

## Poland Again Battles for National Existence



Boundaries of Poland in 1560, after the marriage of Queen Jadwiga of Poland and King Jagello of Lithuania. Lands of the two nations were combined.



Poland began to disintegrate with the rise of power of the Teutonic knights in East Prussia. Russia began taking land when the Teutons caused internal strife.



Poland's first partition took place in 1772, when Russia, Prussia and Austria each took lands; Russia to the northwest, Prussia to the east, Austria, south.



Russia and Prussia alone shared in the second partition of Poland, which left that country with very little original territory.



The third partition, occurring in 1795, caused Poland to disappear altogether. Russia, Prussia and Austria shared the spoils.



Poland declared its right to autonomy in 1918. Shaded area shows old German boundary restored by Hitler's decree.

## Calcium Plays Important Role In Normal Diet

By DR. JAMES W. BARTON

THE one outstanding criticism by food experts of the ordinary diet found in the majority of homes is that it does not contain enough minerals, particularly calcium or lime.

Perhaps you have thought of lime only as being one of the necessary elements to form the bones and the teeth, and of some use in tooth powders, and to overcome an acid condition of the blood and tissues.

One of its most important uses recently discovered is that calcium is a real heart stimulant or tonic.

Dr. P. Martin, Basel, in the Swiss Medical Journal, reports his studies on the influence of calcium during the training of athletes. "The young athletes were mostly city dwellers who lived in modest circumstances and whose food was frequently deficient in calcium. Moreover, working in offices during the day, they had little opportunity to benefit from fresh air and sunshine.

Dr. Martin made a test on young runners who ran 400 meters or about a quarter mile. Of a group of 27 athletes, 15 underwent training without use of calcium; the other 12 were given large doses of calcium during the five months of training (December to April).

Need of Calcium Proved. The reports of the results of the tests at the onset and the end of the training showed that the heart rate of the athletes was not only less in those using calcium but came back to normal (after running the 400 meters) in much less time than the athletes who had not used the calcium.

It is not suggested that the average individual should use calcium in its usual drug form.

The suggestion is that most normal individuals would do well to simply use more of the foods that are rich in calcium such as dairy products—cheese and milk; egg yolks; green vegetables—lettuce, cabbage, turnip tops, spinach; cauliflower, carrots, string beans, turnips, parsnips; fresh fruits—strawberries, raspberries, rhubarb, oranges.

Dr. Barton

Habits Cause Of Constipation

"The hustle and bustle of the average person's daily life in this machine age, the lack of time to create a habit, improper foods or freak diets, pandering to the almost universal desire for slenderness, insufficient fluid intake and other factors contribute to the prevalence of constipation."

I am quoting Dr. Clayton C. Perry, Cleveland, Ohio, in an article on constipation in Medical World. I believe Dr. Perry's statement that "the lack of time to create a habit" is one of the great truths as to the cause of constipation. With a great many individuals there is the hurried breakfast and no time for, or thought of, the intestinal habit. And so common is constipation that he states further:

"It is so rare in my experience to find a patient who is not constipated that I have come to look with awe and wonder at those who tell me that their bowels move naturally and regularly."

200 Histories Reviewed. "A review of 200 consecutive case histories of patients examined in my office (except cancer patients) revealed that 129 complained of constipation and used cathartics. Among the 71 nonconstipated patients, however, there were several with diarrhea and colitis. If these cases are excluded the number with normal bowel habits is small."

One of the conclusions come to by Dr. Perry is that a large breakfast is one of the most important factors in correcting constipation. With this conclusion most physicians will agree because a hurried, light breakfast does not give the impulse to the digestive tract to move and drive wastes downward. The very weight or heaviness of a meal will, in itself, give considerably stronger impulses to the whole digestive tract—stomach, small intestine, and large intestine.

It is difficult for the average individual to sit down and eat a good breakfast in a leisurely manner, and to take time to sit and read the paper for a few minutes after breakfast seems impossible. Yet, if this same individual were to retire a half-hour earlier and get up a half-hour earlier he could easily eat a larger, unhurried breakfast, read his paper and reach office or factory in plenty of time.

(Released by Western Newspaper Union.)

## FARM TOPICS

BUSINESS RECOVERY VITAL TO FARMERS

Revival of Employment Would Aid Agriculture.

By DR. O. B. JESNESS  
Solution of a considerable part of the farm problem must be looked for in industry rather than on the farm. Colorado State college is giving serious consideration to the interlocking of these two major American enterprises.

Industrial and employment recovery concern the farmer because increased purchasing power among consumers means improved demand for farm products. Such recovery also will aid agricultural adjustment in that more opportunities for work will be provided for the excess farm population.

