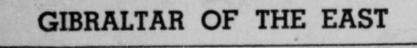
## THE FRONTIER, O'NEILL, NEBRASKA,





Chinese Boat Colony at Singapore.

#### Singapore Is the British Empire's Republicans are likely to make big inroads this fall, and that there will Powerful Naval Base in the Orient be a terrific number of casualties among Democratic house members, if not among Democratic senators.

this port.

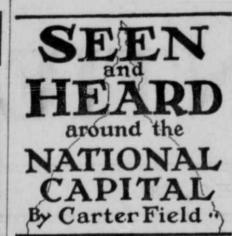
Prepared by National Geographic Society, Washington, D. C.-WNU Service. HREE cruisers of the

United States navy recently steamed into the Orient, bound for a friendly harbor which is famous as being enemy-proof - Singapore. They represented the United States as the only foreign power which took part | land and sea planes. Draining the in Great Britain's naval display when new docks were opened in the port already so well fortified as to be called the Gibraltar of the East.

New docks in Singapore are like new skyscrapers in New Yorkstructures that are symbols as well. For Singapore is a city, an island, a tradition, and a threat. The oval island is the southern tip of the Malay peninsula.

The white-walled red-roofed city spreads along the island's southern shore. It is the city's 36 square miles of harbor that bred the tradition: the biggest port between the China sea and the Mediterranean, surely among the world's leading ten. This importance is shown by crowded docks, with anchored vessels banding the harbor in zones of increasing size and diminishing number of craft.

Its Threat Is Concealed.



cratic leaders, sharing this view,

are very much disturbed. They are

telling their senators and represen-

tatives that all is not well, that the

This impression that the Demo-

would be to permit no discretion at all in the administration of the act, to pass a law specifying that no workers could be made to labor more than a given number of hours a week, nor paid less than a given amount per hour or per week. Seek Magic Formula

This would be all right if it were not for the sections of the country and the particular industries which think they must have a differential. The only way to have a law and to permit such exceptions in its enforcement is to vest discretion in some administrative body.

Washington .- The Farley maxim Solution of this problem requires a that the Democrats should fight to magic formula. Administration exthe last ditch for every possible perts have been busy trying to elective office, no matter how hopeevolve this formula ever since, but less the fight might seem, and alit is still undiscovered. The Presiways with a view to building up the dent is not willing to humble Miss organization for the "next election" Perkins in order to get the law is being shamelessly abandoned, acthrough. No other solution has been cording to some very caustic critsuggested which would come withics inside the Democratic party. in a mile of success. Out in the country some Demo-

It might be found tomorrow. The President still hopes that it will be found before the end of the present session. But he is not as optimistic as he was. In fact, there are indications that he has become convinced the bill will not pass this session, though he is still insisting on it.

The new committee appointed to study the situation, of course, is propel the body machinery. just a gesture. The same men appointed to that committee have been working on the problem as individuals for more than a year. Merely naming them to a committee is not going to clear up the fog. Nor

will the fact that they meet as a committee help much. They have been conferring as individuals, and as members of the house labor committee, for these many months. There is no magic in the word "committee," and, short of Ed Mc-Grady, there is no magic in anything else that has been suggested.

Every now and then something crops up to make the dispassionate observer wonder if Franklin D. Roosevelt really hates the electric industry as much as it believes. Most recent among these developments is the letter which J. D. Ross, one time government ownership executive in Seattle and now big boss of Bonneville, wrote to a Mr. Neal in Knoxville. The sum and substance of this letter was that it was good policy to buy out the existing private companies, and to pay a fair price.

There has been considerable question as to whether this was not a bad slip on Mr. Ross' part, one calculated to get him into pretty energy. serious trouble with the President.

The answer seems to be that there is, so far, no indication that it has. The further answer is that very recently Mr. Roosevelt, discussing the Supreme court decision approving public loans and grants to local communities for government ownership power plants and electric distribution systems, said that he assumed municipalities and other local governments contemplating such projects would negotiate with the privately owned units now supplying them with a view to avoiding duplication.

# WHAT to EAT and WHY

-as fat-usually in most inconvenient

Since both carbohydrates and

fats are energy foods, one might

expect them to play an inter-

But because of the variation in

the way these materials are han-

dled by the body, it is generally

considered that health is best

provided in the form of carbohy-

drate and 30 to 35 per cent in the

weight of carbohydrate.

C. Houston Goudiss Discusses

**CARBOHYDRATES** and **FATS** 

# **Foods That Provide Motive Power** For the Body Machinery \*

#### By C. HOUSTON GOUDISS 6 East 39th St., New York.

THE human body might be compared to a framework filled with machinery. It takes food to build the framework, food to run the machinery and food to keep it working efficiently and this food must be of the proper type.

