News Review of Current Events

ASK BUSINESS' HELP

Five 'Spending' Chiefs Tell Their Recovery Hopes . . . Government Agencies Warned to Avoid Politics

John Roosevelt, youngest son of the President, and his bride, the former Anne Lindsay Clark, leaving the old church in Nahant, Mass., where they were married.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK
© Western Newspaper Union.

Ask Business to Help

FIVE of the officials who will have most to do with carrying out the President's spending-lending drive went on the air in a nation-wide broadcast and urged that business cooperate with the administration in restoring permanent recovery. These speakers were Secretary of Agriculture Henry A. Wallace, WPA Administrator Harry L. Hopkins, acting PWA Administrator Howard A. Gray, United States Housing Administrator Nathan Straus and Brig. Gen. John J. Kingman, acting chief of United States army engineers.

Harry Hopkins

Outlining his plans for use of federal funds allocated his agency, Hopkins said that the purchase of materials alone for WPA projects will give indirect, full-time private jobs to 250,000 workers, in addition to relief jobs for the unemployed.

"And so the WPA money flows, like the blood in the human body, giving life and strength to the economic system all the way from its toes to the top of its head," he said.

Secretary Wallace said that under the new agricultural legislation the farmer is in good shape to do his part in the recovery drive.

"If business would only start producing as it knows how to produce, the market for agricultural products would expand during the next year to a point which would help amazingly in bringing about a solution of the farm problem," he said.

Gray, who has been administering PWA affairs in the absence of Interior Secretary Ickes, said that the spending of money set aside for public works under the recovery program should result in industry's receiving $1,000,000,000 in orders in the next two years.

Straus outlined his agency's program of slum-clearance and low-cost housing and said that it will result in increased employment and the "creation of that finest and most needed of all commodities—better homes for Americans."

The administration's flood control program, General Kingman said, will produce "equally beneficial results not alone in the reduction of human suffering," but in keeping open business channels and providing additional employment.

Terrible Train Wreck

OLYMPIAN, crack passenger train of the Milwaukee road bound from Chicago to Tacoma, Wash., crashed through a flood-weakened trestle over Custer creek, near Saugus, Mont., and at least 40 persons perished, most of them being drowned in a submerged tourist sleeper. About 65 others were injured.

This was the worst railroad wreck in America in recent years, and it sadly marred the safety record of the Milwaukee road which had not lost a paying passenger in accidents in the previous 20 years.

The eleven-car train ran into a cloudburst near Saugus but the crew had no warning of the trestle's condition until the engine plunged through the span, dragging several cars after it.

Wage Law Effects

STRAIN of the new wage and hour law on industry, say labor experts in Washington, will be eased by the existing unsettled economic conditions. They size up the situation thus:

At industry's present pace not more than 200,000 wage earners in manufacturing industries would get more pay.

The big high speed industrial machines, such as automobile plants, hardly will be touched by the law.

It will affect certain garment factories and a very small number of textile mills.

It will affect the fertilizer industry of the South and southern sawmills.

Even when business is as good as it was last summer, unofficial estimates indicate that only about 260,000 factory workers would be affected by the 25 cent wage minimum of the law, and somewhat more than 1,000,000 workers would find their hours shortened by a 44 hour weekly limit, effective next October.

At the outset the law's effect will be to improve "the worst conditions" in certain industries engaged in interstate commerce, the economists believe.

Child labor provisions will affect mainly scattered minors working at odd jobs in various mills and factories.

'Keep Out of Politics'

SENATOR MORRIS SHEPPARD of Texas and the senate campaign expenditures investigating committee of which he is chairman has directed all government agencies to take no part in primary and election campaigns. And it has issued warning that persons suspected of improper political conduct will be exposed and cited for criminal prosecution.

Senator Sheppard

The committee at its first meeting adopted a resolution pledging that its investigations will be conducted with "vigor and vigilance" without fear or favor and without partisanship. The warning against use of improper tactics was directed first to all candidates for senatorial offices, their friends and aids. It was then extended to all government agencies.

Besides Sheppard on the committee are Senators Harrison, David I. Walsh, Joseph O'Mahoney and Wallace White.

German Spies Indicted

AFTER five months of investigation by government agents, 18 persons were indicted as spies by a federal grand jury in New York. Moreover, no secret was made of the fact that they are charged with being spies for the German government, engaged in obtaining information concerning our national defense.