Unsatisfactory prices and income for farmers have led to programs seeking to raise prices by holding production or supplies offered on the market in check. There is not an adequate market to absorb at satisfactory prices all of the products farmers produce.

Agriculture is carried on by such a vast number of individuals that adjustment of production to a depressed market does not come readily. It presents a decided contrast to manufacturing in this respect. The fact that agriculture cannot readily adjust production has paved the way for government adjustment programs.

To the extent the troubles of agriculture are the results of surplus output, the remedy must be either market recovery and expansion, or actual curtailment of the industry. Markets have been curtailed by the depression.

For the future, land prices need to be kept in line with prospects for long-time returns.

There are problems of soil conservation and land use calling for public attention. However, soil conservation needs to be treated as a problem of itself rather than to be used as the vehicle for benefit payments to increase the agricultural income. In the future, greater recognition probably will be given to the fact that the individual operator has responsibilities in the matter of caring for the soil and other resources.

In a democracy, public policy is shaped by public opinion. This requires that the average citizen must think seriously about our problems and arrive at sound judgments. That thinking must recognize broader considerations of general welfare rather than to spring only from narrow self-interest.

Music Fan Radioizes Entire Vermont Farm

Music while he works. That's the pet hobby of H. O. Van Vliet, a farmer of East Charlotte, Vt., on whose large farm one may hear philharmonic orchestras and concert ensembles from early morning until late at night.

The magazine Radio News tells the story as follows: "Van Vliet has installed radio speakers in practically every building on the farm, all of which are controlled from a master speaker set in his house.

"It all started because Van Vliet, a busy and industrious farmer, is ardently fond of classical music. But because he had cows to milk, fields to plow, wood to chop and other barn labors to perform, he missed many of his favorite programs.

"So he set about remedying that situation. He bought several old speakers for a couple of dollars each. Using extension cord, he set up a speaker in the woodshed, another in the cow barn, one in the chicken house and still another in the large horse barn. To these he added three in his house; one in the bedroom, a large cabinet speaker in the living-room and another in his kitchen. The entire layout didn't cost over \$12.

"He still has one problem unsolved: he can't find a station broadcasting classical music at five a. m., the hour when he hitches his suspenders and starts out for the barn to milk the cows. The radio minded farmer complains that he has to 'spend an hour or two in the barn the first thing in the morning and all I can get on that consarn radio is jazz music from Boston.'

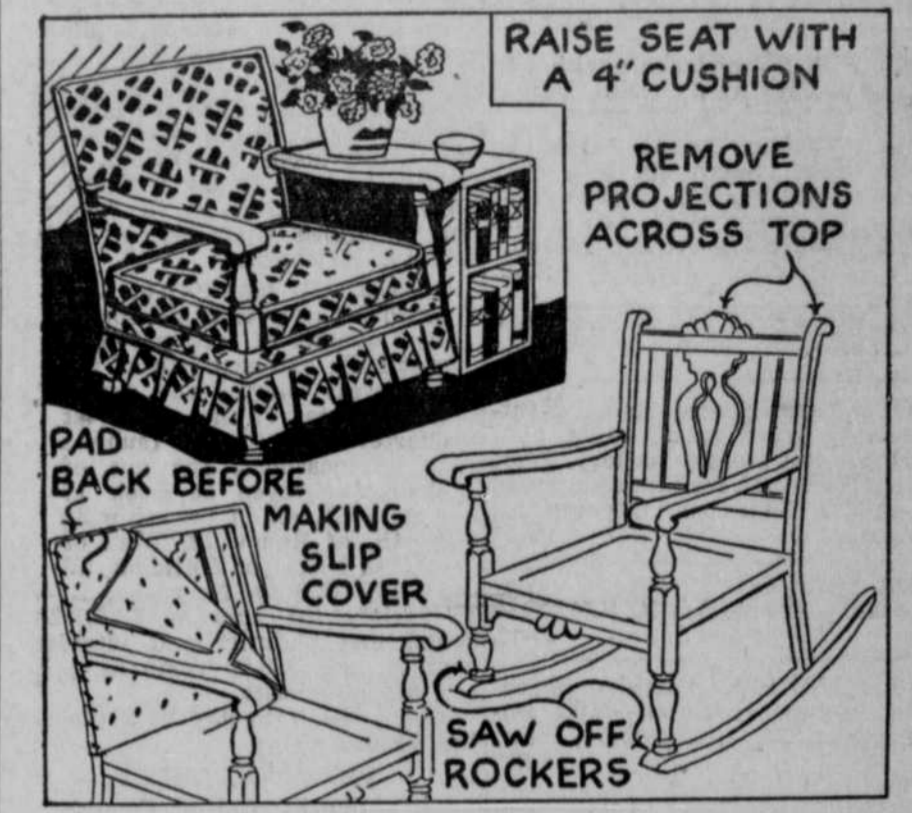
"Asked if music helps the chickens to lay more eggs and his cows to give more milk, Van Vliet replied, 'I know definitely that animals like music. When I turn on some soft, pleasing music out in the farm buildings, the hens and cows respond to it immediately.'