Last week, I discussed the body building proteins and explained how to distinguish between those which build and

repair body tissue, and those ...

that are adequate for main- in muscular effort, they will be stored tenance, but not for growth. It is equally important that locations! On the other hand, an excess you should learn something of any food is a detriment. Therefore the goal should be enough, but not too the fuel foods which are neces- much, of all necessary foods. sary to fire the body engine and furnish motive power to

Fuel Foods Keep Us Alive

The body could not function in the absence of fuel foods any more

> could run without power, or a car without gas. Evbreath reerv quires an expenditure of energy, and so does every movement - from the beating of the heart to the winking of an eye.

than a machine

Carbohydrates, which originate the body machinchiefly in plant life, are readily converted into heat and muscle energy. Foods rich in carbohydrates include bread, potatoes,

> Sugar furnishes heat more quickly and more abundantly than any other food. But it has a tendency to dull the appetite and is also apt to cause fermentation. Therefore, a large measure of our heat and energy is best secured cereals, macaroni and potatoes.

unscientific reducing diets. Fat re-

quires carbohydrates for its proper utili-

become seriously ill as a result of cut-

ting down on carbohydrates while over-

looking the fats contained in milk, but-

life, in its higher forms, is impossible. The noted Arctic explorer, Stefansson, found that he could exist satisfactorily on an all-meat diet, provided he ate liberally of fat. On a diet of all lean meat, he became violently ill within a week.

Besides furnishing concentrated energy values, fats help to create the fatty tissue which cushions the nerves and abdominal organs, and forms the pleasing contours of face and figure.

Because it leaves the stomach more slowly than proteins and carbohydrates, fat retards the digestion of these food groups somewhat, and thus gives staying power to a meal. At the same time it promotes the flow of pancreatic juice and bile, thus helping in the assimilation of other foods. Foods rich in fat include butter, cheese, egg yolk, cooking fats and oils, margarine, olives, pastry, peanut butter, most nuts except chestnuts and lichi nuts, various kinds of sausage and frie dfoods.

# Anger Destroys Fat Reserves

Experiments have demonstrated changeable role in the diet. To a certain extent, they do, although why nervous, irritable individuals fat, being more concentrated, proare usually thin, while those with vides two and one-fourth times as a serene temperament often accumulate weight. It has been much fuel value as an equal

proven that anger and fright increase the amount of fat in the blood and remove a corresponding amount of fat from its usual storage place beneath the skin. A fit served when 40 to 50 per cent of of anger may take off more fat the total energy value of foods is than an hour's exercise, or two or three days of enforced diet. Thus the person who allows himself to become upset continually withdraws the fat reserve from his body. Such persons could profit, perhaps, by taking more of the fat-forming foods.

But whether the members of your family are good natured, or irritable, young or old, they need a constant supply of fuel foods-at every meal, every day. Fuel foods produce energy-and energy is the motive power of life and work and thought.

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# 'Home-Wrecking'' Qualities of Poor Furniture Polish

How often a houseful of fine furniture and handsome woodwork is spoiled by the use of a poor furniture polish! There are many pol-The chief fuel, or energy pro- tained from the easily digested ishes on the market today-some

cratic machine is not functioning Although an island, Singapore has direct railway connection with the mainland by way of a causeway crossing to the Malay state of Johore. The trip north to Bangkok in Siam is merely an overnight ride. For faster travel over the jungle, Singapore has a new seaside airport built on reclaimed tidal mud flats and equally useful for airport's site was an important step in freeing the city from the tropical curse of mosquitoes and malaria, the death rate from which

worldwide use from the docks of

in two decades was reduced 90 per cent. The whole island is dominated by the city of a half-million, its extensive parks and suburbs, and a few mediocre rubber plantations. Banana trees, tree ferns, and travelers trees, tree ferns, and travelers palms luxuriate over the prim European greensward of golf courses

and race track. That Chinese efforts at rice raising and truck farming are not equally luxuriant is blamed by Malay superstitions on the red soil; it was drenched with blood and thereafter accursed at the sack of old Singapore in the Thirteenth century when Javanese slaughtered the inhabitants and leveled the brick-built houses and protective earthen wall.

Established by Sir Stamford Raffles The old city is believed by some

ton and try to get something done about it. "I told our problems to Charley Michelson," a Democratic worker from Missouri told some friends afting." of course, was that Charley might be excused for being bored at hear-

ing the same tale for the thousandth time. On the other hand there is the old story of the boy who kept crying, "Wolf! Wolf!" when there was no wolf, and who regretted paid any attention to his cries.

