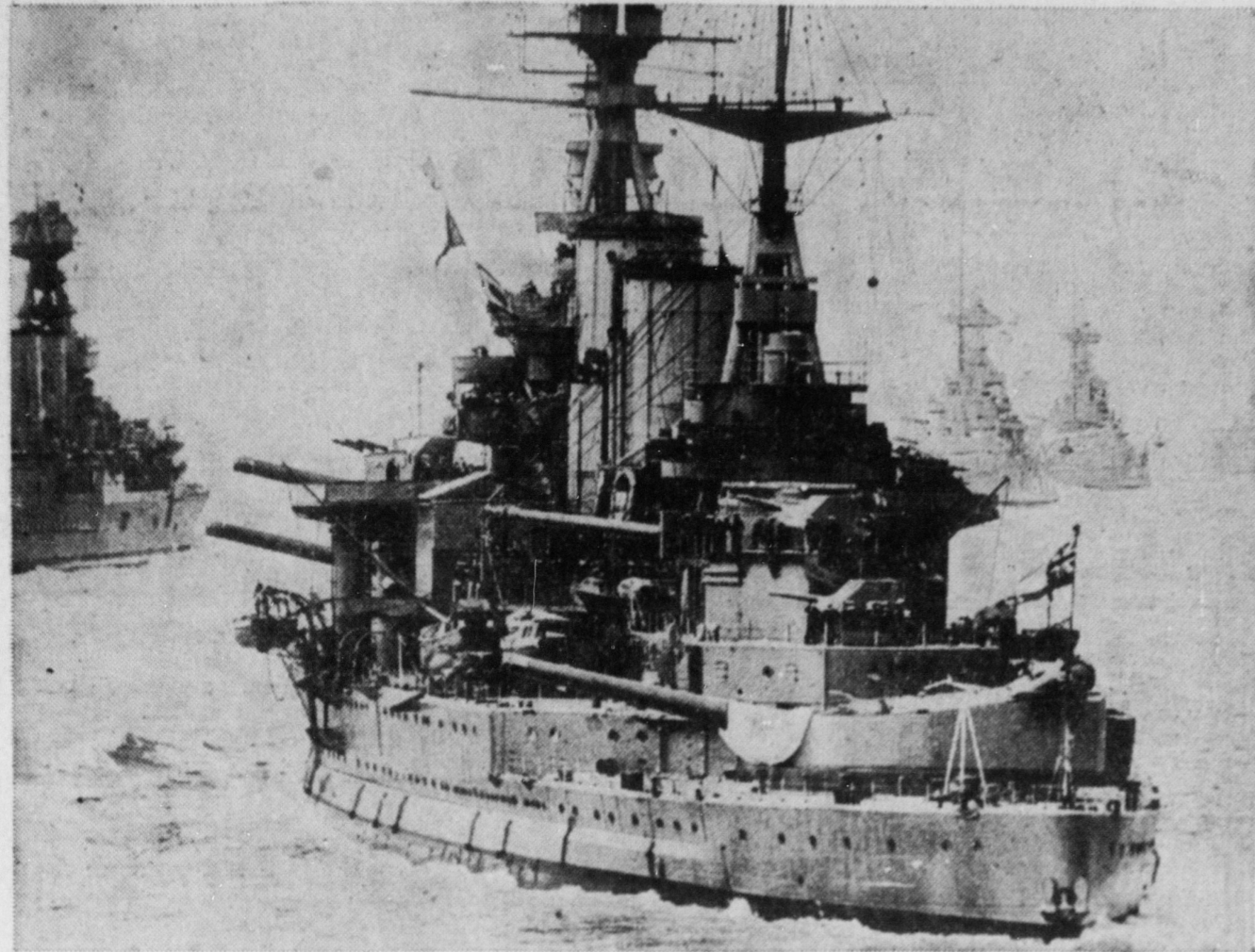


THE FLEET'S ON GUARD! WHAT TO EAT AND WHY



Uncle Sam's 'Battlewagons' Leave West Coast Bases For Greatest Maneuvers in Nation's History With Hawaii Serving as Focal Point

By JOSEPH W. LABINE

Its movements shrouded with secrecy, the strongest battle fleet the United States has ever seen is sailing from home bases at San Pedro and San Diego this month to compete in the most intensive and strenuous naval maneuvers in the nation's history. This will be no child's play under a warm tropical sun. Instead the battle chiefs are sending their iron-clad monsters as far north as the Aleutian islands that "drip" off the frigid west coast of Alaska. Here some ships will work under the most unfavorable wartime conditions possible. Meanwhile others will "fight" as far as 1,500 miles below Honolulu.

