Speaking of Sports

White Hope Era Forecast With Louis Victory

OLD-TIMERS who saw Joe Louis polish off Max Schmeling in two minutes and fifteen seconds in their recent championship fight in New York are predicting that another open season for White Hopes looms ahead—a season reminiscent of the almost forgotten days of a generation ago when Carl Morris, Jim Flynn, Luther McCarthy, Frank Moran and Jess Willard were crowding their way up for a chance at the heavyweight belt which dusky Jack Johnson had won from Jim Jeffries.

But it's going to take a mighty good man to give Joe any competition, on the basis of his sensational knockout of the crafty Schmeling. From all appearances he is going to be the top-man heavyweight for a number of years to come. There was considerable doubt about that before the fight, particularly in view of his knockout in 1936 by Schmeling and his indifferent showing a while back against the mediocre Tommy Farr.

Joe showed he was a great champion, though, and finally made good the predictions made about his fistic genius two years ago when he was knocking all opposition cold and before he met Schmeling the first time.

Schmeling wasn't in Louis' flight this time. It was a massacre from the start. Louis smothered the puzzled German with fists and had him on the canvas almost as soon as the fight started. He clubbed him down twice more before the fight was stopped. The kidney punch which Max said disabled him and which necessitated his having hospital treatment afterward for a broken vertebra was delivered after Louis had rocked Max with blows to the head.

$200,000 a Minute

Louis had the distinction of being the only champion in history to knock out an opponent before the first round was over. He also set a new world's record for earnings. His share of the gate was $400,000,

JOE LOUIS

making his time worth approximately $200,000 per minute, or $3,225.80 per second.

Promoters will probably look in vain for anyone in the present crop of heavyweights sufficiently handy with his fists to relieve Joe of his crown. Only three fighters of today would stand an outside chance: Max Baer, who rehabilitated his reputation as a big-time performer when he fought Tommy Farr recently; Tony Galento, who has been called the "human punching bag"; and Gunnar Barlund, the doughty Swede, who stopped Buddy Baer just when that young man seemed headed toward a ring career.

Max is scheduled to meet Joe in September for a crack at the title. How much of a fight Max would be able to make against the champion is extremely problematical. The Baer who knocked out Schmeling, Carnera and others would make a good showing.

But the Baer who lost to Braddock and Louis wouldn't stand the ghost of a show. Max Baer's chances for future success depend on his physical condition and on his mental state. He can beat fighters he thinks he can beat, if he is in condition. In or out of condition he would be a push-over for Louis unless he conquered the jitters that had him shaking just before his previous fight with Louis.

Night Clubs Out

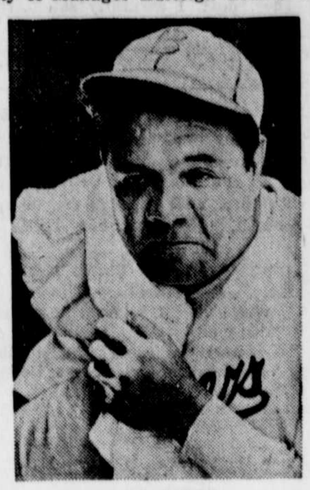
Baer claims he is in condition and that he will train faithfully and this seems to be borne out by the facts. He has cut out the night club stuff since his marriage and the birth of his son. His decisive victory over Tommy Farr of England, more decisive than Louis scored over Farr, indicates he is telling the truth. He is only twenty-nine years old. When he's right he can hit hard enough to knock anybody out.

If Max can't stop Louis and the odds are that he won't, then Galento and Barlund are all that stand in the way. That is, until a modern crop of White Hopes begins to fight its way up for the chance to meet the Brown Bomber.

Babe Manager?

WHEN the canny Larry McPhail, business manager of the Brooklyn Dodgers, signed Babe Ruth as coach recently, he not only added thousands of dollars a year to the pulling power of the Dodgers at the turnstiles, but he aroused one speculation that intrigues sports fans everywhere. Will the Babe be Brooklyn's next manager?

From all indications the popularity of Manager Burleigh Grimes is



BABE RUTH

waning rapidly, not only with the fans but with the management. While the announcement of Ruth's appointment as coach broke as sudden news, those on the inside say negotiations have been under way for weeks and that it was Ruth himself who sold the management on the idea of signing him.

There isn't much chance of a switch until the season is over, if it does occur then. The Babe has been away from the game long enough to be just a bit rusty. Moreover, he will have to acquaint himself with the strength and weaknesses of National league teams and players. But by next year, the insiders say, he will be ready.

