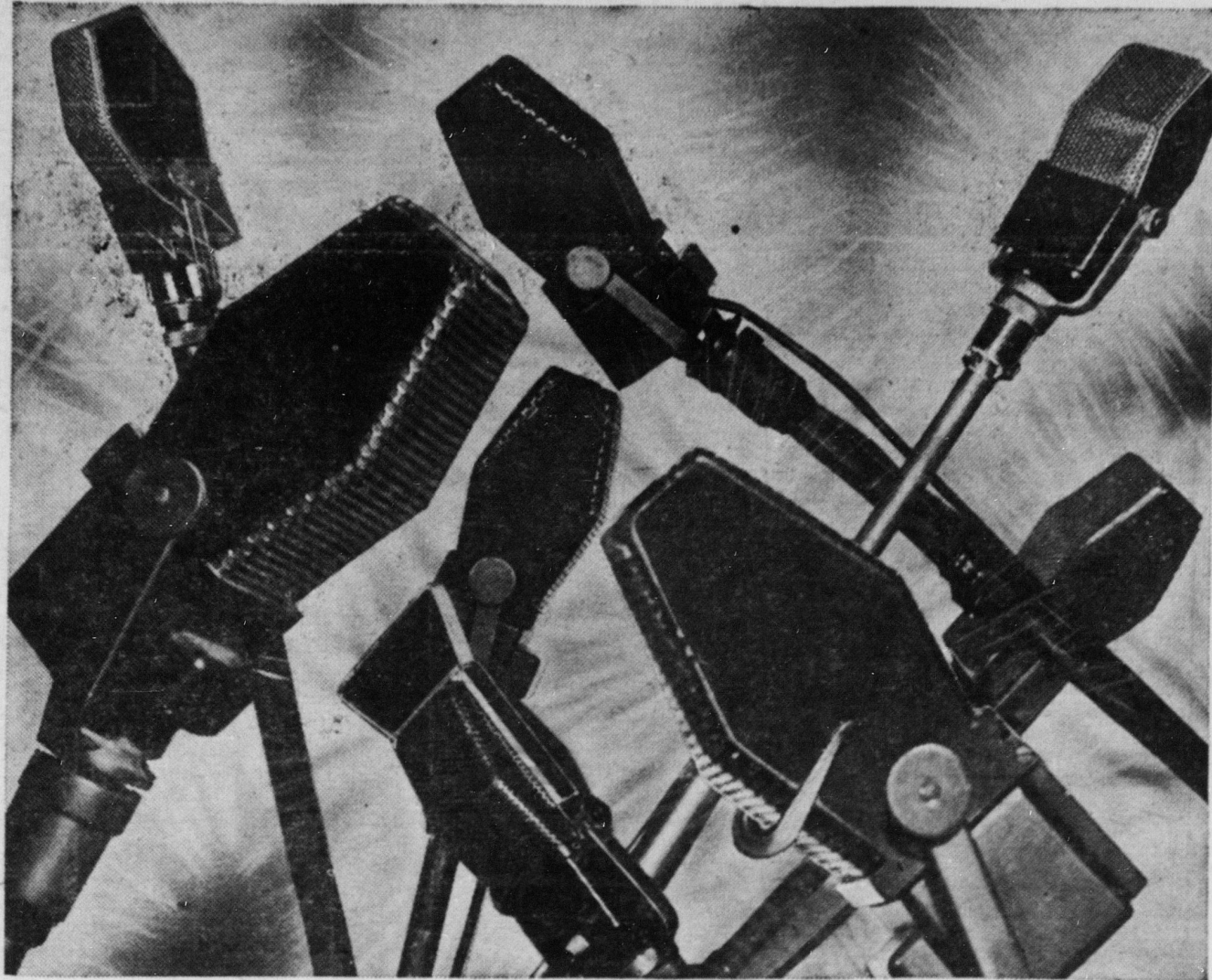


BATTLE OF MICROPHONES



Government Short Wave Propaganda Machines Now Fight Wars Once Waged With Guns; — Even Uncle Sam Does His Part!

