News Review of Current Events

CHALLENGES THE N.L.R.B.

Hoffman of Michigan Will Test Freedom of the Press . . . Texas Democrats Nominate a Yankee

Davis E. Lilienthal, TVA director, at left, trying to explain to the congressional investigating committee the methods by which TVA "yardstick" rates for power were established. Next to him is J. A. Kurg, chief power planning engineer; and at extreme right is Dr. A. E. Morgan, the deposed head of the authority.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK
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Hoffman Dares N.L.R.B.

CLARE E. HOFFMAN, Republican congressman from Michigan, has challenged the National Labor Relations board in the matter of constitutional guaranties of freedom of speech and of the press. He sent to the board a letter recalling that the body recently declared the circulation of a house speech by Hoffman constituted an unfair labor practice under the Wagner act. In the speech Hoffman declared that known communists were active in the Committee for Industrial Organization and denounced C. I. O sit-down strikes as communistic methods.

"This speech," Hoffman's letter said, "was republished, with illustrations, by the Constitutional Educational league of New Haven, Conn.

"I am now offering, and intend to continue to offer, to furnish to any and all interested persons, including employees, employers, or others, copies of this address for circulation at the actual cost of printing, and to recommend that employees might well read this address before joining the C. I. O."

Commenting on the letter, Representative Hoffman said that the board's ruling would preclude the distribution of newspapers containing news items or editorials critical of any organization or of activities of the labor board.

The American Federation of Labor charged in its official organ, the American Federationist, that maladministration of the Wagner act is threatening American democracy. The publication printed an editorial bluntly accusing the National Labor Relations board of promoting the rival Committee for Industrial Organization "which seeks to set up a dual labor movement despite all the social and economic waste which dualism involves.

"Every agency of the government that gives status to the C. I. O gives the same recognition," it continued. "Surely this is not freedom for workers to choose their own unions and representatives for collective bargaining, but union development under government patronage."

Texas Picks a Yankee

TEXAS Democrats in their primary selected a Yankee to be the next governor of the state. W. Lee O'Daniel, born in Ohio and raised on a Kansas farm, received a clear majority over 11 other candidates for the nomination which is equivalent to election.

W. Lee O'Daniel

O'Daniel is a flour jobber. He campaigned with a hillbilly band and a platform that included the Ten Commandments and the Golden Rule, ridicule of professional politicians, promise of a business administration and more liberal pensions for the aged.

More important nationally was the fact that Rep. Maury Maverick, leader of a considerable bloc in congress, was defeated for renomination by Paul Kilday, a San Antonio attorney. Maverick is an enthusiastic New Dealer. Kilday says he will not be a rubber stamp.

Two other administration backers were defeated for renomination. They were Representatives W. D. MacFarlane and Morgan Sanders.

Third Term Boost

GOV. FRANK MURPHY of Michigan told Democratic leaders of the state that Michigan must keep its mind open on the possibility of a third term for President Roosevelt. Said he: "The welfare of the nation and continued success of the New Deal must come first. If the success of the New Deal depends on President Roosevelt running for a third term, then we must be prepared for that."

Murphy's statement is only another indication that the third term movement is growing rapidly. Various groups have petitioned the President to run again in 1940, and Republican National Chairman Hamilton says WPA Administrator Harry Hopkins launched a third term boom the other day when he asserted that 90 per cent of those receiving relief would vote for Mr. Roosevelt again.

Of course Mr. Roosevelt says nothing about all this, but political observers seem to agree that if the 1940 convention does not appear ready to get together on a candidate who would and could carry on the New Deal, the President might well consider it necessary for him to accept another nomination. Breaking a precedent wouldn't worry him.

To Expand Business Loans

CHAIRMAN JESSE JONES of the Reconstruction Finance corporation announced a new policy for forcing the expansion of business loans, by which competitor banks will be pitted against each other. When a loan applicant approved by the RFC is turned down by his local bank an RFC agent will contact the bank and try to persuade it to participate in the loan. If it refuses the RFC agent then will contact a competitor bank.

Jesse Jones

In its most optimistic monthly business survey of the year, the federal reserve board said industrial production is on the increase and available data indicate that in July the index will show a considerable rise.

The business summary particularly pointed out healthy business signs, noting that activitity in many industries was on the increase contraseasonally.

