

SEEN and HEARD around the NATIONAL CAPITAL By Carter Field

Washington.—Two groups of Republican leaders wish James A. Farley would keep right on hitting Gov. Alf M. Landon of Kansas. The harder the better. Especially in the period between now and the convening of the Republican convention at Cleveland.

One of these is the Old Guard diehard contingent—the boys who want to stop Landon. They hope Farley, and for that matter the vitriol-penned Charles Michelson, will keep up a barrage against the Kansas Coolidge.

The other group is composed of men who believe Landon is going to be nominated, and who, while not particularly enthusiastic at the moment, intend to support him with all their strength. Their motive is to draw all the fire possible now, rather than have the Democratic smearing machine move into action only after the convention. In short, they would like to know now just what sort of ammunition the Democrats intend to use against Landon.

Moreover, they operate on a theory frequently stated in connection with the famous Alfred E. Smith speech before the Liberty League. Many Democrats as well as Republicans believe that had this speech been delivered next October, instead of last winter, it would have had a tremendous effect.

Thus they would like all the charges against Landon that can possibly be brought up before the public now, instead of later in the campaign.

The political sagacity of this hope is so generally recognized that most politicians and observers here were very much surprised that Farley should have referred, even so indirectly, to Landon. They are particularly surprised that Michelson, who writes all Farley's speeches, should have used the expression "governor of a typical prairie state."

Implied Sneer

This surprise is not because there is any logic in the theory that it might irritate citizens of other prairie states. There is not much logic in politics, anyhow. But there is an implied sneer in the words, which, coming from a New Yorker, might easily irritate two men in this precinct and three women in that all through the Middle West—might plant a seed now which would turn a few voters in close states against the New Deal, even though by election day these same voters might not have a conscious memory of what it was that started them turning against Roosevelt.

It was, naturally, unpremeditated. It is the sort of phrase that creeps into a well-rounded sentence where the writer or speaker is thinking of the main point, and does not realize that a subconscious thought on something entirely different has come to the surface.

But there it is, and how can it be retracted?

Meanwhile, most Democrats and Republicans alike in Washington agree that Farley is perfectly right in assuming that Landon is the man Franklin D. Roosevelt will face. One of the prime movers in the undercover Frank O. Lowden movement admitted with some disgust to the writer that he did not see how Landon could be stopped. He was particularly disgusted with the "covered wagon" picture publicity, but added, "Man alive, how the folks eat it up!"

In the senate cloakrooms the old-timers still think Landon will not be nominated. They think the Old Guard will stop him, and their best bet is Senator Arthur H. Vandenberg. But it would seem that they are overestimating the Old Guard strength.

Food and Drug Act

Mrs. Franklin D. Roosevelt is generally regarded by friends and foes alike as a go-getter, but she has not been able, so far, to make much of a dent in the impasse which blocks passage of the food and drug act, in which both she and the President are very much interested personally, though the President does not regard it as a political "must" for this session.

It may be that somewhere in Washington can be found two people who know something about the pending food and drug legislation who agree as to the merits of its provisions, and on what is going to happen, but it is difficult to locate them. Most of those interested are willing to talk only in whispers when they speak at all on this delicate subject.

In the face of more spectacular things, most news writers have virtually ignored the subject. Yet here is a bill of enormous importance to every man, woman and child in America. This is not an attempt to say the measure should be passed. It is very difficult to determine that. For one thing, those who think it is going to pass have no idea in what form it will be when finally enacted.

Mrs. Roosevelt, for instance, is known to think that the bill is very

weak, should be strengthened greatly and most of it revamped. But she thinks the present draft as it came from the senate, or the draft that seems more in favor in the house, would be better than the present law.

But another group of earnest advocates of reform along this line, who agree mostly with Mrs. Roosevelt's ideas, think it would be far better if the present attempt to get legislation should fall altogether. Their thought is that if no new law results from the efforts of the present congress, it will be much easier to get a real law, with sharp teeth, through the next session. Whereas, if a law should be put through at this session, in some weak form, it might be next to impossible to get through the kind of law they want at the next session.

Fight Complicated

Complicating the fight is a bitter difference between advocates of new legislation as to where the power of enforcement should be lodged. At present the law is enforced by the Department of Agriculture. Incidentally, officials there are not only anxious to retain their present power, but they think a new and stronger law a necessity.