By JOSEPH W. LABINE

One hundred years ago Italy and Great Britain might have gone to war over their current differences in northern Africa. Today they forego armed force in favor of a more subtle—and more effective—weapon. Short wave radio broadcasts are fighting the war in Palestine, just as Russia and Germany are adopting an aerial offensive against each other.

The whole world is engaged in a terrific battle of microphones, fighting with unending streams of propaganda that preach conflicting political philosophies into the beleaguered listener's ear. Americans know of this battle; they know how Russia, Great Britain, Italy and Germany are leading the attack with powerful transmitters that emit propaganda 24 hours a day, aimed at every nation on earth.

What many Americans do not realize is that their own nation is in the thick of the fray, preaching the "American way" to impress foreign listeners with the soundness of democratic government. When President Roosevelt delivered his state-of-the-Union message to congress last winter, his words were sped to every corner of the earth by the National Broadcasting Company and the Columbia Broadcasting System, in a series of transmissions and re-transmissions that lasted until noon next day.

How Europe Does It. Yet this display of propagandizing is but a tempest in a teacup compared with Europe's business-like procedure. Almost every Old World nation has its governmental department devoted to preaching political doctrine.

Germany, like other nations, has a definite "policy" of propaganda. Its broadcasts, by intensely powerful short wave, are directed first to reach "colonies" of overseas Germans wherever they may be, making them conscious of their ties to the fatherland and preaching Nazi philosophy. Germany's second pur-

pose is to build "good will," and third, to boast of the Nazi union's greatness and the justice of her aspirations.

"Jamming" the Air Waves. Naturally, one of Germany's biggest radio battles is with Russia, from whence come mighty surges of propaganda daily, aimed at Nazi receivers and preaching the Communist doctrine. Germany's counter procedure is to "jam" the air by filling the wave length with a noise so loud that it drowns the Moscow speaker.

More dramatic by far was the recent radio clash between Great Britain and Italy. In Palestine, where revolts between Arabs and Jews have been commonplace and distressing, Great Britain charged Italy was fomenting trouble, wooing the Arabs via short wave broadcast. It was discovered that someone had thoughtfully provided Arabs with hundreds of radio sets, conveniently locked so that only Italian stations could be tuned in.

Great Britain immediately leveled powerful transmissions at the Arabs. She, too, distributed receivers, locked so the owners could tune only British programs.

Broadcasting "Culture." Irrespective of the doctrines they preach, the short wave barons employ similar tactics. Political

speeches would become tiresome, so music is often interspersed.

The favorite means of disseminating propaganda is through "news reports." Interesting and informative, these broadcasts provide sugar-coated pills of bias for the credulous listener.

Broadcasts are usually made in several languages. Italy transmits in English, Spanish, Serbian, Chinese, Japanese, Turkish, Greek, French, Portuguese and Albanian.

Few continents are more courted by broadcasters than South America. Mussolini, catering to the Latin kinship of his listeners, is making a heavy play for our southern neighbors. But he must combat equally strong efforts on the part of Moscow, Germany and Great Britain. The latter nation has just completed new transmitters for broadcasts in Spanish and Portuguese to 85,000,000 South Americans.

Brazilian Education. But the South Americans themselves appreciate radio's value in propagandizing. In Brazil, every radio station must carry a government program from 6:45 to 7:45 p. m. each day, prepared by the department of propaganda. South America is a natural hotbed of politics, because both Hitler and Mussolini enjoy encouraging the trend to absolutism now prevalent in that continent.

But the United States, conscious of South America's proximity, is not twiddling its thumbs.

Both NBC and Columbia have established international broadcasting departments. The former operates 16 hours a day via short wave in six languages, Spanish, Italian, French, German, English and Portuguese. The programs are "designed to provide America's challenge to elaborate short wave systems broadcasting programs throughout the world from powerful stations in Great Britain, Germany, Italy, Russia, France and Holland."

Licensed Receivers. By contrast, two other democracies—Great Britain and France—have government-operated systems which derive their revenue from listeners' licenses. With domestic radio under federal control, foreign short wave broadcasts can easily be justified as a supplementary service to colonists and other "interested parties."