Hull Prods Cardenas

SECRETARY OF STATE HULL, out of patience with Mexico, sent to President Cardenas a sharp note protesting Mexico's failure to pay for American owned farm lands that the Mexican government has seized. Mr. Hull asked that the matter be submitted to arbitration. The secretary has in this the full approval of President Roosevelt, for the administration feels that Cardenas is endangering the "Good Neighbor" relations between the two countries.

Sen. Key Pittman of the senate foreign relations committee also backs up Mr. Hull, asserting that if Mexico refuses to arbitrate she will be subject to economic penalties.

"Mexico," he said, "then would forfeit all the financial and other voluntary aid we have given her through our spirit of friendship and desire for peace, prosperity, and upbuilding of that country."

Spanish Rebels Gain

SPANISH insurgents started a drive in Estramadura region in the southwest as a feint to prevent reinforcement of the loyalist eastern front, and found the loyalist defenses were astonishingly weak. So they went ahead in a whirlwind attack that gave them possession of 23 important towns and villages.

The Barcelona loyalist government announced acceptance of the international plan to purge Spain of its foreign forces. Insurgent General Franco was expected to follow suit shortly and accept the plan framed by Great Britain and sponsored by the 26-nation nonintervention committee.

Disaster in Bogota

THIRTY-SEVEN persons were killed and 150 injured when a Colombian army plane crashed into a grandstand at Bogota and burst into flames. The stand was packed with spectators gathered to witness an aviation review and in the throng were the president and president-elect of Colombia and many foreign diplomats. These narrowly escaped death. The plane was heading an acrobatic parade, and after its wings struck the sides of the grandstand it nose-dived into the shrieking mass of men, women and children.

Bomb Kills 39 Arabs

THIRTY-NINE Arabs were killed and many injured by a bomb that was exploded in the crowded market place in Haifa, Palestine. The incident was the most costly in the turbulent strife between Jews and Arabs which has been sweeping Palestine anew since July 5. Clashes between the Arabs and the Jews followed immediately and panic spread through the city. Many American tourists who had just arrived were caught in the uproar.

Pick-a-Back Flies Sea

MERCURY, the top part of the novel British pick-a-back seaplane, separated from Maia, the lower and heavier part, about a thousand feet above Foynes, Ireland, and then sped across the North Atlantic, making the crossing at moderate speed and without mishap. Passing over Botwood, Newfoundland, the pilot flew on 850 miles further to Montreal, alighting on the St. Lawrence. After refueling the plane completed its flight at New York.

The flying time from Foynes to Montreal was 20 hours and 20 minutes.

Film Companies Sued

UNDERTAKING to break up what the government alleges is a great moving picture monopoly, Attorney General Cummings started a civil anti-trust suit against 8 major motion picture producing companies, 25 subsidiary or associated companies and 132 officers or directors, in an effort to divorce production, distribution and exhibition phases of the cinema industry.

Atty. Gen. Cummings

The suit was filed in the federal district court for the southern district of New York. Federal Judge Henry W. Goddard signed an order for the service of subpoenas on all the defendants, directing that each appear before the court in New York within 20 days after being served.

The government is seeking an equity decree, Thurman W. Arnold, assistant attorney general, announced, requiring the companies to divest themselves of ownerships of theaters or of production and distribution facilities.

The suit named Paramount Pictures, Inc., Loew's Inc., Irving Trust company, New York, as trustee in bankruptcy for Radio-Keith-Orpheum corporation; Warner Brothers Pictures, Inc., Twentieth Century-Fox Film corporation; Columbia Pictures corporation; Universal corporation; and United Artists corporation.

Mr. Arnold said that allegedly monopolistic power exerted by the defendants has a "tendency to drive independent theaters out of business or to compel them to sell to the producer-owned theater chains on the latter's terms."

Mr. Arnold alleged that independent theaters are subject to numerous "oppressive" discriminations, such as block booking, high rentals and the imposition of preferred playing times.

Charles P. Howard Dies

CHARLES P. HOWARD, president of the International Typographical union and secretary of the C. I. O., died in his sleep at Colorado Springs, Colo. He was fifty-eight years old. Howard was defeated for re-election in a referendum last May by C. M. Baker of San Francisco and would have gone out of office September 1.

Owen Wister, author of "The Virginian" and other novels, died at his summer home in North Kingston, R. I.

First 'Death Clause' Case

ACTING under the utility holding company act, the federal securities commission began its first action to simplify a major utility holding company system.