Announced last December when America was worrying strenuously over Japan's aggressive attitude, the maneuvers may well be considered a stage show for Nippon's benefit, though official Washington has denied it. And—intentional or otherwise—the war games will focus national attention on the navy just when congress is considering President Roosevelt's recent armament appropriations bill.

The casual layman witnessing this display of maritime power will probably be moved to stick out his chest with pride. Not so the navy's commanders, however, who will probably view the results of the war games as very tangible evidence that America needs more battleships. With other nations developing long range cruisers and airplanes, the vast Pacific becomes more difficult to defend. Fewer refueling islands are needed by an approaching enemy; they can take a long "end run" around Hawaii and unless America's first line of defense is close at hand, there's apt to be trouble.

Almost 175 men of war, about 500 planes and 50,000 to 60,000 men are

owning Palmyra island in that vicinity, which has a quiet lagoon suitable for seaplane landings. Kiska in the Aleutians is one of the six American ports closed to foreign shipping and over which no civilian aircraft is permitted to fly without approval by the government.

Meanwhile, the military establishment in Hawaii hasn't been neglected. It has become the most important defense center of the nation. It is estimated that approximately \$100,000,000 has been spent on fortifications alone. More troops are concentrated there than in any other section of the nation. The world's greatest military airport, Hickam field, is under construction on the outskirts of Honolulu.

Many a world power is now angry with itself for not having annexed more of the several hundred small islands that dot the Pacific, and which are now loomed more important for naval purposes. Today for the first time it is apparent that the nations which control the islands are those which control the Pacific itself.

Japan's Pacific Power.

France, Portugal, Germany and The Netherlands have disappeared as strong contenders for Pacific power. The last to leave was Germany, and its place was taken by Japan which was given most German possessions under mandate at the treaty of Versailles. Under this mandate Japan took virtual possession of a strip of the Pacific 2,500 miles long from east to west and 1,200 miles wide. She acquired 623 islands, including the Marianas group (with the exception of Guam); the Marshall islands; the Caroline islands; and the Palau islands.

Since Japan is probably the only nation from which the United States has anything to fear in the Pacific, the Versailles mandate now looms highly important. Japan can establish naval bases almost halfway across the ocean from her home shores and within 2,500 miles of Hawaii, within easy striking distance. But she has not yet established these bases, and Uncle Sam has made his Hawaiian islands so impregnable as to discourage the most optimistic would-be attacker. Which once again emphasizes the islands' importance, since an enemy from the west would almost have to gain possession of Hawaii before attacking the United States.

Oahu, the island on which Honolulu is located, is circled by a coast railway on which guns can be moved quickly to stave off any attack. Latest anti-aircraft weapons are ready for the enemy, including huge horns capable of picking up the sound of aircraft miles away. This sound is transferred to 800,000,000 candle-power searchlights. Once the enemy plane is bathed in light, range-finding devices automatically aim the guns on the target.

Indeed, Hawaii has become the Malta of the Pacific.

U. S. Joins the Race.

Talk of guns and battleships and fleet maneuvers may sound strange to American ears today, and more than one slow-awakening individual will wonder why all this bustle about defending the Pacific. But in Washington, where congress is building a program that will give the United States a navy "second to none," the matter is of vital importance. Actually our navy is not in the best of shape, and we are entering the rearmament race five years behind the leaders.

The impossibility of America's continued abstinence from this military program is a growing conviction with more Americans every day, though a peace-loving nation may rebel at the thought of building for war.

As we turn our eyes west to the sinking sun, though, we'll be assured that no trouble will come from that direction before dawn again lifts the Pacific's night shroud. The fleet's on guard!