# **Call It Good Strategy**

down for a while.

very much if the Republicans should

house of representatives this fall. They do not expect that the Re-

publicans will do anything like this well, but point out that there would

at top speed, that it is depending more on general propaganda and more on the strength of Roosevelt with the voters, is enhanced when such pessimists come to Washing-

erward, "and I was afraid he would go to sleep while I was talk-What that worker did not know,

**Electric Industry** 

his false alarms very much when, after the real wolf came, no one

# There are some influential members of the party, however, who believe that it is good strategy to let

They don't think it would hurt

gain sixty or seventy seats in the

even when you are lying perfectly still-you need fuel to carry on the internal work of the body. Activity Demands Energy Foods

syrup.

form of fats.

Quickest Fuel

Carbohydrates Are

when you walk fast, you may use from starchy foods such as bread,

# Quick energy can also be ob-

Every type of daily activity, including work and exercise, requires additional fuel. If you walk slowly, you expend twice as much

up four, five or six times as much

Even in repose, ery is kept functioning only by an ever-present supply of fuel. For, as long as life continues-

energy as when you sit still. And

macaroni, rice, cooked and readyto-eat cereals, peanuts, dried and preserved fruits, sugars and

The threat of Singapore, meant for whoever yearns to fight the British navy, is veiled from sight in mangrove swamps, but reputed to be on the island of Seleter, in the shallow strait cutting Singapore island from the mainland of Johore. Its docks, among the largest of their kind ever built, can receive and repair battleships. Its air and naval force nourished the legend that the end of the Malay peninsula, nosing down into the Netherlands Indies, is a dragon's head, and Singapore furnished the fangs.

Unlike rocky Gibraltar or cautiously aloof Malta with a big chip of fortress on its shoulder, Singapore sheathes its strength in a green cloak of palm, banana and rubber trees, naturally luxuriant just 88 miles above the Equator.

The low island flaunts no military insignia to distinguish it at a distance from the balmy emerald isle set in sapphire southern seas so popular in travel literature. Yet its progressive urban area within a 1,000 mile radius, enough naval diplomacy, and a remnant of jungle heart in which monkeys swing and chatter.

Most important of the four British possessions comprising the Crown colony of the Straits Settlements, Singapore is their capital. Because of its strategic location at the unavoidable gateway of all oriental traffic east of India, it is capital also of nearly half the world's trade routes.

Because it is a free port, ships from every continent except South America discharge cargoes into the shadowy and odorous warehouses for storage until transshipped, then drain other warehouses for cargoes to take home.

#### Much Trade and Manufacturing

Exotic wares cross the docks: Indian shark fins destined for Chinese palates, Egyptian pickles for Sumatra, coriander seeds from Morocco to Java. Australia ships meat and wool and flour. Canada and the United States send automobiles, machinery, and canned goods. Cloves and coffee from Africa, rice and silk from China, matches and cotton goods from Japan, hemp and hardwoods from the Philippines, rubber and oil and spices from the Netherlands Indies, and from Europe supplies for trransplanting home civilization into the Eastern tropics-these are unloaded on the docks of Singapore, "Emporium of the Orient."

In addition to playing landlord for international trade, Singapore minds its own businesses. Pineapples are canned, soap is made from coconut oil, rubber is smoked and graded for shipping. An island in the harbor is headquarters for the world's largest tin smelting plant. In a recent year, 42 per cent of the world's output of rubber and 20 per the bride the greatest happiness cent of the tin were dispatched for and congratulates the groom.

to be the Malayur of Marco Polo, the "island that forms a kingdom," which even in the days of that early globetrotter had a great deal of trade in spices and other wares. Afterwards pirates haunted the neighborhood.

Today the Raffles hotel, Raffles square, and the bronze statue therein-indeed, all Singapore is a monument to a Nineteenth century sales manager supreme for British trade, Sir Stamford Raffles. Flaunting treaties and reversing the work of diplomats, he is remembered for having accomplished what British authorities claimed at the time to regard with "unfeigned regret"the founding of Singapore as a modern free port. When a treaty in 1814 had given

the Netherlands a monopoly over all ports of the rich Indies trade, Raffles established a puppet sultan to sell Singapore harbor for British use. He put Sultan Husain on a throne to usurp his usurping brother's royal authority, and rewarded

217 square miles contain the most him with \$1,000 and some rolls of fall is mostly personal. Nothing port had an increase of 5,000 in population.