Chairman William O. Douglas announced that a hearing would be held in Washington August 8 to determine what steps the $300,000,000 Utilities Power & Light corporation should take to limit operations "to a single integrated public utility system."

The commission will consider whether the company should be required to rid itself of interest in "any or all" of its 45 subsidiaries.

Douglas said the commission's action was being taken under section 11B of the holding company act—the so-called "death sentence" section.

Utilities Power & Light, with headquarters in Chicago, has subsidiaries in mid-western and northeastern states. The company is being reorganized under section 77-B of the bankruptcy act.

WHAT to EAT and WHY

C. Houston Goudiss Interprets the Modern Conception of Meat

Nationally Known Food Authority Explains Why It Rates As a Top-Notch Food.

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

AMERICANS spend from one-fourth to one-third of their total food budget for meat. In order to discover whether this expenditure is justified, let us examine the nutritive value of meat, and consider its contribution to the diet.

Almost everybody likes the flavor of meat, from the man who considers that no meal is complete without it, to the child who instinctively eats the meat on his plate before he touches the other foods. The desire for meat is one of the strongest human appetites.

For centuries, man accepted this craving for meat as an indication that it was essential to his well being. But with the advance in civilization, there was an increase in many diseases, and for a period of years, meat was blamed as being a contributing cause to kidney trouble, rheumatism, high blood pressure, hardening of the arteries and gout.

In recent years, there has been a careful investigation of the possible association between meat and disease. In the light of our newer knowledge, the old notions have been discarded. And in many cases, meat now has a place in the treatment of the diseases that it was once believed to cause!

Composition of Meat

Meat is a protein food of the highest type. It is useful both for repairing the millions of cells that are worn out daily and for building the new tissues that are necessary for growth in childhood. The proportion of protein varies with the kind of meat, and the cut. In beef, lamb and veal, it comprises between 14 and 26 per cent of the edible portion.

The other constituents of meat are fats, water, minerals, extractives, enzymes and pigments.

The amount of fat present is an important factor in determining the fuel value of meat. And the more fat it contains, the less protein will be found in a given unit of weight. The different cuts of pork contain less protein than corresponding cuts of beef and lamb, with the exception of lean ham, lean pork chops and tenderloin.

Meat as a Blood Builder

Both glandular and muscle meats are rich in the blood-building mineral, iron, and meat also contains copper. The glandular organs, particularly liver, have great value in the prevention and treatment of anemia. Pernicious anemia baffled physicians for many years until, in 1926, two noted American scientists discovered that liver contains a principle which stimulates red blood cell formation. This discovery has been ranked with the discovery of insulin as one of the greatest in our times.

Meat also contains a high percentage of phosphorus. It is poor in calcium, however, and this necessary substance must be obtained in adequate amounts from milk, cheese and green leafy vegetables.

The Vitamins of Meat

Lean muscle meats cannot be considered as an important source of any vitamin except G. This vitamin is necessary for the prevention of pellagra, and also helps to prolong the vigorous middle years and to ward off old age. Beef, pork and lamb muscle contain approximately the same amounts of vitamin G, but liver has been found to contain approximately 10 times as much as muscle tissue.

Some vitamin A is found in fat meats, but liver is also much richer in this vitamin than muscle tissue. Vitamin B is present in lean meat, especially lean pork, which has a considerably higher content than lamb, mutton or beef.

Value of Meat Extractives

Meat contains small amounts of extractives. It is partly because one misses their savory flavor that a meal without meat often fails to tempt or satisfy the appetite.

The extractives indirectly aid in the digestion of meat proteins because they stimulate the flow of the digestive juices. Experiments have demonstrated that meat induces a flow of gastric juice in direct proportion to the amount consumed.

This calling forth of great physiological activity of the stomach is one reason why meat is said to be the most satisfying of all foods, and to "stick to the ribs" longest.

Digestibility of Meat

In considering the nutritive worth of any food it is necessary not only to analyze its contributions to the diet, but to determine how well its nutrients are utilized by the body. **Meat has a high food value because its protein is digested rapidly and thoroughly. Tests show that 97 to 98 per cent of meat protein is digested and absorbed. The length of time meat remains in the stomach will depend upon various factors, such as the amount of fat present, the method of cooking and the degree of mastication. But there is no marked difference in the thoroughness with which the different kinds of meat are digested.**

Since it is so completely digested, however, meat supplies little bulk, and it is therefore essential that an abundance of leafy vegetables and fruits should be eaten at the same time.

