

SEEN and HEARD around the NATIONAL CAPITAL By Carter Field

Washington.—Some of the smart young lawyers in the New Deal are now predicting that President Roosevelt will not seek a constitutional amendment with a view to obtaining for the federal government power to regulate wages and hours, and power to effect crop reductions—in short, to overcome the devastating effect on New Deal policies of the Supreme court decisions in the NRA and AAA cases.

Such amendments will not be necessary, these young lawyers hold, if certain events which they confidently expect, should develop. First and probably most important will be the court decision sure to come on the new Guffey coal law. There may be quite a battle about putting this law through, but they are mentally jumping that hurdle, assuming that it will become law, and assuming that of course it will be promptly taken up to the Supreme court.

These young New Dealers think the new Guffey act avoids the errors of law and precedent violation that caused the original Guffey act to be thrown out the window by the Supreme court. They think that if the new Guffey act can pass the high court hurdle, it will then be possible to impose, one at a time, individual codes on individual industries without running up against the points that resulted in the Supreme court's rejecting NRA by a unanimous vote.

For one thing, they point out, in such a procedure there will be no question of congress or the President delegating authority. This point weighed heavily in the minds of the justices in plucking the blue eagle. In the Guffey entering wedge it is proposed that congress shall write the terms of the code, so that it will be purely a question of whether congress has the right to do this under the general welfare clause of the Constitution, and not a question of whether some giant government agency may determine such things over the desks of a host of appointed bureaucrats.

Brandeis Objected

There is more to this belief of the young lawyer than the mere written words of the Constitution, or the texts of various Supreme court decisions. It is known, for instance, that Justice Brandeis objected strongly to many phases of the blue eagle, and made no bones of saying so to many persons, including General Hugh S. Johnson.

On top of this is the undeniable psychological effect on the minds of members of the court of the overwhelming landslide for the New Deal—plus the point that the Guffey decision was not even a clear-cut five to four adverse decision. Chief Justice Hughes, though siding with the minority, approved some features of the law, including price fixing.

So the assumption of the young lawyers is not as extreme as first might appear, and if they are right, the remainder of the course is clear. On AAA, the procedure is much simpler. In fact, it is already being done. It is just a question of admitting it, and this is gradually being done. Corn is now formally classified as a soil denuder by the Department of Agriculture. This is held despite the fact that many agricultural authorities say that, with proper use of fertilizer and with proper rotation, corn is frequently beneficial to land. For instance, occasional planting of corn helps keep down weeds. Cultivation of corn continues until very late in the season, thus keeping the weeds from reproducing themselves.

Headed for Clash

Both Cordell Hull and Henry A. Wallace are fairly long suffering and patient gentlemen, as both have demonstrated several times since they entered Franklin D. Roosevelt's cabinet. Some of their troubles have brought about a community of interests, or at least a sympathetic understanding, as for example their separate and unrelated wars on George N. Peek.

But it would seem to the least cynical bystander that at the present moment they are headed towards a personal clash, which sooner or later is apt to upset the most promising of all—the present prophet's view—1940 Presidential band-wagons. Meaning, of course, that of the secretary of agriculture.

It all revolves around the controversy that was the heart of the tariff problem, which divided the Democratic and Republican parties in the Cleveland-Harrison days, and has been the heart of the farm problem ever since the doctrine of scarcity is introduced.

In a way of speaking Secretary of Agriculture Wallace takes what was the Republican view in the days of Blaine, Garfield and McKinley—that the United States should be more or less self-sustaining, affording its own producers a monopoly of the domestic market.

Whereas Secretary of State Hull takes what was the Cleveland view—that the United States should buy abroad what it could not produce so economically at home, and pay for such imports by exports of what

could be produced more economically here. Wallace of course does not approach the answer by the processes advocated by the Republican leaders of that day. But he arrives at the same ultimate conclusion. The Republicans wanted to work it that way by putting an almost insurmountable tariff duty on every article produced in America.

In Another Way

Wallace would accomplish the same end—presumably—by checking the production of American exports, particularly agricultural products, which, again theoretically, would ultimately result in the United States not being able to buy any imported goods.

