



American Submarines

By Frank Gervasi

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Dozens of American submarine commanders have made records in the Pacific. Their roster grows every day. There are proportionately more Navy Crosses in the submarine service than in any other branch of the navy, and for this there are many reasons.

The submarine is an American weapon, invented and now perfected by Americans. Our men understand what the submarine can do, and they employ it as what it is—an offensive weapon of irresistible hitting power.

Most important of all, however, is that fact that German U-men are ordered or "sent" into action in ships lacking even elementary comforts and unequipped with any safety devices.

Our men "go." They love the submarines, and spend as much time telling you how safe they are—"safest ships afloat"—as fliers will say in describing the good qualities of our planes.

Submariners and fliers are the most weapon-proud men I've met in this war.

There is evidence of the submariners' contention concerning the safety of our submarines. Since the war began, the navy has reported the loss of only six undersea boats, including the Argonaut.

Submariners Quiet About Exploits. Concerning their exploits, however, submariners are invariably mum, and no matter how well you might be prepared to contend with a submariner's economy of words, his reticence will still surprise you.

A quiet "Very well" is the accustomed acknowledgment of all orders, disasters, communications and missions aboard ship. A torpedoman might come to the control room with news that the aft and the forward torpedo room is flooded, and he would probably obtain from the skipper nothing more than a "Very well."

This reticence, however, as admirable as the submariners' courage and ingenuity and calm efficiency, has contributed to the neglect which was the lot of the service until war came. Hidebound naval traditionalists with limited imagination couldn't see the submarine as anything more than an adjunct of the battleships and cruisers. To the horse-and-buggy naval strategists of yesterday, the submarine represented merely a scouting and observation auxiliary weapon which might, with luck, sometime surprise and sink an enemy ship.

Our Sub Force December 7, 1941.

And on December 7, 1941, we had, for a major sea power, a third-string submarine force. Theoretically we had 113 submarines, with 73 building and 23 more scheduled to be constructed. Actually, however, there were substantially less than 100 submarines in service. Thirty-five subs were of the S-type which were found to be unsatisfactory and had been withdrawn for re-fitting.

Out of the total of submarines available for duty, roughly only one-third could be spared for action against the Japanese.

With our declaration of war on Japan, the picture changed rapidly, although not fast enough to suit our submariners. In May, 1942, an additional appropriation was made by congress for the construction of 200,000 tons of submarines which are now coming off the ways in yards on both coasts at a rate surprising to the layman but still unsatisfactory to submarine commanders.

U. S. Subs Sink 82 Jap Ships.

Even the publishable figures appear to support their point of view. Up to August of last year, American submarines had sunk or damaged 82 of the 219 Japanese ships sunk by all weapons. This represented 37 per cent of the total. Our submarines accounted for 27 per cent of all enemy warships sunk, and for 60 per cent of all noncombatant shipping sent to the bottom.

The submariners' record improved as more boats entered service. The navy department has credited our submariners with having sunk approximately 180 Japanese vessels of all categories.

Written down beside the total number of United Nations ships sunk by German U-boats, the admitted 180 sunk or crippled by our own subs in the Pacific might not seem so startling. But every Jap ship sent to the bottom represents a proportionately higher loss than the equivalent in American or British tonnage.

The reason is simple: The Japs send supplies to their overseas troops only when absolutely necessary. The Jap soldiers fight on less food, medicines and other nonmilitary supplies than their American or British counterparts.

U. S. Army Air Forces Stab at Aleutian Isles

Making life as miserable as possible for the Jap invaders of the Aleutians at their Kiska and Attu island bases is the continuing task of the Eleventh United States Air Force. Working from the Andreanof islands, under weather conditions literally the worst in the world, hazardous missions over Arctic seas and desolate islands are the routine of these fliers. These pictures show how one of these missions is undertaken and completed.

Below: Pilots stream out of alert shack.



In picture at left, combat pilots are shown planning the route for a Kiska raid.

Below: Lieut. John J. Brahan remembers a close call as he examines a shrapnel hole in the nose of his B-24.



Loading bombs in plane. This is part of the ground crew's contribution to the job.



Sgt. Clark E. Hillard of Minturn, Colo., cleans up the empty shells from the bombardier's compartment after a raid, beginning the routine that follows a mission.



Maj. Gen. William O. Butler, commanding 11th U. S. Air Force, awards the air medal to Capt. Morgan Griffin of San Antonio "somewhere in the Andreanofs."



These men are putting a B-24 to bed by covering the wings. This precaution is very necessary for protection of the big planes.