In the world's mad attempt to contact people with short wave can be read two opposing purposes. The kindlier explanation is that foreign broadcasts are breaking down national boundaries and creating a greater understanding among the peoples of the earth.

Unfortunately, such is not the case.

Observers are convinced that in the last analysis radio is being boomed as part of a general preparation for war. When and if a conflict does come, these vast communication systems will be of inestimable importance. Even as they are fought now, battles may be waged through the ether. Threats will be hurled to the enemy and counter-threats received. Germany's experience in the World War, when her cables were cut and communication facilities were destroyed, proves that the greater the number of channels of communication under a country's control, the stronger the position of that nation in the event of war.

Some say that radio favors the democracy in propaganda wars, because dictators refuse to risk the loss of that hypnotic effect afforded by personal appearances.

If such is the case, Great Britain, France and the United States may come through victorious in the current hostilities. But who can discount the threat of Europe, where only three out of thirty national broadcasting systems are privately owned and operated?

© Western Newspaper Union.

What to Eat and Why

C. Houston Goudiss Discusses LAXATIVE FOODS ★

Nationally Known Authority on Food Shows How Right Diet Can Help You to Avoid Health Hazards of Faulty Elimination

By C. HOUSTON GOUDISS

6 East 39th Street, New York.

THOUSANDS of men, women and children are alive today because we have learned how to prevent many types of infections and how to cure diseases which once caused untimely deaths.

We have reason to be proud of the achievements of science in fighting disease and lengthening the span of life. But we should be ashamed of the fact that hundreds of thousands of individuals are not getting the most out of life—indeed they are not realizing half their potentialities—because improper eating and faulty habits of hygiene cause them to suffer from that great evil of civilization—constipation.

EVILS OF CONSTIPATION

Someone has called constipation the most deadly disease, and while this may seem like an extreme statement, it becomes justifiable when one realizes the untold misery and wretchedness that may result when food residues remain to stagnate and putrefy in the body.

Constipation muddies the complex brain. It causes a general feeling of discomfort and fullness in the abdomen, lack of appetite, bad breath, coated tongue, a feeling of lassitude and a tendency to become easily fatigued.

By weakening resistance, it opens the way to numberless diseases. Serious complications, such as irritation of the appendix, may occur as a result of the friction of hard masses of waste against the delicate walls of the intestine. Piles have frequently been laid at the door of faulty elimination.

Do you wonder that I consider prompt, regular elimination the keystone of good health? Its importance is readily understood when you consider the processes by which food is digested and absorbed.

FATE OF FOOD IN THE BODY

From the mouth, food passes down the esophagus into the stomach, where it is penetrated by the gastric juice. It then passes into the small intestine where it is mixed with the secretions of the liver and the pancreas. Here the nutritive elements are absorbed by minute, hair-like tubes which line the intestinal walls. These tubes converge into the blood vessels and lymphatics which transport nourishment to all parts of the body.

Undigested residues pass into the large intestine or colon, where they are normally moved along by a series of muscular contractions known as peristalsis, and finally evacuated.

The amount of the evacuation varies in bulk with the amount of indigestible roughage contained in the food. When there is insufficient bulk to promote normal peristalsis, waste accumulates and we have the condition known as constipation with all its resulting evils. Bacteria prey upon the stagnating material, producing poisons which may be absorbed by the body.

There is not the slightest excuse for allowing this condition to develop. For the misery and wretchedness of constipation may easily be avoided by including in the

daily diet sufficient laxative foods, that is, those rich in fiber or cellulose.

BULK OR FIBER ESSENTIAL

Because of their fibrous framework, plant foods are our chief source of cellulose or bulk, and therefore, our greatest aid in promoting normal elimination. Vegetables and fruits are sworn foes of constipation, and unrefined cereals are also extremely valuable.

SOME LAXATIVE FOODS

Foods with an exceptionally high residue include raw fruits, especially those with skins and seeds; dried fruits, as apricots, prunes, figs and raisins; raw vegetables; such cooked vegetables as onions and leafy greens; the legumes, that is, dried peas and beans; whole grain cereals and bran.

Among the vegetables, don't overlook cabbage, lettuce, celery, spinach, brussels sprouts, string beans and green peas.