It will be recalled that the fundamental controversy between Wallace and Peek was over this same point. Wallace wanted to restrict agricultural production. Peek wanted to let it follow its natural course. Wallace wanted to eliminate agricultural surpluses. Peek wanted to use the surplus cotton, wheat and wheat for international barter.

Hull, we now find, is absolutely on the Peek side of that controversy—except—that he is not for international barter. He wants to follow the old orthodox route. He wants to lower tariff barriers by international agreements, but let the resulting trade follow natural lines.

So far there has not been an unpleasant word between Wallace and Hull. None is expected in the near future. But obviously the two theories cannot both be pursued, with much success, at the same time, without this country coming out at the small end of the horn.

So experts studying the situation are predicting a real blow-up long before the Democratic national convention assemblies in June, 1940, to pick its candidate for President to succeed Franklin D. Roosevelt. Always assuming, of course, that Mr. Roosevelt decides against a third term.

Grows Tiresome

Porto Rico politicians—and American sugar and tobacco growers—hope that Porto Rico can imitate the example of the Philippines and obtain its freedom. Down at Buenos Aires the delegates from 20 American republics were given a picture of how the twenty-first—the United States—tramples on the aspirations and what not of the downtrodden Porto Ricans.

It's the kind of thing that makes the average American just a trifle tired, when he runs into it, after he recovers from his first shock of surprise.

It's the kind of thing, plus a certain economic factor, that resulted in the Philippines being set free after Aguinaldo had failed to win the islands' independence by bloodshed and the sword, and after William Jennings Bryan had failed to win it with oratory and appeals to America's unselfishness.

The same economic factor is present in the case of Porto Rico—the desire of American producers to eliminate island competition. In the Philippines it was sugar, tobacco, coconut oil and other products. In the case of Porto Rico it is mainly sugar and tobacco.

This writer predicted in January, 1930, that the Philippines would obtain their freedom. The prediction was not based on statesmanship, or on the Japanese menace, or anything of the sort. It was based on pure economics. The Filipino sugar producers had fooled the life out of Henry L. Stimson, then secretary of state, and prior to that governor general of the Philippines. They made him believe that 500,000 tons was the extreme limit of Philippine sugar production. The sugar men of Hawaii, Florida, Louisiana, Porto Rico, Colorado and Cuba knew better, but Mr. Stimson had prestige to support him, and they were lightly regarded, branded as being purely selfish.

They knew they were selfish, so they were slightly abashed, but it didn't take them long to get busy.

Given Free Market

Similarly, it will not take the sugar and tobacco producers of the United States long to get busy on the Porto Rican situation, now that the Porto Ricans have started the ball rolling by virtually picketing Uncle Sam's delegation at Buenos Aires.