© Western Newspaper Union.

C. Houston Goudiss Discusses PROTEINS—

The Foods That You Cannot Live Without

Eminent Food Authority Explains Why No Protein Means No Life—Describes the Kind and Amount Required for the Best Growth in Children—Good Resistance, Vigor and Endurance in Adults.

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

FOOD is—and always has been—the central problem of life. But only in recent years has its true power been revealed, as a result of scientific investigation.

Fortunately, we now know what constitutes sound nutrition, and it is possible for every homemaker to plan meals that will enable



her family to eat their way to health.

Topping the list of food essentials are the proteins. The Dutch chemist, Mulder, who hit upon this name, made a wise choice, for it means "to take first place."

And certainly the proteins are first in importance. For they are the stuff of which our bodies are built. Without them, there would be no life.

Every man, woman and child has a fundamental need for protein, because it is an essential component of every living cell and makes up a large part of the solids of a muscle cell. Evidently, a great many of the glandular principles and substances, which control the functions of the body, are also protein in character.

Protein is the only food element that contains nitrogen, and next to water, nitrogen is the chief constituent of the human body.

Protein Builds Bodies.

A new born baby weighs, on an average, from 7 to 7½ pounds, and the adult into which it grows may weigh 20 to 30 times as much. The vast amount of tissue necessary to construct a man is built chiefly from protein.

Once the adult body is built, however, protein is not required for the growth of new tissues, except under certain conditions, such as during pregnancy, when one is recovering from a wasting illness, or when an athlete is in training and the muscles are increasing in size.

Keeps the Body in Repair.

There is, however, a maintenance requirement for protein which continues throughout life, and which applies to both children and adults. For the body may be compared to a machine, on which it is necessary to make allowance for the wear and tear of parts. Protein is the only substance that will rebuild the millions of cells which each day cease to function.

Thus, we see that protein performs two vital services—First, it builds new tissues; second, it repairs worn-out tissues.

The Building Stones of the Body. Protein is found in many different foods, but unfortunately, not all proteins are equally valuable. That is because protein is a very complex substance, resulting from the union of 22 or more simpler substances containing nitrogen, and called amino acids. These are the true building stones of the body. Some protein foods may have only 7 amino acids represent-

ed in their substance; others may have as many as 15 or 16, and these also may be varied by the proportions of the kinds present.

Proteins Vary in Value.

Some of these amino acids are necessary to build new tissue; others will not build tissue, but are capable of repairing worn-out cells. Some protein foods are, therefore, more valuable to the body than others.

It is absolutely essential that the homemaker, charged with the responsibility of feeding a family, should be able to distinguish between those types of protein which are adequate for both growth and repair, and those that are only useful for maintenance.

For if the diet does not contain an adequate amount, or the right kind of protein, our bodies will be badly built and they will be improperly repaired and cannot wear well. As Dr. Eugene V. McCollum of Johns Hopkins university, the world-famous investigator and discoverer of vitamin A, puts it: "Unless the right kinds, with respect to the size and shape, are furnished by the food proteins, the exact pattern on which the muscle must be constructed cannot be formed and, in this case, growth is interfered with."

If you were building a house you would consider nothing less than the finest materials. You would know that cheap lumber and poorly made bricks could not produce a lasting building. In the same way, you must learn to discriminate between the various types of protein used for the supremely important purpose of building your children's bodies, or keeping adult physiques in perfect repair.

Some foods cost more than others and you should not be guilty of spending hard-earned money for expensive protein foods when the same amount of nourishment could be more economically obtained from an inexpensive source.

Where to Find Protein.

Proteins are found in many different foods, but unfortunately, only a limited number of foods supply proteins containing all the amino acids necessary for both growth and repair. Proteins that will build new tissue, as well as replace worn-out cells, are known as complete proteins. In this class we have meats, fish, cheese, milk, eggs and some nuts.

Other proteins are adequate for repairing worn-out tissue, but will not support growth. Such incomplete proteins are found in grains and products made from them, and in the legumes—that is peas, beans, lentils and peanuts.

The proteins of these foods are of high nutritive value, however, and when supplemented with other proteins, such as those of milk, will meet every bodily requirement.

