



SPORT GRAPHS

Not a Strike Out Record

Not often do two major league teams struggle through twelve innings without a strike-out finding its way in to the box score. With five pitchers seeing action, the Chicago White Sox and St. Louis Browns engaged in an overtime game the other day and not a man was retired on strikes. The White Sox won 10 to 8. Thomas, Faber and McKain pitched for the victors and Stewart and Kimsey for the losers.

Former Team-Mates Now Rivals

Team-mates only a few weeks ago, when they helped the University of Pennsylvania nine carry off the title in the Eastern Collegiate League, Walter Masters and Jim Peterson are likely to face each other in a major league hurling duel before the season is over. Both appeared in the box score on the same day recently when the A's and the Senators engaged in a short series.

Peterson, now with the Athletics, took the mound for an inning in two games against the New York Yankees and held them scoreless and hitless, and struck out one man. Masters also pitching for an inning, relieving Marberry against the Boston Red Sox. He, too, was unscored on, but allowed one hit.

Keeps His Head

For some reason or other Firpo Marberry, Washington pitcher, has it in for Al Simmons of the A's. In a game at Philadelphia recently, Marberry shot three fast balls at Simmons' head, causing the batter to sprawl to the ground to avoid being hit.

When Simmons was finally given his base on balls, he took a little time out to tell Firpo what he thought of his dusting off process. Marberry became enraged, threw down his glove, and invited Al to fight it out right there. Needless to say Simmons held his head and paid no attention to the big Texan.

"I'm glad I kept my head," Al said after the game. "If I had clashed with Marberry I would have been set down for 10 days and our pennant chances would have been hurt. And Marberry would have missed only two games as he only pitches about every fourth or fifth day."

One of the most startling comebacks in baseball this season is that of Waite Hoyt, formerly of the New York Yankees and Detroit Tigers. As a member of Connie Mack's Athletics, Hoyt has won four straight games and is relieving the pressure on the Philadelphia hurling staff.

The A's released outfielder Jim Moore. And the Chicago Cubs dropped outfielder Johnny Moore to Los An-

geles. Just two Moore outfielders who wouldn't do. Ouch!

The Giant's pennant drive seems to have been derailed onto a merry-go-round. The Giants continue to circle the league cities, but they are not getting anywhere.

Rogers Hornsby, third baseman. That's the way the Cub lineup has been reading. But don't be too thrilled. Roge is an old hand at that bag. He toiled at that base in 83 games in 1916 and 72 in 1919 for the Cardinals. And he's been playing the sack as though it hasn't been 10 years since he last tried it.

DID YOU KNOW THAT?

Babe Ruth finally had to put on ankle braces the other day, when he swung and missed and strained his thin ankles, and was limping. Lou Gehrig hit three home runs in three consecutive games recently. Lefty O'Doul raised his batting mark 99 points within a month of play, and the Robins came right up during that month. Tillie Walker, former slugger of the A's, is reported to be ill and broke at his home at Limestone, Tenn. Besides receiving the largest salary of any baseball player, Babe Ruth has also participated in nine world series, six with the Yankees and three with the Boston Red Sox. Baseball says Gabby Street of the Cardinals, is pretty much like a poker game. Sometimes you can win with a pair and other times you are topped when you hold a flush or a full house. Right now, however, he's wondering if he's holding the ace in the hole. Ossie Bluege, the Senators' third baseman, who is called "Noisy" by his teammates because he has so little to say, was fined \$10 by Umpire Brick Owens

Minerals In Cattle Feeding

By Dr. John M. Evvard

In the fattening of cattle it has been our experimental experience that the feeding of properly selected minerals has been a paying proposition.

The addition of from one-half to an ounce or more of minerals per head daily, the allowance depending upon the weight of the cattle and character

of ration fed, resulted in a greater daily gain, a more uniform feeding record with less "off feed" disturbances, a better finish at the end of the fattening period, a greater selling value per hundred weight, and a larger margin per head fed this, over and above feed costs.