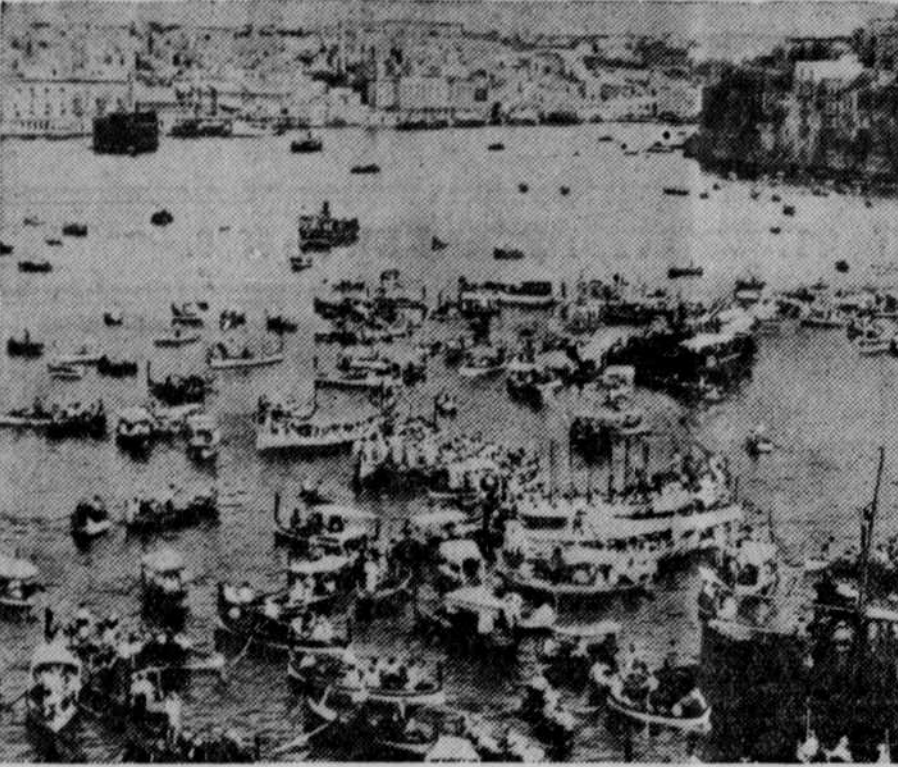
They won't have the dairy interests of the Northwest to help, as did the advocates of Philippine independence, but they have seen how the job should be handled. Moreover, the State department folks are getting just a little tired of being attacked by alleged representatives of a people whose whole prosperity is based on being given the richest market in the world free for their two main crops—crops which they cannot sell in any market in which they do not have an artificial advantage.

It is common knowledge in that part of America not controlled by the United States that Porto Rican cigars and cigarettes are not popular—cannot be sold in competition with Cuban and Jamaican products. Being inside the steep United States tariff wall saves the situation for Porto Rico. The same thing obtains a sugar market for the former Spanish island.

Notwithstanding which there seems to be a general impression in the island that it is being exploited by gringos, that the peons are ground down to make profits for rich capitalists in New York, and that the President privately sympathizes with them and would strike off their shackles.

© Bell Syndicate.—WNU Service.

BRITAIN'S MALTA



View of the Crowded Harbor of Malta.

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

ONLY seventeen and a half miles long and nowhere more than nine miles wide, Malta, important island in Britain's lifeline to the East, is the principal island of one of the smallest archipelagos in the world. It survives from those remote days when continents were differently shaped and the Mediterranean was a series of lakes, divided by land bridges that connected Europe with Africa.

Of one of these bridges the Maltese archipelago is today the sole existing pier, the one fragment extant of a causeway along which prehistoric pachyderms and ruminants groped their puzzled way to the African warmth when driven from Europe by its increasing glaciation.

Some of these mighty beasts lingered too long on the Maltese pier, and the cave of Ghar Dalam, near the southern extremity of the island, is full of their bones, converted in the course of ages into perfectly preserved fossils.

Together with the other inhabited islands of the group, Gozo, population 23,796, and Comino, population 41, and including the naval, military, and air force establishments, Malta has some 258,400 souls—that is to say, more than 2,000 to the square mile. Thus it is one of the most densely settled geographical units.

In Strategic Position.

Why has this rocky little excrescence from the bed of the Mediterranean played a major part in history? Why does it play a part in the life of the modern world at such variance with its topographical dimensions?

The answer lies, first, in its all-important strategic position between Sicily and North Africa, and, secondly, in its possession of some of the finest harbors in the world.

The tongue of rock on which La Valette built his capital is in shape not unlike Manhattan island, with the Grand harbor, where the battle-ships are berthed, corresponding to the Hudson, and Marsamuscetto harbor, the anchorage of destroyers and smaller craft, to the East river.

But there is the difference that, both from the Grand harbor and Marsamuscetto, there branch several subsidiary creeks, providing secure and ideal anchorages, in the past for the galleys of the knights and their predecessors, at the present day for the Mediterranean fleet of Great Britain.

All around Grand harbor rise, bold and still perfect, the Knights' magnificent fortifications, intended to insure that never again should Malta and the order have to endure at the hands of the Moslems, to whom the Hospitalers were an ever-present menace, another such siege as that of 1565.

Then, after a desperate struggle of nearly half a year, the Knights and the local population were just able, by superhuman efforts, to repel the flower of the army of Sultan Suleiman the Magnificent.