How Much Protein?

The protein requirement varies according to size, age, and the kind of protein foods consumed.

To allow for growth, children require twice as much protein per pound of body weight as adults. That is to say, an adult requires daily one-thirtieth of an ounce for each pound of body weight, but a child needs one-fifteenth of an ounce for each pound of body weight.

The amount of protein food should usually constitute from 10 to 15 per cent of all the calories taken. If this plan is faithfully followed, there will be more than enough to take care of every requirement, because experiments indicate that a man who weighs 154 pounds, or 70,000 grams, needs a minimum of 44 grams of protein every day.

In planning the family dietary, a safe rule to keep in mind is to include in the daily diet: a quart of milk for every child, a pint for

each adult; one egg, one serving of meat, fish or chicken, one serving of another protein food such as cheese, dried peas or beans, or a main dish made with nuts.

You can achieve wide variety and still provide an adequate protein ration within the limits of this rule. For milk may be served as a beverage, in soups, puddings, and as cream sauce. Eggs may likewise be varied in their method of preparation, or concealed in other foods. There are many fine meats, and the number of ways in which fresh, canned, frozen or dried fish can be served is legion.

Both cheese and nuts make sandwiches, salads and desserts, as well as main course dishes. Peas, beans and lentils can appear as soup, mock roast or croquettes. Grain products, which include cereals, macaroni and bread, may appear in any course in the meal.

In planning menus, always keep before you the ideal that an adequate amount of first class protein makes a first class man, whereas an inadequate amount may lead to stunted growth, functional nervous diseases, lessened efficiency and the earlier approach of old age.

© WNU—C. Houston Goudiss—1938.

Polishing Ethics— Pro and Con

When fine furniture leaves the shop of the manufacturer, its finish has been professionally treated, to preserve its beauty—prolong its endurance. And from that time on, this furniture is best maintained by a quality light-oil furniture polish—first, on the shop floor of the furniture dealer—and then in the home. This is acknowledged and accepted as the best way to heighten its beauty—lengthen its life! But unfortunately, many housewives coat the finish of their furniture and woodwork with various shellacs and veneers—using them as a substitute for a fine oil polish and rubbing. And what a great mistake this is! For these coatings form a false finish over the true finish of the furniture; and rosin and other destructive elements in them dry out the wood—toughen it—leave a sticky residue. When many layers have been applied, they accumulate as a crust over the finish, clogging it and clouding the natural beauty of the grain. This is the slack way to care for furniture. If the home-maker really "cares for" her furniture, she will frequently rub on a reputable light-oil polish, to preserve it—keep it lastingly lovely!

Housecleaning? NOTHING TAKES THE PLACE OF O-CEDAR FOR FURNITURE



More women use O-Cedar Polish and Mops than any other kind—for furniture, wood-work, floors.

It CLEANS as it POLISHES

O-Cedar POLISH MOPS · WAX



THE ALL-WEATHER LIGHT — a Coleman

Light it up and go—anywhere, any time, in any weather. Genuine Pyrex Globe protects mantle against wind, snow, rain. Clear, powerful brilliance... just the light for use around the farm... dandy for hunting, camping. "The Light of 1000 Uses". Has overline, long-service generator. See the Coleman at your dealer's.

Send Postcard for Free Folder THE COLEMAN LAMP AND STOVE CO. Dept. WU-103, Wichita, Kans.; Chicago, Ill.; Philadelphia, Pa.; Los Angeles, Calif. (1937)

For Your Scrapbook

THIS issue contains the second of a series of articles entitled "What to Eat and Why," written by the noted food authority, C. Houston Goudiss.