What kind of a manager would Ruth make? Baseball men are unanimous on the subject of his ability. They say he has baseball sense—an asset you must be born with. One authority declares there never was an outfielder in the majors who made fewer mistakes than the Babe. This instinct guides a manager as well as a player in making decisions, the results of which will win or lose ball games.

Fans everywhere have wondered why Ruth hasn't been given a manager's job up to now. Colonel Ruppert, owner of the New York Yankees, gave the Babe serious consideration for the job, but decided otherwise because he believed the home-run king was too happy-go-lucky.

Here and There—

JOE LOUIS is the fifteenth holder of the heavyweight championship under Marquis of Queensberry rules . . . The only other colored fighter to gain the title was Jack Johnson . . . Fred Fulton, who once had designs on the heavyweight championship, is managing a summer resort at Park Rapids, Minn. . . . Umpire Bill Dinneen of the American league staff nominates Ty Cobb and Hal Chase as the greatest players of all time . . . Fred Perry, who set his earnings while an amateur at $20,000 a year, made almost $100,000 his first year as a professional . . . The Baltimore Orioles, who sent 6 foot 5 inch Jim Melton to the Giants, have signed a pitcher named Jim Higgins, who stands 6 feet 7 inches . . . Duluth, Minn., has offered the Washington Redskins facilities and a $1,500 guarantee to train there for the All-Star game with the College All-Americans, scheduled for Soldiers' field, Chicago, August 31.

Olympic Troubles

THE growing chain of Olympic committee resignations was enlarged by the withdrawal of William J. Bingham, director of athletics at Harvard, who declared he would have nothing further to do with the 1940 games in Tokyo, because he "could not ask the American people to support a team which was going to a country standing for what Japan stands today."

Observers close to the Olympic situation believe that Bingham's resignation will have the effect of increasing the aloofness of American colleges toward the event—an aloofness resulting from the action of the international Olympic committee in changing the dates for various competitions so as to make it almost impossible for American undergraduates to compete in the games.

William J. Bingham

Original 1940 Olympic dates were set for August 25 to September 21, permitting the collegiate athletes plenty of time to compete and return to America for their autumn school terms. Then a change requested by Japan, and supported by Italy and Germany was made, moving the dates from September 21 to October 6. The United States and England, protesting vigorously, were overruled.

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WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK. — When Charles Maurras came out of the Sante prison last year, he was met by a committee of distinguished Frenchmen, who nominated him for the Nobel peace prize and said they would make him a member of the Academy. They have just fulfilled the latter promise, and M. Maurras becomes an immortal by a majority of one vote.

Leaves Jail To Get Bid To Academy

He had spent 250 days in jail on a charge of having urged the assassination of 140 members of the chamber of deputies who had voted for sanctions against Italy; also on a charge of inciting the French people to "sharpen up their kitchen knives" for use against certain proscribed politicians.

In the 250 days he had written five books, swelling his vast collection of books on biography, politics, economics, literary criticism, history and what not to probably well over 100. I talked to him once in the Cafe des Lilas, a fragile, deaf, bearded old man with a contentious, blazing mind which makes one think of a sizzling battery running an automobile without any engine.

In 1923, he was in jail for four months in a somewhat anti-climatic adventure for one who was to be garlanded as an immortal. Three members of the chamber of deputies were kidnaped and fed castor oil—Mussolini is said to have got his broad prospectus of Fascism from Maurras—and the bald head of one of them was painted with violet ink and glue.

Showed Duce Technique Of Terror

In 1925, M. Maurras was sentenced to two years in prison, the charge being that he had threatened to kill the minister of the interior. Among the causes of his incarceration in October, 1936, was conspiracy evidence in the assault on Premier Leon Blum, in which he was severely beaten, while attending the funeral of a friend.

His books and virulent editorials against democracy in the Royalist, paper, translated into many languages, are the fount of Fascist doctrine all over the world. His hatred of democracy is savage and vitriolic. He is witty, learned, brilliant and he has the most excoriating and corrosive vocabulary in France.

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A FOOTNOTE to the main text of the world discussion on Japan bombing babies is the interchange between Avery Brundage, chairman of the American Olympic committee, and William J. Bingham (Bill the Plugger), Harvard athletic director. Mr. Brundage says it has nothing to do with sports, and Mr. Bingham says it has—with sportsmanship, at any rate—and he withdraws from the committee and the 1940 games.