If Malta's quarter of a million population is large, measured by the area on which it has to live, it is small for a separate nation. For the Maltese are a nation unto themselves, with their own language, their own traditions, their own physical characteristics, and a history that is perhaps one of the longest to which any people can lay claim.

Very Ancient Civilization.

In Malta and Gozo the art of building in remote Stone age days reached a development of skill and refinement unknown in other centers of civilization when the "tempestuous wind called Euroclydon," that still whistles across it during the winter months under its modern name of gregale, the "Greek wind," drove St. Paul to its shores. Thereafter, the Roman chief of the island, Publius, became its first bishop.

During the many centuries of their recorded history the Maltese have had many rulers: the Phoenicians and their offspring, the Carthaginians, then Romans, Arabs, Normans, Aragonese and Castilians, then for two and a half centuries the International Order of St. John of Jerusalem (we also know them as the Hospitalers, and as the Knights of Rhodes and Knights of Malta) and finally, after a brief French occupation, the British.

Despite so cosmopolitan a his-

tory, the Maltese have clung tenaciously to their ancient Semitic tongue, which is recognized by experts to be of Phoenician structure, and, to all intents and purposes, the language of Dido and Hannibal.

Naturally, the old Maltese language has borrowed, in the course of ages, words from other languages, but it has always fitted them into its own Semitic framework. The Maltese who emigrated to Asia and to the north coast of Africa have no difficulty in making themselves understood by their Arabic-speaking neighbors, especially in Palestine and Morocco.

Neolithic Sanctuaries.

A paleontologist may wander about the cave of Ghar Dalam and study the remains of the elephants and hippopotamuses which left their bones there when the world was yet young. Advancing from these and from the Neanderthal man, of whom possible traces have been found in Malta, many thousands of years into the Stone age, he will find in Malta and Gozo a series of neolithic sanctuaries—Tarshin, the Hypogeum at Hal Saflieni, Hagiar Kim, M'naidra, Il Gigantia, to mention only the most important—unequaled elsewhere.

Other survivals of a different sort are the cart tracks which traverse many of the barren rocky surfaces of the island, the tram lines of prehistoric man. The width of the tracks of the two-wheeled carts which, with their gaily caparisoned little ponies or donkeys, are the traditional vehicle of the Maltese farmer today, correspond almost exactly with those of his ancient predecessor.

On the small, uninhabited islet of Filifa, now used only as a target for naval gun practice, survives a lizard of dark green spotted with red, which occurs nowhere else except in this group.

The museum in Valletta has an admirable collection of the artistic products of the Stone and Bronze ages. Among them are the astonishing fat deities characteristic of Maltese neolithic sculpture.

If one wishes to see how the distant forbears of the present population cultivated their land, one has only to watch the Maltese farmer of today plowing his field; and a student will note the eyes of Osiris still painted on the bows of Malta's sturdy little schooners.

In Malta, during mid-Lent, are the carnival festivities common to other Mediterranean places, with features of more special interest. One of these is the Parata dance in the palace square, which takes its symbolism from the capture of a Maltese bride by a Moslem corsair.

The Imnarja Races.

At the feast of St. Peter and St. Paul, June 29, are the densely thronged Imnarja races. These races for horses and donkeys are of unknown but undoubtedly great age. The course is a piece of straight, hard road leading uphill to the big square in front of Notabile, where from his great stone box the grand master in former days handed down, and now the governor of Malta hands down, the banners of victory to the winning competitors.

The name Imnarja is a corruption of luminaria, illumination, for it was the custom on that day to illuminate the churches of Notabile and adjacent Rabat in honor of the two saints. A more picturesque, if less trustworthy, tradition derives Imnarja from Hymen, the god of marriage, it being supposed that the young men of the island were wont in former times to choose their wives from among the maidens coming to watch the contest.

The banners still given as prizes are long and narrow pieces of brocade of different colors. The fortunate winners take them back to their village to be used as altar cloths of the parish churches for the ensuing year.

