

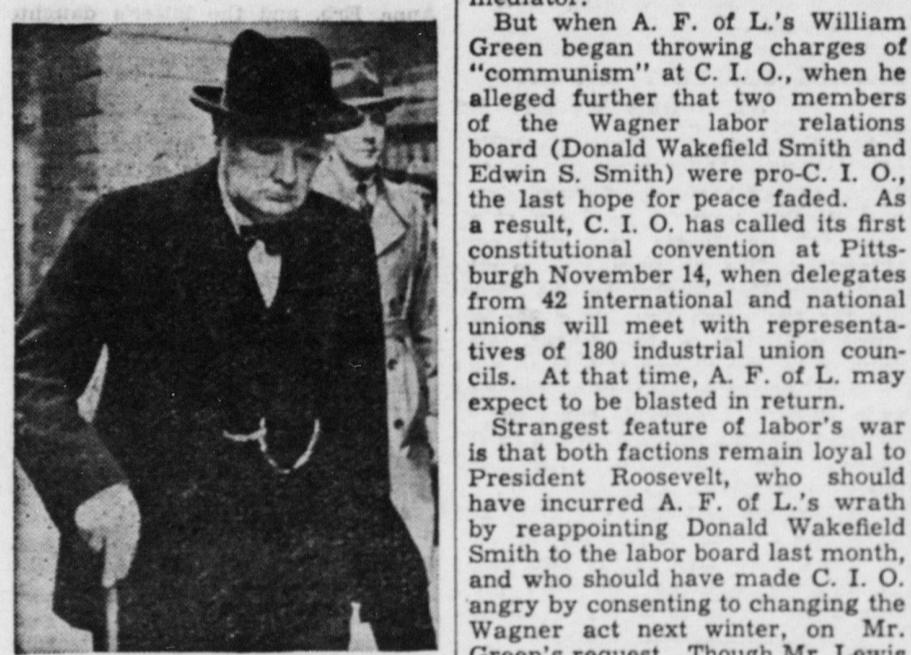
### Weekly News Review

## France, England Friendless In New World Power Lineup

By Joseph W. La Bine

#### Foreign

Since the notorious peace of Munich, almost every day has seen the stars of Great Britain and France descend to new lows, torn by dissonance from within, heaped with ridicule from without. Hardly had Alfred Duff Cooper resigned from the British cabinet in protest against Prime Minister Chamberlain's "sell-out" before Winston Churchill arose in the house of commons to state his views. He prophesied that England will be dependent on German good will for its very existence. "We have sustained defeat without war, and the whole equilibrium of Europe has been changed," he summed up.



**WINSTON CHURCHILL**  
He, among others, was ashamed.

That Prime Minister Chamberlain agrees is shown by his insistence on a high-speed rearmament program, a move quite contradictory to his Anglo-German peace pact and his treaty with Italy. It is an admission that not even Mr. Chamberlain trusts Adolf Hitler or Benito Mussolini very far.

Meanwhile, France has been quick to make peace with Italy by recognizing her conquest of Ethiopia. Her parliament, by overwhelmingly approving the Munich pact, agreed that no price was too high for peace even though it meant relegating France to the position of a second-rate power. But sorely-taxed Frenchmen want to know why they must pay for a huge army and navy that refuses to fight.

There are other signs, as well. The resignation of Czech President Eduard Benes in the face of growing public sentiment against weak-kneed democracies, indicates that Czechoslovakia is giving in to demands for co-operation with the Rome-Berlin axis. It is almost humorous to reflect that Great Britain has agreed to defend Czechoslovakia's integrity. Even more tragic is Chancellor Hitler's demand for reparations from Czechoslovakia, to be paid out of the \$150,000,000 loan recently granted the Czechs by Great Britain.

With central Europe turned over completely to dictatorship, with Russia breaking her French alliance and crawling back into silence, France and Britain apparently stand alone, friendless, merely tolerated by her "friends"—Italy and Germany.

pon has announced Hankow as the final objective, and it probably will be taken soon. But Chinese Generalissimo Chiang Kai-shek insists his people will continue to resist. His latest statement: "If Japan does not abandon aggression and withdraw her instruments of invasion, and if she does not restore China's territorial and administrative integrity, there can be no peace . . . The longer our armed resistance continues, the stronger will our determination grow."



**CHINA'S CHIANG KAI-SHEK**  
"There can be no peace . . ."

General Chiang's prophecy is already fulfilled. Though Chinese have won no spectacular victories, Japan's drive up the Yangtze to Hankow has cost more casualties than any previous phase of the war. Every indication is that Japan will never control more than rivers, railroads and highways, that huge and lumbering China will eventually assimilate whatever permanent Japanese population is sent over to administer the conquered territory.