Waiting pilots eagerly scan the skies for their returning "buddies."

TO YOUR Good Health

by DR. JAMES W. BARTON

Released by Western Newspaper Union.

HOW MUCH FOOD SHOULD YOU EAT?

You may think that food requirements were measured in vitamins but before the discovery of vitamins the amount and kinds of food that should be eaten daily were measured in calories. A calorie is a measured amount of heat, that is, the amount of heat required to raise one kilogram of water (a little over two pounds) one degree centigrade (which is about 2 1/2 degrees Fahrenheit). Thus the average diet was made up of one part

protein—meat, eggs, fish, two parts fats—butter, cream, fat meats and four parts starches—bread, potatoes, fruits and vegetables. In calories this would mean about 400 of proteins, 800 of fats and 1,600 of vegetables and fruits daily for average man doing some work daily. This method of calorie measurement is still in use.

In an article on nutrition in the Journal of the American Medical Association, Drs. Eugene F. DuBois and William H. Chambers, New York city, state:

The amount of heat given off by the resting man of average size (at complete rest and no digestion going on) is about equal to the heat of a 60-watt electric bulb or the flame of an alcohol lamp about one inch high. A man exercising hard equals the heat of 10 such lamps. As most of us are not at complete rest all the time, nor are we working hard all the time, the amount of food needed will depend upon how much we rest and how hard we work. Thus one table of the number of calories needed by various trades is:

Men: Tailor, 2,600; bookbinder, 3,000; shoemaker, 3,100; cabinet-maker, 3,500 to 3,600; stone mason, 4,700 to 5,200; wood sawyer, 5,500 to 6,000. There are other trades such as moulders or foundrymen, stokers, molten metal workers and others where 6,000 calories are needed daily.

Women: Stenographer or office worker, 2,000 calories; seamstress with hand needle, 2,000; seamstress with machine, 2,100 to 2,300; bookbinder, 2,100 to 2,300; household worker, 2,500 to 3,200; washer-women, 2,900 to 3,700.

Facts About Acne, Pimples

Although the various methods of treatment help many cases of acne (pimples), the actual cause of acne is not fully known. Because it occurs at or near the age of puberty, most physicians believe that acne is in some way connected with the changes in the glands which causes boys and girls to emerge into men and women.

In the Journal of Clinical Endocrinology, Dr. Hamilton, Yale medical school, reports results in cases where he was able to bring on acne in certain individuals. He found that giving the hormone or extract of the male sex gland to boys who had not reached puberty, some of them developed blackheads, pimples, with and without pus formation. When the treatment with the sex hormone was stopped, the pimples became smaller and disappeared. When given again, the pimples returned.

This does not mean that this gland extract is the only factor entering into the cause of acne as diet, heredity, and infection may also be factors. However, despite other factors, the pimples appeared only when the sex hormone was given. "There seems to be something in this male hormone substance that stimulates the sebaceous or oil glands of the skin."

For this reason, Dr. Hamilton suggests that as there is some relation between the thyroid gland—the master gland of the body—and the sex glands, there is logical reason for the use of desiccated thyroid gland extract in cases of acne at the time of puberty. The thyroid extract checks any excess of oil pouring out from the oil glands on the skin and stimulates the skin cells to a more normal activity. The thyroid extract stimulates all the body processes and therefore the skin. Excellent results have been obtained by using viosterol by mouth and also by the use of injections of pituitary extract. As with all extracts, this should be done under supervision of a physician.

QUESTION BOX

Q.—What causes ringing of the ears?

A.—Ringing of ears may be due to (a) partial closing of eustachian tube, (b) high blood pressure and (c) too much liquid in ear tissues.

Q.—What causes body odors?

A.—Body odors can be due to foods eaten, drugs taken, or may be natural in some individuals. Deodorants containing formaldehyde or aluminum are in general use. X-ray is used in severe cases.



More Eggs Per Hen, More Milk Per Cow, More Corn Per Acre

Agricultural Science Now Fully Mobilized

Science hitched to the plow is one of the main reasons for America's astonishing food productivity. Day by day the department of agriculture, in co-operation with state colleges of agriculture and experiment stations, is carrying the results of research into practical application on the nation's six million farms.

A task force, made up of some 9,000 county agents, home demonstration agents, 4-H club leaders and specialists takes the findings of science to the farmer. Practically every one of the country's 3,000 agricultural counties is served by a county agent of the agricultural extension service.

Food, food and still more food. That sums up the Food for Freedom program in 1943: 8 per cent more eggs, over 25 billion pounds of meat, 122 billion pounds of milk.