Jap Bombs Cause Rift In Olympics

The sports writers are becoming almost metaphysical in weighing and appraising the moral values of the argument. Bill the Plugger says, in effect, that he won't play with baby-killers.

He became Bill the Plugger by losing 19 races at Harvard and winning the twentieth. Thereafter, he was Harvard's crack miler.

He started out plugging at the age of fourteen, leaving school to work in a mill and help support his five younger brothers and sisters. He saved $30, went to Exeter and worked his way through Exeter and Harvard.

He came out of the war a captain with appropriate decorations, did a turn in the banking business in Texas and became Harvard graduate supervisor and track coach in 1921. On the side, he is president of a concern which imports rubber goods.

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IF GERARD B. LAMBERT builds a house, they're likely to find a center-board and a skys'l yard on it. It's hard to see how he can get his mind off his yachting, but, at any rate, he becomes special adviser to Stuart McDonald, federal housing administrator.

Mr. Lambert Keeps Mind On Yachts

The gargles and shaves of the multitudes built his chemical fortune at St. Louis. He was one of the original backers of Lindbergh and the originators of great advertising slogans.

Author of a spirited "Defense of Babbitts" in the American Mercury, commander of the Eastern Yacht club of Marblehead, Mass., he maintains a valhalla for gallant old yachts.

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Women Get First Vote

In their first vote women of Uruguay recently helped choose a new parliament of 99 delegates and 30 senators.

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority

Explains What Is Meant by

CORRECT NUTRITION

Describes How to Construct a Balanced Diet, So Essential to Maintain Optimal Health

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

TO SOME families, a summons to the dinner table means nothing more than a chance to satisfy hunger. To others, it represents an opportunity to gratify the palate, sometimes to the extent of overtaxing the digestive system.

Neither of these extremes fulfills the true function of food, which is to provide adequately but not to excess, for growth, maintenance and repair of the body.

—★—

Food May Fail to Feed

You can satisfy hunger without providing correct nutrition. You can partake of delicious-tasting foods to the point of overindulgence — without meeting bodily requirements.

The mere spending of money will not insure good nutrition, for extremely poor diets can be found in households where the income is large and the food budget is ample. What counts is learning to provide the right foods in the correct proportions. The return in health will be more than worth the investment of effort in acquiring this knowledge.

—★—

A Balanced Diet

Science has discovered what foods are necessary to help build top health and keep us 100 per cent fit. The amount of food required by a man for a day's work can be accurately determined. We know that a specific disease may be produced by one diet and cured by another; that growth can be influenced through changes in the quality of the dietary; that old age may be deferred by choosing the food with care.

We know that the body is a working machine which never stops but may slow down or get out of order unless the daily diet includes every element, every mineral, every vitamin needed to maintain health and avoid the deficiency diseases.

—★—

Seven Essentials

There are seven factors to be considered in planning a balanced diet. Protein for building body tissue and repairing the millions of cells that are worn out daily. Carbohydrates to produce quick heat and energy. Fats—a more compact form of fuel, which are also essential in a satisfactory diet. Minerals which serve both as builders and regulators of body processes. The six vitamins, A, B, C, D, E and G, that also act as regulators and prevent a number of deficiency diseases. Water—which serves as a vehicle by which food is carried to the tissues. And cellulose or bulk—required for the normal functioning of the intestinal tract.

—★—

Danger in Omitting One Food Substance

The homemaker who fails to take every one of these factors into consideration is depriving her husband of the opportunity to develop his greatest efficiency. Moreover, she may be robbing her children of their birthright. During every day of childhood, the body is being built, and defects in body structure are likely to arise if the child is improperly nourished. It is then that disease and disability make their appearance as a result of faulty nutrition. How tragic to deprive the young body of substances so necessary to its well being.

—★—

How to Check the Diet for Balance

Perhaps you are like the homemakers who tell me that they do not know a protein from a carbohydrate. Or it may be that while you understand the difference, you do not know what quantities should be included in the diet each day.

To simplify your task of serving balanced menus at every meal, I have prepared a Homemaker's Chart for Checking Nutritional Balance. In convenient chart form, it shows what foods should be included in the diet every day and gives the standard amount for each food. There are also skeleton menus outlined by food classifications, which enable you to plan balanced menus for every meal by making a choice from each group of required foods.

I urge every homemaker to write for this chart, and use it daily. Then you won't make such common mistakes as serving a dried legume as a vegetable at a meal in which meat is used, which tends to concentrate too much protein in one meal; or choosing a too-heavy dessert following a main course that is overly rich in carbohydrates.

