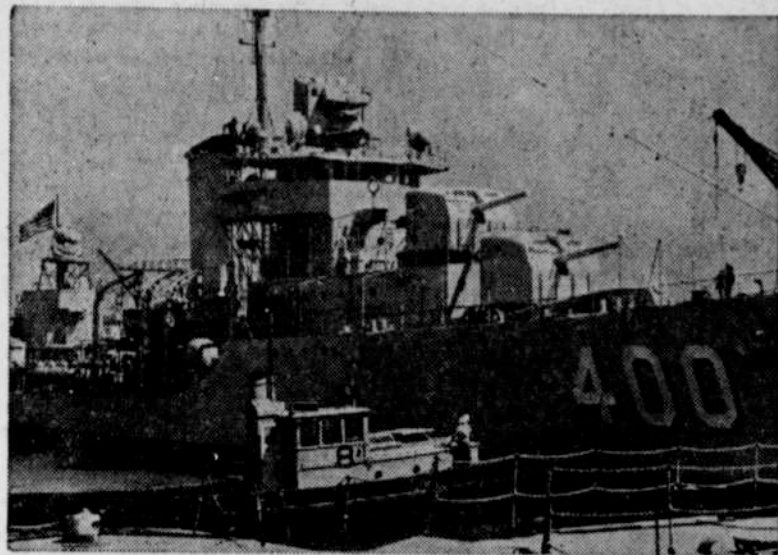


News Review of Current Events

WAGES FOR REAL WORK

President, Opposing Outright Dole, Still Looking for Solution of Unemployment Problem



Speediest ship in our navy, the destroyer McCall, was commissioned at the Mare Island navy yard in California. The McCall, first privately built navy vessel since 1921, has a specified speed of 38½ knots, but in recent tests was reported to have averaged 42 knots. It carries four 5-inch guns and four quadruple torpedo tubes and is especially fitted for quick attacks on capital ships.

Edward W. Pickard

SUMMARIZES THE WORLD'S WEEK

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Spending Is a Stop-Gap

DECLARING the New Deal's objective is to give wages for real work and that he is opposed to the outright dole for bare existence,



President Roosevelt

President Roosevelt said in a press conference that he is still looking for a permanent solution of the unemployment problem. He made it clear that he did not believe relief or public works afforded anything more than a stop-gap remedy for a little understood dislocation of the nation's economic and industrial life. In fact, he said, no country in the world had as yet worked out a method for dealing with the most acute unemployment situation in the history of the world.

He noted that public works expenditures had worked better in Sweden than in this country, because the Swedish government had been able in recent prosperous years to put on heavy taxes and pay off its borrowings. He said the Swedish method was being given close study. The President warned that the prosperity which vast outlays for rearmament appeared to have brought to European nations was unsound. When the munitions plants close down, he predicted, the nations of Europe will find themselves weaker in an economic sense than ever before. No nation, he argued, could spend its way back to prosperity by laying out vast sums in unproductive goods like weapons of war.

All federal spending agencies received instructions to launch the big spending push July 1, Mr. Roosevelt said. Funds will pour out through the Works Progress administration, the Public Works administration, the Civilian Conservation corps and the Reconstruction Finance corporation.

Aubrey Williams Scolded

AUBREY WILLIAMS, deputy WPA administrator, aroused the indignation of many citizens, especially of opponents of the administration, when he advised organized relief enrollees at a meeting in New York to keep the Roosevelt administration in power and to elect 100 per cent Roosevelt Democrats to office. He even incurred a mild rebuke from the senate committee created to investigate senatorial campaign fund expenditures and the use of public money to influence voters.

The committee pronounced Williams' speech "unfortunate" because of his position in the relief organization and uttered a warning against attempts by the spenders of the government's relief and pump priming billions to influence the votes of beneficiaries.

Williams sent a letter to the committee claiming there was no political intent in his speech and asserting he had been misquoted.

Farmers Oust a Union

FIVE hundred angry farmers invaded the Richland Co-operative creamery at Richland Center, Wis., to which they sell their milk, and drove out seven employees of a teamsters' union. They then forced the remaining employees to sign statements that they would not join a labor organization, and established a picket line to keep out union members and organizers.