Surely these advantages accruing from the feeding of a well compounded mineral mixture carrying the elements most likely to be lacking in cattle feeding rations, or namely: calcium, phosphorus, iron, copper and iodine should appeal to even the hardest minded. After all, a great many so-called tough minded or conservative cattle feeders have in recent years

tried out the "mineral way" of feeding, and a very large percentage of these farm experimenters have been won over to mineral feeding because of the good results secured.

In fact, considering all the phases of live stock production, the mineral feeders in swine raising, because both classes of feeders "stay put" that is, they "stay put" with minerals in their feeding programs." They have learned, from the profitable experience that the feeding of properly selected minerals pays good dividends.

TELEPHONE YOUR NEWS ITEMS TO THE POST

Favor Getting a Puppy to Buying a Mature Dog

Hints on Care and Training Given by Kennel Foundation.

Dog or puppy? The choice of one or the other must be made by everyone who contemplates adding a canine pet to his household, states the Chapel Kennel Foundation, Rockford, Illinois. While some prefer a perfectly-trained grown dog, most people are inclined to agree with Albert Payson Terhune that a puppy is more desirable. For one thing, a puppy does not cost as much as



Eating is the Biggest Thing in a Puppy's Life.

a grown dog, and its future is entirely in your own hands.

Eating is the biggest thing in a puppy's life, and what and how he eats will either make or break him, according to the Foundation. "Little and often" is probably the best rule of successful puppy training. Feed four or five times a day from weaning time till four months of age and no more than four times a day at six months. Increase the ration as you decrease the number of feedings, but never serve more than just a trifle over what the puppy will eat up quickly. When the average puppy is at the end of twelve months ready to enter full doghood, he should be getting no more than two meals a day, and preferably one. If the puppy does not finish the meal provided for him, what remains must be removed in a few minutes and nothing else should be given until the next feeding hour.

By nature the dog is a meat-eating animal, but under today's domesticated conditions, fresh raw meat from the butcher's is much too concentrated a diet. Research workers who have given thought to this problem in recent years have been able to develop scientifically-balanced canned meat foods which have taken all the guess out of dog and puppy feeding. They contain all the elements necessary for proper growth and development. Both puppies and dogs especially relish those made from horse meat. A part of every puppy's ration should be some dry food which has been softened with milk or water. This may be only a teaspoonful at six weeks, but should be increased with the size and condition of the animal. As the puppy grows older and its teeth stronger, dog biscuits in kibble or whole form may be substituted. The biscuits afford the exercise demanded by the puppy's jaw and serve to keep his teeth clean.

Teach your puppy to eat at a regular place and time. Having regular feeding times will be a big aid in housebreaking him. Make it a practice to take him out for a walk shortly after feeding.

one day for throwing saucy words in the umpire's teeth, or maybe it was his plates. Incidentally, Brick is said to be the only indiaractor handler who ever worked two plates the same day he had his teeth pulled. The New York Yankees remain the only club in the major leagues who have not been shut out this season. Since a considerable portion of the campaign is now passed this is an interesting record.

FOOD FOR THE NORTH-POLE SUBMARINE

WHEN the submarine "Nautilus" dives beneath the ice floes on its perilous under-sea voyage to the North Pole while two continents hold their breath for the outcome of the amazing expedition, Captain Sir Hubert Wilkins feels confident that one great hazard will have been eliminated—the problem of food.

"Food has caused leaders of expeditions more trouble than all the great dangers and hazards they meet with in new and unexplored territories," Sir Hubert said in a recent radio talk. "Sometimes, too, in the tropics, if one should happen to get stranded on a cannibal isle, as I did in 1925, and where a nice fat, white stranger was considered an edible diet, there is some worry as to what the other fellow wants to eat. But usually explorers are concerned mostly about their own meals."

A Whale of a Story

The inadequacy of an arctic diet, however, is an old story to Sir Hubert. He told this incident of former shipwreck and near-starvation:

"We were practically, but not quite out of food, we had a little seal blubber and a strip of reindeer hide sleeping-bag left. We would dip the reindeer-hide (hair and all) in the blubber and swallow it. What the hair lacked in food value it made up for in bulk and it at least helped to tighten our belts. Then we came to a whale carcass lying under the ice near a beach. We removed the ice and used some of the whale meat. In our condition it tasted fine. We were alarmed, however, when a few days later we met a whaler who lived in those parts and he told us that he had killed that whale four years before.

