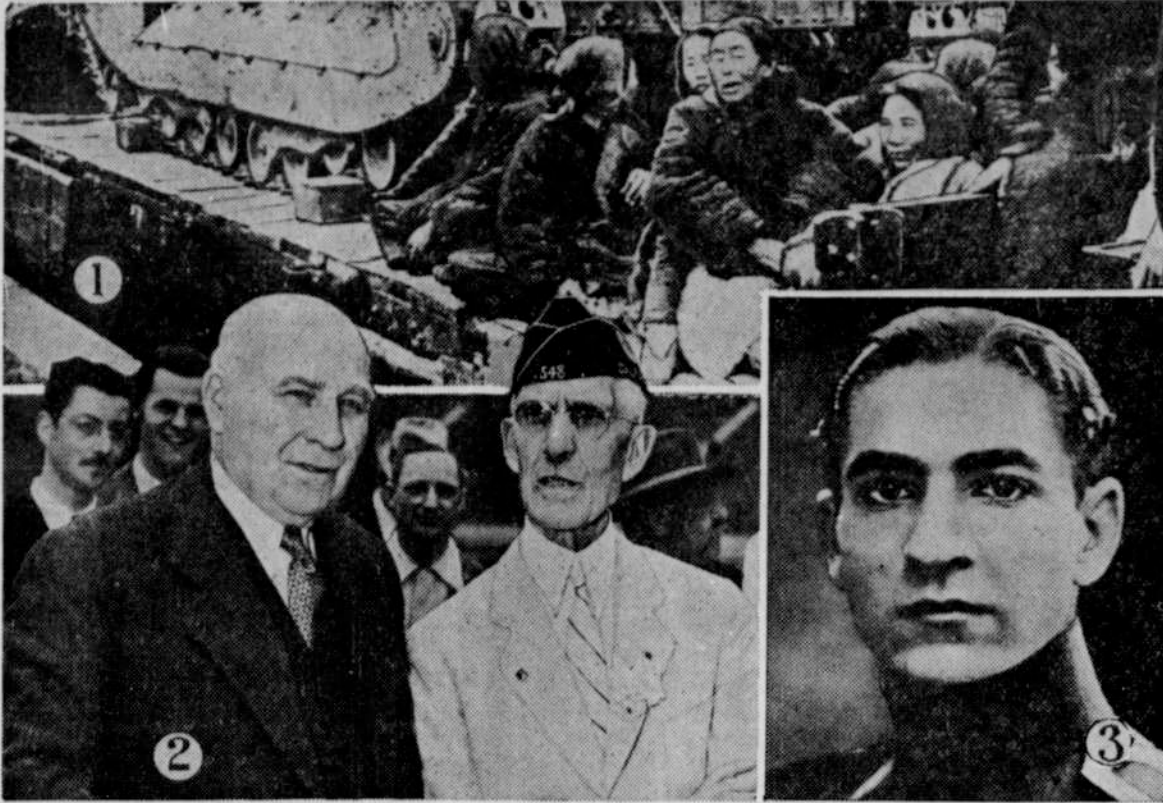
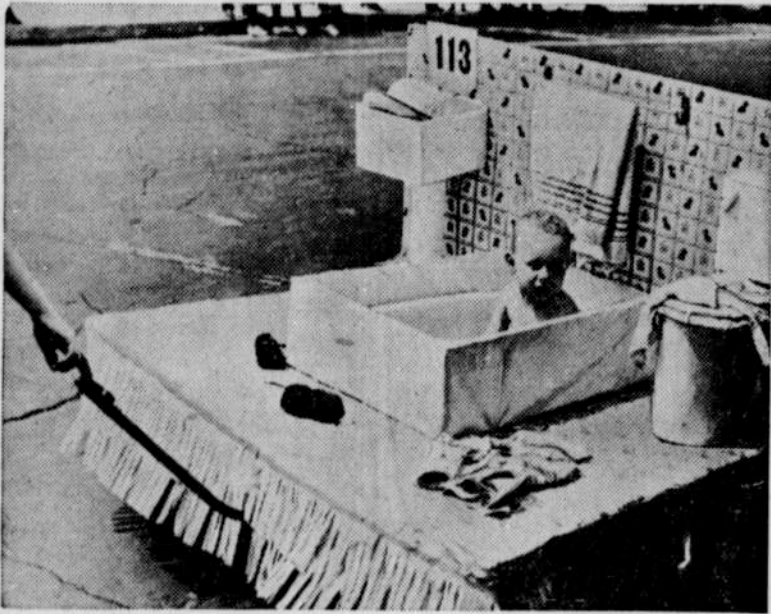


Scenes and Persons in the Current News



1—Chinese women refugees riding beside a captured tank, on a train which brought them out of the Shantung war zone. 2—Gov. Frank Merriam of California and Dr. Francis E. Townsend shown as they opened the third Townsend plan convention at Los Angeles, Calif., recently. 3—Crown Prince Mohammed Riza of Iran, who will be married to Princess Fawziah, sister of King Farouk of Egypt.