Four of the defendants are in this country and will be tried here. The others, including three German officers, are abroad.

John Roosevelt Weds

IN A little old stone church at Nahant, Mass., John Roosevelt, youngest son of President and Mrs. Roosevelt, and Anne Lindsay Clark were made man and wife. After the ceremony there was a reception in the old Nahant club, and the young couple then started on a honeymoon trip to Campobello Island, N. B., the location of the President's summer home.

Calls Germany Welsher

GERMANY insists she is not liable under international law for the foreign debts of the former government of Austria. In reply Secretary of State Hull says, in polite language, that Germany is a welsher. His note on the subject, delivered by Ambassador Hugh Wilson, contends that Germany, when it absorbed Austria, assumed full responsibility for Austria's post-war debts to America and other liabilities totaling about $50,000,000.

Congress Session Ends

THE Seventy - fifth congress brought its labors to a close and adjourned, thanked by President Roosevelt for the constructive legislation it had enacted. In its one special and two regular sessions this congress set a peace-time record by appropriating more than 20 billion dollars.

Almost at the last moment the 3¾ billion dollar relief and pump priming bill was enacted into law. The house accepted a senate amendment boosting the appropriation for administrative expenses of the Rural Electrification administration from $500,000 to $750,000.

Agreement was reached on the 300 million dollar second deficiency bill when the senate concurred in the action of the house in knocking out $325,000 to purchase additional land for the Lake Tahoe National park and $1,300,000 for forestry.

Both senate and house repassed over the President's veto the bill continuing the 3½ per cent interest on Federal Land bank loans on farm mortgages.

Scores of bills of varying degrees of importance were lost in the confusion of the last hours of the session. Among them was the bill authorizing federal law enforcement officers to tap wires to get evidence of violations of law.

The relief and pump priming law as enacted includes 1 billion 425 million dollars for the Works Progress administration for a period of eight months, beginning July 1; 175 million dollars for the Farm Security administration; 75 million dollars for the National Youth administration, and 965 million dollars for the Public Works administration. It authorizes the PWA to lend up to 400 million dollars from the sale of securities pledged for previous PWA loans. It increases the lending limit of the United States Housing authority for low-cost housing from 500 million to 800 million dollars. It appropriates 212 million dollars for additional "price adjustment" subsidiaries to farmers.

Senators to Aid Van Nuys

FREDERICK VAN NUYS, senior senator from Indiana, is going to run for re-election as an independent because he was read out of the Democratic party for opposing the Supreme court and government reorganization bills. Now 10 Democratic senators have come forward to support him and will speak in his campaign. They are:

Senator Van Nuys

Bennett Champ Clark, Missouri; Burton K. Wheeler, Montana; Josiah W. Bailey, North Carolina; Harry Flood Byrd, Virginia; Joseph C. O'Mahoney, Wyoming; Edward R. Burke, Nebraska; Tom Connally, Texas; Peter G. Gerry, Rhode Island; Millard E. Tydings, Maryland, and Guy M. Gillette, Iowa.

Joining with them are two Republican senators, William E. Borah of Idaho and Arthur H. Vandenberg of Michigan.

Senator Copeland Dead

EXHAUSTED by his labors and the heat in Washington, United States Senator Royal S. Copeland of New York died just before the adjournment of congress. He was in the sixteenth year of his service in the senate and had been an indefatigable worker. He was a consistent opponent of many of the administration's policies and was one of the leaders in the fight against the court packing and government reorganization measures.

Political observers in New York believed death cleared the way for Governor Lehman to attempt to fulfill his ambition to go to the senate. They said, however, that this would be opposed by President Roosevelt and that the President's followers probably would rally in support of a ticket composed of Senator Wagner for re-election and Representative James M. Mead of Buffalo for Copeland's unfinished term.

Great Floods in China

POURING through broken dikes, the waters of the Yellow river inundated many hundreds of square miles in central China. In the first two or three days of the great flood it was estimated 150,000 Chinese were drowned and several times as many rendered homeless. Millions of others were threatened by the swirling waters.

