



WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Big beefy, handsome Joseph Buerckel, forty years old, with hard fists and a whip-lash tongue, is Hitler's grand marshal of the Nazi subjugation of Austria. To the surprise of Nazi home talent in Austria, he is given entire charge of the fusion and subordination of the Austrian Nazis by Berlin.

Hard Fists to Nazify Austrians
He was a poor schoolmaster who worked his way up by continuous and diligent Jew-hating. While less earnest and industrious young men were wasting their time, he was working nights, Sundays and holidays on this, his chosen career.

Against stiff competition, it took him years to gain distinction, but at last he came to outrank even the illustrious Julius Streicher in long-distance anti-Semitism.

He was born in the Palatinate, the south German territory adjoining the Saar. He was in the World War, in the closing years, and joined the Hitler movement soon after the Munich beer hall putsch in 1923.

He was a good rough-and-tumble fighter and organizer and was advanced rapidly in the more overt and violent party drives.

When Baron von Papen was removed as Saar commissioner, in 1934, and made ambassador to Vienna, Herr Buerckel replaced him. Under his supervision was the jug-handled plebiscite and his the exultant radio voice which told the world that German justice had triumphed.

The League of Nations handed him the valley, and he became governor in 1935.

A typically forthright ukase was his Christmas decree against shopping in Jewish stores.

"If you try to get out of it," he said, "by pretending that your wife did the shopping, it merely shows that an unreal Nazi spirit prevails in your home, and you are not a he-man, but a fool."

Saar Post Taught Him Technique
He is the son of the late Dr. Thomas Masaryk, first president of Czechoslovakia. His mother was an American, born and reared in Brooklyn, and so is his wife, the former Mrs. Francis Crane Leatherbee, daughter of Charles R. Crane, the widely known manufacturer and industrialist. He has spent much time in America.

At the age of eighteen, he ran away from the University of Prague, in the early years of the war, and worked in a factory at Bridgeport, Conn. He returned home and finished his studies, and was the first Czech minister to the United States in 1919.

He has his famous father's impassioned belief in democracy, and has been its eloquent defender in central Europe, where his country is Horatius at the Bridge.

Czech Sees Fadeout of Peace Hope
THE history of this age will be hard to unscramble. Japan can't take a belt at a local power baron without landing on an American stockholder. Dr. Japs Learn Power Can Be Headache

Dr. Japs Learn Power Can Be Headache
warned the government not to get in trouble with American investors by nationalizing its electric power industry.

This would endanger investments of \$75,000,000, he contended, mostly held in this country.

He is Japan's leading corporation lawyer and one of its most important financiers, an officer of the Capital Rehabilitation Aid company, which has a quaint sound but which is understandable even in the Occident.

Sixty years old, he is a former professor of law at the Tokyo Imperial university, from which he was graduated. He is a director of the Tokyo Gas company and several other corporations, and was vice president of the South Manchurian railway.

Spain's Romeo and Juliet
The "Lovers of Teruel," Spain's Romeo and Juliet, form one of the most ancient legends of Spain. They were Diego de Marcilla and Isabel de Segura and lived in Teruel during the Thirteenth century under the reign of King James of Aragon. They parted because of family disapproval and languished and died. Their bodies were mummified and they were buried in the chapel of the church of San Pedro.

Floyd Gibbons' ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!



"A Free Ride to Doom"

By FLOYD GIBBONS
Famous Headline Hunter

HELLO EVERYBODY:

I've seen a lot of articles lately, in newspapers and magazines, warning automobilists not to pick up strangers along the road. Well, sir, today I'm going to warn the strangers not to get too chummy with these doggone automobilists.

And I'm not more than half kidding about that, either, boys and girls. It's a poor rule that won't work both ways, and you can get in just as much of a jam picking up with some bird in a car as the bird in a car can by giving a lift to the guy with the wiggling thumb at the side of the road.

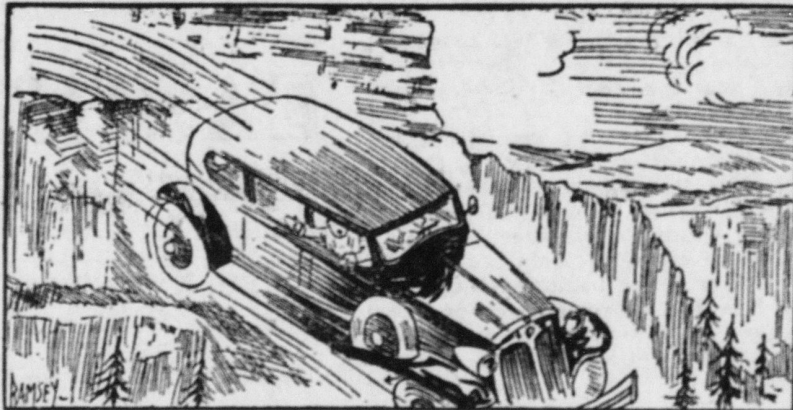
If you don't believe that, listen to the story of Ernest A. Kehr, of Richmond Hill, N. Y. Ernie took a ride one time, back in the summer of 1934, with a bird he'd never seen before—and that ride came darned close to being the last one Ernie ever took.

