

Probable European Power Lineup



Map shows current status of European powers forced by Italo-German aggression. Although Great Britain and France alone of the "allies" are permanently aligned against the Rome-Berlin axis, democracies won tentative solidarity agreements with Poland, Rumania and Greece, the latter a direct result of Mussolini's Albanian coup. Turkey and Soviet Russia, noncommittal at present, are also considered potential members of the "stop Hitler" group. Yugoslavia, Hungary, Bulgaria and the Baltic nations have been neutralized by Germany and Italy, who count on Spain as an ally in any future European war.

FIT FOR A QUEEN



Jennie Kopecka of Passaic, N. J., holds up the wool, finest from the 34 wool-growing states, which has gone into the dress to be presented to Queen Elizabeth of England by the wool growers of the United States. Presentation will be made during the royal visit to the U. S.



WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Not all the news these days has to do with fighting and contention among the nations. On a week-end run to Washington, this writer found Plant Wizard to Brazil to Grow Goodwill Fruit

America's 68-year-old plant wizard, in a unique and friendly deal which probably will ring more cash registers than would Mussolini if he swallowed all the Balkans in one gulp. Busy all over the world for 40 years or more, Mr. Swingle has created enough new wealth with his plant conjuring to build a sizable battle fleet. Brazil, getting on Uncle Sam's cuff for \$120,000,000, breaks precedent among debtor nations by immediately getting busy in a long-range effort to set up a favorable trade balance and get square with the export-import bank.

Tung oil trees, rubber and quinine will get Mr. Swingle's immediate attention. Brazil thinks that, with some expert coaching by Mr. Swingle, she can bring all these through as negotiable assets in interest or amortization day. It looks to this observer like a sunny break in the blizzard of screwball economics which has been sweeping over the world. The above will be just a starter. Mr. Swingle's research will cover virtually the entire range of Brazilian agriculture and forestry.

A native of Pennsylvania, a botanist, educated at the Kansas State agricultural college, he became an "agricultural explorer" for the United States government in 1902 working in nearly every country in the world. He brought Egyptian cotton to Arizona and Acala cotton to California, and helped establish the date industry in the latter state. In Florida, he achieved miracles of hybridization in citrus fruits. He added immeasurably to the knowledge of pollenization, hopped up the seeing power of the microscope, and, in French, German, and English, wrote authoritative treatises on plant pathology, cytology, taxonomic botany and citrus propagation. His fame is widely international and he is a member of every important scientific society in his field.

A homespun American, he is as clubby as a suburban gardener, exchanging garden lore over the back fence with his neighbor. His export of ideas and seeds and cuttings has yielded vastly more goodwill and tangible wealth than our exports of scrap iron, and his imports have run up into billions.

TWO years ago, it appeared that John Logie Baird, the mop-haired garret inventor who took the lead in British television, was running second to other inventors. The postmaster general ruled against him in picking the Marconi-EMI system for the British Broadcasting corporation. But now his system is working in London motion picture theaters and his representatives are here to install it in several Broadway houses.

The son of a Scottish country parson, in an old tweed coat and slacks, he lived meagerly in a dark soho attic and worked with a set of carpenter's tools, a vacuum tube and a few magnets, with no results. When he started thinking his way through a problem, he went to bed. He had been in bed a couple of weeks, when, almost despairing, he saw a red sunset through the window. That suggested a take-off from the infra-red zone of the spectrum. On February 3, 1928, he flashed a picture across the ocean, a ghost face flickering on the wall of the dark cellar of A. M. Hart, of Hartsdale, N. Y.

In the old days, his trousers were patched, his hair was a brush heap, and he usually had one sock drooping. Now, as president of Baird Television, Ltd., he is slicked up a lot, and, according to all accounts, is becoming a magnate. "Sunset red and morning gray start the traveler on his way."

Consolidated News Features, WNU Service.

ADVENTUROUS AMERICANS

By Elmo Scott Watson

'The Old Pioneer'

A CENTURY ago newspapers in various parts of the country frequently printed contributions signed "By an Old Pioneer." The man who thus signed himself was one of the most interesting characters in the history of the West—John Mason Peck, preacher, writer, teacher and editor.

A Yankee by birth, Peck arrived in St. Louis in 1817 as a young and zealous preacher sent out by the Baptist church to Missouri territory. Except for two or three years, the remaining four decades of his life were spent in traveling thousands of miles on horseback, preaching, exhorting, establishing schools, churches and Bible societies, making friends and giving counsel to many a settler far removed from civilization.

Also during this time he was making an even greater contribution to posterity. He was recording his observations and impressions of the people and the country through which he traveled. He interviewed many frontier notables, among them the venerable Daniel Boone and later wrote a biography of the great Kentucky pioneer.

By the time of Peck's death in 1871 his journals numbered some 53 manuscript volumes which he willed to a library. At the beginning of the Civil war, the librarian went away to fight and Peck's material was stored temporarily. When the library was moved to new quarters at the end of the war it was left behind and eventually was acquired by a paper mill and turned into cardboard. Thus much priceless historical information was lost.