Foods which tend to form a little gas in the intestines, including spinach, onions and cauliflower, are also useful stimulants to intestinal movement.

In addition to providing cellulose, the acid fruits, such as oranges, lemons and grapefruit, act as a mild stimulant to increased peristaltic motions.

NEED FOR VITAMIN B

Another important factor in promoting normal elimination is vitamin B, which has been shown to be essential for good muscular tone and activity of the digestive tract. Investigations with experimental animals have demonstrated that it requires twice as long to empty the large intestine when the diet is deficient in vitamin B. Yeast, egg yolk, milk, whole grain cereals, liver and green leafy vegetables are good sources of this vitamin.

LIQUIDS ESSENTIAL

A sufficient quantity of liquids is likewise necessary to prevent the contents of the lower intestine from becoming too hard for easy evacuation. In addition to water, the diet should therefore contain an abundance of milk, fruit juices and other beverages. Acidophilus milk and buttermilk are especially beneficial.

Fats and oils, used in moderation, act as gentle lubricants.

REGULAR HABITS

It is most important to eat at regular hours and to establish regular times for evacuation, as this is a great aid to body rhythm.

Guard carefully against overeating, for this practice is a frequent cause of constipation. When

Have You a Question?

Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

the digestive system is overworked, none of its functions can be efficiently performed.

The homemaker is largely responsible for safeguarding her family against the dangers of faulty elimination. For she has it in her power to plan meals that will help normal individuals to avoid the curse of constipation.

Questions Answered

Mrs. B. T. M.—Do not worry if your child prefers the egg yolk to the white. The white is chiefly protein, and he can easily obtain protein from other foods, especially milk. But the yolk contains an abundance of minerals and vitamins in addition to protein and fat. Nutritionists have determined that the inclusion of one egg yolk daily in an otherwise adequate diet is an effective method of balancing the intake and output of iron in a child's diet.

Miss S. E.—No, the generous use of cream cannot be considered as a substitute for taking milk as a beverage or in cooked dishes. Cream is much higher in fat and contains less protein, minerals and vitamins, with the exception of vitamin A. Cream deserves to be included in the diet for its vitamin A content, but it should not replace milk.

Mrs. A. McK.—Strawberries contain vitamins A, B and C. Recent experiments indicate that they rank with citrus fruits and tomatoes as a source of vitamin C.

© WNU—C. Houston Goudiss—1938.

Hidden Benefits

Few housewives realize the underlying advantage of the use of a good light-oil furniture polish! Most polish is used only for the luster it bestows on the chairs, tables, piano, woodwork in the home. Rubbing the polish on cleans the furniture—works up a glow—and the outward effect is fresh and sparkling! But that is only part of the housewife's reward. For out of this domestic routine comes definite benefit to the furniture! A reputable polish, with a light-oil base, does what is known as "feeding" the finish. The "massage" causes the oil to penetrate, seep into the pores of the wood—just enough to lubricate—and keep it healthy! Here, it is important to note that cheap polishes are made with a heavy oil base—and are "greasy" and unpleasant to use. The best polish—made with a fine light-oil base—is never greasy. Applied on a damp cloth (according to directions), it is neat to use and proves a boon to the furniture! Lack of polishing—or the use of a poor polish—will cause the finest wood to dry out, crack, split—for wood is a product of Nature and needs a certain amount of oily moisture. So polish the furniture regularly! Use a quality oil polish—it pays! For not only does the furniture look better—it is better! Its life is preserved!

AROUND THE HOUSE

Preserving the Oilcloth.—Bind the edges of oilcloth used for table coverings with bias tape. This will keep the edges from tearing or becoming ragged.

Hemming Sash Curtains.—Make the hems of sash curtains the same at the top and bottom. You can then use them either end up.

Preparing Baked Potatoes.—Baked potatoes look much nicer if scooped from the shell, mashed with butter, pepper and salt, a well-beaten yolk of an egg, then placed back in the half shell and browned in the oven. They not only look nicer, but taste better.

Rinse Silks Well.—Silk underthings should be washed in water that is barely warm, and should be rinsed in at least three fresh rinsing waters.

