

News Review of Current Events

O. K. FOR PUMP PRIMING
House Passes Three Billion Spending Bill With Only Few Alterations



Congresswoman Mary T. Norton of New Jersey, chairman of the labor committee, affixes her signature—the first one—to the petition which was signed by 217 other house members to force house consideration of the revised wage-hour bill. With Mrs. Norton are, left to right, Congressmen R. J. Welch of California, J. Burrwood Daily of Pennsylvania, Arthur Healey of Massachusetts and Edward Curley of New York.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK

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Three Billion Bill Passed

BY A vote of 323 to 70 the house of representatives passed the President's three billion dollar spending bill and sent it on to the senate. This action came during a turbulent session.

A motion to send the bill back to committee so that state administration of relief might be substituted for federal supervision was defeated.

In addition to direct appropriations calling for the expenditure of 2 billion 519 million dollars, the measure carried authorizations to spend an additional 635 millions of dollars, making a total of 3 billion 154 million dollars which may be spent by the administration in an endeavor to fight the depression.

The biggest fight came on a move to strike from the bill a section allowing states and municipalities to exceed their constitutional debt limitations. This motion was defeated, 90 to 86.

The farm bloc put over two amendments. One makes farmers eligible for relief whether or not they are found to be in need if they can prove they are out of work. The other provides that farmers need not be in needy circumstances to benefit from free fertilizer provided by the WPA.

At the last moment the members added 100 million dollars to the authorizations in the bill to be spent for rural electrification projects.

British Policy Attacked

FROM two sources the British policy of "realism" followed by Prime Minister Chamberlain and Foreign Secretary Halifax was



fiercely attacked in the meeting of the League of Nations council at Geneva. The recognition of Italy's conquest of Ethiopia, asked by Britain, and the "desertion" of loyal Spain, both implicit in the Anglo-Italian agreement were denounced and Viscount Halifax could make but a weak reply in defense.

Haile Selassie, former emperor of Ethiopia, was present in person to address the council, and he handed in a long note purporting to show that his country was far from conquered by Mussolini, less than one-quarter of it being occupied by the Italians. He asserted the Ethiopian troops actually were gaining ground despite the use of poison gas by Italian airmen, and that thousands of Italians have deserted.

The "Lion of Judah" had nothing to hope for in the way of direct aid, but his mere presence was decidedly disconcerting to the British diplomats. He demanded that his protest be taken up by the league assembly.

No vote was taken on the question of recognizing the Italian conquest, but Chairman Wilhelm Munters of Latvia, summing up the declarations of the member nations, said: "The great majority of members of the council, despite regrets, considers that it is the duty of members of the league to determine individually their own attitude in the light of their own situations and responsibilities."

Haile Selassie strode from the chamber without a word. His last chance was gone.

Julio Alvarez del Mayo, foreign minister of the loyalist Spanish government, also attacked the policy of Britain, and of France, and denounced the absurdities of the international accord for nonintervention in the Spanish war. "Both from the trenches and from the seat

of government," he said, "we have watched day by day the incomprehensible desertion of certain democracies. We have watched them conspire with the aggressors. They have signed agreements with the aggressors which legalize this intervention in Spain."

He proposed that the league send a committee to investigate charges of Italian and German aggression in Spain. In this he was supported by W. J. Jordan, New Zealand delegate, and Maxim Litvinov of Soviet Russia.

Hull Not to Resign

SECRETARY OF STATE HULL characterized as "absurd and fantastic" published reports that he would resign because of rumored dissatisfaction over President Roosevelt's recent statement praising the spirit of the Italo-British pact.

Japanese Take Amoy

JAPANESE naval forces seized the important port of Amoy, South China, 600 miles south of Shanghai. All foreigners there were said to be safe, but American and British warships were rushed to the island on which the city is situated to protect their nationals.

The Japanese also reported new gains on the Shantung front where they were moving steadily toward the Lunghai railway despite stubborn resistance. Their airmen raided Suchow, killing many Chinese.