But there is a very strong group who, while agreeing that a new law is a necessity, want its enforcement lodged with the federal trade commission. Both administrative outfits have been lobbying as hard as they could, the one to keep the power where it is at present, the other to transfer it to the federal trade commission.

The food processors and the drug and chemical trade are split wide open as to their desires in this direction, some of their representatives fighting on one side, and some on the other.

The nearest approach to an agreement as to prospects, which can be obtained by questioning everybody interested, is that if a food and drug bill passes at all, the final text will be so rewritten in conference that it is impossible for anyone to forecast even a general idea of the final form.

Slap for Morgan

Appointment of David E. Lillenthal to serve nine years as a member of the Tennessee valley authority was a square kick in the face to Dr. Arthur E. Morgan, head of TVA. Doctor Morgan's resignation has been lying on President Roosevelt's desk for weeks, and Doctor Morgan has made it very clear to the President that he could not work with Lillenthal.

But the President agreed with Lillenthal's ideas about TVA—not those of Doctor Morgan.

Briefly, the difference was over fundamental policy, complicated by mutual incompatibility. Neither of the men is famous for being able to get along with colleagues. Quite the contrary, in fact.

But it is the difference in policy, not the personal characteristics of the two men, that is really important.

Doctor Morgan regarded the whole TVA as the biggest demonstration of river control ever attempted in the world's history. If it could be demonstrated, he has held, that this important river can be controlled, particularly as to floods, the whole river, flood and drought situation in the United States, and for that matter the world, could be worked out intelligently in the light of that experience.

It would be wise, therefore, if a sandwich containing meat or egg were eaten at noon, as this protein form of food is readily digested, burns itself and other foods up rapidly to give heat and energy, and is nature's greatest builder or repairer of worn tissues.

If, in addition to the meat or egg sandwich, raw fruit were eaten one day and raw vegetable together with milk, water, tea or coffee, the next day, it should be the ideal lunch for the average office worker who is neither too fat nor too thin.

Diet for Underweight
What about lunch for the underweight office worker?
In addition to the meat or egg sandwich, the underweight office worker should have a vegetable salad daily with mayonnaise dressing, a slice of bread and butter, and a glass of milk, cocoa, tea or coffee. In fact these underweights might do well to take a glass of milk or a banana or piece of candy at 4 p. m. also.

As the overweight office worker always has a good appetite, a "filling" lunch, poor in calories or heat units, should be taken. In addition to the meat or egg sandwich (the meat or egg might be taken in another form of course) there should be some "clear" soup and a large helping of green vegetables such as lettuce, cabbage, asparagus, radishes, celery, using vinegar instead of an oil or rich dressing.

Removing Thyroid Gland
When the thyroid gland in the neck manufactures so much juice that it makes the heart beat too rapidly all the time, surgeons now remove this gland entirely so as to slow down the heart rate and save the patient's life.
While not considered as dangerous an operation as it was a few years ago, it nevertheless has the dangers which attend any operation, injury to important nerves in the throat, infection, bleeding, and suffocation.

Conviction that the bureau of air commerce of the Department of Commerce needs a dictator is gradually seeping in on members of Chairman Mead's post office and post roads committee of the house of representatives.

In fact, some members of the committee agree that perhaps a dictator in this important job might have saved a good many lives lost in aviation accidents in the last few years.

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HOW ARE You TODAY

DR. JAMES W. BARTON
Talks About

Lunch for Office Workers
A YOUNG man whom I had examined regularly during his student days at the university met me in a restaurant one day and I noticed that he was extremely overweight. He said he couldn't explain his overweight. I told him that he had likely stopped all exercise and simply ate all he desired.

"Well," he replied, "I eat no lunch whatever."
I asked him what he was doing in the restaurant at the noon hour, and he hunched his shoulders and said that he just ate a couple of chocolate eclairs and drank a couple of glasses of milk each day at lunch time; really no lunch.

Just think what two chocolate eclairs and two glasses of milk amount to in heat units or calories as they are called.

The milk would be about 150 calories, per glass, or 300 in all. A chocolate eclair should have a couple of tablespoonfuls of whipped cream and each tablespoonful equals 100 calories. Thus with the chocolate on the outside, the dough or cake part, and the whipped cream inside there would be about 500 calories in the two eclairs. That is 800 calories which was not even a lunch for this overweight man. The total number of calories needed by this man was about 2,400 a day.

