



UKRAINIAN WEEKLY



Supplement to the SVOBODA, Ukrainian Daily

No. 25

JERSEY CITY, N. J., SATURDAY, JUNE 25, 1938

VOL. VI

UKRAINIAN YOUTH HOLIDAY IN LVIW ATTRACTS THROGHS

LVIW.—Over 15,000 persons viewed the ceremonies in the Ukrainian Cultural Garden here during the recent celebration of the Ukrainian Youth Holiday, held under the auspices of Ridna Shkola (independent Ukrainian school system in Western Ukraine under Poland) and participated in by 2,320 school children.

Among the prominent visitors present, was Metropolitan Andrew Sheptitsky, venerable head of the Ukrainian Catholic Church, who received a great ovation from the young people.

One of the features of the ceremonies was a "Living Chess" game, in which young boys and girls, dressed in colorful Ukrainian costumes of both the past and present age, assumed the role of the pieces and pawns with which the game is played.

RECENT BOOKS RELATING TO UKRAINE

"International Tramps"

"International Tramps" by T. F. Johnson (Hutchinson & Company 12/6—) is both a criticism of the present constitution of the League of Nations and account of work done under its aegis by the Nansen scheme for refugees and prisoners of war. In the capacity of Assistant High Commissioner for Refugees, Mr. Johnson had intimate experience with the problems of Ukrainians and he writes of their sufferings, and aims, with insight and sympathy. Geneva has failed to compel the granting of their rights to the aggrieved minorities, therefore, the writer holds that Geneva must be re-constituted, or superseded, for the Minorities Question is the most pressing in Europe today, and it can only be shelved at the cost of certain War.

"Dark Paths"

"Dark Paths" by Geoffrey Pincock (Nicholson & Watson 10/6—) is a fascinating first-hand account of smuggling in Central Europe. The author spent some time among the Ukrainians of the Carpathians, and gives a knowledgeable account of the intolerable social and political conditions in Poland and Rumania which impart to the smuggling of arms across those frontiers, the character of an honorable and heroic work. To quote his words: "The Carpathian arms traffic will only cease when the Ukrainian millions in Poland and Rumania received recognition of their just aspirations."

(Ukrainian Bureau, London)

HOLLAND AND BELGIUM PRESS COMMENTS ON UKRAINE

LVIW.—The Brussels correspondent of the daily "Dilo," reports that following the assassination of Colonel Eugene Konovaletz in Rotterdam, the Dutch as well as Belgian press has featured many articles about Ukraine and Ukrainians, especially about their present-day aspirations to national freedom.

JOIN YOUR LOCAL BRANCH
of the
UKRAINIAN NATIONAL
ASSOCIATION

UKRAINE -- FRONT PAGE NEWS

The new Soviet purge in Ukraine, and the fact that it was front-paged last Monday by such an outstanding daily as The New York Times, is clear evidence of the growing intensity of the struggle for national freedom over there.

What makes it all the more so, is (1) the appointment of a Russian, Nikita Krushchiff, to conduct the purge, in place of one native to Ukraine (though not necessarily Ukrainian), as has been the case in previous such purges, and (2) the recent slaying by a Soviet agent in Rotterdam of Colonel Eugene Konovaletz, leader of the Organization of Ukrainian Nationalists, whose activities, including those among the Ukrainian elements in General Bluecher's Red Army in the Far East (reported to be about 40% of the entire force there), hastened his untimely and tragic end.

That the latest purge is of more than local interest, Mr. Harold Denny, Time's correspondent in Moscow, himself stresses in his telegraphed dispatch. Ukraine, as he says, is the most important region of the Soviet Union by reason of its enormous wealth of grain, coal and iron and its all-year-round port of Odessa. In fact, it is an empire within itself. Furthermore, in the event of a possible war between the Soviet Union and Germany, this region would be the first to be attacked, especially since Chancellor Hitler has many times avowed his covetousness of it. Most important of all, however, as Mr. Denny brings out, Ukraine has been the field of a strong nationalist movement from the very beginning of the Bolshevik revolution. This always latent nationalist feeling flared up with renewed energy in 1932 when the Soviet-fostered famine took such a tragic toll in Ukraine, and all efforts to dim it by such ruthless Stalin appointees as Postysheff and Kossior have been in vain. All these factors combined, Mr. Denny concludes, make the newest purge of more than ordinary significance.

The Times, however, is not the only daily that senses the growing importance of the Ukrainian fight for freedom. Other newspapers during the past week have sensed it likewise. Last Sunday's New York Journal and American, for example, contained an article by Arthur Mac Pherson (described as a former political observer for the British Government in Eastern Europe), in which he forsook the possibility of an autonomous Ukraine, subject to German influence. The trouble with this and many other similar articles, however, is that they are based on the supposition that the dominant role in any possible change in Ukraine's status will be played by foreign interventionists, when in reality all past and present signs indicate that such a role will be played by the Ukrainian people themselves. Foreign powers, friendly or unfriendly to Ukrainian aspirations, may by some act set things into motion, but the direction this motion will take, as well as the force propelling it, will be furnished by the Ukrainians.

Still another reference to Ukraine in the American press this week is the editorial which appeared in last Wednesday's issue of New York's Daily Mirror. It is headed by a cartoon showing Joseph Stalin firing through a machine gun a new purge against the "Spirit of the Ukraine," which is represented as rising from a grave over which a tombstone reads "Starved to Death, 1932"—referring to the famine then. Over the cartoon a caption reads: "You can't kill a ghost, Joe"; while beneath it, over the main body of the editorial, appears the following in bold type: "New Purges in the Ukraine" read the headlines; what a ghost story is behind that! The vast Ukraine, breadbasket, coal bin, and battery of giant Red Russia, has been purged and starved to the grave time and time again. And always, new rebellion grew from the grave."