No technique making for more efficient farming, or scientific fact that



Lawrence Boyd, a Lafayette, Ind., farmer, devotes considerable of his acreage to corn. He is shown here planting it.

will help increase the total food supply, is being overlooked. Even such a simple practice as giving a cow drinking water with the chill taken off of it on a cold winter's day can help boost milk production. The practice of milking three times a day instead of two, if generally followed and combined with feeding three times a day, for only a 90-day period, would increase production sufficiently to meet 1943 goals. In a recent feeding test with cows that had production records of around 9,300 pounds of milk a year, increases in the milk output as high as 23 per cent resulted from feeding more grain.

Systematic Tool Storage Very Important on Farm

W. C. Krueger, extension agricultural engineer at Rutgers university, believes that every farm should have a work space or room especially reserved for repairing and constructing farm equipment.

At least a corner in some building should be set aside for the systematic storage of tools, repair parts and supplies.

"The storage of new machinery, increased use of labor-saving devices to offset the scarcity of farm help and the inability of local service men and dealers to take care of all reconditioning and repair work makes it highly desirable for every farm to be as self-sufficient as possible in this respect," the engineer says.

There are enough tools on most farms to do the ordinary repair jobs provided all of the tools are systematically collected, put into good shape, arranged, stored, and handy to use, Krueger points out. A necessary item is a solid topped work bench 2 to 2 1/2 feet wide and between 5 and 10 feet long fitted with a four-inch or larger machinist vise and a wood vice or clamp.

The wall space above the bench is ideal for hanging tools. For a well-equipped shop these should include twist drills; auger bits; assorted sizes of machine, drift and center punches; a carpenter's hammer and both a light and heavy ball-peen hammer; an assortment of wood chisels; wrecking and crow-bars; an eight to 12-pound sledge; anvil or heavy rail section for forging and straightening; a set of adjustable socket and pipe wrenches; a size range of screw drivers, pliers, plier cutters and pinners; an electric soldering iron or pair of soldering bits; a good grinder, preferably motor driven; flat, triangle and round files of assorted sizes, together with oil and emery stones. Block and tackle for hoists, jacks and pipe rollers will also be found handy.

Recapping Available

Owners of passenger cars and commercial vehicles using tires smaller than 7.50 by 20 will now be able to get casings recapped with reclaimed rubber camel back without applying to local war price and rationing boards for certificates. However, recapping of commercial vehicle tires with truck-type camel back, which contains a large proportion of crude rubber, continues subject to present rationing restrictions.



WITHOUT FARMS, RANCHES, AMERICA WOULD VANISH

HE WAS a prosperous, well-fed looking individual, beside whom I sat in the lounge car of a train crossing Nebraska. He told me he lived in New York.

From the car window, we could see the western Nebraska ranch homes. "People who live in such places must be only half human to endure such a life," he said. "For the sake of the nation, and especially in wartime, it is a good thing we have places like New York to depend upon."

"The man who lives in that house over there," I replied, as I pointed to a not-too-pretentious ranch house, "is one of the kings of America. He rules over a few hundred or a few thousand acres. People of New York and other cities are but his subjects. Without him and his kind your cities would not exist. He supplies the foundation upon which not only the cities, but the nation is built. He thinks more intelligently than do 75 per cent of the people of the cities. He represents the culture of America. He supplies the food, that first essential of both peace and war. He is intensely patriotic. He works whatever number of hours are required to do the job in order that you, and your kind, may live. He, and his kind—people of the farms and ranches and those of the rural cities and towns through which we are passing, constitute the most valuable 50 per cent of the population of our nation. They, not the people of the cities, represent the real humans of America. People of the cities, that rancher's subjects, would do well to emulate his many virtues and his patriotism."

Of course I did not convince the New York gentleman that he and his kind living in the cities were not the first and most valuable citizens of the nation, but I told him a few plain truths, which I hope he may think about. Without the farms and ranches, there would be no cities, and no America.

ADVANTAGES OF FARM IN 'RATIONED DAYS'

IN MANY CITIES you go to the market with the hope of getting something for the family table. It is not a question of selections—it is a case of accepting, with thanks, whatever you can get. In limited quantities, you can find canned fruits and vegetables—about half the quantity the family had in pre-rationing days. In the line of fresh vegetables, you may find one or two varieties, but more often there is none. In meats, you may get a sirloin steak at one time and nothing better than neck bones another, but frequently it will be none of any kind. You do not ask for beef or lamb or veal or pork. You ask only for meat, and are pleased at your good fortune if you get any.