This Free Chart Makes It Easy to

BALANCE YOUR DIET

YOU will find it a simple matter to safeguard the health of your family by serving a balanced diet if you send for the Homemaker's Chart for checking Nutritional Balance ● It lists the foods and the standard amounts that should be included in the daily diet. Contains skeleton menus for breakfast, lunch and dinner or supper to guide you in selecting the proper foods in each classification. ● A post card will bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. ● Address C. Houston Goudiss, 6 East 39th Street, New York City

There has been considerable discussion regarding the place of meat in the child's diet.

There are the same good reasons for using meat in the diet of the child as in the diet of the grown-up. Moreover, the child's protein requirement is greater than that of the adult, in proportion to his body weight.

At the beginning of the second year, many authorities advise that small servings of tender and finely minced beef, chicken, lamb or liver may be given about three times a week. As the child becomes older, he may have meat more often and as his ability to chew increases, he may be given larger pieces.

Some Fallacies Regarding Meat

Many people believe that veal is less completely digested than other meats. But it has been demonstrated that even very young veal digests as rapidly and as completely as beef. It has also been held that red meats are less digestible and, therefore, less desirable than white meats. There is no evidence to support this point of view.

Someone with a gift for concise expression once remarked: "No meat—no man!" His point was well taken. **For considering its delicious flavor, essential food values, and ease of preparation, it is easy to agree that THERE IS NO SUBSTITUTE FOR MEAT.**

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Cool, Slim-Waisted Frocks

THESE last few hot weeks will be a whole lot easier to bear if you have some fresh new dresses to wear around the house—cool, slim-waisted styles that are finished enough for shopping and porch wear too. We've picked out two that we know you'll like, one for slim figures and one for large. Both are very, very easy to make, for of course nobody wants to undertake laborious sewing these days. And both are easy to wash and iron. A detailed sew chart comes with each pattern.

Day Frock for Slim Figures.

This little dress is right at the top of new fashions, with its gored skirt and shaped square neckline. Notice that the skirt seams are extended above the waistline, to give a little bosom fullness, which makes the dress more becoming. Very short kimono sleeves, just covering the shoulders, give a much prettier line than sleeveless frocks do, and they're just as cool. The skirt has a charming flare. Make this in linen, dotted Swiss, dimity or organdie in a pretty flower print, and you'll love it.

Day Frock for Large Figures.

You'll find this straight, well-cut dress one of the most becoming, most slenderizing, you ever put on. It has a deep v-neck and short pleated sleeves for coolness and comfort. It's very easy and unhampering in line, so that you can work in it comfortably. Darts on the shoulders and at the waistline give it an unusually trim, slimming fit. A touch of prettiness is added by ricrac braid and the pointed closing. This is a diagram design that you can make in a few hours, and you'll want several dresses made just like this—in dimity, calico, percale and seersucker.

The Patterns.

1558 is designed for sizes 12, 14, 16, 18, 20 and 40. Size 14 requires 4¼ yards of 35-inch material; 9 yards of ribbon or braid to trim.

1533 is designed for sizes 34, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 4⅝ yards of 35-inch material. 1⅝ yards of ricrac braid to trim.

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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Beauty Is Mental

True beauty is in the mind; and the expression of the features depends more upon the moral nature than most persons are accustomed to think. — Frederic Saunders.

KOOL-AID MAKES 10 GLASSES 5¢ MADE IN 7 FLAVORS
FREE! AVIATION CAPS FOR BOYS! GIRLS!
ASK YOUR GROCER

BILL-OF-FARE

● Only the stoutest heart enters a restaurant and proceeds to order filet of beef, lobster Thermidor, or even ham-and-eggs without first consulting the menu-card. For here are suggestions to set the taste-buds aquiver . . . and prices plainly marked.

Shopping for merchandise can be pleasantly conducted in the same manner. The advertising columns are in effect a bill-of-fare, with prices that protect as a bill-of-rights. In the leisure of your home, at the breakfast-table, you may check and choose before starting to town.

And what a varied bill-of-fare it is! Everything your heart may desire, your home may require, and your budget may permit. Presented in a readable and interesting fashion. Sponsored by a merchant whose name you know, whose services you have come to rely upon.

Get the advertising-reading habit. It saves time, temper, and shoe-leather, to say nothing of your hard-won cash. The advertiser's word is as good as his bond. On no other basis could he hope to win and hold your custom.