The movement for national freedom in Ukraine must be growing strong indeed, if the American press is beginning to take such unusual interest in it.

U.N.A. YOUTH BRANCH FORMED IN ARNOLD, PA.

Still another new youth branch of the Ukrainian National Association has been formed recently. The latest addition to the rapidly growing list is the Trident Society, Branch 395 of the U.N.A., organized in Arnold, Pa.

Its officers are: John Miziuk, President; Eugene Zilinski, Sec'y; and Joseph Sarniak, Treasurer.

The organization of the Trident Society was aided by Mrs. Maria Malevich, Supreme Vice-President of the U.N.A., John Miziuk, Michael Zemledueh, Anna Kalinowska, and Pearl Zorens.

HONORING OUR GRADUATES

As in previous years, the Ukrainian Weekly will publish this year a list of those young Ukrainian-Americans who have graduated from high school, college, university, or any other similar institution of learning. It will be published week by week, beginning July 2, in the order that the necessary information about the graduates is received.

The following information is wanted:

High Schools: (1) Name of graduate (2) Address (3) Name of school, town and state (4) Type of course (5) Honors received (6) Remarks (7) Name and address of informant.

College or University: (1) Name of graduate (2) Address (3) College or graduate school (4) Degree received (5) Honors and honorary societies (6) Remarks (7) Name and address of informant.

The graduates themselves are especially requested to write in giving this information, as obviously they are the best sources of such information.

PURGE TAKES HALF OF SOVIETS OFFICERS

A dispatch from London in last Thursday's New York Times reports that the Red Army is suffering an unusual dearth of officers; as a consequence of the purge by Joseph Stalin. One estimate is that more than half of the Russian officer class has been purged out of active service by executions, prison sentences and dismissals.

So great is the need for the speedy creation of new officers, the dispatch reports, that senior classes in the military academies have been robbed of their most promising members for immediate service. It is said that in one case the entire senior class has already been drafted into the army. It is said that after the Soviets had called off their annual manoeuvres, the opinion was frankly expressed in German circles that a nation which got itself into such a plight had practically ceased to count as a military force.

Perhaps it is this state of the Soviet army that is causing Great Britain to press with renewed vigor her efforts to make an amicable arrangement with Germany for the future political alignment of Europe, even if this would entail putting pressure upon France to induce her to drop her Russian alliance.

By choosing our habits we determine the grooves into which Time will wear us... Frank B. Gilberth.

When a man says money can do anything, that settles it: he hasn't any... E. Howe.

I pity the man overwhelmed with the weight of his own leisure... Voltaire.

Educators Counsel Youth

Misuse of Leisure Assailed by Princeton Head

Under the title "The Perils of Leisure," Dr. Harold W. Dodds, president of Princeton University, in his baccalaureate sermon last Sunday, declared that—

"The assumption that a man can express his real self in leisure-time activity and be happy in it contains a fundamental psychological error. Leisure, no matter how profitably employed, is no substitute for work. It is by demonstrating his worth as a worker, not by his prowess in recreation, that a man wins self-respect and the respect of others.

"Here is to be found the ultimate tragedy of an economic depression. So long as a man willing to work remains unemployed, so long as he is denied the chance to give a meaning to his life by maintaining himself and his family by the skill of his hands and his brains, so long must he bear the shame of not being needed.

"Here also is one explanation why fascism and communism, despite the patent evils in their philosophies, have given to their followers a new meaning to existence which transcends the humdrum tasks they are required to perform: in these tasks their work is related, however mistakenly, to a larger end outside themselves worth believing in and fighting for."

Dr. Dodds blamed "two aspects of our industrial civilization" for the abuse of leisure. "One is society's apparent ability to produce goods and services beyond its powers to absorb them. The second aspect of our modern industrial order which has led some people to expect too much leisure is one which all informed people view with grave concern, viz, the routine character of the average man's occupation which deprives him of the personal satisfaction in his work such as his forefathers enjoyed."

Symphony is Urged as Guide to Living

"Education at its best and its most is no solo of individual ability and achievement, but a symphony of shared experience, whose genius is its reconciliation of variety and harmony," said Dr. Charles W. Gilkey, dean of the Chicago University Chapel, at baccalaureate exercises of Wellesley College last Sunday morning.

"It is the special temptation of an educated man or woman to try to make life the singing of a solo," he declared. "We have our specialty, about which we know lots more than most other folks. We have our individuality, which having been developed so far, must, of course, be maintained and cultivated. And, of course, we have our own human nature, our own opinions, our emotions, our idiosyncrasies, our passions, each of which in turn must have its expression in full cry.

"So life itself turns into a succession of solos or explosions, each unaccompanied; and when we begin to ask for its coherence, its meaning, its integration, we find no answer."

The answer, according to Dr. Gilkey, can be found "in the direction of the symphony, with its balanced variety, its disciplined unity and order.

"You have been born too late in human history to sing the song of any race or nation or class alone," he said, "or to leave out of the symphony of our social hopes and faiths the distinctive voice of any human group."

"A modern democracy forgets at its peril," he warned, "either its under-privileged children who are out of work, or its children of privilege like ourselves who have been trained to serve the common-weal."