To Retain Juices in Meats.—To keep flavor and juices in meat when baking or frying, expose it to extreme heat first, then reduce the temperature and cook more slowly.

For That Musty Odor.—To remove a musty odor from a room, put a drop of oil of lavender into the corners.

WHEN YOU CLEAN HOUSE USE O-CEDAR—THE POLISH THAT CLEANS AND PRESERVES YOUR FURNITURE

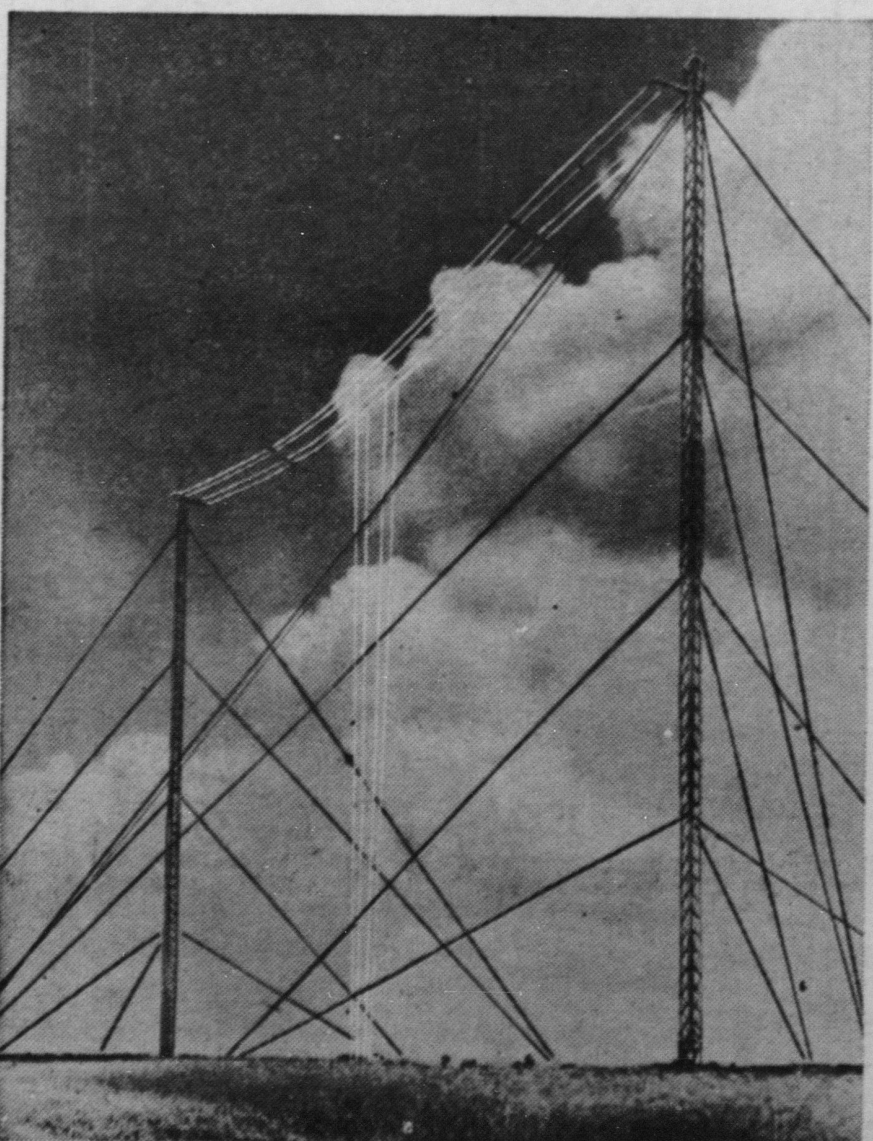


More women use O-Cedar Polish than any other kind—for furniture, woodwork and floors. It CLEANS as it POLISHES.

O-Cedar POLISH MOPS - WAX

Bargains YES!

You find them announced in the columns of this paper by merchants of our community who do not feel they must keep the quality of their merchandise or their prices under cover. It is safe to buy of the merchant who ADVERTISES.



Huge short wave antennae, the weapon in this modern struggle between democracies and dictatorships. These are the masts of a Polish government station.