The demonstration was the climax of five months' resistance by the co-operative's directors, mem-

bers and patrons against the organization of the plant by the American Federation of Labor teamsters' union. At the insistence of the national labor relations board, the creamery had just agreed to accept the union as a bargaining agent and not to oppose recognition further. N. S. Clark, Milwaukee regional director of the labor board, had agreed to withdraw charges of unfair labor practices against the company.

Clark said later that all offers toward a compromise with the creamery had been withdrawn. The farmers who took part in the demonstration had outlawed themselves, he said, and declared he would ask the Washington office of the labor board to prosecute them.

Indiana G.O.P. Picks Willis

RAYMOND E. WILLIS of Angola, Ind., a newspaper publisher and veteran political leader, was nominated for the senate by the state Republican convention in Indianapolis. Willis was named on the third ballot, defeating four rivals among whom was James E. Watson, former senator.

The nominee, who is sixty-two years old, has been the active editor and publisher of his weekly paper, the Angola Republican, since its establishment in 1898. He is president of the Steuben Publishing company, and, with another editor at its head, publishes the Angola Herald, a Democratic organ.

Fish Attacks Hamilton

HEATED discussion over immediate control of campaign funds among members of the Republican national executive committee, meeting in Washington, gave Rep. Hamilton Fish of New York an opportunity to renew his fight on National Chairman John Hamilton, whose removal he demanded.

With Hamilton out of power, Fish said, the Republicans would win 10 senate seats and 100 house seats. With Hamilton at the helm, he warned, Republican gains would be reduced by half.

Rep. Joe Martin of Massachusetts and Sen. John Townsend of Delaware, chairmen, respectively, of the house and senate G. O. P. campaign committees, have demanded allotment of funds from the national committee and exclusive control of their expenditure. Hamilton has resisted these demands.

Representative Bertrand Snell of New York, Republican leader in the house, told the committee that he intended to retire from public life and would not seek re-election this fall.

Italy Checks Franco

VIRGINIO GAYDA, noted editor and spokesman for the Fascist regime in Italy, declared that Italy had advised Franco, leader of the Spanish insurgents, to use "moderation" in his efforts to prevent British and other foreign ships from bringing supplies to government Spain. Gayda said, however, that Italy approved the bombing of vessels carrying contraband, but disclaimed any Italian responsibility therefor.

Representations by the earl of Perth, British ambassador to Rome, had opened the way to an agreement to end the bombings. Mussolini was reported as ready to act only to spare Prime Minister Chamberlain from embarrassment.

London dispatches said Great Britain, France, Italy and Germany had agreed to split the cost of withdrawing foreign troops from Spain. Russia refused to pay a full share of the expense, estimated at 10 million dollars.

Signs of Compromise

THERE are distinct indications of compromise and co-operation in the American picture, and hopes for restored prosperity are somewhat revived. The stock market has become unusually active, and private enterprise is awakening. Unfreezing of three billions in stored-up credit is expected to result from new banking regulations ordered by the President. Thousands of contracts for approved projects to cost almost \$500,000,000 have been sent to all parts of the country by the Public Works administration.

Mr. Roosevelt, in his latest radio address to the nation, said: "In simple frankness and in simple honesty, I need all the help I can get," and it seems that the people are ready to give that help if the administration will do its part.

Notable in the President's talk was the admission that mistakes have been made not only by his opponents and by industry and labor, but also by government leaders. He sharply attacked reactionaries in business, blaming them for much of the current depression.

Asserting his continued belief in individual enterprise and the profit motive, he criticized the recent congress for failing to enact his program for government reorganization and legislation to aid the financially depressed railroad industry. At the same time, however, he said the legislators "achieved more for the future good of the country than any congress between the end of the World war and the spring of 1933."

Wants Liberals Elected

MOST of the President's radio speech was frankly political. He declared himself the leader of the liberals and held that, as such, it was his privilege to intervene in state primary and election campaigns for the purpose of insuring the defeat of those whom he characterized as conservatives, the opponents of his policies.

This aroused the indignation of many Democratic statesmen like Senators Burke of Nebraska and King of Utah.

Senator King asserted the President should not use the great advantage he has in controlling the purse strings of the huge spending program. "People who have fought for the Democratic party for a great many years do not like interference in their state affairs by outsiders," he said. "I do not believe the President should meddle in the primary elections of the Democratic party or any other party."

