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Ye Smudge Pot

By Arthur Perry

Spring hereabouts continues

just around the corner of a snow flurry.

A local Democratic warhorse

has the double-jointed jitters.

He fears a Jap invasion, and a

Republican victory in the fall.

A dress style for the fair sex

is the "drndi," (pronounced

drindle). They should have said

so, in the first place.

The Secretary of the Treasury

is opposed to a federal sales tax

for revenue on the grounds, it

is "regressive." Besides, where

tried, it works, and nobody can

get out of it.

General MacArthur has been

transferred to Australia, from

the Philippines, and placed in

supreme command of the

United Nations. The move will

strengthen the backbone of the

Allies, and weaken the knees

of the Nipponese.

NEW PAPA'S NOTE

(Press Dispatch)

"Triplets sons, their first

children, were born at St.

Raphael's hospital today to

Mr. and Mrs. Harold F. Man-

gler of Hamden.

"The father, virtually

speechless today, is employed

at the Winchester Repeating

Arms Co."

Comes a weird tale from Nevada

of a Scoutmaster in charge

of a group of Boy Scouts on

an overnight hike battling mys-

terious "little brown men" in

an isolated Colorado river can-

yoon, who live in caves dug in

the sides of cliffs. Nobody

knows what to make of it all.

The "little brown men" might

be strays from the radio in-

vasion from Mars, that scared

the daylight out of thousands, a

few years back.

The people have started serv-

ing notice on their statements

in the national capital they are

weary of serene straddling of

vital war issues and domestic

problems, and further pressure

from the "pressure groups."

The happy days of being a rub-

ber stamp and scooting into

office on the presidential coat-

tails are over.

The Jack Walker boy and the

Dick Phair girl, both three years

old, are that way about each

other, a kid society rumor says.

IS THAT SO?

(Red Bluff (Cal.) News)

"One of the Sunday col-

umnists says that President

Roosevelt who was married

on St. Patrick's day has no

difficulty in remembering his

wedding date. I will go the

columnist one better—I'll bet

that the president has no dif-

ficulty in remembering that

he is married either."

A shortage of wool, more ex-

tensive than at first feared,

looms. The condition leaves

none to pull over the people's

eyes.

He played all four games,

and though only a Singapore,

was the leading scorer of his

team."—(Weed News). A lin-

otype lets his thoughts wander

to the Far East.

LAUNCH FREIGHTER

Portland, March 18.—(P)—

The Oregon Shipbuilding cor-

poration yesterday launched the

Fisher Ames, a maritime com-

mission freighter named for an

early-day American lawyer and

statesman.

As To Bands and Parades

In opposing any corrective legislation regarding the 40-hour week and labor strikes in war production, President Roosevelt told his press conference yesterday:

"Let's not rush things, when they are going pretty well. I would rather see instead a few more parades and a few more bands playing. I think it is time to wave the flag and get a lot of enthusiasm in our work."

But nothing would put more enthusiasm into "our work" than the assurance that for the duration of the war there will be no 40-hour week for ANYONE.

There will be no strikes, or lock-outs for anyone. There will be no privileged classes either in the realm of labor or capital,—no excessive wages for one, no excessive profits for the other.

But the entire country, regardless of classes, sects, politics or what have you, shall join shoulder to shoulder, in the common effort to win this war, and make the world a peaceful and decent place to live in, in the shortest possible time.

FINALLY it is the feeling that this ISN'T being done, that the country isn't so united, that there are far too many people concerned first with what they can get OUT of the war, rather than what they must put INTO it, that brass bands and flag-waving parades are so conspicuous by their absence.

A FEW outstanding U. S. victories, of course, would greatly help. But it isn't their absence, or any inability of the rank and file to "take it" that accounts for the prevailing atmosphere of doubt and dissatisfaction, but the widespread feeling from coast to coast, that what should be done ISN'T being done.

YES, as we see it, President Roosevelt has got the cart before the horse. Flag-waving parades and bands playing don't create enthusiasm. Enthusiasm creates the parades and the music.

Who Is Boss?

When Donald Nelson was placed in charge of war production there was a widespread belief he would be in supreme command.