Youth and U. N. A.

ON Saturday, June 18th, 1938, the Ukrainian National Association called a meeting at its home office in Jersey City to discuss the U.N.A. Baseball League and to formulate plans for the current season. Some of the eastern baseball clubs were represented.

Mr. Gregory Herman of Wilkes-Barre, Pa., Vice President and Sports Director of the U.N.A., opened the meeting by introducing those present to one another. They were:

Mr. Nicholas Muraszko, U.N.A. President; Mrs. Maria Malevich, U.N.A. Vice Presidentess; Mr. Dmytro Halychyn, U.N.A. Recording Secretary; Mr. Roman Slobodian, U.N.A. Financial Secretary and Treasurer; Michael Piznak, U.N.A. attorney and unofficial representative of the New York City baseball team. Also present were Dr. Luke Myshuha, Mr. Emil Revyuk, and Mr. Eugene Lachowitch, Editors of Svoboda, and Mr. Stephen Shumeyko, Editor of Ukrainian Weekly. Theodore Lutwiniak, conductor of this column, was also in attendance.

Representing U.N.A. baseball teams were the following:

Joseph W. Jacenty, president of the U.N.A. "Ukrainian Lions," Newark, N. J.; Michael P. Pochynok and William Wysochansky, secretary and treasurer respectively of the Newark "Lions"; George and Dietric Slobogin, treasurer and president respectively of the "U.N.A. Youth Club" of Philadelphia, Pa.; Joseph Sedor and John Wyszczanski, president and manager respectively of the "U.N.A. Ball Club" of Centralia, Pa.; William Proch, Harry Hrenenko, Alex Leciston and John Zwarych, manager, captain, secretary and president respectively of the "U.N.A. Athletic Club" of Wilkes-Barre, Pa. In addition there were several other people present who were interested in the proceedings.

Mr. Herman, in his talk, stated it was only some three months ago that the Executive Committee of the U.N.A. decided that that organization go in for sports, and that, step by step, much has been accomplished since then. He expressed the opinion that, barring unforeseen obstacles, the U.N.A.

Addressing himself specifically to the seniors, Dr. Gilkey said:

"You can do with your life what every man in the orchestra does before he ever plays his instrument; you can tune it up to that note in which for you the voice of God sounds clearest."

Internes Warned to Shun Movies, Autos, and Women

Graduates of Cornell University Medical College this year were counselled to shun automobiles, girls, and the motion pictures by their commencement speaker, Dr. Rufus Cole, former head of the Rockefeller Institute for Medical Research.

At present, according to Dr. Cole, the interne system in many hospitals is weak, due considerably to the inability of internes to devote themselves wholeheartedly "to the business of becoming medical men and scientists."

"You must learn to study throughout your lives," he declared, "in order to keep up with the latest achievements and progress of the medical profession. And it is desirable that you cultivate other interests in addition to your job. Study art, music and literature so that you may be a rounded, responsible and capable doctor and human being.

"Keep your affections in cold storage while serving your internship. If you are too poor to have an automobile, consider your poverty a blessing. A young doctor should devote himself entirely to the cultivation of science, while serving as an interne."

Baseball League should have a successful season.

Mr. Herman was elected chairman of the meeting and Michael P. Pochynok was elected secretary. In discussing the rules and by-laws of the U.N.A. Baseball League it was decided to adopt the rules already in existence and to appoint a committee for the purpose of drawing up additional rules, the new rules to be finally approved by the U.N.A. Executive Committee.

The major part of the meeting was devoted to drawing up a baseball schedule for all the teams. Briefly, the Newark, New York City and Philadelphia teams will play games among themselves because of their nearness to each other, and the Wilkes-Barre, Centralia and McAdoo teams will share the second half of the schedule because of the season. Eventually, the "champions" of both sections will play to decide which team is the stronger. This schedule was satisfactory to all and will take effect beginning June 26th when the first official U.N.A. Baseball League games will be played. It was decided to consider the possibility of having championship games played at the Pittsburgh Convention of the Ukrainian Youths' League of North America, Labor Day weekend.

Among other things it was decided that each team would have its own umpire and that ground rules, as given by the home teams, would govern all disputes. The home teams are also to supply baseballs and the National League ball will be used.

Mr. Muraszko closed the meeting by thanking everyone for attending and expressed sincere gratitude to all who cooperated in making the U.N.A. Baseball League what it is today.

Several pictures were taken of the group present at the meeting with the U.N.A. building serving as an appropriate background.

U.N.A. baseball history will soon be made and may the best team win.

All persons desiring information regarding the U.N.A. should write to Theodore Lutwiniak, c/o Ukrainian National Association, P. O. Box 76, Jersey City, N. J.

Contributions are welcome at all times and should be sent to the Ukrainian Weekly. Officers of U. N. A. youth branches are urged to submit information for publication.

MEMORIES

There is no sound that can be half so sweet

As children's laughter at their carefree play;

Their merry games, the clatter of their feet,

Stir memories of another childhood day.

We see again a rambling country home,

A yard where boys and girls spent happy hours;

We wonder why we yearned the world to roam,

When at our feet there grew life's sweetest flowers!

And so we listen with such tender smiles,

As childish laughter comes unto our ears,

And we go back o'er many weary miles,

To find once more the dear old vanished years.

For this is Fate! We live just for the day,

Sometimes the best in life we throw away!

JUSTINE SMARSH.
Boston.