General opinion was that Mr. Roosevelt had widened the split in the Democratic party and by his words had placed the stamp of his approval on the attempted "purge" directed by Corcoran, Cohen and others of his advisers.

For Naval Expansion

IMPETUS was given the naval expansion program with PWA allotments of \$27,883,000 for the enlargement, extension and remodeling of existing plants and facilities of the navy department.

With orders for full speed ahead the navy department said that 113 projects, approved by Mr. Roosevelt, will be under way by August 15. Among the projects are power plant improvements, foundry building, high frequency radio station, fleet moorings, turret assembly facilities, improvements to ship building ways, structural assembly, electric and sheet metal shops, water storage, railroad tracks, noncommissioned officers' quarters, storage buildings and other improvements.

Mustn't Seize Hainan

THE British and French envoys in Tokyo warned Japan that any occupation of Hainan, Chinese island off the south coast of China, would be met by joint Franco-British action. The island, which lies near French and British trade routes, was bombed by Japanese flyers.

Germany is recalling the Germans who have been acting as advisers to the Chinese army, and diplomats believe Germany may now give active aid to Japan.

Swedes Celebrate

AMERICANS of Swedish descent by the thousand and many from Sweden gathered at Wilmington, Del., for the celebration of the 300th anniversary of the landing in America of the first Swedes and Finns. From the old country came Crown Prince Gustaf Adolf with a large party, but he was confined to his suite on the liner Kungsholm by illness. His place was taken by his son, Prince Bertil.



Prince Bertil

The principal event of the opening ceremony was the presentation of a monument erected by Sweden on the landing site. The presentation was made by Prince Bertil and accepted by President Roosevelt. Then the President presented the monument to Gov. Richard McMullen for the state of Delaware.

After the monument ceremony there was a lawn party attended by Crown Princess Louise.

The celebration was continued for four days in Delaware, New Jersey and Pennsylvania, parts of which states were embraced in the New Sweden founded in 1638 by a company of 150 Swedes and Finns sent to America by Gustafus Adolphus

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 overtaking the digestive system.

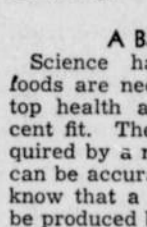
Neither of these extremes fulfills the true function of food, which is to provide adequately but not to excess, for growth, maintenance and repair of the body.

Food May Fail to Feed

You can satisfy hunger without providing correct nutrition. You can partake of delicious-tasting foods to the point of over-indulgence — 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

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 sufficient 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

vegetables, such as oranges, grapes, apples and peaches.

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.

The Protective Foods

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.

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.

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

Mrs. G. L.—There is evidence that a lack of vitamin A more quickly affects the eyes of children than adults. However, both children and adults require generous amounts of this vitamin to help maintain healthy eyes. A shortage may affect the tear glands causing a failure of secretion and dryness. The membrane becomes sensitive and inflamed, and the lids may swell.

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UNA and INA Celebrate the Fourth...

WHEN THE PARADES OVER, YOU'RE ALL INVITED UP TO OUR HOUSE--

--FOR STRAWBERRY AN' CHOCOLATE ICE CREAM!

ARE YOU SURE, DEAR? WILL YOUR MOTHER HAVE ICE CREAM ENOUGH FOR ALL OF US?

OH YES--MRS. BURNS--THERE'S LOADS--AN' IT DIDN'T COST MUCH 'CAUSE UNA AND I MADE IT OURSELVES WITH JELL-O ICE CREAM POWDER

WHY THIS IS WONDERFUL ICE CREAM--SO SMOOTH! DO YOU THINK I COULD MAKE IT IN MY REFRIGERATOR TRAYS?

OF COURSE--YOU JUST FOLLOW THE DIRECTIONS FOR REFRIGERATORS ON THE JELL-O ICE CREAM POWDER PACKAGE

AND ONE PACKAGE MAKES TWO TRAYS--A WHOLE QUART AND A HALF

"YOU JUST OUGHT TO TRY THE VANILLA AND MAPLE AND THE LEMON, TOO. ARE THEY YUMMY!"

FOR HAND FREEZER OR AUTOMATIC REFRIGERATOR

JELL-O ICE CREAM POWDER

A PRODUCT OF STRAWBERRY - VANILLA - CHOCOLATE LEMON - MAPLE - UNFLAVORED