Picked Up by a Strange Motorist.

Ernie had been up in Calgary riding wild horses in the rodeo and was on his way home. He had hiked through Glacier National park and he was pretty tired, but he was pushing on as fast as he could because he had arranged to meet a friend at a small town in Montana and he didn't want to keep him waiting.

Valier was the name of the town and Ernie was within 15 miles of it when a man came along driving a brand-new car. The man pulled up beside Ernie and asked him if he wanted a ride. It didn't take much figuring on Ernie's part to decide that this was an easier mode of travel than the "Shanks mare" system he had been following. He climbed into the seat by the driver and they were off.

But Ernie had no more got into that buzz buggy than he began to have his doubts. There was something queer about the driver. He had



Over the Side of the Mountain They Went.

seemed cordial enough when he had offered Ernie the ride, but there his good will seemed to have ended. When Ernie passed a casual remark, the fellow ignored it. He kept his eye on the road and the car seemed to be moving faster and faster with every foot they went.

They had gone quite a distance before Ernie discovered what the trouble was. His companion was well under the influence of liquor.

Fast Driving on a Dangerous Road.

That didn't look so good to Ernie. The fellow was driving faster than was safe, even with a sober man at the wheel. By this time he was hitting fifty on a road where a sane driver would not have gone more than thirty—a long, steep downgrade that ran along a sloping mountain ridge. The ground fell away on one side of them into a deep mountain gully and on the other side it rose straight up—a wall cut out of solid rock by the graders who had leveled the roadbed.

The small car bounced about perilously on the rough, uneven road, but that didn't seem to bother the man at the wheel. Instead of slowing down he fed the machine more gas. The needle of the speedometer climbed to sixty—then to seventy.

Ernie began to get nervous about that time. The car was roaring along now at a speed that almost upset it every time it came to a curve. It bounced about the surface of the road in a thoroughly alarming manner. Ernie kept his eye glued on the driver, watching his every move and ready to grasp the wheel in the event that he should lose control of the car. It seemed nothing short of a miracle to Ernie that it hadn't gone off the road or smacked into something long before.

Plunged Right Off the Mountain Side.

They had gone skidding around a curve on two wheels and had just come to a long, straight stretch. The road ahead looked smooth and in good condition, and for the first time during the ride Ernie felt comparatively safe. He drew in a deep breath and heaved a sigh of relief—let his eyes wander over the landscape for a second. And then it happened.

Says Ernie: "I had no sooner taken my eyes from the man than I saw the car leave the hard road and go off onto a soft shoulder. At the speed we were making, that shoulder was fatal. The sudden change of surface swerved the wheels of the car and over the side of the mountain we went, the car turning over in the air as it left the ground. The earth seemed to spin about in a dizzy circle for a few seconds and then we crashed to the slope at the bottom of a sheer drop of 40 feet.

"We hit the slope with a crash—so hard that the motor of the car was knocked right off the chassis and buried itself in the ground where we struck. But the rest of the car, with both of us in it, continued to roll down the slope at a terrific speed. It rolled over six or eight times and finally crashed into a rock with such force that I went sailing 50 feet through the air. After that I lost consciousness."

A 40-foot drop, six turns in a tumbling car and a 50-foot fall through the air! The driver was dead when they found him, and Ernie—well—he got a bump on the head, three busted teeth—and that's all. And he's still wondering if he's really as tough as those figures would seem to indicate.

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A Classic Example

The Hermitage, beautiful and historic home of Andrew Jackson, lies only a few minutes from the heart of Nashville, Tenn. The building is a classic example of the best architecture of its day and is preserved in every detail almost precisely as it was when Old Hickory passed away. The site of The Hermitage presents a scene of sylvan loveliness and quietude reminiscent of days gone by. The home contains relics and mementos of Jackson's tempestuously busy and aggressive life. The rooms are furnished with the pieces which Jackson and his family actually used, and the grand stairway in the lower hall ranks as one of the most beautiful.

Roman Emperor's Advice

Begin the morning by saying to yourself, I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, unsocial. All these things happen to them by reason of their ignorance of what is good and evil. But I, who have seen the nature of the good that is beautiful, and of the bad that is ugly, and the nature of him who does wrong, that it is akin to me, not only of the same blood or seed, but that it participates in the same intelligence and the same portion of the divinity, I can neither be injured by any of them, for no one can fix on me what is ugly, nor can I be angry with my kinsman, nor hate him.—Marcus Aurelius.