Some Ukrainian Recipes

As reported on these pages, a Ukrainian Easter Festival was held April 6 in Los Angeles, California, under auspices of the Home Institute of the Los Angeles Times, directed by Marian Manner, and assisted by two local Ukrainians, Valentina Ray and John Mitz. For this occasion, Miss Ray prepared several Ukrainian recipes, which we present below. Perhaps some of our young cooks will try them out.

UKRAINIAN BABKA (Ukrainian Easter Coffee Cake)

2 cups of coffee cream (or top milk), 2 yeast cakes, 1/2 teaspoon salt, 2 cups sugar, 12 egg yolks, 7 cups flour, 1/2 lb. sweet butter, Grated rind of one orange, 1 tablespoon vanilla, (1 cup of chopped glazed fruit if desired).

Warm all ingredients. Mix yeast cakes in lukewarm cream. Add salt and 3 cups of flour. Beat well. Cover and let stand in warm place 1 hour. Add beaten egg yolks with sugar; mix, adding gradually 3 cups flour. Beat well. Add melted butter, vanilla and (glazed fruit if desired.) Add remainder of flour. Let batter rise to twice its bulk. Knead again. Form into 2 loaves. Place in butter-greased baking pans. Brush top with beaten egg yolks. Bake at 350° for 1 hour.

SIRNA PASKA (Ukrainian Cheese Fruit Dessert)

3 eggs, 2 lbs. of dry cottage cheese, 1/4 lb. sweet butter, 1 1/2 cups sugar, 1 cup sweet cream, 1 cup chopped assorted glazed fruit, 1 cup chopped almonds, 1/2 teaspoon grated orange rind, 2 tablespoons vanilla, 1/2 cup white raisins or currants.

Press cheese through fine sieve. Add sweet cream; mix. Add butter; mix thoroughly, adding other remaining ingredients. Put mixture in pastry bag; place in wooden mold with perforated bottom. Press with heavy weight. Keep in cool place overnight. Remove from mold and bag. Decorate with glazed cherries.

ORICHOVY TORTE (Ukrainian Walnut Torte)

1 dozen eggs, 2 cups ground walnuts, 1/2 cup bread crumbs, 1 lb powdered sugar (6X).

Beat egg yolks. Add sugar in tablespoons. Beat thoroughly in one direction until yolks whiten. Add walnuts gradually, beating continually. Add crumbs in teaspoons. Fold in nine egg whites beaten dry. Pour batter in butter-greased cake pans (adjustable bottoms). Bake at 350° for 40 minutes to a suntan brown. Let cool in pans. Makes four layers.

CHOCOLATE HARD-COOKED EGG ICING

1/4 lb. sweet butter, 2 squares of sweet chocolate, 1 tablespoon powdered sugar (6X), 3 eggs, 1 teaspoon boiling water (optional).

Boil eggs for 20 minutes. Separate yolks; press through sieve. Mix well with finely ground chocolate. Place mixture in dish; place dish in cold water. Beat into a creamy paste thick enough to spread. (If butter separates from mixture while beating, add 1 teaspoon boiling water). Spread on torte. Decorate with orange and lemon candy jelly slices.

"KIND THOUGHTS"

By O. E. S.

Sweet thoughts and kind within,
within
Give forth your merry cheer!
Tis sweet, so sweet to be there in,
The one to share thoughts dear!
Tis wrong to keep thoughts so still
Locked up within perpetual!
Twas meant to be by God's Own Will
A thing for one to share with all!

U.N.A. TRACK AND FIELD MEET IN CHICAGO

The Chicago Ukrainian National Association Sport's Division of Chicago, Illinois announces its Second Ukrainian Field and Track Meet and Boxing Championships, to be held Sunday, July 17 at the St. Nicholas Grove, Higgins Road and Desplaines River.

The Field and Track Meet and Boxing Championships are being held in conjunction with the 3rd Annual Day of the Ukrainian National Association which will be given by the combined Chicago U.N.A. branches.

The Illinois State Softball Tournament, which is being sponsored by the Chicago U.N.A. Sport's Division, has seen two weeks of action, with plenty of thrills and excitement. The teams entered this year are: the Ukes Citizens Club, of Bridgeport, Ill.; Elmwood Park, Illinois; Ukrainian Elks, of Chicago; Y.U.N. Br. No. 1, of Chicago; Y.U.N. Br. No. 9 of Chicago; and the Chicago Ukrainian National Association.

The tournament scores thus far are:

Ukrainian Elks 5—Y.U.N. Br. No. 1 3 (eleven inning game);

Y.U.N. Br. No. 9 22—Elmwood Park 4;

Y.U.N. Br. No. 9 10—Ukes Citizens Club 1.

The Championship game will be played Sunday, July 17 at the 3rd Annual Day of the U.N.A.

The Chicago U.N.A. team will meet the Y.U.N. Br. No. 1 team in their first tournament game Monday the twentieth at 7 o'clock at Homan and Division Streets. To date the U.N.A. team has played only one practice game and lost it by 11—10.

A large Baseball trophy will be given to the winning team and medals to its players.

The events for this Second Ukrainian Field and Track Meet, open only to residents in Illinois, include the following:

BOYS

100 yd. Dash, 220 yd. Dash, 440 yd. Dash, 880 yd. Dash, One Mile Run, One Mile Relay, Running Broad Jump, Standing (Triple) Broad Jump, 12 lb. shot put, High Jump.

GIRLS

100 yd. Dash, 220 yd. Dash, One Mile Relay, Running Broad Jump, Standing Broad Jump, High Jump.