Nazis Attack Jews

GERMAN officials and German mobs were making life almost unbearable for the Jews. In Berlin and many other localities Jewish shops were smashed and daubed with paint, and hundreds of Jews were arrested and sent to concentration camps. The Jews were panic stricken and foreign consulates were thronged by men and women trying to get permission to go to other countries.

It was reliably reported that the secret police were ordered to make a checkup of all Jews in Greater Germany.

President of Uruguay

URUGUAY returned to a democratic constitutional regime with the inauguration of Gen. Alfredo Baldomir as president and Dr. Cesar Charlone as vice president. Baldomir based his campaign on a pledge to end fascism.

WHAT to EAT and WHY

C. Houston Goudiss Discusses

CALCIUM

The Captain of the Minerals

Nationally Known Food Authority Explains How to Include This Vital Food Element in the Daily Diet

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

A FEW years ago there was an earthquake in the Far West. When the tremors were over, the frightened people looked in dismay upon the damage that had been done. In some places they were saddened by the loss of a great number of their buildings, and in one community, mingled with their sorrow — almost crowding it out of their emotions—was indignant ANGER. For they observed that their schools had suffered greater damage than any other group of buildings in the city.

On every side, the cry of indignation arose. It was all too plain that poor **materials** had gone into the construction of those schools which were supposed to house children in security.

The most vehement cries went up from the mothers, not only in that community, but all over the country. That is natural, for all mothers believe they have the children's welfare at heart. **Unwittingly, however, they may be doing them irreparable harm by failing to feed them the foods that will construct sound bodies, able to withstand the stress and strain of life.**

Calcium Starvation

The mineral calcium is to the human body what steel and stone are to a building. It is necessary to construct the bony framework. The mother who fails to consume adequate calcium before her baby is born, or fails to give the child adequate calcium throughout the growing years, is as guilty as the contractor who constructs a school building of poor materials.

Without sufficient calcium, the bones become soft and porous. They break easily and knit slowly after they are broken. They may bend and twist during growth, so that the child who is a victim of calcium deficiency may become bow-legged and deformed, with a malformed chest or enlarged forehead. Rickets—that horrible deficiency disease which causes stunted mis-shapen bodies—may develop. And so may tetany—another scourge of childhood.

Crooked Defective Teeth

The teeth, too, depend upon calcium for the soundness of their structure. When this precious mineral is inadequately provided, the baby teeth may soon decay; the permanent teeth may come in crowded and unsightly—and quickly develop cavities.

There are also many other ways that calcium deficiency may handicap your children. For this mineral is intimately concerned with all the body processes. **It increases the strength and pulsations of the heart; helps the blood to coagulate in case of injury, thus effectively aiding in preventing hemorrhage. It strengthens the resistance of the body in fever and other diseases. It tones up the nervous system, lessening nervous tension.**

Adults Require Calcium

Adults have a vital need for calcium. A lack of this mineral not only results in defective teeth, but may also be responsible for nervousness, quivering and twitching of the muscles and defective heart action.

To be normal, the full-grown human body must contain more calcium than any other mineral element. Yet, every individual is, of necessity, born calcium-poor. For if the bones were as rigid as they must eventually become, the ordeal of birth would be too difficult for both mother and child.

Easily Lost From Body

The homemaker's task of providing adequate calcium is complicated by the fact that the body loses large amounts of calcium every day, and this loss is greater during sickness, especially in fever or when one is worried, overworked or has taken too strenuous exercise.

Outstanding nutritionists unanimously agree that the American diet is more deficient in calcium than in any other element. And it is squarely up to the mothers and homemakers to correct this tragic state of affairs, which is undermining their own efficiency and threatening the present health and future happiness of their children.

How to Obtain Calcium

Milk is an outstanding source of calcium. That is why it should form the cornerstone of every balanced diet. Cheese, which is milk in concentrated form, is likewise notable in this respect, and one and one-fourth ounces of American Cheddar cheese are the approximate equivalent of an eight-ounce glass of milk. Leaf and stem vegetables are richer in calcium than other vegetables or fruits, but while their calcium has been found to be well-absorbed by adults, it is not so readily available to children.

Among the vegetables, however, there is a wide variation, turnip tops and dandelion greens providing unusually large amounts.

List of Calcium-Rich Foods

I have prepared a list of foods rich in calcium which I shall gladly send to homemakers upon request. I urge every woman to write for this list and use it in planning the daily diet of herself, her husband and children.