The Romance Languages

The Romance languages, which are Italian, Spanish, Portuguese, French and Rumanian, are described as "romance," from the Old French word, "romanz," meaning translated from Latin.

Doctor of Divinity

The degree of doctor of divinity is usually an earned degree. There is no general regulation, however, to deter a university from bestowing such an honorary degree should it so decide.

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority

Relates the Miracle of **VITAMINS** and Explains Why **YOU MUST EAT THEM or DIE**

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

WE LIVE in the most inspiring age the world has ever known. Chemists grow plants without soil. Doctors snatch men from death with insulin. Surgeons perform incredibly delicate brain operations. And thanks to the amazing discoveries of nutritional scientists, children enter the world with far better chances for long and happy lives, while men and women of seventy are more active and useful than their grandparents were at fifty.

Much of the hard-won knowledge of how to eat so as to increase efficiency, curb disease, and improve the chances for longevity is due to the discovery of vitamins.

VITAMINS DISCOVERED

Twenty-six years ago, a now-famous scientist walked nervously around his laboratory, back and forth—back and forth. He was conducting a nutrition experiment of vast importance. He didn't quite know what he was going to find, but he believed that he was on the verge of a revolutionary food discovery.

The scientist was my friend, Casimir Funk, a brilliant Polish bio-chemist. He had been working on the problem for many years. At last, in the year 1912, his experiments were positive and conclusive. Then he announced to the scientific world that he had discovered a vital force. "This force," said Funk, "I have called vitamin, because it is necessary to life."

Thus, the word "vitamin" came into being, along with the first knowledge of these minute but powerful factors which exert such a tremendous influence on human health and happiness.

SPARK PLUGS OF NUTRITION

Other bio-chemists throughout the world—including Sir Frederick Gowland Hopkins in England, and Hart, Humphrey, Babcock, Steenbock and McCollum in the United States—had been working on the same problem that Funk had partially solved. They knew that the first step was to find out how vitamins affected the human body, and that the second step was to discover what foods contained these vital substances.

And so there began a long series of experiments in the laboratories of great universities all over the world, which demonstrated what happens when a diet is deficient in any of the vitamins, and proved that if laboratory animals are wholly deprived of vitamins for a short time they will die.

These experiments are of the utmost significance to every homemaker, because the same thing happens to human beings as to experimental animals. Today our knowledge of vitamins has progressed to such a degree that it is possible to state the exact requirement for most of the vitamins and to designate the foods from which adequate quantities can be obtained.

RESISTANCE AND VITAMIN A

To date, six vitamins have been identified. Vitamin A promotes growth and builds resistance to disease. It is necessary for the health of the mucous membranes of the body and helps to guard against infections of the respiratory and alimentary tracts. It influences the health of the hair and skin, is necessary to prevent a serious eye disorder known as night blindness, and is essential for the formation of healthy teeth.

Vitamin A is found in milk, butter, margarine that has been reinforced with vitamin A concentrate, egg yolk, cod-liver oil, thin

green leaves and yellow fruits and vegetables such as carrots, sweet potatoes, apricots and bananas.

APPETITE AND VITAMIN B

Vitamin B promotes appetite, aids digestion, prevents a serious nerve disorder. It is essential to the maintenance of a good digestion, which is vitally important if the body is to obtain full benefit from the food consumed. This vitamin is closely related to the energy metabolism, and the requirement increases with the rate of growth and with increased energy expenditure, so that growing children and working men and women should receive very generous amounts.

Vitamin B is found in yeast, whole wheat cereals, oatmeal, milk, fresh and dried peas and beans, spinach, cabbage and other greens, egg yolk and liver.

VITAMIN C FOR TEETH, GUMS

Vitamin C plays an important part in regulating body processes, and prevents the dread disease of scurvy. A lack of this essential vitamin results in profound changes in the structure of the teeth and gums, may be responsible for hemorrhages occurring anywhere in the body, and for the degeneration of muscle fibers generally.

Vitamin C is most abundant in succulent fresh green leaves, such as green cabbage. It is also found in onions, potatoes, oranges, tomatoes, green peppers, bananas and strawberries. In most foods, it is easily destroyed by heat—that is why it is so important to include some fresh raw foods in the diet daily.