A large trophy will be given to the winning track team scoring the most points. Gold, Silver and Bronze medals will be awarded to first, second, and third place winners respectively.

Anyone desiring more information in regards to the Third Annual Day and its sports program may write to the Chicago U.N.A. Sports Division of Chicago, c/o secretary, Mildred Kozak, 3344 W. Division St., Chicago, Illinois.

In addition to the U.N.A. Baseball team the Chicago U.N.A. Sports Division of Chicago has entered its Boys and Girls track teams.

LIONS SPLIT DOUBLE HEADER

The U.N.A. Lions of Newark, N. J. split a double header Sunday, June 12, 1938 by winning the first game against the Ukrainian Tridents by the score of 10-9, and losing the second to the Club Ukraine by the score 10-4.

In the first game, William Moir, first baseman for the Lions, starred by knocking out two home-runs with one and two men on base respectively. Woodrow Paruch, left-fielder of the same team, also helped by making three successful shoe-string catches.

In the second game, superior batting of the Club Ukraine as well as several outfielding errors were the cause of the loss of the game.

MICHAEL POCHYNOK,

THE UKRAINIANS IN AKRON

By CHARLES MILLER

DAZZLING Cossacks dancers have stepped out again and again to capture for Akron Ukrainians the city's unofficial folk dance championship.

Behind the flaring skirts, of fair-haired Ukrainian girls and the jauntily cavalry boots of the dancing youths lie 11000 years of culture and romance, war and conquest, and centuries of effort to weld [43] million people into a free and independent state.

Akron's Ukrainian community is one of the newest in the city's foreign language groups. It dates to 1911 when Alex Swick of 574 McKinley avenue and Roman Hajaway of 828 Sherman street decided to leave the Pennsylvania steel towns and try their hands in the Rubber City.

They organized their first society in 12 months. Five years later they had built a church with the help of Ukrainians who followed them here.

Frank Baran, a grocer at 535 Corice street, was a guiding force in the church movement, taking it up after his arrival in 1911. As treasurer of the church, he is still a force on the board more than 25 years later.

Most of the Akron Ukrainians came from Galicia. A few hail from the eastern steppes and from the rolling lands of the Cossacks, who are among the most colorful and daring horsemen in history.

The bulk of the country is now one of the states of the U.S.S.R. But it remains the unflinching purpose of Ukrainians abroad to work and sacrifice for a free and independent Ukraine, according to Alexander Zepko, one of the most active leaders here.

Mr. Zepko, for many years a grocer at 455 Howe street, has traced a subtle change in the psychology of the Ukrainian immigrant. During the first 25 years in this country, individuals were almost uniform in their purpose to make some money and return, he says.

Immigration has been different in the past 25 years. Almost without exception, he says, the Ukrainian has rooted himself in the new land. Anxious still to do his part for the homeland, he is determined to remain in this country.

As evidence of this, Mr. Zepko says more than 80 per cent in the Akron community own their homes. And a sturdy, peasant-bred thrift goes further to include automobiles for 90 per cent, he says.

Michael Petruha, a grocer at 258 Crosier street, recently succeeded Mr. Zepko as head of the local chapter of the Ukrainian National Association, but the latter remains active in Ukrainian organization work that has kept him busy for 27 consecutive years.

The 27 years of service as president, secretary, treasurer, national committeeman, and a member of the national board won him national recognition at a banquet last autumn.

Most of the social life revolves about the parish house and the Holy Ghost Ukrainian Catholic Church at Washington and Abel streets. Comparative newcomers, the people have not built as many club houses or churches as the older and larger groups. The church and the Ukrainian National Workers Society home on Corice street are their only exclusive meeting places.

Young people, comprising the youth section of the Ukrainian National Association, extend their activities to the International Institute at the Y. W. C. A.

Under the present leadership of Victor Pulk of 133 Mapledale avenue, they have a varied program of athletics. Genevieve Zepko, secretary, typifies the youth group with her comment that "We put forth every effort to preserve the culture of the Ukrainian people. "All of our girls are taught the

PROTEST MEETING IN PHILADELPHIA

The Philadelphia branches of Soyuz Ukrainok held a mass meeting Sunday, June 12, at Ukrainian Hall, to protest against Poland's suppression of Soyuz Ukrainok and its press organs, "Zhinka" and "Ukrainka." Mrs. H. Lototska acted as chairman and Mrs. A. Sywulak and Miss K. Boyko as secretaries.

Mrs. M. Horochivska, the first speaker, scored the indifference of our own people here to the suffering of Ukrainians on their native land and their general inclination to quarrel amongst themselves instead of presenting a united front against their foes. Mrs. Louise Stinedorf, of the Pennsylvania Branch of the Women's International League for Peace and Freedom, spoke about the W. I. L., its aims and achievements and interest in behalf of oppressed minorities and groups. Mrs. H. Stogryn spoke about the extensive work of the Soyuz Ukrainok and its press in promoting the aims of our people, and the vital necessity on the part of its American branches to give it their staunchest support now. Following an appeal made by her, those present contributed \$43.64 for the benefit of the soyuz Ukrainok in the old country. Dr. V. Gallan, the next speaker, stressed the fact that strength of purpose can overcome any force in numbers and if we persist with great seriousness and intense purpose, we will achieve our goal. Miss Helen Sywulak's theme was the struggle of our people for freedom and democracy, culminating in the short-lived Ukrainian Republic of 1918. The oppression and abuses suffered by our people under Poland, she said, should arouse all sympathy in their favor and censure on Poland. Mrs. Lototska read the resolutions in protest, which were unanimously approved and sent to Washington and the various embassies. The meeting was brought to a close with the singing of the national hymn.