"But most of these things happened to me before modern dietitians began to study vitamins, vitamins and such things. Nowadays, when one goes exploring, it is possible to call up the professional staff of an up-to-date supply house and have them provide you just the things required. That is what we have done.

"Food for the Nautilus expedition was planned under the direction of Dr. Lafayette B. Mendel, and analyzed by scientists at Yale. In all, there are ten tons of food—carefully selected for its content of proteins, carbohydrates, fats, calcium, iron, roughage and vitamins. Wherever practical, canned, cooked foods were chosen to conserve fuel and water and to supply

necessary nutritive value. Three tons of food are being stored in the submarine, and seven tons will be shipped to Bergen, Norway, where it will be picked up by the crew.

Canned Foods Solve Problem

Since storage space is limited on a submarine and great care must be taken to protect the food supply against dampness, practically all of the food has been

packed in special containers. The butter, for instance, is canned and hermetically sealed; flour is in vacuum tins—as are the raisins and nuts. Even the matches are in cans. Very small containers are used in many instances so as to be stored in every available space.

Looking down the food list, designed to last the crew for six months, are such items as: 3,000 pounds of meat; 1,300 pounds of butter; 3,700 pounds of bread and cereals; 1,400 pounds of sugar; 1,600 pounds of canned fruits; 2,000 pounds of canned vegetables; 700 pounds of vacuum-packed coffee, large quantities of raisins, nuts, peanut butter, sauces, cheese, milk and relishes—even pickles and marmalade.

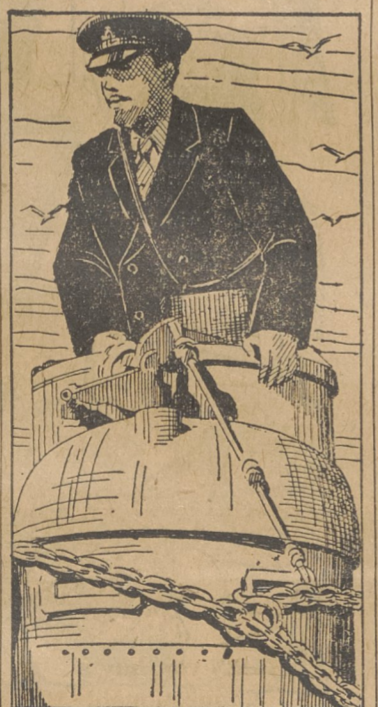
The meats include canned ham, corned beef, chipped beef, bacon, spiced ham, boneless chicken, dried codfish, kippered herring and canned salmon. Other protein

foods include condensed, powdered and evaporated milk, American cheese, assorted nuts, peanut butter, butter and lard.

Bread, cereals, syrup and sugar are all packed in tins. The fruit supply includes canned pineapple, grapefruit, loganberries and pumpkin; and the vegetable list such canned foods as tomatoes, peas, corn, spinach, pork and beans, red kidney beans and baby limas. Beverages—coffee, chocolate and tea—are all packed in vacuum tins, so that "twenty thousand leagues under the sea" hungry explorers can enjoy the same fresh blend of beverage that the man at the home breakfast table drinks, as he reads newspaper stories of the great adventure.

Good Health and Good Spirits Captain Wilkins believes in good food for good results. "A crew disgruntled with their food will not produce the best results," he says. "The adequate food we can now offer the men either on board a ship or while sledging or tramping over ice is of a kind to keep them in both good health and spirits." Both good health and good spirits are obviously necessary for the undertaking as Wilkins describes it in his recent book "Under the North Pole." The staff will "go ashore" on the ice fields and walk about for study. They will measure temperature gradients of the water; they will take water samples and tiny samples of animal and plant life at varying depths. They even plan to weigh the earth by measuring the gravity pull with a right-angle check at the North Pole.