Gold-Fish Bowl Bath



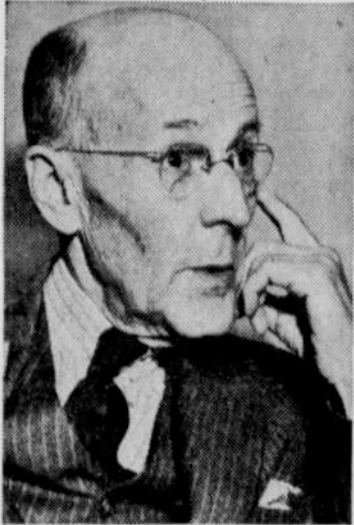
One of the most public baths ever taken was the one by this youngster shown here in a bath tub in the baby parade held during the annual Rhododendron festival at Asheville, N. C., recently. The young entrant doesn't seem to mind making his ablutions a public affair.

SHEIKISH ENVOY



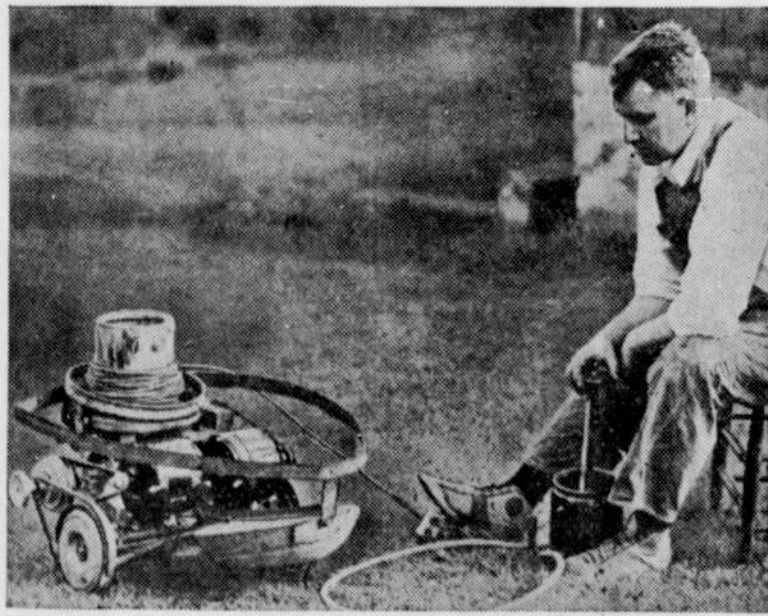
His excellency, Sheik Hafiz Wahabe of Arabia, who is in the United States en route to London, where he is envoy extraordinary for the king of Saudi Arabia. Most of his work there, he says, deals with citizens of British protectorates who make their pilgrimages to the holy city of Mecca.

FATHER OF ROTARY



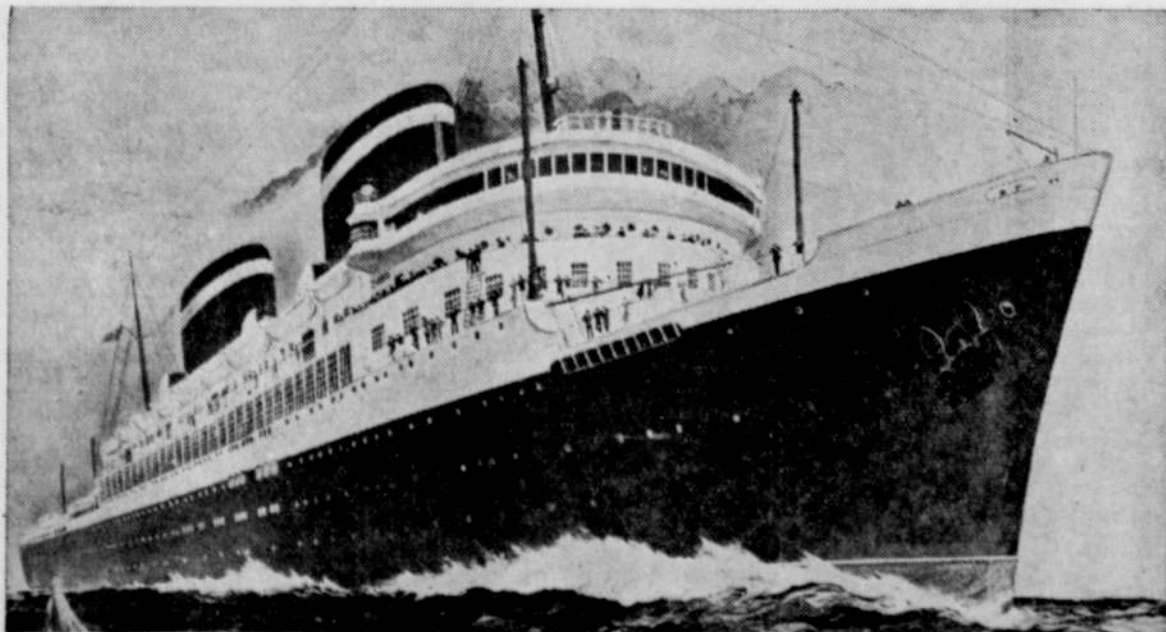
Paul P. Harris, Chicago lawyer who 30 years ago founded International Rotary, was one of the honored guests at the twenty-ninth annual convention of the organization in San Francisco, Calif., recently. Delegates from all parts of the world were in attendance. International peace was the theme and goal of the convention.