KATHERINE BOYKO.

technique of Ukrainian embroidery and handiwork. We are particularly anxious to keep that alive. But then there is our drama and poetry. Every one is familiar with our dancing.

"We keep them as true to tradition as possible; the Cossack dance, the Sword dance, the Arkan Kolo, and Honei Viter, (the Dance of the Wind).

Mrs. Rose Nebrasne is president of the Ukrainian Women's Club which is particularly active in preserving native drama.

This and the youth group endeavor to project native traditions into Akron culture by translating both literature and music into English and thus opening it to a much broader audience.

A capacity for assimilating ideals and traditions of the new country is reflected in the way Ukrainians have embraced educational opportunities.

While second generation Ukrainians are still just getting a foothold, so to speak, American college and universities are turning out an increasing number of Ukrainian doctors, lawyers, teachers and technical men each year, according to Mr. Zepko.

Two other organizations active in the community are the Providence Benefit Society, headed by Nick Square of 163 Gertrude st., and the Ukrainian Ladies Society, of which Mrs. Konstantine Zepko of 690 Allyn street is president.

Right now youthful energies are pointed at the summer season when they will again endeavor to collect their share of folk dance trophies.

(The Akron Times-Press,

May 24, 1938).

UKRAINIAN DIVINITY STUDENT DIES IN HARTFORD

Theodore Sokolowsky, 36, of Pittsfield, Mass., Ukrainian divinity student at the Hartford Seminary Foundation, who was found in a semi-conscious condition on April 4 in his room, died last Tuesday morning at Hartford hospital, the New Britain Herald reports.

Mr. Sokolowsky was found in his room in Hosmer hall, Hartford, by a janitor who entered the room at the end of a week's vacation period. He was in bed, unable to move, and it was thought he had been in that condition several days after his return from a brief visit to Pittsfield where his relatives live.

Hospital authorities state that an autopsy showed the cause of death as inter-cranial damage, a cerebral embolism.

He was also known as Fred Andrews.

He was supposed to receive two degrees this year from the Hartford Seminary, one in Theology and another in Education, Mr. Andrew Melnyk of New Britain reports.

Mr. Sokolowsky came to the school of religious education after studying at Columbia University, where he aided in the establishment of a course in Ukrainian. He was also a member of the Ukrainian National Association.

The funeral was held yesterday, in New Britain, with Bishop Bohdan of the Ukrainian Orthodox Church officiating.

ARE YOU ONE OF THOSE...

Are you one of those fellows, one of the kind,
Who is afraid Success he will never find?

Who, when cares and woes press him down a bit,
Gives up hope and decides to quit?
Are you one of those who lost the nerve and courage to play the game of life,

Because it meant blows, defeat, discouragement, and bitter strife?
Are you one of those who too soon have given up,

When a little more struggling might have won you the Victor's cup?

Life is full of bitterness, heart-aches and pain,
And you've got to give all you can to gain.

You'll never know how near you are to Success,
For it carries with it bits of unexpectedness.

You've got to hand on, and never admit

That you were beaten or conquered the least little bit.

You've got to forge on with faith and grit,

And make up your mind that there's no time to quit.

Don't be one of those fellows—say you will be on the top,

That no obstacles or discouragements will make you stop.

Even though the pace may seem rather slow

Be firm—say you will succeed with another blow.

Meet your troubles and worries with a smile,

And your reward will be most worth while.

There's no such thing as failure or defeat...

Just keep on and on and Success you will meet.

JULIA KUSY.

YOUTH! BIG UNA BASEBALL LEAGUE GAME

"Ukrainian Lions UNA" of Newark will play "UNA Youth Club of Philadelphia" at Singers Grove Park, Springfield, N. J., at Third Ukrainian Nationalist Day, SUNDAY, JUNE 26, 1938 at 12:30 P. M. Don't Miss This Great Baseball Game!

M-me XENIA VASSENKO

Famous Moscow Opera singer, teacher of many prominent artists. Gives Vocal Lessons. Appointment by telephone only. Address: 250 W. 75th St., New York City. Tel.: Endicot 2-9711.

Ray of Sunshine

By RAY DAMER

BUILD UP YOUR BODY WITH PROPER FOODS

It is a fact that the huge express locomotives, which hurt themselves from coast to coast at terrific speed and enormous power, depend upon the proper kind of fuel for their energy. What would you think of the fireman who shovelled any old junk into the furnace and expected this fuel to create the power and energy to get the train at its destination on time? You no doubt would say, "That man's a fool." Yet that is exactly what millions of Americans are doing today with regards to their eating habits.

Most people give little or no thought to the question of balance diet or to the wholesomeness of foods they eat. They just can't be bothered. They eat anything they like—and lots of it, too, and that is why the American people are continually suffering from headaches, constipation, irritable nerves, nagging pains, obesity, skinniness, muddy complexions, and all other ailments, weaknesses and diseases that are attributed to incorrect diet.

One of the best ways to study nutrition is to know not only what foods to eat but WHY you should eat them—then you will better be able to choose your daily menus. Below you will find this information in a condensed non-technical form. Study it and select your foods wisely.

Food Facts

There are three classes of foods: (1) foods that purify the body (2) foods that build the tissues (3) foods that supply heat and energy.