But despite this loss, Peck's life had not been lived in vain. His writings, published in the newspapers, had a great deal to do with bringing settlers into Illinois and Missouri and in establishing those two commonwealths.

Under Five Flags

WALPOLE ROLAND is believed to have been present at more historic events and known personally more historic characters than any other American who is not famous in his own right.

He served under five flags, with the British, as a major in the Turkish army during the Crimean war, a colonel of cavalry in the Mexican army, a general in the Chinese army under Li Hung Chang, a scout for Custer in the Civil war. During the Crimean war he was an eyewitness to the famous Charge of the Light Brigade and in India he was present at the "Relief of Lucknow."

At the age of 71, he volunteered for service in the Spanish-American war and was rejected as being physically unfit. But 13 years later, at the age of 84, he was lost in the Canadian woods for 21 days without food—and came out of it without any injury to his health. In fact, he lived to be more than 100 years old, but this war-worn adventurer spent his last days in a poorhouse in Detroit.

'The American Traveler'

JOHN LEDYARD, Dartmouth sophomore, paddled home in a canoe down the Connecticut river to Hartford in 1772. This was not only the first recorded trip of its kind—it started Ledyard on his career as "The American Traveler," who saw more of the world, as it was then known, than any other man. He went to sea and landed in London at the time the great navigator, Captain Cook, was preparing for his third South Sea voyage. He won a berth on Cook's vessel as a corporal of marines. Returning, he went to Paris and hobnobbed with Thomas Jefferson, Lafayette and John Paul Jones. Then back in America, he accepted Jefferson's suggestion that he explore the western part of North America by crossing it on foot eastward to Virginia. This meant going first to London, crossing Europe and Asia and taking a Russian ship to the Vancouver islands.

He started from London in December, 1786, and reached Stockholm uneventfully. He learned there that he was to cross the Gulf of Bothnia by sled but the ice route to Russia was not frozen over. Faced with waiting until spring to cross by boat, he decided to walk around the gulf instead—a 1,500 mile trek through unknown country. Although the feat seems impossible, he reached St. Petersburg seven weeks later. He continued by sledge across Russia until Empress Catherine banished him as a French spy.

Shortly thereafter he started on a trip to explore Africa but died suddenly in Cairo, January 17, 1789.

Western Newspaper Union.

What to Eat and Why

C. Houston Goudiss Explodes Some False Notions About Food; Warns Homemakers Against Fallacies and Superstitions

By C. HOUSTON GOUDISS

IT HAS been well said that a little knowledge is a dangerous thing. This is particularly true of dietary facts, for half-truths can be more misleading than lies.

There should be no place for half-truths, misinformation or superstition in a matter so vital as the choice of food. Yet judging from the letters that come to my desk, thousands of homemakers are being influenced, not by scientific knowledge, but by "old wives tales," and a multitude of fads and fancies which there is not a shred of scientific evidence to support.

Some food fallacies are harmless. Others may be detrimental to health. For they result in an unbalanced diet that deprives the body of substances needed to maintain physical efficiency at the highest possible level.

Misinformation About Meat

Many common and persistent fallacies concern the eating of meat. It is wrongly charged that light meats are more wholesome than dark meats . . . that veal is not completely digested . . . that meat is a contributing cause to disease, and many other equally foolish notions. All these misconceptions are in a class with the absurd ideas that eating turnips will make you brave, that lettuce is a cure for insomnia, or fish a food for the brain.

There is no evidence to support the belief that some meats are less desirable than others because they are less completely digested. Tests show that the length of time meat remains in the stomach varies with such factors as the quantity of fat present, the method of cooking, and the amount of chewing it receives. But there is no marked difference in the thoroughness with which the different kinds of meats are digested.

Erroneous Ideas About Cheese Other fallacies that continually crop up in my mail are the ideas that cheese is constipating, and that this good food is not completely digestible. Neither belief is in accordance with the facts.

Numerous tests have shown that when cheese is given a proper place in the diet, it is usually well digested. Moreover, it has been demonstrated that there is practically no difference between cheese and meat with respect to ease of digestion.

As for the completeness with which this food is utilized by the body, studies made by investigators for the United States department of agriculture, demonstrated that on the average, about 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed!

Some few persons may have an allergy to cheese just as they are sensitive to a variety of other protein foods. But that is an abnormal reaction and has no bearing on the use of cheese by persons in normal health.

Cheese Is Not Constipating

The mistaken idea that cheese is constipating doubtless arose from poor menu planning. Cheese is a highly concentrated food. It enjoys the distinction of being the most concentrated source of protein known. Because of this fact, it is not surprising that it is not completely digested by some persons.