In fact, it was stated at the time he would have more autocratic power than even Barney Baruch had in the first World War, the enabling act being so far reaching and drastic, that according to report, Prime Minister Churchill intended to follow the same revolutionary line in England.

But if we correctly understand the present situation, the new war production chief, if he does have supreme power, has not as yet been able to exercise it. For at the time of his appointment Mr. Nelson declared the 40-hour week was out, and war production was to go on a 168-hour week basis.

Quite obviously that hasn't been done, and there is no likelihood it will be either by capital or by labor.

In fact, in his talk over the air last night Director Nelson admitted his failure in this direction and placed the blame about equally between the workers and management.

We quote:

"Yet some manufacturers have come to the war production board to plead for just a few extra months before going into war production. Some of them want to delay over details. Some of them argue before awarding a sub-contract. I know of a case where 26 days were wasted this way. You and I will not stand for that."

"Then, too, I know of cases where workers in war plants have been told by other workers—by men in their own unions—to keep production down, to take it easy, not to hurry, to spread the job out and make the work last. You and I will not stand for that either."

"These cases are not typical. They are becoming fewer and fewer. In my opinion they simply reflect the fact that a few people just haven't got it through their heads that this is a life-and-death matter. I pledge my word to the American people that I will knock down such indifference or interference wherever I find it."

Mr. Nelson's assurance that such things will stop is comforting, but in view of the record since he took over the job, a certain scepticism may be justified regarding his ability to effectively exercise the power in this direction that has been given him.

A Wise Step

The most cheering news in today's wire report is a dispatch from Washington that the U. S. "High Command" will soon begin issuing authoritative general reviews of the military situation.

It's about time!

One of the chief causes of the general doubt and confusion, throughout the country, has been the conviction that the real facts regarding the progress of the war, have not been told.

As a result there has been widespread fear, even more widespread speculation, and a general lack of confidence in the way the war to date has been conducted.

From now on, according to this official report, the people will no longer be kept in ignorance or suspense, they will be given the facts.

We quote:

The new policy will be to make public the maximum of information on military naval production and other matters concerning the war which can be revealed without giving aid to the enemy. This action is based upon the firm conviction that the people of a democracy are entitled to know the facts whether they are good or bad, cheerful or depressing.

Casualty lists will also be given out under the new dispensation, not on a nationwide basis, but for each locality involved.

All this is a great step in advance, and we predict will mark the beginning of an entirely new era in this World War No. 2, with the "High Command" showing confidence in its people, and the people having confidence, once more, in its "High Command!"

Personal Health Service

By William Brady, M. D.

Signed letters pertaining to personal health and hygiene, not to disease diagnosis, or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 365 El Camino, Beverly Hills, Calif.

FOOD FALLACIES OF DIABETICS

So many times, writes a reader, it seems that the very thing we wish to know about is answered in your column without having to write. Is it true that the pear is one fruit a diabetic can eat? Our local doctor said he didn't know. I read an article some time ago that stated the sugar in pears



is the same as that in artichokes and hence is not harmful to diabetics. Does rye flour contain any white flour? (Mrs. K. A. G.)

Mrs. G.'s inquiries are typical of many others received from people who have erroneous ideas about food or its digestibility or suitability or assimilability, particularly in regard to certain disease conditions, such as Bright's disease, arthritis and diabetes, and certain functional weaknesses such as retarded digestion and constipation. How these wrong notions originate is a question, but there is no question that some of them are industriously propagated by commercial interests in order to maintain a demand for certain foods or food products.

It is true that a diabetic may eat pears—if he may eat green pears, apples, currants, apricots, cherries, artichokes, huckleberries, blueberries, raspberries, hickory nuts, walnuts, filberts, pecans or pampis. A diabetic may eat any of these only if his physician so instructs him and tells him precisely how much of the food in question he may take in a day. The physician is able to do so instruct only if he has determined the patient's carbohydrate tolerance. Carbohydrate is any kind of sugar or starch. Pears and the other items mentioned above are classified as containing approximately 15 per cent of carbohydrate, or say 2½ ounces of sugar or starch or both in each pound of food.