The Purifiers: In this class are the raw fruits and the raw vegetables. Fruits and vegetables in raw state contain food salts that counteract the decomposition of meats, eggs and other staple foods, and balance the meal so that they aid digestion. They act as a laxative, to purify the system of the waste food before it is retained so long that it creates poisons.

Pears contain natural fruit sugar, so necessary for energy. They also contain valuable fruit salts that help digestion. Apples are valuable for their potash salts, because they give you bulk in your diet, and because chewing them stirs up the action of the digestive glands. Berries of all kinds are valuable for their alkaline quality, which neutralizes acids. Grapefruit and lemons have this same value.

Raw green vegetables contain vitamins and certain mineral salts that are essential for your health. If you can digest them—the following are better eaten raw: carrots, celery, cabbage, lettuce, turnips, young peas, scallions and onions. Never "cook the vegetables to death"—steam them instead.

Body Building Foods: In the second group we find the protein foods—meats, eggs, fish and legumes. Protein foods are necessary for your very life; but you must not eat too much of them. Too much protein in the diet causes harm on the nervous system, the kidneys and the heart. Meals that include meat should also include fresh acid fruits or fresh vegetables. The fruits suggested are oranges, apricots, pineapple, strawberries, and tart apples. The vegetables are carrots, turnips, cabbage, onions. These fruits and vegetables contain certain food salts which counteract the decomposition of your meat and eggs and fish. They also aids digestion.

Do not eat meat in the same meal with eggs, chicken, milk, or with sweet fruit such as peaches, plums, melons, bananas, figs, grapes, or pears. These fruits are very nourishing, but not when eaten with meat.

Fish should be eaten with the same care as meat and in the same

TORONTO UKRAINIAN SOFTBALL LEAGUE

This year the Toronto Ukrainian Softball League is composed of three teams, which are playing for the General Sikewitch Trophy. They are: St. Josaphats A. C., Brotherhood of Ukrainian Catholics and the Ukrainian Progressive Youth Association. The opening game was played on May 27th with the B.U.C. playing hosts to St. Josaphats A. C., and with the latter winning by the score of 12 to 4. It was a well played game with the winner being in doubt until the 8th inning. There was little to choose between Walter Diak pitching for St. Josaphats A. C. and Mike Kobzan pitching for B. U. C. For the winners Samborsky, M. Simech Humenik and Sumlik were the best, while Swall with Jaworsky were best for the losers.

On May 31st the B. U. C. drubbed the U.P.Y.A. team by the score of 22 to 1. Bill Dutko on the mound for B. U. C. pitched a good game. For B.U.C. Swall, Urk and Kobzan were best.

FRED PECHALUK.

EAGLES REORGANIZE

Bill Panzen, captain of the Ukrainian-American Eagles of New York City, an athletic club, desires to make public the fact that, as many members have recently been obtained through mergers, the club will be reorganized. All inactive members are being asked to resign from the club as the captain feels it is not good policy to keep them on the membership list, many of them never having attended even one meeting.

The Gunhill Road Ukrainian Boxing Club and the Ukrainian Social Club of Yonkers have merged with the Eagles. The Eagles now have many active members and will participate in many affairs in the near future. The reorganization of the club takes full effect this Fall.

The new assistant captain of the Eagles is Alex Blinc. Persons interested either in the club or the reorganization should communicate with Bill Panzen, 48 E. 105th St., T. L.

combination with vegetables and fruit. Fish makes an excellent diet-combination with salads and all leafy vegetables that can be eaten raw, such as cabbage, lettuce and celery.

Salt fish and salt meats are difficult to digest. Eggs are a building food; just as meat and fish, and should be eaten in the same combinations.

The dried legumes (dried beans, dried peas, lentils, beans) should not be considered as vegetables. They are high protein foods like meats, fish and eggs. Do not serve them with meat or fish, for they take the place of those foods and should be eaten with green vegetables—preferably those vegetables that can be eaten raw.

Heat and Energy Foods: In the third group are the starches, sugars, and fats. If you eat too much of them, however, they cause laziness and make you feel tired. People who do hard physical work need more of these foods than others whose bodies do not require so much heat and energy. Starch turns to sugar in the body, but most people can burn up a good deal more sugar than is eaten during the day. This sugar can be taken in many forms but the best is the natural sugar found in sweet fruits and root vegetables such as: peaches, plums, melons, bananas, figs, grapes, pears, carrots, beets and turnips.

Next come the fats. The best fats are in butter, cream, olive oil and ripe olives. Cream cheese and cottage cheese are also good.

Summary: Don't overeat; don't eat meat and other proteins at the same meal. Eat plenty of raw fruits and vegetables, especially the green leafy vegetables. And remember that everything you eat, either builds you up or breaks you down.

IN DEFENSE OF COOPERATION

All of us, I hope, want to progress. We do not want to remain stagnant while others forge ahead, abreast of the times. As individuals, we want to get ahead, to find our place in the world. As Ukrainian clubs, I hope the same holds true.

One of the greatest steps in that direction is cooperation. To advance we must cooperate. We must pull together and respect each other. For if there is no harmony within a club, how can one expect it in its outside contacts?

Cooperation is necessary not only in clubs but in everything we do. Here are a few suggestions. Don't think the Golden Rule is too idealistic to be practical. It isn't. Cultivate a feeling of brotherhood. Don't let your horizon become so narrow that you can only see things in their relation to you. Don't expect to get something for everything you do.

By cooperating you can show the rest of your community what Ukrainians are worth. Make cooperation your aim and you'll soon be reaping its benefits!

HELEN TYRCYK.