You really need such a list in order to avoid the grave consequences of calcium deficiency, for so many of our common foods are calcium poor that it is possible for a diet to be abundant and varied, and still be inadequate in respect to calcium.

The list of calcium-containing foods will help you do a perfect job of building strong, fine bodies for your children.

There is no joy like the joy of creating perfect, healthy children. The architect and the sculptor stand in awe before the realization of their dreams. **But you, the mothers of children, the builders of their bodies, you are the mightiest of all. A diet adequate in calcium, for you and your children, will help you build beautifully, wisely and well. Your reward will be the joy, the pride, the heart-warming satisfaction of having accomplished a worthwhile purpose.**

© WNU—C. Houston Goudiss—1938—17

You Need This
Free List of
FOODS RICH IN CALCIUM

Write to C. Houston Goudiss, 6 East 39th Street, New York City, for his list of calcium-rich foods. Use it daily as a guide in planning family menus.

Send for This
Free Chart
Showing Iodine Content of Various Foods

You are invited to write C. Houston Goudiss for a chart showing the foods rich in iodine and those which are poor in this substance. It will serve as a valuable guide in preparing balanced menus.

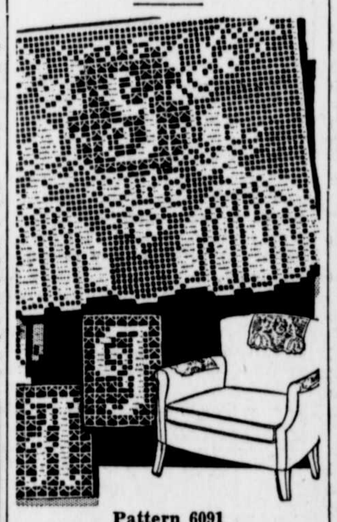
Just ask for the Iodine Chart, addressing C. Houston Goudiss at 6 East 39th Street, New York City. A post card is sufficient to carry your request.

Questions Answered

Miss D. A. E.—Broccoli may be used interchangeably with spinach, provided the leaves are eaten with the flower buds. Careful analysis indicates that the leaves are twice as rich as the flower buds in vitamins A and G.

Mrs. F. R. T.—There is no such thing as a specific brain food, but nutritionists are convinced that the quality and efficiency of the functioning of the mind depends partially on the character of the food consumed. Mental efficiency appears to be influenced by the quantity and quality of the protein in the diet, and it has been demonstrated that the vegetable proteins, including cheese, milk and eggs are superior in biological value.

Chair or Buffet Set In Filet Crochet



Pattern 6091

Distinctive — this easily crocheted set, its picturesque motif and initial set off by lacy K-stitch. Excellent for scarf-ends, too! Pattern 6091 contains charts and directions for making the set and 3¼ by 5 inch alphabet; illustration of stitches; materials needed.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, Household Arts Dept., 259 W. 14th St., New York, N. Y.

Please write your name, address and pattern number plainly.

$500 CASH Each Week
$250 to Consumers $250 to Grocers GIVEN— FREE
YOU CAN WIN $50 THIS WEEK
—if you act QUICK . . . Everybody can enter this simple, easy—
FLA-VOR-AID
NEWS ITEM CONTEST
1st Prize $50.00 — 3rd Prize $10.00
2nd " 25.00 — 4th " 5.00
5 Prizes, Ea. 2.00 — 150 Prizes, Ea. 1.00
159 Cash Prizes Given Each Week
Here Are the Simple Rules
1—Clip the most unusual or comical News Item from your paper or magazine.
2—Complete this sentence in 10 words or less "THE ONE THING I LIKE BEST ABOUT FLA-VOR-AID is....."
3—Attach entry to wrapper from 5c package of FLA-VOR-AID or facsimile.
4—Add the Name and Address of Grocer where you bought FLA-VOR-AID.
5—Sign your Name and Address plainly.
6—*Mail Entry to* JEL SERT CO., 1020 S. Central Park Avenue, Chicago, Illinois, *not later than Wednesday, July 6th.* Judges' decision is final.

ENTER TODAY
You May Win $50.00
Prize winners will be notified by mail. For list of winners write to the
Jel Sert Co.
Chicago, Ill.

Self-Help

When looking for a helping hand, look at the one at the end of your wrist.—Proverb.

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!