Visitors are always interested in the faldetta (more properly called ghonnella) of the Maltese women. This headdress does not owe its existence, as some allege, to the excessive gallantry of Bonaparte's troops. It is of much more ancient origin. It is a voluminous hood of rich silk, stiffened inside the top edge by a piece of cardboard about a yard long, black everywhere save in the villages of Zabbar and Zejtun, where it is blue. One end rests on the head while the other has to be held.

HOW ARE YOU TODAY

Dr. James W. Barton TALKS ABOUT

Steps in Reducing A PHYSICIAN who has considerable success in weight reduction has one little rule that not only gets actual weight off his patients but helps them to persevere when the rate at which the weight is lost becomes very slow.

He outlines the diet in the regular way—cuts down on fat foods—butter, cream, fat meat and egg yolks by only 10 per cent, and also on starch foods—bread, sugar, potatoes, pastries, cereals by 10 per cent, but cuts down on all liquids by one-half and also on table salt by one-half or 50 per cent. This is the advice for the first month.

The result at the end of the month is usually (not always, however) that as much as five to fifteen pounds in weight has been lost without the patient feeling that he or she has been starved. This great loss in weight is usually mostly a loss in water from the tissues, for although overweight individuals lose more water daily than do those of normal weight, nevertheless fat tissue holds more water than muscle tissue and by getting rid of this surplus water actual weight is lost.

At the end of the first month the next step in the treatment is cutting down on the fat foods by as much as one-quarter to one-third.

Another point about cutting down on fat foods is that in those of normal weight or those underweight the use of fat foods is of great help in "protecting" the body tissues. Also the use of fat foods prevents too rapid burning up or using up of starch foods. You can thus see that when the "protecting" influence of fat foods is lessened by cutting down on the amount of fat foods eaten, then in those of overweight the actual tissues of the body will get worn more, and starch foods will be more rapidly burned. There is thus a "double" action on weight reducing when fat foods are reduced in amount.

Cut the Starches Last

And the final step of course, which may be in one to three months, is to cut down by one-third to one-half on all starch foods. These are usually the foods that the overweight likes most, but they are also the foods that give energy to work or to exercise. By cutting down too much on starch foods at the beginning of the reduction process, the individual is liable to feel so weak and listless that to prevent complete collapse food is eaten in increased quantities.

However, by waiting until a certain amount of weight is lost by getting rid of surplus water—attaining the water balance—and then losing a certain amount more by cutting down on the fat foods, with the double action mentioned above, when it comes to the starch foods, and their turn to be cut down greatly (50 per cent), the individual has lost so much weight and gained so much physical strength that he or she has gained confidence or morale and tackles more readily the reducing of the starch foods.

The thought then is (a) cutting the liquids and salt in half at once and cutting down the starches and fats by 10 per cent; (b) continuing the reduced amount of salt and water, cut down on fats by one-quarter to one-third for the second month; and (c) after one to three months cutting down by one-half on all starch foods.

Angina Pectoris

The typical or usual attack of angina pectoris (breast pang) consists of the sudden onset of agonizing pain in the region of the heart or under the breast bone. There is a feeling that death is at hand. The pain may extend into left shoulder and arm. The patient is pale, motionless (afraid to move), and often bathed with cold perspiration. The pain comes on suddenly after exertion, excitement or a hearty meal.

While some cases of angina pectoris show some change in the structure of the heart and blood vessels, there are many that do not. The cause is felt to be that the heart muscle is not getting enough "pure" blood (or blood containing enough oxygen) to enable it to do its work properly, or that there may be a partial closure of the blood vessels supplying the walls of the heart with blood.

However, some physicians now believe that "anginal" attacks in many cases are due to other causes than the lack of pure blood in the heart muscles.

Dr. C. H. Beach, Richmond, Va., in the Journal of the American Medical Association, states that these attacks occur when the available energy is not equal to the demands made on the heart muscle.

© Western Newspaper Union.

Simple, Elegant, Practical



TIME and Sew-Your-Own fashions march on. Today's trio have the simplicity, elegance and practicality so vital to the up-to-the-minute well-groomed woman—and so within reach of the modern, progressive members of The Sewing Circle.