Revenue Bill Enacted

THE 300 million dollar revenue act of 1933, as patched up by senate and house conferees, was finally sent to the White House for the President's signature. The compromise measure retains a vestige of the undistributed profits tax, enough to save the administration's face. But the tax is limited to the calendar years 1933 and 1934 and it is expected to die then.

Under the act, corporations earning more than \$25,000 will pay a maximum rate of 19 per cent if no earnings are distributed in dividends and a minimum of 16½ per cent if all earnings are distributed. There is a credit of 2½ per cent against the maximum tax on the amount of dividends paid.

Rail Wage Cut Announced

RAILROADS of the nation and the Railway Express agency served formal notice on chairmen of rail brotherhoods of their intention to reduce basic rates of pay 15 per cent on July 1. The carriers through this action hope to reduce their annual payroll by \$250,000,000. Approximately 925,000 railroad workers are affected by the move.

The long-anticipated announcement brought a defiant warning from the Railway Labor Executives' association that: "We will fight the action with every resource at our command."

Oil Production Cut

TEXAS and Oklahoma, the two major oil states of the midcontinent, reduced petroleum production drastically to prevent a price collapse. In Texas wells were ordered shut down on Saturdays and Sundays to effect a reduction of 16½ per cent. Oklahoma oil men were ordered to cut production during May 81,000 barrels daily, to 405,000 barrels.

Gov. E. W. Marland of Oklahoma said the states' speedy action to stabilize production was removal of a possible threat of federal regulation.

"This act proves," Marland said, "that the states are capable of handling their own affairs."

Insuring Farm Mortgages

INSURING of farm mortgages has been begun by the Federal Housing administration under Steward McDonald, administrator. Amendments to the national housing act passed in February permit the administrator to insure mortgage loans made on farms on which farm houses or other farm buildings are to be constructed or repaired provided at least 15 per cent of the loan proceeds is expended for materials and labor on buildings.

Farmers who operate their own farms, individuals who rent their farms to others, and farm tenants and others who contemplate the purchase of farms are all eligible to borrow from approved institutions. The maximum amount which may be borrowed in relation to the appraised value of farm property is 90 per cent for loans of \$5,400 or less, between 80 per cent and 90 per cent for loans from \$5,400 to \$8,600, and 80 per cent for loans exceeding \$8,600.

Wheat Loan Program

ONLY a major crop disaster like a nation-wide drought can prevent the United States from having the largest supply of wheat this summer in the country's history. Consequently the Department of Agriculture is preparing to announce a huge wheat loan program designed to prevent prices from falling to extremely low levels. Under the new crop control act loans are mandatory if the 1933 yield exceeds domestic needs and estimated export needs, which are put at about 740,000,000 bushels.

At the same time Secretary Wallace, as head of the AAA, was contemplating the prospect of asking the wheat growers of America to make the heaviest reduction in plantings ever proposed. This reduction may be as much as 37.5 per cent. Growers who this season planted approximately 80,000,000 acres would be asked to reduce their operations to about 50,000,000 acres—the smallest since before the World War. Allotments then would be 12,500,000 acres less than for 1933.

Government estimates place the crop at between 925,000,000 and 950,000,000 bushels. The winter wheat estimate is between 740,000,000 and 750,000,000 bushels while the spring wheat crop is expected to reach 200,000,000 bushels.

Added to this will be a carry-over of 150,000,000 bushels or more from last year's crop of 874,000,000 bushels. The total supply is expected to reach an all-time high of approximately 1,100,000,000 bushels.

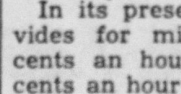
In addition to the loan program, Secretary Wallace will move to bolster the market through the new government crop insurance program. Already a campaign is under way to "sign-up" farmers for wheat insurance.

Wage-Hour Bill to Pass

WHEN 218 members of the house of representatives signed the petition to discharge the rules committee from consideration of the administration's wage-hour bill it became virtually certain the measure would get through the house easily.