Other foods containing even more starch or sugar are classified as containing about 20 per cent—such as potatoes, baked beans, lima beans, rice, banana, prunes, walnuts, macaroni. Some foods are classified as containing 10 per cent sugar or starch, such as carrots, onions, squash, turnip, grapefruit, oranges, cranberries, strawberries, pineapple, peaches, lemons. Still others are five per cent, such as asparagus, lettuce, ru-

barb, sauerkraut, cauliflower, cabbage, string beans, broccoli, mushrooms, tomato, celery, radishes, eggplant, spinach, beet greens, Brussels sprouts, butter-nuts.

There is not the slightest ground for the notion that sugar or starch from this or that food source is more suitable or more assimilable in any way than sugar or starch from any other source, in diabetes or other disease.

This applies to pears, artichokes, apples, beat sugar, cane sugar, cornstarch, rye, oat or other cereal meal or flour, or breads made from these.

Answering Mrs. G.'s question about rye flour, if it is rye flour, it contains no wheat flour, if that is what she means. Rye or rye flour is virtually equivalent to wheat or wheat flour in starch content. Rye bread is a good wholesome food if you prefer it to wheat bread.

QUESTIONS & ANSWERS

Scabies

We have scabies. A doctor's prescription for an ointment has the most atrocious odor. (M. B.) Answer—Advice on management of the itch given in booklet "Save Your Skin"—for copy send twenty-five cents and stamped envelope bearing your address. All in the household must take treatment at the same time, if they have any indication of scabies.

Change of Life

I am a veterinarian but I get a great deal of good health information and advice from your column. Mrs. D. is suffering with hot flashes and change of life. (L.W.D.) Answer—Send stamped envelope bearing your address, ask for monograph "The Menopause".

Weight

In the past two years I have lost about twenty-five pounds. There is no apparent reason. Kindly send any advice you may have on gaining weight. (B. H. T.) Answer—You should have a complete medical examination. Send stamped envelope bearing your address, for pamphlet "How to Gain Weight".

Glass versus Can

Which is better as regards vitamin content, food packed in glass or in cans? (Mrs. B. B.) Answer—No difference.

What is the caloric value of potato skin? Artichokes? Iodine milk?

(H. H. B.) Answer—Potato skin itself has no caloric value, but skins of baked potato are healthful food and should generally be eaten with the potato. Potato yields 440 calories per pound. Artichokes 365 calories per pound. Milk, iodine or any other way, 160 calories per large glass (half pint). (Copyright 1942, John P. Dille Co.)

Ed. Note: Persons wishing to communicate with Dr. Brady should send letter direct to Dr. William Brady, M. D., 365 El Camino, Beverly Hills, Calif.

News Behind The News

by Paul Mallon

(Continued From Page One)

Ingrat to the Caspian, the Mohammedans and Mongols to share the intervening deserts, and the Italians (as befits a worthless ally) to get scraps from other tables elsewhere.

It has its propaganda aspects so far as the Turks, Persians and Egyptians are concerned. They long have sought an Islam state, and they may be too shortsighted to appreciate that the God they would have to worship under such a setup would be Allah Adolf.

PEOPLE ordinarily use words to convey their thoughts, but Hitler uses them to make you think whatever he wants you to think at any particular moment. To a greater extent than any politico alive, he has severed the connection between what he thinks and what he says. He is not an ordinary liar. Truth and untruth have merely been banished from thinking processes. He uses words only as political weapons.

So when der fuhrer hinted his spring offensive will be delayed and the red army annihilated this summer, few authorities here even went to the extent of State Undersecretary Welles in accepting the opposite as probably true. To them, it was only a propaganda answer to Stalin ("we have nothing against the German people, only their fascist leaders") for domestic consumption and utterly meaningless otherwise.

Reports of extensive preparations Hitler is making on the south Russian front are more trustworthy. A Nazi attack within a month is confidently expected, unless the reds get to them first.

ONLY one soldier of the united nations has gotten near the Russian fighting front since the

war began. A British marshal was conducted on a Cook's tour by the reds, but not allowed to get too close.

The Russians thus have kept their military secrets better than any nation. For seven years they are supposed to have been building a second trans-Siberian railway north of Lake Baikal, but no one outside of Russia yet knows if it has been completed. No one knew they were building a canal from Leningrad to the White sea until it was finished.