Soon the name of Singapore was echoed among seamen with a sinister ring. The sultan who sponsored it was not above suspicion of poisoning his father. The first British governor was stabbed by an Arab. Pirates swaggered into port to buy weapons, then anchored in ambush outside the harbor.

The name acquired associations as fierce as its meaning in the tongue of India from which it came -Singhapura, City of the Lion. Yet Raffles, who kindled the sinister excitement, escaped all its dangers and died young after falling downstairs.

The population rush to Singapore after its opening as a free port, repeated on a small scale a century later in a "rubber rush," as indicated by the racial hodge-podge found in the city today. Sprinkled through the English city, with dignified stone buildings lining macadamized avenues, are short streets

straight from China. Chinese signs line open fronts of floor shops; from second, first third, and fourth floor windows place, passage of the bill would hapabove them, items of the family pen within 36 hours. laundry on projecting poles fly like banners. Long red joss candles for use in Chinese joss houses are poured by hand in workshops in the shadow of Moslem mosques. Yet many Chinese know no language except English, and are proud of being

slant-eyed British subjects. The city is fringed with Malay villages on stilts over water.

## **Do Not Congratulate Bride**

A guest is careful not to congratulate a bride. This is in violation of the rules of etiquet. One wishes

be some advantages to such a change. For one thing the Democratic majority in the house would not be so unwieldy and topheavy. For another it would put, as they express it, the "fear of God" in the hearts of the surviving Democrats. So these survivors might be brought to heel much more easily on White

House commands. "But suppose the Republicans should actually get control of the house?" one of them was asked. "That is almost impossible," re-

torted the Democrat." "But suppose they did? Wouldn't that put the Republicans on the spot before the country? What could they do except snipe at the President and the New Deal? I think actually it would be far from an unmixed evil. I think a house for the next two years controlled by the Republicans would do more to insure a sweeping Democratic victory in 1940 than anything I can imagine." Interest in the senate battles this

yellow and black cloth. On Febru- could shake the grip of the Demoary 6, 1819, Singapore's birthday, a crats on the senate except a crop strength to dynamite Far Eastern free trade treaty was signed. In of upper house funerals far in exfour months the now world famous cess of any reasonable probability.

#### Stumbling Block Nothing would surprise anyone who has been watching the stalemate on the wage-hours regulation bill, but it is quite apparent that the magic formula which would open the door to its enactment has not been found. Secretary Perkins remains the

chief stumbling block. Not because of anything she has done about it, but because of where to put the administration of the act, and the discretion about tempering the wind to the shorn lambs-in this case the sections of the country and the particular industries which might be favored with differentials-is the chief problem on which agreement

is not in sight. If Miss Perkins were entirely satisfactory to William Green, president of the American Federation of

Labor, to John L. Lewis, head of the C. I. O., and to congress, the bill would go through like greased lightning. To put it another way, if Miss Perkins were to resign tomorrow, and the President should appoint Edward F. McGrady in her

But-there is no likelihood of that. Lewis and Green are not willing to trust Miss Perkins. Congress is not willing to trust her. So the alternative would seem to be an independent board or commission to administer the law. This is where the power of Green in congress becomes important. Green sticks to the position he took two months ago

that he would not trust such a board. His shins are still too much barked up by the national labor relations board, which he says, favors the C. I. O. as against the American Federation of Labor.

The way around that, apparently,

The point seems to be that Presi-Fuel Supply dent Roosevelt does not go anything like so far as either George W. Norris, Nebraska senator and daddy of TVA, or Representative John E. Rankin, the Mississippi utility baiter. Rankin has said frankly, many times, that because of their past sins he would, in buying out privately owned utilities, pay only second hand junk value for the properties. other infections.

Roosevelt's "prudent investment theory" applied to the price which **Causes** Overweight should be paid for any utility is pretty tough, the utility men think, and their opinion is shared by most fuel foods will tend to produce overweight. For if we assimilate them, men who have ever been in business, but it is a lot better than and do not utilize their potential energy Mr. Rankin's idea. In fact, it is not very far from correct to say that Roosevelt is about half way between John Rankin and J. D. Ross in his idea as to what would be a fair price for any privately owned utility.

## **Check on Prices**

There are plenty who think that Roosevelt is not really eager to have the entire electric industry of this country public-owned and operated -that all he wants is enough of it so operated to be a check on the prices charged by the privately owned companies.

Roosevelt believes strongly in the social value of cheap electricity. Those who hold the view just stated believe that cheap current, and not public ownership, is his real objective. Tinctured a little, of course, by the enmities which gradually develop in such a long fight.