Chairman Mary T. Norton of the house labor committee and other proponents of the bill predicted it also would be approved by the senate, but admittedly it faces a bitter fight there, for the southern senators are angered by the omission of differentials favoring the South.

In its present form the bill provides for minimum wages of 25 cents an hour to be raised to 40 cents an hour over a three-year period and maximum hours of 44 a week to be reduced to 40 hours in two years. It would be administered by the Labor department and enforced by the Justice department. It carries no differentials between the different sections of the country.



Mary T. Norton, administrator of the administration's wage-hour bill, said she is confident it will pass the house. She said she is confident it will pass the house.

Deal of the Dictators

IN THE absence of official statements, the foreign correspondents were forced to guess at the results of the meeting of Reichsfuehrer Hitler and Mussolini in Rome. They felt certain that the friendship between the two dictators was strengthened, that Hitler assured Il Duce Germany would not try to absorb the German minority in South Tyrol, and that Mussolini promised Italy would not interfere with the Nazi plans affecting the Sudeten Germans in Czechoslovakia.

Mussolini was believed to have received from Hitler recognition of Italy's economic and political interest in central Europe, and a promise the Italian port of Trieste would not lose all its Austrian traffic as a consequence of Austria's absorption by Germany.

Davies to Belgium

JOSEPH DAVIES, wealthy lawyer, was nominated ambassador to Belgium by President Roosevelt. Davies will be transferred from Moscow which he and his wife, Mrs. Marjorie Post Hutton Davies, found boring because of the lack of social life among the soviets.

WHAT TO EAT AND WHY



C. Houston Goudiss

Discusses the NEED FOR IODINE

Key Substance of the Thyroid Gland—Tells How to Avoid Iodine Starvation

By C. HOUSTON GOUDISS

6 East 39th St., New York City

THE discovery of our vital need for iodine is one of the most thrilling chapters in the long history of scientific research.

Many investigators contributed to our understanding of iodine hunger, but special credit is due to Dr. David Marine and his co-workers; and to Dr. E. C. Kendall of the Mayo Clinics at Rochester, Minn.

Today we know that although it constitutes only about one part in three million parts of the body weight, iodine is so essential that its absence from the diet may have the gravest consequences.



Sec. Wallace

Thyroid—The Gland of Glands Iodine is necessary for the normal functioning of the thyroid gland, situated in the front part of the neck. The thyroid is so important that it is often regarded as the throttle which governs the human locomotive, and when it fails to function normally, the body machinery may be thrown out of balance.

Thyroid disturbance during childhood may affect mental and physical development, and many children have been accused of laziness who are suffering from thyroid deficiency. Thyroid disorder may be a complicating factor in obesity, and specialists have found that it is associated with many stubborn skin diseases. It is also claimed that iodine starvation influences mental make-up and emotional tendencies.

Disfiguring Goiter

Simple goiter is a common disorder of the thyroid gland. At one time the very mention of this disease terrified girls and women, who feared the unsightly lump in the neck which disfigures the victim. Now, thanks to dramatic experiments, we know that simple goiter is an iodine deficiency disease.

Animal Experiments Point the Way

In 1916, it was estimated that a million young pigs died annually in Wisconsin. Investigation disclosed that their thyroid glands were abnormally large and abnormally low in iodine. When iodine was administered to the mothers, the young pigs were born normal.

Scientists reasoned that if goiter could be prevented in animals, it could be prevented in humans, and undertook the now famous census in Akron, Ohio. A study was made of the thyroid glands of all school girls from the fifth to the twelfth grades. Almost 50 per cent were found to have enlarged thyroid glands.

The girls were given small doses of sodium iodide dissolved in drinking water at given periods over 2½ years. At the end of that time, investigators found that of 2,000 pupils, only 5 developed thyroid enlargement. Of the same number not treated, 500 showed enlargement.

Danger Periods

This demonstration aroused the interest of the scientific world and

Send for This FREE CHART Showing the Iodine Content of Various Foods

YOU are invited to write C. Houston Goudiss for a chart showing the foods rich in iodine and those which are poor in this substance. It will serve as a valuable guide in preparing balanced menus.