Proper Sire Care

It is important to success in dairying to secure an outstanding bull of the desired breed—one which is capable of improving the herd—and give him care and management so that his services may be utilized to the best advantage, points out N. P. Ralston of the Missouri college of agriculture. Oftentimes the true value of many bulls is not determined because they are sold before production records are obtained from the daughters.

## HOW TO SEW

by Ruth Wyeth Spears



Remove projections across top. Saw off rockers. New life for an old rocker.

THERE were rocking chairs hanging from the ceiling of a certain second-hand furniture store. "Nobody wants them any more," mourned the dealer. "I'd sell any one you see for 50 cents." The little bride with me promptly chose one. Perhaps she would paint it for the porch.

What she actually did is shown here in the sketch. The result was the small but comfortable, modern looking chair at the upper left. The bride raided mother's attic for two things that went into the making of this chair. One was an old quilt that she used to pad the back. The other was feathers from an old bolster which were used to stuff a seat cushion tightly so that it would raise the seat which had been lowered by removing the rockers. Cotton basted to muslin could have been used for the back padding and a cotton substitute for the cushion filling.

The new sewing book by Mrs. Spears contains 32 other useful homemaking ideas, with all directions clearly illustrated. You will be delighted with it. The price is only 10 cents postpaid. Enclose coin, with name and address, to Mrs. Spears, 210 S. Desplaines St., Chicago, Ill., and book will come to you by return mail.

## ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

The Questions

1. What is the country of the Lamas? Of the llamas?
2. With what controversial question did the Missouri compromise deal?
3. What famous street in New York begins at a cemetery and ends at a river?
4. What is meant by "absolute zero"?
5. With what state did Ohio come near war over a boundary question?
6. The Mississippi separates many states, but flows through only two. Which are they?
7. In how many states can matter exist?
8. What is the origin of the term boulevard for a broad avenue?
9. Does the crypt of St. Peter's in Rome contain only the bodies of men?
10. What is the only museum devoted to tributes to a living man?
4. That point of temperature when a body has no heat.
5. Michigan.
6. Minnesota and Louisiana.
7. Three: solid, liquid, and gaseous.
8. From the boulevards or bulwarks, the old walls of the city of Paris, which, when demolished, were replaced with streets.
9. Although the crypt of St. Peter's in Rome is supposed to be reserved for the tombs of the popes and princes of the Roman Catholic church, it contains two women—Countess Matilda of Tuscany, who died in 1115, and Queen Christina of Sweden, who died in 1689.
10. The Charles Lindbergh museum of St. Louis.

Priced as You Go

In Hong Kong, Cantonese restaurants have different prices for different floors, the higher the floor the higher the price. The food is the same, but the roof garden level has the prettiest waitresses, best service, most tasteful surroundings, and real ivory chopsticks.

Whatever price you pay per pack, it's important to remember this fact: By burning 25% slower than the average of the 15 other of the largest-selling brands tested—slower than any of them—CAMELS give a smoking plus equal to

## 5 EXTRA SMOKES PER PACK



I LIKE A MILD, COOL, LONG-BURNING CIGARETTE. THAT MEANS CAMELS

YES, there's not only extra pleasure in Camel's costlier tobaccos, but extra smoking, too, because Camels are long-burning. Recent impartial laboratory tests of 16 of the largest-selling brands confirm the superior burning quality of America's favorite cigarette. Here is a summary of the scientific test findings:

- 1 CAMELS were found to contain MORE TOBACCO BY WEIGHT than the average for the 15 other of the largest-selling brands.
- 2 CAMELS BURNED SLOWER THAN ANY OTHER BRAND TESTED—25% SLOWER THAN THE AVERAGE TIME OF THE 15 OTHER OF THE LARGEST-SELLING BRANDS! By burning 25% slower, on the average, Camels give smokers the equivalent of 5 EXTRA SMOKES PER PACK!
- 3 In the same tests, CAMELS HELD THEIR ASH FAR LONGER than the average time for all the other brands.

Camel's long-burning, costlier tobaccos also give you cooler, milder smoking... topped off with a superb aroma and delicate taste that have no equal. Get smoking pleasure at its best and more of it per pack in Camels, the quality cigarette every smoker can afford. Penny for penny, Camels are your best cigarette buy!