Lawn-Tender's Dream Comes True



With this contraption, Alvien Lodge, unemployed mechanical engineer of Millersville, Pa., mows his lawn without moving from his chair in the shade. Lodge, who is unable to walk freely because of lameness, built his remote control mower by adding two electric motors, an old paint can, a wooden mixing bowl and sundry gears and wires to a regulation mower.

Artist's Conception of New U. S. Ship



The new \$15,750,000 liner which is now under construction for the United States lines, from a painting by Worden Hall. The vessel will take the place of the historic Leviathan and will be a sister ship of the Manhattan and Washington in the north Atlantic service. Launching is scheduled for July 15, 1939, and the completed ship will be delivered to the line in February, 1940.

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.

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

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.

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.

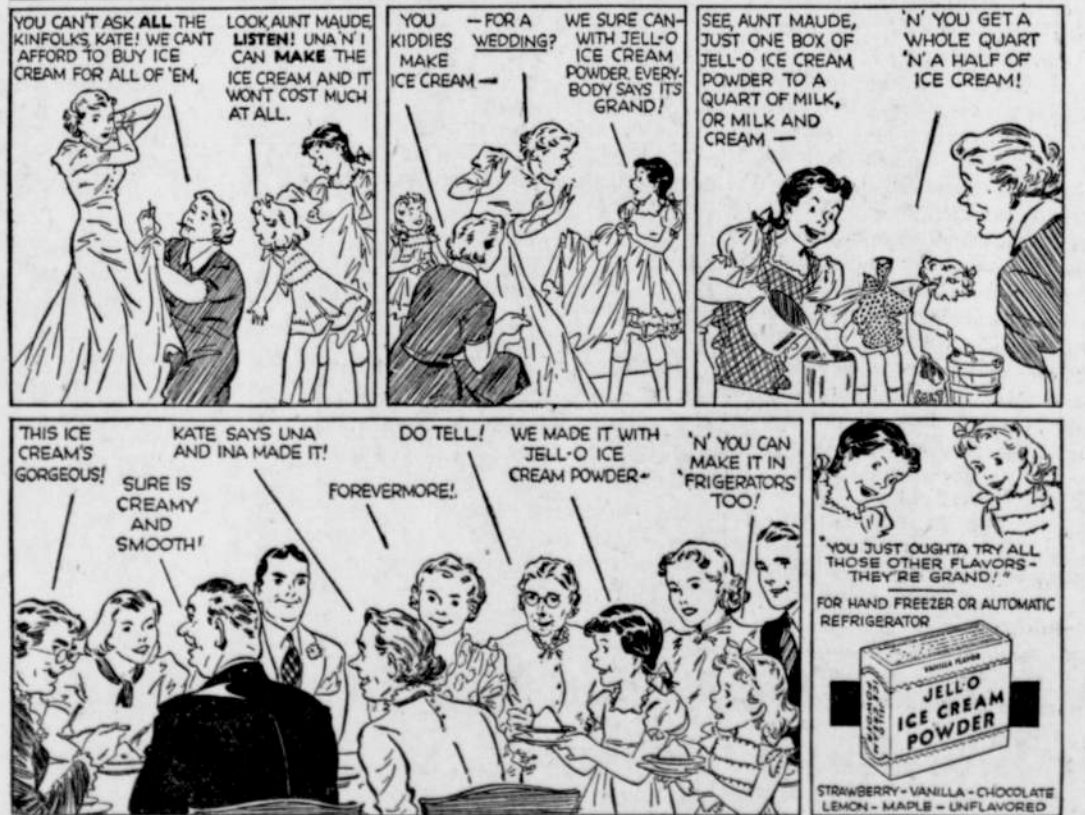
The list of calcium-containing foods will help you do a perfect job of building strong, fine bodies for your children.

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.

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UNA and INA at Cousin Kate's Wedding ...



"There's the Doorbell Again"

SUPPOSE daily to your door came the butcher, the grocer, the clothier, the furrier, the furniture man, and every other merchant with whom you deal? What a tedium of doorbell answering that would mean!

It would be even more impractical for you to visit daily all these stores to find out what they have to offer and the price. And yet you need those merchants' service quite as much as they need your patronage. Contact between seller and consumer is essential in the supplying of human needs. Before a sale can be closed the goods must be offered. Every week, through the advertising columns of this newspaper, the merchants of this city come to your home with their choicest wares. Easily, quickly, you get the news of all that is worth while in the market-places of the world.

They are not strangers at the door, but merchants you know and trust. You are surer of high quality and fair price when you buy an article advertised by a reputable firm.