Now what should the average office worker—man or woman—eat for lunch of the food available at the various restaurants or cafeterias?
It is taken for granted that these office workers have to use their brains during the afternoon, and too much food would make them sleepy for an hour or more after lunch; a "big" meal should therefore not be eaten.

Weakness at 4 P. M.
However, as office workers they have likely taken a light breakfast and are hungry by the time the usual lunch hour—12:30 to 1:30—arrives. If they don't eat a fair lunch, then at four o'clock in the afternoon they feel weak. Some take a cup of tea, a banana, an orange, or a chocolate bar to carry them along till the evening meal, but the majority get along without any food between lunch and the evening meal.

This means that many are weak and tired when they eat the evening meal and digestion is poor or slow. Others eat such a big meal that they are "sunk" for the evening and sit around and go to bed.

Now if a fair-sized breakfast is eaten a light lunch is quite in order, but if only a roll or slice of bread and tea or coffee is taken, a good lunch is necessary to maintain strength, prevent the "all gone" feeling about 4 p. m., and have the proper appetite for, and active digestion of, the evening meal.

It would be wise, therefore, if a sandwich containing meat or egg were eaten at noon, as this protein form of food is readily digested, burns itself and other foods up rapidly to give heat and energy, and is nature's greatest builder or repairer of worn tissues.

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IN GUADALAJARA



Skin Peddler in Guadalajara.

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

GUADALAJARA, venerable city of Mexico's west, is one of Mexico's tourist meccas.

Sleepers run from Los Angeles through to Guadalajara. Rails also link the city with the sea at Manzanillo; still another system ties it with Mexico City, with the Gulf of Mexico, and the Texas border. These railways, with the nation's steadily growing net of motor highways, make Guadalajara an active distribution center. Here cheap electric power, ample labor, and abundant raw materials stimulate various industries. These include spinning and knitting mills, candy and cracker works, and shops famous for their beautiful tiles and mosaics.

The arcades that shade the sidewalks before stores facing a plaza shelter many street vendors. A hat peddler walks majestically along with 15 or 20 hats for sale, stacked on his own head, one atop the other, like a pagoda. Another carries a long string of sandals. Some are of straw, others of rawhide, and a few made from old automobile tires cut into soles.

Country peons usually wear baggy white drawers; but custom now decrees that this badge of rural servitude shall not be worn in Guadalajara streets. So, at the edge of the city, "pants shops" are open where trousers may be rented. Just check your drawers there and rent a pair of pants, as impecunious American students may rent evening clothes for a party! Changing sartorial standards, however, are destroying this simple industry.

Indians arrive in the city with baskets of assorted fruits, guavas, gourds, tiny lemons, cactus pears and mangoes. On the pavement they arrange little piles—one kind of fruit here, another there; then they squat down, silently awaiting buyers. If you want fruit, buy it, but don't ask questions.

Toys, candies, soft drinks, postcards, newspapers, pottery, medallions of the saints, small melons white on one side like a fish's belly—everything from mule gear and old tools to carved-wood sticks ending in ornate filigree balls for stirring chocolate—are spread out for sale on the sidewalk.

Good Merchandise in the Stores.
Inside the large stores, of course, is modern merchandise. Some American women, wise in local ways, say that if the stores don't carry the particular hat or gown they wish, clever native women soon make them—copying, if need be, from no more than a picture from an American fashion journal. Most lingerie, dress goods, millinery, soaps, perfume, and jewelry are sold by French merchants. Machinery, hardware, and such heavy goods are usually handled by Germans.

Few Americans are found in retail trade; they, with the British, are more interested in mines, ranches, power plants, railways, or banks.

If you buy any sizable article in a store, the merchant whistles up a street porter to carry it home for you. Persons of position would lose caste carrying a big parcel through the streets. Porters even carry big bags of silver coin to and from the banks—and for some reason are seldom molested.

"Buy your dead man's bread here," a baker's sign may read around All Souls' day. At that time, some Mexicans believe, the spirits of departed relatives return to dine with their families. The dining table becomes an altar, and some foods are served in strange shapes, such as candy skulls, big and little, with cherries for eyes, ribs and leg bones made of chocolate, or cakes baked in the form of coffins.

Many churches in Mexico were built on sites of ancient Aztec temples, the heads of whose idols were cut off by zealous Spaniards. In some churches fragments of heathen idols are built into the walls. After the conquest, Spain built literally thousands of Mexican churches. They dominate Guadalajara. From here the padres marched, building missions all the way to California.