Since "peace at any price" became Europe's watchword during the Czechoslovakian crisis, it is just possible the same watchword may be applied to Spain's civil war. In this imbroglio, where Germany and Italy have aided the strong Fascist cause of Insurgent Generalissimo Francisco Franco, communistic Loyalist Spain has suffered repeated setbacks and now controls but a small area.

#### Domestic

Though the U. S. is a land of free press and speech, most Americans agree it is far from smart to let foreign agents operate untrammelled. Last winter, when agitation for an investigation of un-Americanism first came before congress, many a lawmaker wondered not only about un-American agents, but all foreign agents. Who are they? How do they operate? What are their aims? Upshot was a law requiring all "agents of foreign principals" to register with the state department by October 6. Though the deadline came and passed with thousands still left unregistered, the persuasive threat of prosecution is expected to bring results. Though the law has no teeth, its registration requirement will let Uncle Sam keep an eye on foreign agents, will help curb the growing spy danger.

Regardless of who holds power when civil service is expanded, it will create furor in the minority ranks because present job-holders will be favored. On this assumption, a furor will come in Republican ranks February 1 when 81,000 Democratic workers in so-called emergency agencies are moved into civil service classification. Another 44,000 may be added later. This results from U. S. civil service commission approval of President Roosevelt's executive order last June, which asked expansion of the merit system. Undeniably a step in the right direction, February's change will be less meritorious than most civil service operations, since present job-holders need only take a non-competitive examination and get the recommendation of their superior officers.

#### Politics

To New York state voters, November's gubernatorial election will be a matter of choosing between two worthy men, once co-workers against crime, now political opponents through trick of circumstance. Odds appear to be growing that the Democratic Gov. Herbert H. Lehman will beat Manhattan's racket-busting District Attorney Thomas E. Dewey, Republican nominee.

Merits for Dewey: An amazing record of fighting New York City's criminal element since he was appointed special prosecutor by Governor Lehman in 1935. Young (only 38 years old), handsome, a crusader, he nevertheless has little governmental background outside the court room.

Merits for Lehman: Almost 40 years' manufacturing and banking experience that have enabled him to run the Empire state on a business basis. He battled successfully against legislative opposition to his sweeping set of laws expediting criminal procedure, went on to wipe out a \$100,000,000 deficit left by his predecessor, Franklin Roosevelt.

Dewey Support: New York state Republicans. He must win 250,000 votes which Lehman controlled in 1936, must also win the powerful labor vote which, though it helped elect him district attorney last year, is still Democratic.

Lehman support: New York state Democrats, who have controlled the governorship many years; New York City Jewry, because Lehman is Jewish; Tammany (what is left of it), because Tammany bitterly dislikes Tom Dewey for prosecuting its favorite son, Jimmy Hines; the American Labor party, because Lehman has endorsement of both A. F. of L. and C. I. O.



**CANDIDATE LEHMAN**  
One good man against another.

attorney would "abandon" his racket prosecution to enter governmental affairs in which he has "no real record of accomplishment."

## What to Eat and Why

### C. Houston Goudiss Discusses Significance of Fruits and Vegetables; Tells the Truth About Canned Foods

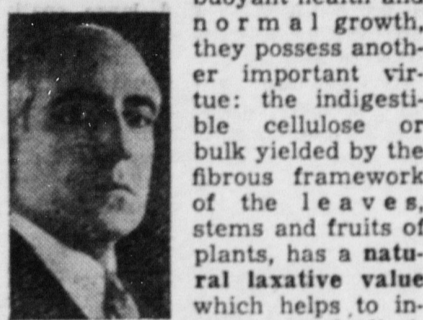
By C. HOUSTON GOUDISS

A GENERATION ago, except in mid-summer, fruits were a luxury that only appeared, with nuts, at the end of a festive meal, and vegetables, except for the root crops, had no regular place in the daily diet. But when scientists established the importance of mineral salts in human nutrition, these two groups of foods assumed a position of commanding importance, because next to milk and eggs, they are the chief conveyors of minerals from the soil to man.

With the discovery of vitamins they achieved new distinction, because in their content of these vital substances, they rank with milk and eggs as "protective" foods.

#### Foods That Safeguard Health

In addition to providing nutrients that are indispensable for buoyant health and normal growth, they possess another important virtue: the indigestible cellulose or bulk yielded by the fibrous framework of the leaves, stems and fruits of plants, has a natural laxative value which helps to insure normal elimination. And finally, they are extremely useful in helping to maintain the acid-base balance of the body, for all vegetables and most fruits yield an alkaline-ash following digestion.



Green Vegetables for Iron  
Fruits and vegetables supply varying amounts of practically every mineral element the body requires.

They do not compare with milk as a source of calcium, but substantial amounts of this bone-and-tooth-building substance are to be found in leaf and stem vegetables, carrots, oranges, figs and strawberries. Moreover, investigations have demonstrated that calcium from vegetables is well utilized by adults.