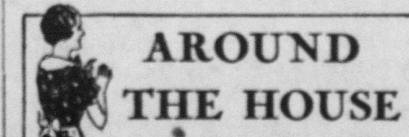
VITAMIN D AND RICKETS

Vitamin D is sometimes called the sunshine vitamin because it can be manufactured in the body through the action of direct sunlight on the skin. This is the vitamin that is necessary for the proper utilization of calcium and phosphorus in building bones and teeth. When it is lacking in the diet of infants, there develops that horrible disease known as rickets, in which the bones become soft and twisted, resulting in pitiful deformities—knock knees, bow legs, pigeon breast.

In foods, vitamin D is only found in appreciable amounts in fish-liver oils and egg yolk. That is why every homemaker should be so grateful to the scientists who labored to discover how to concentrate this precious vitamin from fish-liver oils and add it to foods, or to increase the vitamin D content of foods through irradiation.

ANTI-STERILITY VITAMIN E

Vitamin E comes in for less discussion than the others, because its significance to nutrition has not



AROUND THE HOUSE

Check Electrical Equipment.—As a safety measure in the use of electrical equipment, frequently look for breaks on all cords attached to appliances.

Preparing Cauliflower.—Always soak cauliflower head down for an hour in a quart of cold water to which a teaspoon of salt and one of vinegar has been added.

Variety in Sauces.—Don't get into the habit of using too many cream sauces. They are apt to make vegetables taste more or less alike and thus price monotonous.

Cleaning Flower Vases.—A flower vase should be washed clean with hot water and soap, lest bacteria that decay the stems of flowers should survive in the vase.

Freshening Raisins.—Raisins used in cakes, cookies and puddings should first be placed in hot water and simmered for five minutes to enlarge and soften them.

Another Use for Vinegar.—Vinegar added to washing-up water removes grease, brightens china, and acts as a disinfectant.

Building, Maintaining Family Health

IN THE C. Houston Goudiss articles that have appeared weekly in this newspaper previous to this one, the nationally known food authority has described FOOD, as it provides the key to mental and physical power; PROTEINS, the foods you cannot live without; CARBOHYDRATES and FATS, foods that provide motive power for the body machinery; and MINERAL SALTS, that you must have in order to build strong bones, healthy nerves and rich, red blood.

These subjects have been treated in an interesting and understandable manner, free of scientific terms, principally offering advice to the housewife that will aid her in the problem of feeding the members of her family such foods as will build and maintain their health.

Every one of these articles has a definite place in your scrapbook for future reference. If you have missed any of these discussions, the publisher of this newspaper will supply them upon your request. If you have not already done so, start a department of these informative articles in your scrapbook at once!

been fully determined. It does, however, appear to be necessary for successful reproduction and is found especially in wheat germ and lettuce.

VITAMIN G PROLONGS YOUTH

Vitamin G is necessary for growth and for the maintenance of health and vigor at all ages. It helps to ward off old age by prolonging the vigorous middle years. It is essential to the health of the skin, and recent experiments demonstrate that cataracts in the eyes may be due to a deficiency of this vitamin, which is found in yeast, and in liver, kidneys, egg yolk, milk, cheese and green leafy vegetables.

One authority claims that chronic disorders of the throat, stomach, lungs, colon, heart and kidneys may be traced to vitamin and mineral deficiencies.

Certainly enough has been learned of vitamin chemistry to make clear that the homemaker fails in her duty who does not provide vitamins in abundance for every member of her family. Both children and adults depend upon you for their food supply. It lies within your power to help them to health and happiness or condemn them to weakness, illness and sorrow. Do not fail them. See to it that every member of your household—your children, the wage earners, the middle aged and the elderly—get enough vitamins to afford them the health that science has placed within their grasp.

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What Is the Cause of "Spider-Web Check"?

If not properly "fed" with a good oil polish, furniture in time develops what is known as "spider-web check!" This appears on the finish, like wrinkles on the human face—fine lines, spreading here and there in a spider-web pattern. This crazing, this light cracking, is known in furniture language as "checking" and "spider-web checking" better describes the condition. This is the danger-signal, on finish! It's the indication of "starving" wood! A warning to the housewife, that if the finish is not cared for immediately and properly, the furniture will develop cracks, ridges and splits. "Spider-web check" is generally the result of either one of these two causes: Polish-neglect—or the use of a poor, cheap polish—without the essential fine, light-oil base. When the furniture is periodically "massaged" with a reputable oil polish (the best is non-greasy), the pores of the wood are "fed" and the piece is preserved. Then "spider-web check" will not appear! The use of a quality oil polish is the best preventive formula for this ugly, detrimental check!

MORE WOMEN USE O-CEDAR POLISH THAN ANY OTHER KIND!

... because O-Cedar not only cleans as it polishes, but preserves your furniture—feeds the finish, prevents drying-out, cracking. Insist upon O-Cedar Polish, for furniture, woodwork and floors (with the famous O-Cedar Mop).



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