Yet the reds have a fairly good underground communist movement still working in Germany, an excellent one in Yugoslavia and other Balkan states.

THE decision of the supreme court in the teamsters' union case placed congress in the position of condoning and authorizing the use of force and violence to enforce demands so long as it is practiced by labor organizations. The chief justice dissented and called the teamsters highway robbers. To correct the law, or rather make it more definite and clear congress of apparently being the tool of the unions, Senator Holman of Oregon has offered an amendment to the anti-racketeering statute. This proposed amendment is expected to be the center of a controversy before congress is given an opportunity to vote on it.

WITH the increasing importance of the Puget sound and Columbia river regions as headquarters for ship construction, the government is making a study of the facilities available for repairs and drydock work. Puget sound is reported as fairly well equipped, but the Columbia river has only one drydock (the navy refused to approve of a floating drydock at Astoria last year) and this must be enlarged or another drydock built. After waiting a week for officials to make up their minds as to what they want, representatives of the Port of Portland commission returned home. In these two harbors, Puget sound and Columbia river, more than 600 ships are now under contract, and all to be com-

pleted by December, 1943, according to present program. This means more workers being drawn in from outside points and an increased housing shortage, especially in localities adjacent to the shipyards, now that automobiles and tires are on the way to oblivion.

War department is looking for a spot in the northwest for an important development which can be reached by all railroads. Spot has not been found yet, and to meet the requirements some railroad extensions may be necessary.

THE dispatches say Chungking thinks the Japs are likely to strike Siberia as suddenly and

devastatingly as they struck Pearl Harbor.

GERMAN-HELD Norway is on the flank of the SHORT supply route to Russia by way of the Arctic. Getting British and American help to Russia this summer is all-important.

You must have noted the dispatches the other day telling of arrival of the Tirpitz, Germany's biggest battleship, at a Norwegian port.

That would indicate that Germany is planning flank attacks on the Arctic supply route to Russia.

Kelly's Comment

From Washington, D. C.

Milking Machines May Be Scarce

Lipstick Plant Making Shells

Holman Offers Racket Curb

By John W. Kelly

Washington, D. C., March 18.

Dairymen are in for a jolt—the dairymen who use milking machines, as many of them do in the northwest. Such modern dairies are up against a shortage of critical materials, for material required in milking machines is also required for war. A delegation of manufacturers of these machines came to Washington and conferred with the metals division of war production board. The metals division refused any priority and finally declared that it did not consider a milking machine as essential in the war status of the dairying industry.

Cows can be milked by hand, declared the board, in refusing metal for the manufacture of milking machines. In fact, the chairman of the board testified that he could qualify as a milker, as he was raised on a farm. Told by the manufacturer that machine-milked cows have never been milked by hand, the answer was "learn the cows."

With this attitude of WPB expressed, dairies using milking machines will have to be extra careful in keeping their equipment in perfect repair. No action was given by the board to the extra burden that will be imposed on dairies which use machines to save man power.

IF the dairy business has been turned down, the chicken industry has been helped. The metals division has favorably considered the appeal of the makers of incubators for metals. On the large scale chicken ranches the incubator is vital; no incubators, no chicks. This being the case, a priority rating was granted which will assist the chicken raising business in Idaho, Oregon and Washington.

THERE is a small concern which has been making lipstick containers. As these containers are "out," the manager made a desperate appeal to save his little business. The metals division, which knew nothing of lipstick containers, asked questions and discovered that the small manufacturer had exactly the machinery necessary to make copper cartridge shells for rifles. The little plant, as it stood, was ready to start making shells within 24 hours. The production department gave the visitor a contract, with priorities for copper. This case is unusual; most of the small businessmen who come to the national capital return home empty-handed.

Prohibition of the manufacture of radio sets has been decreed, but every set in use will have tubes to keep it functioning until after the duration. Knowing that the radio industry has to be curtailed, the makers turned all their facilities over to the making of tubes, for nickel and other scarce metals are used for tubes. WPB has learned that there are sufficient stocks of tubes on hand to last for three years and that there are enough radio sets in the United States to provide one for each of 90,000,000 people—a radio set for every family in the land.

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