Devotion of the Peons.
Horses and rebels were housed in some of these churches, with priests and nuns deported during the revolutions. But the faithful carried on. Pious peons came for miles on their knees to the churches. Old women, shouting the chants and litanies or counting their beads, crawled to the

Cheaper Feed for More Profit

Home-Grown Grains Can Increase Farmer's Margin.

More than one farmer is making the most of the improved prices for dairy products by adopting economical feeding methods. Savings made through more economical feeding are only one of the many ways in which farmers who are members of dairy herd improvement associations are finding that they can increase their returns.

Substitution of home-grown grains for more expensive protein feeds together with replacement of part of the corn by oats are two ways by which dairymen are finding it possible to cut feed costs without lowering their herd production averages. One farmer increased his monthly net income from 17 cows by \$10.88 with a less expensive ration. Oats replaced a part of the corn in the ration, thus reducing the cost of feed approximately 24 cents a hundred pounds. His herd also produced 34 more pounds of butterfat a month on the cheaper feed.

Another increased his net income 11.55 a month through the same kind of a ration change.

A third dairyman used a ration composed of corn, oats and distiller's grain instead of corn and a high protein supplement previously used and was able to cut feed costs by nine cents a hundred pounds, although the protein content was the same. The cheaper ration reduced the feed cost of butterfat by five cents a pound and the feed cost of milk by 14 cents a hundred pounds.

Control of Erosion Important to Farmer

Controlling erosion, the thief of fertile topsoil, is a prominent feature of the new soil-improvement program. The soil-building and conserving crops advocated under the new program serve to check erosion in several ways.

While these crops are growing, their roots form a thick mat which holds the soil particles in place. They also check the run-off of rain water by impeding its flow down hill and by increasing the capacity of the land to absorb water in large quantities.

Then after they have been plowed under, the building and conserving crops add organic matter to the soil that makes it soft and spongy. Rain soaks into such soil and is held for long periods.

Soil well filled with organic matter also has a great tendency to remain in place than gritty sand or clay soils. When the soil absorbs large quantities of water it prevents floods during heavy rains and keeps the land from drying out so completely when rainfall is scarce.

On an 8 per cent slope a field on which nothing but corn is grown will lose 25 per cent of its rainfall by immediate run-off and an average of 67 tons of soil per acre through erosion each year.

But if the field is in a good soil-building crop, it will lose less than 5 per cent of its rainfall and only a few hundred pounds of soil per acre. When corn, wheat, and clover are grown in rotation, the average run-off of rain water is less than half the amount from a field kept continually in corn, and the soil losses are only one-seventh as much.

Where Codling Moth Lives

Punky wood and split branches are favored hibernating places for the codling moth. All dead branches and stubs should be removed in pruning, and the ends of broken branches cut off smoothly so they will heal over. Limbs removed in the regular pruning should be cut off close to the point of origin. Stubs heal very slowly or not at all, and usually develop into excellent places for codling moths to hibernate. Pruning cuts more than two inches in diameter should be protected by wood-preserving paint to facilitate healing and prevent rotting.—Missouri Farmer.

Agricultural Notes

No one thing does so much to improve a herd as a better sire each time a change is made.

A farm woman who does not have running water yearly carries two tons of water two miles.

The best time to immunize hogs against hog cholera is before any sign of disease appears.

Losses caused by the yellow dwarf disease of potatoes in 1935 were probably the worst that New York state has yet experienced.

More Ohio farmers are using farm account books than in recent years, and books closed for last year indicate a general gain in farm income.

Small amounts of bonemeal mixed with the wet mud or even the dry will be of decided benefit in supplying the bone growth for any and all farm animals and poultry.

The champion and reserve champion carload lots of cattle at the 1935 International were fed corn on pasture until August 10 and September 1, respectively, and then finished in dry lot.

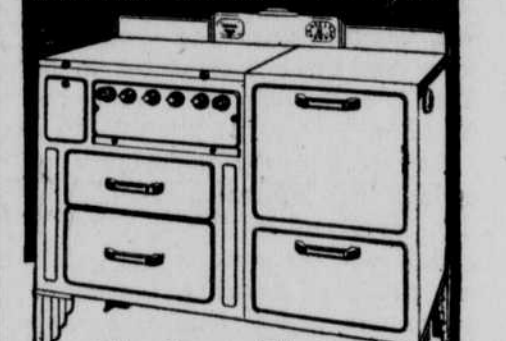
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