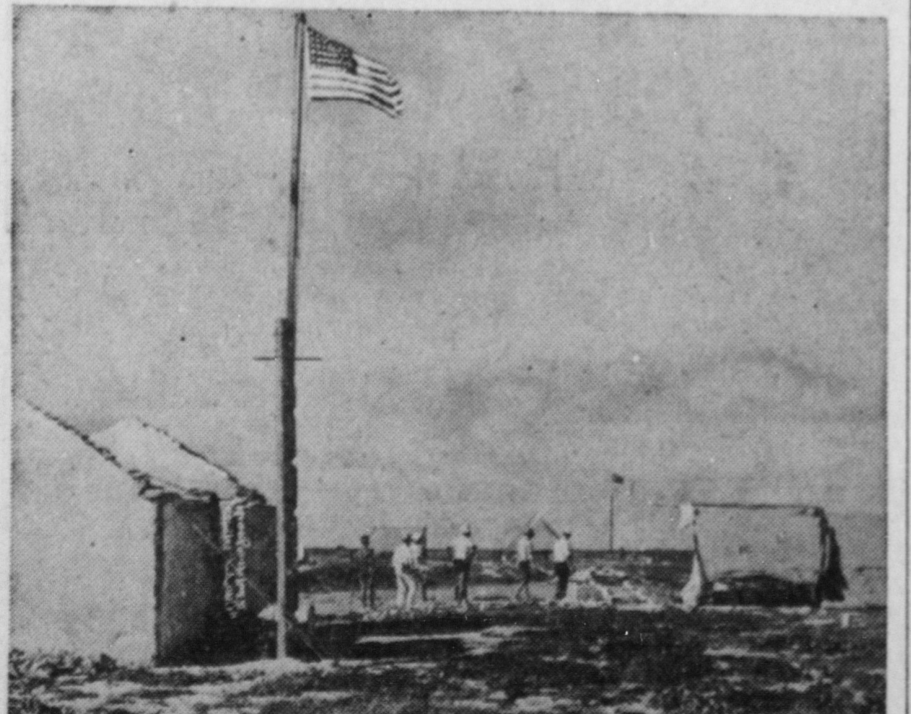
In these articles, which appear weekly in this newspaper, Mr. Goudiss discusses in a clear, interesting and understandable manner the everyday problems of food as related to the building and maintaining of health in children, young people and adults, as well.

Mr. Goudiss, author, lecturer and radio speaker, is known throughout the country as the man who knows food "from soil to serving, from table to tissue." The homemaker will want to clip and save each one of these articles for the valuable information that is contained therein.

How Pepsodent with IRIUM gets Teeth Far Brighter

Remarkable Irium contained in Pepsodent Paste and Pepsodent Powder ONLY!

Just as a cloud can hide the light of the sun—so, too, the natural radiance of your teeth often becomes hidden by masking surface-stains. Thanks to the speedy, thorough action of modernized Pepsodent containing Irium, these unsightly masking surface-stains can now be brushed away! Then your teeth reveal the dazzling, gleaming luster they naturally should have... And Pepsodent containing Irium works SAFELY—because it contains NO GRIT, NO PUMICE, NO BLEACH. Try it today!



Quietly Uncle Sam has been expanding his territory in the Pacific. Through colonization he has annexed Howland, Baker and Jarvis islands, none of great commercial value but important as military landing fields.

participating in this gigantic affair, all under the command of Admiral Claude C. Bloch, recent successor to Admiral Arthur J. Hepburn as CINCUS of the fleet.

Aircraft Carriers Help.

Three aircraft carriers, Saratoga, Lexington and Ranger, are carrying their brood of war birds to America's first line of defense. Mighty battleships, slim destroyers and cunning submarines will play vital roles in this make-believe conquest and protection of the Pacific.

The 1938 defense problem centers around Pearl harbor in the Territory of Hawaii. Known as the navy's largest base, this beauty spot of the Pacific has been the focal point of annual maneuvers for several years. But this spring, for the first time, the navy's show will be diffused over the entire eastern Pa-

new long-distance bombers have plugged the "holes" this system left in our defense net.

No Sieve Here!

When that navy bomber made the trip from Honolulu to Howland, it announced to the world that Uncle Sam's Pacific defense was a wall, not a sieve. It meant that observation planes, the eyes of the fleet, could scout from Hawaii to the Aleutians, from Hawaii to Howland, from Hawaii to Midway. It also meant that bombers could carry their deadly cargoes between any of these points and get safely back to the Hawaiian base.

With Howland, Baker and Jarvis islands now American possessions, being developed for refueling and aviation purposes, the United States government holds a strong position in the South Pacific. America also