—★—

60 Per Cent Carbohydrates

Carbohydrates should form at least 60 per cent of the supply of food fuel. Rarely are menus deficient in carbohydrates, because they are so widely distributed in such common foods as cereals, bread, potatoes, macaroni products, sweets, and sweet fruits and vegetables, such as oranges, grapes, apples and peas.

Fats should supply about 20 per cent of the caloric content of the diet. They are obtained from butter, margarine, cream, egg yolk, salad dressings, vegetable oils and the fat of meats.

A protein food should be provided at each meal. Meat, poultry, fish, eggs, cheese, milk and most nuts supply complete protein. Cereals and legumes furnish incomplete protein which may be supplemented by the complete protein of milk.

It is essential that the diet should contain an abundance of minerals and vitamins which are furnished by the protective foods—milk, eggs, fruits and vegetables.

Cellulose or bulk is obtained from fruits, vegetables and whole grain cereals. Water comes from juicy fruits, succulent vegetables, milk and other beverages, as well as the water that is consumed as a beverage.

To provide adequate amounts of the seven food essentials at every meal—to avoid the mistake of serving too much of one type of food and too little of another—should be the worthy aim of every homemaker. You will find the task considerably easier if you send for the Homemaker's Chart. Tack it up in your kitchen or in the room where you plan your menus, and use it to check the nutritional balance of every meal you prepare.

If you faithfully follow the food program outlined in the chart, you will help to assure your family of correct nutrition. **This is the most priceless gift you could bestow upon them. For nutrition is the architect that draws the plans of human destiny. In providing the right foods, you lay a firm foundation for health on which to rear a life of happiness and success.**

Send for this Free

Blood-Building Diet

Including Lists of

Foods Rich in Iron and Copper

READERS are invited to write for a free bulletin containing a list of foods rich in iron and a list of those rich in copper. Also included are sample menus showing how to plan a balanced diet containing generous amounts of foods rich in these blood-building minerals. Send your request—a postcard will do—to C. Houston Goudiss, 6 East 39th Street, New York City.

Free

Homemaker's Chart

for Checking

Nutritional Balance

PLANNING a balanced diet will cease to be a puzzle if you send for the Homemaker's Chart for Checking Nutritional Balance, offered free, by *C. Houston Goudiss.*

It lists the foods and the standard amounts that should be included in the daily diet, and includes skeleton menus for breakfast, dinner and lunch or supper, to guide you in selecting the proper foods in each classification.

A postcard is sufficent to bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. Address C. Houston Goudiss, 6 East 39th St., New York City

Questions Answered

Mrs. F. C. T.—Dried figs contain from 60 to 70 per cent sugar and 4 to 5 per cent protein. They are a fine energy food.

Mrs. A. G.—Prunes are a fine natural laxative food for those in normal health. They furnish vitamins A, B and G. But they must not replace oranges or tomatoes as they do not supply vitamin C.

A. F. B.—When thorough chewing is impossible, food can be finely minced or put through a sieve, to make it easily digestible.

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For Tea and For Tennis

TWO of the most important things for midsummer are: a sleeveless dress of the most casual sort for sports and daytime, and a cool dress with cape or jacket, to wear on the street and for afternoons. The two here suggested represent the very best of these types. Make them yourself, in fabrics and colors of your own choosing, and rejoice in the knowledge that you have some very individual new clothes.

Sleeveless Sports Frock.

Even if you never take a tennis racquet in your hand, you'll enjoy having this cool, classic dress for summer daytimes. In pique, linen, seersucker or gingham, it will look and feel so cool and fresh! Perfectly straight and plain, it has darts at the waistline to make it fit with becoming slimness. This is a diagram pattern—practically nothing to make!

Afternoon Cape Ensemble.

With or without the cape, this dress with lifted waistline to flatten the midriff, is a charming, slenderizing style. The cape is a darling—puffed high at the shoulders, and made with arm slits so that it won't be always slipping off your shoulders. Make this design in georgette, chiffon, linen, or in a pretty combination of plain or printed silk.

The Patterns.

Pattern No. 1544 is designed for sizes 14, 16, 18, 20; 40 and 42. Size 16 requires 3⅝ yards of 39 inch material for the dress; 2¼ for the cape; to line cape, 2¼ yards.

Pattern No. 1546 is designed for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 requires 3 yards of 35 inch material. 3½ yards bias binding to trim as pictured.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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By Their Ruins

A British speaker recently said that. out of 21 civilizations that have arisen since the dawn of history, 14 are known only by their ruins.

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