It must be remembered that this fight has not been going on only since he entered the White House. Most of the bitterness was engendered before that, when, as governor of New York, he did some things which irritated the utilities, and as a result of which many of their executives supported other candidates for the Democratic nomination in 1932. Which last, of course, is something that could not be overlooked.

There are a good many impartial observers, folks who think government ownership is always an economic crime, who wish devoutly that the privately owned utilities would test this theory out by marking down their rates. It might cost them some money, though even this is debatable, as evidenced by the records of the privately owned electric company in Washington. @ Bell Syndicate-WNU Service.

ducing foods, are the carbohy- sugars of fresh and dried fruits, fair, some good, others excellent drates-that is, the starches and such as prunes, apricots, raisins sugars; and fats. Protein also and fully ripened bananas. has some fuel value, but its pri-Here is an interesting and important point which is frequently overlooked in mary function is to build and re-

pair tissue.

Too Much Fuel

issue.

life.

reference.

Carbohydrates are quick burning. They might be compared to the flare of a match in a dark room, which gives bright light for an instant, but is soon extinguished. Fat, on the other hand, burns slowly, like a lamp whose wick is turned low.

It is true, however, that an excess of

Your Food Is Your Fate

THE third of the series of

Eat and Why," written by C.

Houston Goudiss, the eminent

beautiful, wise and rear healthy

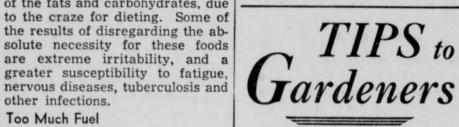
articles entitled "What to

Danger of Inadequate To Health

Fats are so necessary to the body economy that it is no exag-Recently there has been a tengeration to say that without fat, dency to minimize the importance of the fats and carbohydrates, due

ter, and other foods.

**Relation of Fat** 



# Plant With Care

EXERCISE care in planting and also in preparing to plant. Though soil may be rich, it will not produce as it should unless it is prepared thoroughly.

A primary consideration in planting is to have the soil favorably moist; damp, but not wet. If circumstances demand that you plant when the ground is dry, moisten trenches or drills before dropping the seed.

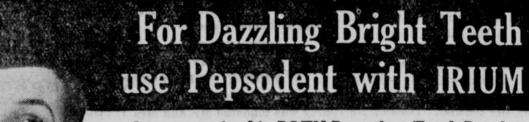
food authority, author and ra-To retain moisture after planting, cover seeds immediately with dio lecturer, appears in this fine earth and press down firmly.

Harold Coulter, vegetable ex-In these articles Mr. Goudiss tells how you can be strong, pert of the Ferry Seed Institute, advises that temperature be considered at the time of planting. children by combining the right Too high a temperature is often food materials in the diet. He as detrimental to seed germinapoints out the vast influence tion as one too low. A temperawhich food wields over one's ture between 65 and 75 degrees is most favorable.

The housewife and mother Soil must be loose so seedling who desires to know what foods sprouts can push through, and will benefit her family the most roots develop. Where the soil will do well to read these arforms a heavy crust, it may someticles week by week and make times be broken sufficiently to let a scrapbook of them for ready seedlings through by gently pricking the soil with a rake.

for luster and long life of the finish! The best is non-greasy, because made with a fine, light-oil base! In time, furniture and woodwork can be ruined by the persistent application of a cheap, zation by the body. That is why women poor polish! Such polish will conwho try to reduce without following a scientifically planned diet frequently tain kerosene, harsh abrasives and harmful acids-destructive elements, that are unseen and unsuspected! The housewife may use one of these polishes, feeling that she is economically keeping her furniture polished-but this is poorest economy, if she values her furniture (and what housewife does not?). The furniture in a home constitutes the largest part of the furnishings-and will show up like "sore thumbs" when dried out, cracked or checked. This is just what occurs, when other than a reputable oil polish is used! Too, a quality oil polish is less expensive! Less is used at one time-for it's undiluted. The resultant glow is deeper, richer, more lasting! Best of all, the finish of the furniture and woodwork is properly "fed" and kept ir. prime condition! So beware of harsh, "bargain" polishes-for through them, the furniture suffers!





# Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

Irium! Irium!...it is Irium that now- shine and sparkle with all their glorious .. it is Pepsodent containing Irium that has taken the country by storm! agent that helps Pepsodent make teeth NO GRIT, NO PUMICE. Try it today!

days puts more pep into Pepsodent natural radiance!... Though Irium puts more pep into Pepsodent ... yet Pepsodent containing Irium is ABSO-Yes, it is this thrilling new cleansing LUTELY SAFE. Contains NO BLEACH,