Pattern 1812—Little Miss Two-To-Five can manage her own dressing with the aid of this frock that buttons down the front. She will be the picture of daintiness too, with such clever aids as princess lines, puff sleeves and an intriguing little collar. The one piece step-in is the essence of practicality—a great boon to the youngster's comfort. This ensemble is available in sizes 2, 3, 4 and 5 years. Size 3 requires 2½ yards of 35 or 39 inch fabric and ¾ yard contrasting.

Pattern 1998—This new dress "belongs" in almost any company. Its great simplicity will endear it to homemakers, and business women alike. It is a combination of charm, good lines and youthfulness. You'll want two versions of this style—one with short sleeves, the other with long. Pique, silk crepe or velveteen will serve nicely as the material. It is available in sizes 34, 36, 38,

40, 42, 44 and 46. Size 36 requires 4½ yards of 35 inch material, with long sleeves 4¾ yards.

Pattern 1938—Daytime distinction takes on a new meaning in this super-styled frock. The squared shoulders, swing skirt and peplum fullness are the important details which give it such perfectly balanced finesse. Yet not one part of it is difficult to cut or to sew. This is a dress which is adequate for every occasion—save the strictly formal.

Available for sizes 14 to 20 (32 to 42 bust). Size 16 requires 4½ yards of 39 inch material. The collar, jabot and belt in contrast take ¾ yard.

Don't miss these grand numbers. A detailed sewing chart accompanies each pattern to guide you every step of the way.

Send for the Barbara Bell Fall and Winter Pattern Book containing 100 well-planned, easy-to-make patterns. Exclusive fashions for children, young women, and matrons. Send fifteen cents in coins for your copy.

Send your order to The Sewing Circle Pattern Dept., 367 W. Adams street, Chicago, Ill. Patterns 15 cents (in coins) each. © Bell Syndicate.—WNU Service.

Foreign Words and Phrases

- Arriere pensee. (F.) A mental reservation.
- Crescite et multiplicamini. (L.) Increase and multiply. (The motto of Maryland.)
- Faites vos jeux. (F.) Place your stakes (at roulette, etc.).
- Ipo jure. (L.) By unquestioned right.
- Lusus naturae. (L.) A freak of nature.
- Nemine contradicente. (nem. con.) (L.) No one speaking in opposition.
- Tabula rasa. (L.) A blank tablet.

FOUR TEASPOONFULS OF MILK OF MAGNESIA IN ONE TASTY WAFER

DOLLARS & HEALTH

The successful person is a healthy person. Don't let yourself be handicapped by sick headaches, a sluggish condition, stomach "nerves" and other dangerous signs of over-acidity.

TAKE MILNESIAS

Milnesia, the original milk of magnesia in wafer form, neutralizes stomach acid. Each wafer equals 4 teaspoonfuls of milk of magnesia. Thin, crunchy, mint-flavor, tasty. 20c, 35c & 60c at drug stores.

HEARTBURN?

Its surprising how many have heart burn. Hurried eating, overeating, heavy smoking, excessive drinking all lead to heartburn. When it comes, heed the warning. Your stomach is on a strike.



WATCH YOUR BALANCE

Medical Authorities recognize the value of a balanced Alkaline Reserve as an aid to cold prevention.

LUDEN'S

contribute to your Alkaline Reserve because they contain an **ALKALINE FACTOR 5**

FOUR TEASPOONFULS OF MILK OF MAGNESIA IN ONE TASTY WAFER

SLEEP SOUNDLY

Lack of exercise and injudicious eating make stomachs acid. You must neutralize stomach acids if you would sleep soundly all night and wake up feeling refreshed and really fit.



MILNESIA FOR HEALTH

Milnesia, the original milk of magnesia in wafer form, neutralizes stomach acid, gives quick, pleasant elimination. Each wafer equals 4 teaspoonfuls of milk of magnesia. Tasty, too. 20c, 35c & 60c everywhere.

35c & 60c bottles • 20c tins

MILNESIA WAFERS

THE ORIGINAL MILK OF MAGNESIA WAFERS