Just ask for the Iodine Chart, addressing C. Houston Goudiss, at 6 East 39th Street, New York City. A post card is sufficient to carry your request.

Nature's Storehouse of Iodine

It is the duty of every homemaker to learn where the necessary iodine can be obtained and to include iodine-rich foods in the daily diet, but it is especially important for those living in "the goiter belt." This area stretches along the Appalachian mountains, as far north as Vermont, westward through the basin of the Great Lakes to the state of Washington, and southward over the Rocky Mountain and Pacific states.

Iodine-Rich Foods

The sea is the great storehouse of iodine and hence, the most abundant sources are sea food, including salmon, cod, crabmeat and oysters; cod liver oil; and salt.

Fruits and vegetables grown near the sea contain varying amounts of iodine, depending upon the water and soil, and the season, the iodine content being at a maximum in the autumn and winter.

In general, it may be said that the leaves of plants contain more iodine than the roots, and that leafy vegetables and legumes store more than fruits, with the exception of cranberries, which are a good source. When the soil is rich in iodine, watercress becomes a fine source of this substance.

Iodized Salt

One of the most satisfactory methods for adding iodine to the diet, especially in goiterous regions, is through the use of iodized salt. In Detroit, a city-wide test of iodized salt reduced the prevalence of simple goiter from 36 per cent to 2 per cent. Similar figures have been cited for other localities. Iodized salt costs no more than ordinary table salt and is an excellent safeguard against simple goiter.

Iodine in Drinking Water

Even in early times, it was believed that there was some relation between goiter and drinking water, and recent evidence has disclosed that there was a sound basis for this belief. Two investigators found that the water in a large part of the northern half of the United States falls into a low-iodine classification.

Several communities have given consideration to the prevention of goiter by the addition of iodine to the water supply. This method is commendable, but it must be borne in mind that wherever iodine is taken in forms other than food, careful supervision by the

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 and diet. It's not necessary to write a letter unless you desire, for post card inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

physician or the public health authorities is necessary.

To those homemakers interested in planning the best possible diet for their families, I shall gladly send lists showing which foods are rich in iodine and which are poor in this substance.

Questions Answered

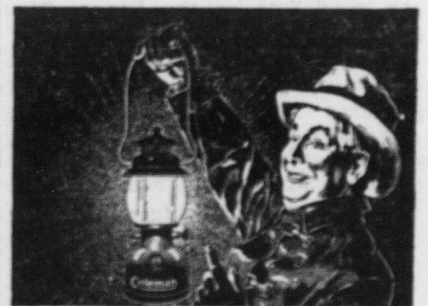
Miss C. T.—Agar-agar is a non-irritating, indigestible carbohydrate. As it is not digested, its caloric value is zero, and it could not possibly be fattening.

Mrs. B. R. S.—The average meal leaves the stomach within four hours, though a large meal may stay for five hours. However, the length of time food remains in the stomach is only a fraction of that required for the entire digestive process, which varies in normal individuals from 12 to 47 hours. Carbohydrates leave the stomach most quickly, proteins are next, and fats require the longest period.

Miss S. G.—There is no justification for serving toast at every meal instead of bread. It is true that proper toasting changes some of the starch to dextrine which is quickly and easily digested. But laboratory experiments reveal that the proteins of toasted bread and crusts have a lower digestibility, and animals gain less weight when fed on them than on the untoasted bread and the inside crumbs of the loaf.

Mrs. M. S. F.—I do not approve of the strictly vegetarian diet because it is unbalanced. One who desires to omit all animal foods from the diet must also omit the top-notch protective foods, milk and eggs. It is doubtful if adequate protein could be supplied without milk, eggs or meat. Good health is best maintained on a balanced diet, and is such a priceless possession that I cannot understand why anyone should risk the consequences of consuming a one-sided diet.

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Imprudent One

Is not he imprudent, who seeing the tide making toward him apace, will sleep till the sea overwhelms him.—Tillotson.



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