The hazard of food eliminated, perhaps the greatest danger to the Nautilus is that it is equipped with twin propellers, likely to be broken off in ice snags. Vilhjalmur Stefansson, in his introduction to Wilkins' book sums up the much-discussed propeller problem in a paragraph—a paragraph in the matter-of-fact language of the explorer, the very casual tone of which leaves the stay-at-home reader to marvel at the viewpoint of the dauntless explorer: "Captain Wilkins has not the money to design and build a new submarine and so is working with what he can get, thinking that the risk, although great, is not beyond the risks he has so often taken both in war and peace. Nor does he think that, considered more abstractly, the risk is disproportionate to what science stands to gain."



Better Breakfasts



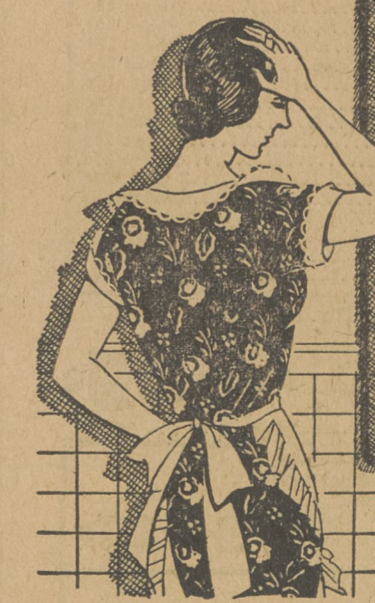
"HOT, home-made peach coffee cake for breakfast! Oh, perfect," you say, "but who has time to bake it?"

Wait. Take out your watch, and figure it for yourself. Almost any breakfast takes a half-hour to prepare—any "better" breakfast does. It takes no more than ten minutes to prepare the coffee cake for the oven, and twenty minutes to bake it. While it bakes, prepare the rest of the breakfast. Arrange your berries in fruit saucers, your shredded wheat in cereal dishes, and bake the eggs at the same time your coffee cake is baking.

Then let no one announce in formal fashion "Breakfast is served." Say, "Come quick for hot coffee cake!" and breakfast felicitously on the following food:

Fresh Blackberries with Cream Shredded Wheat Biscuits Baked Eggs Peach Coffee Cake Hot Beverage

Peach Coffee Cake: Sift together one cup flour, one-eighth teaspoon salt, two teaspoons baking powder and one tablespoon sugar. Cut in three tablespoons shortening. Add one well beaten egg and three tablespoons milk. Pat into greased cake pan. Drain contents of one 8-ounce can sliced peaches and lay over top, pressing slightly into dough. Sprinkle with one-half cup brown sugar; dot with two tablespoons butter. Bake fifteen to twenty minutes in hot oven—400 degrees. Serve hot. Serves four persons.*



Pan fried liver	28
German fried potatoes	08
Celery cabbage and tomatoes	18
Braised cucumber	15
Radishes	15
French butter	08
Blackberry trifle	20
Coffee	03
Total	

A \$1 Dinner for 4

HOW is your arithmetic? If you add these figures you will find the sum total is exactly one dollar. And if you know your dietetics as well as your mathematics, you will find that the sum total of these foods is a perfectly balanced meal.

It follows then, if you are wise that you will serve this sort of meal at least one day a week, and you will be healthy and wealthy as well. The recipes are tested.

Simple to Make

Celery, Cabbage and Tomatoes: Have one cup cabbage cut in fairly large pieces and one cup celery cut in inch lengths. Cook separately until almost tender.

Drain, add the contents of one 10-ounce can of tomatoes, salt and pepper to taste, and one small sliced onion. Simmer until tender.

Blackberry Trifle: Spread three-quarters cup of cornflakes in the bottom of a well buttered baking dish and cover with the contents of an 8-ounce can of blackberries from which the juice has been strained. Sprinkle one-fourth cup of sugar over, dot with one tablespoon butter, and cover with three-fourths cup of cornflakes. Pour in the blackberry syrup drained from the fruit, and bake in a moderate oven—375 degrees—for thirty minutes. Serve warm with light cream.*