## CAMELS LONG-BURNING COSTLIER TOBACCOS

## As Britain Guards Her Children Against Gas Attacks



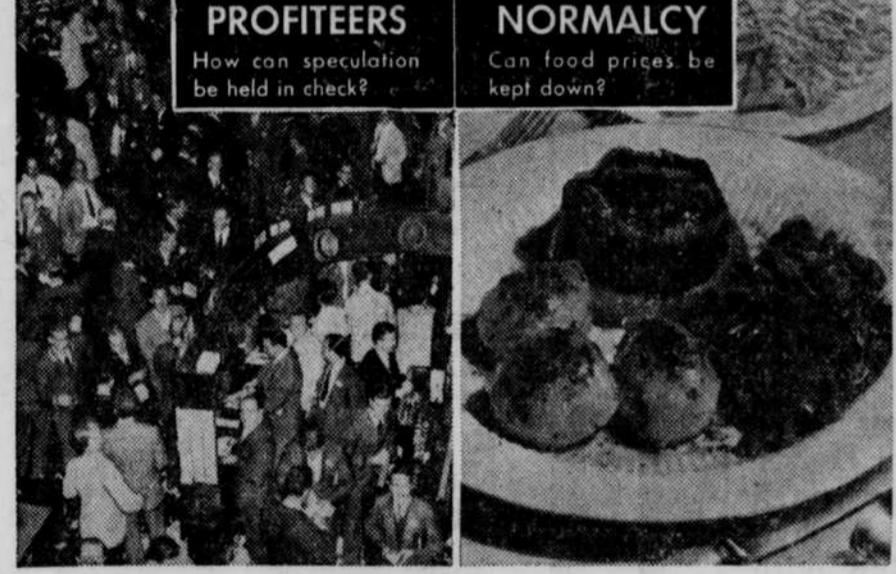
A typical scene in England, where every precaution is taken to safeguard defenseless civilians against the scourge of possible enemy gas attacks. Here are English children, carrying gas masks even as they use the old swimming hole. Practically every child of school age has been evacuated from populous areas.

## Congress Faced With War Issues



NEUTRALITY  
Should we sell weapons to belligerents?

ARMAMENTS  
Should our armed forces be increased?

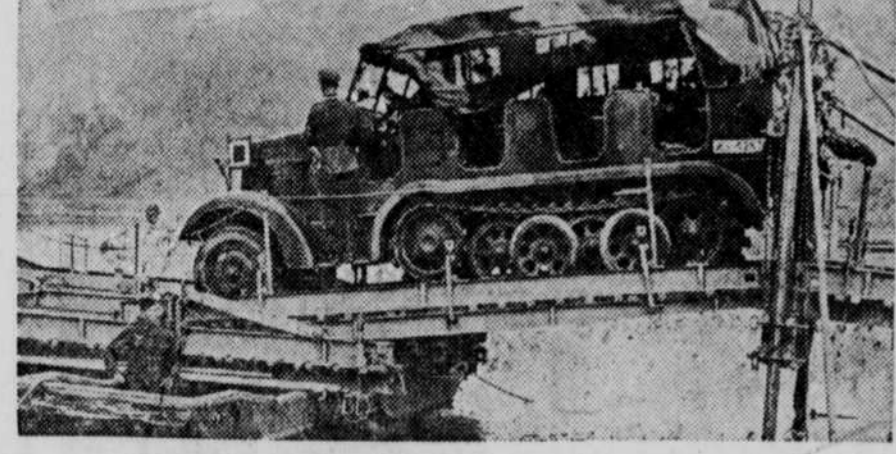


PROFITEERS  
How can speculation be held in check?

NORMALCY  
Can food prices be kept down?

Legislation dealing with neutrality and its allied subjects will face the present special session of congress called by proclamation of President Roosevelt. Despite the chief executive's previously expressed wish that the senate and house act quickly on his request for repeal of the arms embargo and then go home, attempts are being made to broaden discussion of non-emergency legislation.

## Nazi War Machine Fords Pontoon Bridge



A German multiple-wheeled military car, also provided with tractors, crosses a pontoon bridge erected by army engineers. This phase of German military preparedness is vitally important to Nazi forces in Poland, where retreating Pole destroyed bridges.

## Miss America—1939



Miss America for 1939 is Patricia Mary Donnelly of Detroit, 19-year-old Miss Michigan. Patricia was given the crown after winning over four other finalists at Atlantic City, N. J. The other four were from California, Oklahoma, Virginia and Washington.

## Perennial Refugee



A perennial refugee is Judith Acker, three-year-old daughter of a U. S. naval officer. Born in China, she was a refugee of the Sino-Japanese war. She arrived on a U. S. liner recently, with her parents, a refugee of the European war.