How different on the farm in these war days. Mother canned the fruits and vegetables for the family. In the cellar are rows of peas, tomatoes, corn and all the other good things produced in the garden. In the bins are potatoes and apples, and on the fruit shelves are peaches, cherries, plums, berries and other fruits, with jar after jar of mother's preserves and jellies. In the barnyard there is always a fat chicken for the family dinner. There is a hog from which can come roast pork, chops, spareribs, bacon and hams, as well as the makings of sausage. There is lamb and veal and beef.

You have eggs when you want them and as many as you want. You eat butter on your bread, the kind of butter only mother can make, and you do not have to be satisfied with oleomargarine, or perhaps nothing.

That old wood heater and the kitchen cookstove filled with the product of the wood lot provide the degree of heat you enjoy and you need not shiver with the thermometer limited to 60 or 65 degrees.

Under any conditions, there are many compensations for those living on the farms, but hard as the war rationings are for all of us, the farm families have the best of it in many ways. They do not have to carefully count rationing points in order to determine what they will eat—if they can get it.

YOU CAN HELP

IT IS REMARKABLE what even a few square feet of ground can do in alleviating the food shortage. Last year four tomato plants in a space of two by ten feet provided practically all the tomatoes the family needed throughout the summer. The space between the curb and sidewalk in front of your home would provide much of the vegetable supply for the summer.

TWO METHODS

OUR WAR EFFORT might have been equally successful had we started with the purpose of maximum production at the lowest possible cost, instead of maximum production at the highest possible cost. Out of such a program we would not have had the serious danger of inflation; we would not have made millions of labor racketeers; we would not have ahead the long years of "sweat and tears," while we pay off, during a deflation period, the terrific debts we contracted.

ASK ME ANOTHER?

A General Quiz

The Questions

1. The littoral of a country is its what?
2. An army pursuit squadron usually embraces how many planes?
3. George Washington belonged to what political party?
4. What city is known as the Russian Pittsburgh?
5. How many pounds of V... film are required to send a ton of letters to our boys at the front?
6. What is the largest single printing job to date?
7. The longest baseball game by innings played in the major leagues lasted how long?
8. How many Minute Men were killed or wounded at Lexington on April 19, 1775?
9. Is it true that animals were ever tried in law courts as if they were human beings?
10. What are battleships named after? Cruisers? Destroyers? Submarines? Aircraft carriers?

The Answers

1. Coastal region.
2. Twenty-five planes.
3. Federalist.
4. Kharkov.
5. Twenty pounds.
6. Printing the government's new point-system ration books No. 2-150 million books.
7. Twenty-six innings—Brooklyn vs. Boston, May 1, 1920.
8. Seventeen (eight killed, nine wounded).
9. Yes. France was the scene of most of these affairs in the Middle Ages. There are authentic records of trials that no writer in fiction would dare to present.
10. Battleships are named after states; cruisers after cities; destroyers after naval heroes; submarines after fish; the new carriers after famous battles.

The gaily enameled unit insignia you see on a soldier's lapels and overseas cap are reproductions of his regimental shield displayed in the center of the eagle on his regimental flag. It's a part of U. S. Army tradition. Traditional, too, is the Army man's preference for Camel cigarettes. (Based on actual sales records from service men's own stores.) It's a gift from the folks back home, that always rates cheers. And though there are Post Office restrictions on packages to overseas Army men, you can still send Camels to soldiers in the U. S., and to men in the Navy, Marines, and Coast Guard wherever they are.—Adv.

Gas on Stomach

Relieved in 5 minutes or double money back. When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Bell's Gas Tablets. No laxative. Bell's Gas Tablets bring comfort in a 5 or 10 minute relief. Money back on return of bottle to us. See all druggists.



SNAPPY FACTS ABOUT RUBBER

Chewing gum and rubber tires have something in common. They both are the products of latex-bearing trees. The choice latex, from which chewing gum is made, has a high resin and low rubber content. Rubber latex has the reverse characteristics. Chile and Castillo rubber trees are found in much the same areas in Central America.

Synthetic rubber tractor tires have been under tests by E. F. Goodrich engineers for close to a year. When synthetic rubber becomes available in sufficient quantities, farmers may expect such tires on their tractors.

A Russian rubber-bearing plant is now being successfully grown in the United States. Its value in the American rubber program, however, is still undetermined.

The recapping has proved its wartime value. But the recapping should be done before the tread rubber of the tire is completely worn.

