspector's scalp. No doubt about that.

WHAT to EAT and WHY

C. Houston Goudiss Describes the Place of Fats in the Diet

Nationally Known Food Authority Compares the Different Cooking Fats and Shortenings

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

THERE are, perhaps, more false notions concerning fats than any other class of foods.

Some homemakers, considering them as "fattening" only, try to eliminate them entirely from the diet. Others have the impression that foods containing fat are difficult to digest, and for this reason deprive their families of many delicious and healthful foods. Both points of view arise from ignorance of dietary facts.

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Fats Are Necessary to Health

Fats have a number of important functions to perform. They are a concentrated fuel food, having more than twice the energy value of an equal weight of protein or carbohydrate.

One-half ounce of fat, that is one tablespoon, yields 100 calories, and were he able to eat it, a man could obtain an entire day's fuel from three-fourths of a pound of fat. It is interesting to note that it would require nearly eight pounds of cooked rice to give the same number of calories.

In Oriental countries, where large populations live in great poverty, fat is usually scarce and it is necessary to consume huge quantities of food in order to meet the daily fuel requirements. As a result, most of the people develop distended abdomens.

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Children Must Have Fat

Because fat is such a compact food, nutritionists agree that for growing boys and girls, and men engaged in strenuous physical exercise, fat is almost essential, if they are to get enough total calories.

There is also experimental evidence that at least a small amount of one or more of the unsaturated fatty acids must be supplied by the food if normal nutrition is to be maintained. **And two competent investigators found, experimentally, that the presence of fat in the diet tends to conserve vitamin B in the body.**

Some fats, especially those from animal sources, are rich in vitamins A and D, and fats made from vegetable oils may contain vitamin E.

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Fat and Hunger

Perhaps the greatest service performed by fat is its ability to give "staying power" to the diet—to satisfy hunger. **In this respect, it directly affects the disposition and may influence the ability to enjoy life.**

The shortage of fats in European countries during the World war graphically demonstrated how a deficiency of this class of foods can destroy the morale of entire nations.

With supplies cut off or very greatly curtailed, the warring countries found it necessary to ration fats closely. As a result, their people were always hungry and dissatisfied, even when their actual needs were satisfied. **In this connection, it is interesting to note that a slice of bread and butter or margarine will delay the onset of hunger longer than a slice of bread and jam, even though the number of calories may be the same.**

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Different Fats Compared

As sources of energy, the different food fats are very similar. Thus, the homemaker's choice may be determined by preference, convenience, economy, and the use to which the product is to be put.

The various forms of edible fats and oils are derived from both animal and vegetable sources. They include butter, margarine, lard, compounds, which are a mixture of animal fats and vegetable oils, hydrogenated fats, and the liquid vegetable oils.

Butter and margarine are used chiefly as a spread, and it is interesting to note that the annual per capita consumption of margarine is steadily increasing, as homemakers have discovered that the use of this less expensive product releases more money for milk, fruits and vegetables. Margarine is interchangeable with butter for dressing vegetables and in doughs containing spices, fruits and chocolate. Its shortening power and keeping qualities are similar to those of butter.

Lards, compounds and other shortening fats are useful not only as a means of increasing palatability and food value, but to add flakiness to baked foods and to produce a crisp coating which seals in the minerals and vitamins of fried foods.

Lard is used chiefly as a shortening for pastry, and a good grade will be found to be white and free from objectionable odors. The highest grade, called leaf lard, is produced from the leaves of fat in the sides of the hog.

When made by a reputable manufacturer, the compounds prepared especially for cake making, for shortening pastry and for deep-frying, are wholesome, highly nutritious and give most satisfactory results. They are a most economical form of shortening.

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Digestibility of Fats

Because of their ability to retard digestion somewhat and thus give satiety value to a meal, the impression has grown up that fats are "difficult" to digest. This results from confusing the **length of time** required for digestion and the **completeness** with which a food is digested.

When "digestibility" is regarded in the popular sense of the ease, comfort and speed with which the digestive organs carry on their work, it is conceded that fats in general retard the secretion of the gastric juice and thus cause food to remain longer in the stomach.

On the other hand, most fats have such a high coefficient of digestibility, that under normal conditions only about one-twentieth of the fat eaten escapes digestion. Experiments indicate, for example, that the coefficient of digestibiltiy of oleomargarine is 97.55 per cent.

It is sometimes erroneously stated that pastry is indigestible. This statement is without foundation, provided the pastry is made from a high grade shortening and is properly baked. Similarly, fried foods come in for a great deal of criticism that should not be charged to the use of fat, but to incorrect methods of cooking. If food is properly cooked in fat that has a high smoking point, ther will be no opportunity for deco position products to develop.

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How Much Fat?

Nutritionists have ample evidence that health is best served when 30 to 35 per cent of the total energy value foods is provided in the form of fat. This will include the fat of meat and the fat used in cooking the many delicious fried and baked foods which make eating a pleasure.

Questions Answered

Mrs. M. L., Jr. — Dandelion greens make an excellent food. They contain more phosphorus than any other common leafy vegetable, and supply vitamins A, B, C and G.

Miss C. B. R.—It is difficult to compare the iron content of meats because of variations in the amount of fat. It has been established, however, that organ meats, as liver and kidneys, contain more iron than muscle meats, and that pork and lamb contain much less iron than beef.

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