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Albanian Princesses Find Refuge in Greece



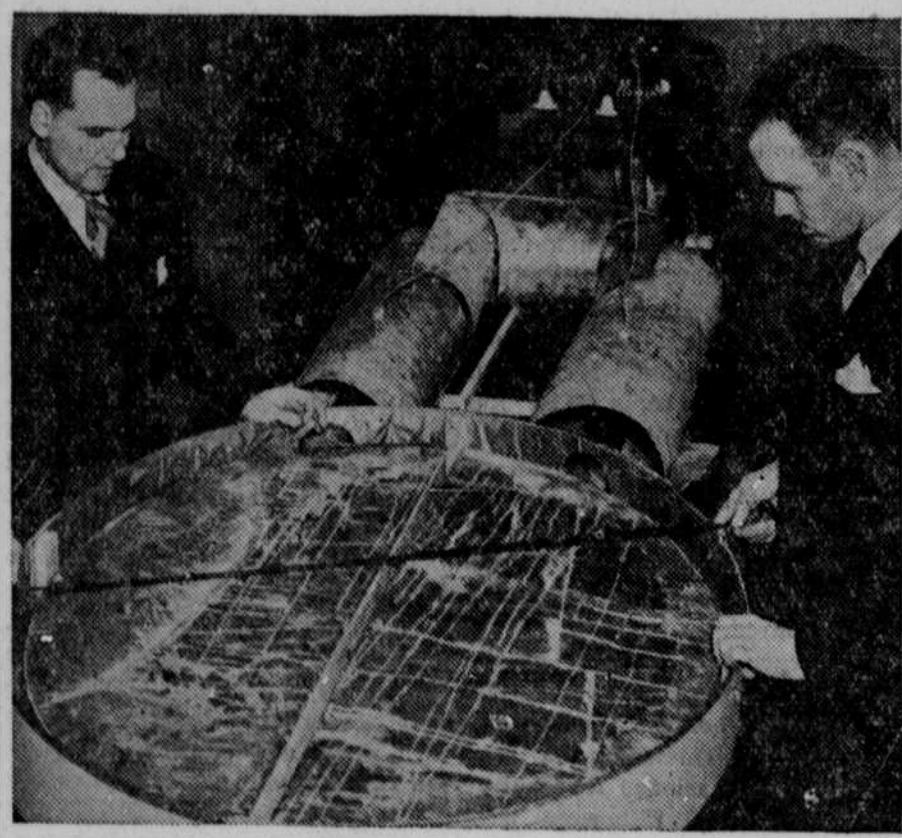
Former leaders of Albania's famous Amazon battalions, the three sisters of King Zog, deposed king of Albania, are now in Greece. Princesses Ruhjo, Myzeyen and Maxhide, left to right, accompanied Queen Geraldine, former Countess Geraldine Apponyi of Hungary, to Greece, where she fled following Italy's vicious invasion of the mountain kingdom. The sisters visited the United States last year.

CHAMPION ANGLER



Winner of the La Jolla, Calif., ninth annual women's salt water fishing derby was Miss Doris Holomon. La Jolla socialite. Her catch of 18 fish in the one-hour contest put her at the top of the 150 feminine anglers.

Scientists Bombard Atom at Indiana U.



Scientists have long regarded the atom as the smallest indivisible particle of matter, but now the atom is under attack through the use of atom smashing apparatuses, known as cyclotrons. Physicists at Indiana university, Drs. Allan Mitchell, left, and Franz Kurie, through careful measurements of the vacuum chamber model to be installed in cyclotron at the Hoosier institution, have determined that its yield in radio-active substances will be nearly three times greater than the total supply of existing radium.

Hobo King Entertains Loyal Convention Visitor



J. W. Parks, left, formerly a member of the fraternity of hoboes who traveled about the country on a bicycle, now wealthy and a chicken ranch owner of Altoona, Pa., is shown chinning with Jeff Davis, king of the hoboes, as they awaited delegates to the recent annual convention in Cleveland, Ohio. Despite his wealth, Parks retains a warm feeling for his fraternity brethren of the road, and attends their conventions.

Correct Constipation Before—Not After!

An ounce of prevention is worth a pound of emergency relief. Why let yourself suffer those dull lifeless days because of constipation, why bring on the need for emergency medicines, when there may be a far better way? That way is to KEEP regular by getting at the cause of the trouble.

If it's common constipation, due to lack of "bulk" in the diet, a pleasant, nutritious, ready-to-eat cereal—Kellogg's All-Bran—goes straight to the cause by supplying the "bulk" you need.

Eat this crunchy toasted cereal every day—with milk or cream, or baked into muffins—drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in Battle Creek. Sold by every grocer.

Advertisement for Quaker State Motor Oil. Features a woman holding a sign that says "FOR Carefree Motoring! ACID-FREE". Below is the Quaker State Motor Oil logo and text: "Acid-Free Quaker State Motor Oil is a scientific achievement in motor oil purity. Its purity insures that you need never worry about motor troubles due to sludge, carbon or corrosion. Its extraordinary resistance to heat assures you of full-bodied lubrication at any speed. Be carefree this summer. Change to Acid-Free Quaker State today. Quaker State Oil Refining Corp., Oil City, Pa." Retail price 35¢ per quart.