Green vegetables, in general, are outstanding as a source of iron. And it has been further established that their iron is better absorbed and becomes more completely available for nutrition than iron from some other sources.

Some fruits are also valued for their iron content, the more notable including oranges; tomatoes, which are botanically a fruit, though they are classed as a vegetable; strawberries, blackberries, raspberries and huckleberries; and dried figs, dates and prunes.

Sources of Vitamin C  
Vitamin C, which is essential for maintaining the health of teeth and gums and for preventing the degeneration of muscle fibers generally, is obtained almost entirely from fruits and vegetables. The principal sources of this vitamin are the citrus fruits; raw and canned tomatoes and canned tomato juice; strawberries; raw carrots, onions and yellow turnips.

As this vitamin is easily destroyed by heat in the presence of oxygen, the amount present in any fruit or vegetable is greatly reduced by the average home cooking methods. On the other hand, this and other vitamins, as well as minerals, are usually well retained in commercially canned fruits and vegetables.

What About Canned Foods?  
I frequently receive letters from readers who question the merits of canned foods. They ask whether it is true that canned foods are devoid of vitamins; whether canned foods are wholesome for children; whether or not canned

## CLASSIFIED DEPARTMENT

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are removed from the water and the moment their rich nourishment is sealed in cans.

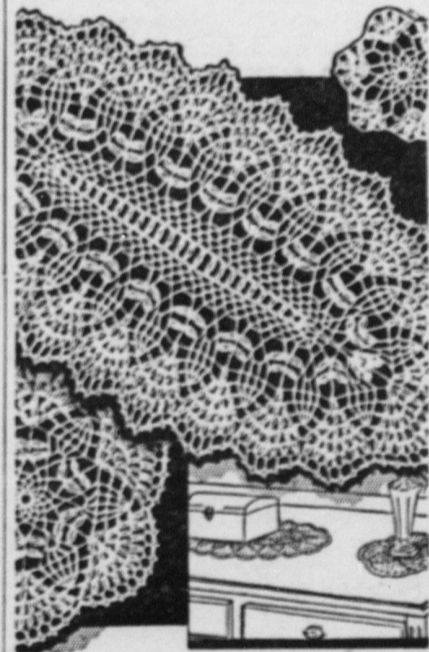
Similarly the fruits and vegetables designed for canning are allowed to mature on tree or vine. This means that they develop maximum flavor and vitamin content. Then they are picked, rushed to nearby canneries and hermetically sealed in cans. The sealed cans are then cooked at high heat so as to destroy any bacteria which might be present. Because they are protected from the air during the cooking process, and because the cooking liquors are sealed in the cans, they retain a maximum amount of minerals and vitamins. It is because canned foods are so definitely superior in this respect that physicians encouraged the canning of strained fruits and vegetables for infants and young children.

Fallacies Disproved  
Canned foods will keep indefinitely without spoilage, as long as nothing occurs to make the can leak. It is not necessary to remove canned food from the container as soon as the tin is opened, though many homemakers often do so because the food presents a more attractive appearance in a dish or bowl. A hissing sound when opening does not mean that the contents of a can are spoiled, but rather that there was a vacuum in the can, which the air is rushing in to fill.

Thus canned fruits and vegetables are not only "as good as" fresh ones, but are often superior in food values. Every homemaker should see to it that she uses both liberally in the diet of every member of her family, as a means of providing liberal amounts of minerals and vitamins.

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## Doilies for Your Enjoyment



Pattern 5998.

Indulge your love of luxury with these lovely doilies. Whether it's your buffet or your luncheon table that you want to dress up, this pattern will do it effectively. The three sizes (15 by 28, 12½ and 5½ inches in string) are most

practical and lend themselves to many uses. Use a finer cotton for smaller doilies. Pattern 5998 contains instructions for making the doilies; an illustration of them and of stitches; photograph of doily; materials needed.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, Household Arts Dept., 259 W. 14th Street, New York, N. Y.

Please write your name, address and pattern number plainly.

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Time for Genius  
Adverse fortune reveals genius; prosperity hides it.—Horace.

## HOUSEHOLD QUESTIONS

A Few Extra Winks.—If you are loath to get up in the mornings, you would be wise to prepare for breakfast just as many things as possible the night before.

Sift the Flour.—Flour is one of the easiest ingredients in baking to mismeasure. For best results always sift flour and measure by spoonfuls into a cup, being careful not to shake the filled cup.

Children's Garments.—Children's clothing that is too heavy or improperly balanced may cause rounded or sloping shoulders, say child guidance experts.

See to Your Lighting.—The type of lighting used can change the entire effect of a room at night.

## Pepsodent Powder Sales Skyrocket Thanks to Remarkable IRIUM



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