McKEES ROCKS UKRAINIANS SPONSOR A.U.C. DANCE

The Ukrainian Social Club of McKees Rocks, Penna., affiliated with the Associated Ukrainian Clubs of Western Pennsylvania, sponsored a very successful dance on Wednesday, May 17. Despite the existing economical conditions, an unusually large group of enthusiastic dancers were present. Functions of the various committees concerned and the affair in general was capably managed by Mike Makar, dance chairman. The proceeds of this dance, as in the case of the dance held by the Carnegie Social Club, are to be turned over to the Pittsburgh Convention Committee (Sixth Ukrainian Youth's Congress under UYL-NA auspices, over the Labor Day weekend) for the purpose of creating a fund to be used to defray incidental expenses common to any convention. This is the second of a series of dances planned by the Associated Ukrainian Clubs.

J. SKARADA,
Publicity Director
Pittsburgh Convention
Committee

BRIDGEPORT YOUTH GIVE COMEDY

Ukrainian youth in the borough of Bridgeport, Pennsylvania performed a comedy under the capable direction of beautiful Miss Mary Rose Sarabun on Memorial Day, Monday, May 30th. The play was "Old Sinners," given in Ukrainian. It was written originally in French by S. Bela. Those acting were Wasyl Wityshinsky, Stephen Bury, Joseph Shewchuk, and Misses Vera Sarabun and Marion Wovk. After this performance members of the Avramenko School of Ukrainian Dancing, Philadelphia danced a few numbers to the delight of the audience. A social ended this joyous evening. The proceeds from this event are to go to one of the villages in Western Ukraine (under Poland) to construct a national home there.

M. E.

KNOBBY VISITS "UKRAINIAN CONSULATE"

Ukraine may not be free and therefore has no official consular representative anywhere in America, nevertheless Knobby Walsh, fiery manager of Joe Palooka, fictional world champion heavyweight boxer, in his desperate search for the vanished Palooka, visited the Ukrainian Consulate (don't ask us where) on April 30 to find out if Joe took a visa to Ukraine. He then visited other foreign consulates, but with no success.

I wonder what made Knobby think Palooka headed for Ukraine? Cosacks! Anyway, thanks to Ham Fisher, McNaught Syndicate cartoonist.

TORONTO COMMUNITY TO TAKE PART IN DOMINION FESTIVAL

The Ukrainian community in Toronto is going into the forthcoming Dominion Day Folk Festival at Exhibition Park in a big way. These instinctively artistic and energetic people are doing, as their share of the program, a "character ballet" no less, and have brought to Toronto a master of the art of ballet. Dimitri Chutro, sometime understudy to the great Mordkin, and more recently appointed ballet director and premier danseur for the Civic Grand Opera Company of Philadelphia.

Mr. Chutro does not come to Toronto personally unknown, for he was resident here a number of years ago, shortly subsequent to his coming to the New World from the Old. Mr. Chutro directed the ballet for the Ukrainian Art Theatre in the United States when Tschalkowsky's opera *Mazeppa*, based on the Pushkin poem, was presented with success.

For the Festival here on July 1 he is preparing the ballet "Khorovid"—Ukrainian Night—for which he himself has prepared libretto and choreography, and for which Prof. Paul Pecheniha has written the music. Rehearsals are already in progress at the Ukrainian People's Home, Lippincott street, and some forty or fifty dancers are participating, drawn principally from the membership of the Ukrainian People's Home, but representative of other local Ukrainian organizations as well.

(The Evening Telegram, Toronto, Canada, June 18, 1938)

UKRAINIANS IN THE SPORT WHIRL

Sport Editor, Courier-Express:—It was indeed a pleasure to read your column on Saturday, May 14, 1938, in which you mentioned Mike Tresh as the representative of the Ukrainians with the Buffalo Bison baseball team. The Ukrainians of Buffalo are very proud to have a Ukrainian playing with the Buffalo Bisons.

May I present other Ukrainians of the sport whirl? Baseball: Len Warneke. Swimming: Peter Fick, holder of the world speed marks; George Kojac, another swim star, represented United States at the 1928 Olympics. Wrestling: Bronko Nagurski, Bill Panzen, Count George Zarynoff, Ivan Zelesniak, Joe Katan, Ivan Piddubney, Alexander Harkavenko. Boxing: Johnny Jadick, former world's junior welter weight champion, Steve Halaiko, Steve Hamas, Billy Ketchell. Football: Bronko Nagurski is tops. The following Ukrainians were chosen for the 1937 All American football team: Frank Souchak, U. of P.; John Druze, Fordham University; John Michaelson, U. of P.; Al Barbartsky, Fordham University. Handball: Walter Plekan, a Buffalo lad who is a holder of the National Junior A.A.U. and New York State titles.

WALTER CIOPYK.

(Item in "Sports Letters and Queries" column, conducted by Billy Kelly, Buffalo Courier-Express, May 26, 1938).

NEW YORK CITY

On the eve of his departure for Europe, Prof. A. Rudnitsky, the well known Ukrainian composer and conductor, will give a TALK on Ukrainian Music, a topic of special interest to second generation Ukrainian youth, on MONDAY, JUNE 27, 1938, at the International Institute, 341 E. 47th St. The talk will be given under the auspices of the combined Ukrainian Clubs of the Institute. As the time will be limited, the program will start promptly at 8:30 P. M. All youth invited.

CONNECTICUT YOUTH!

Begin your summer frolics with a bang! Spend the Fourth of July as guests of the Conn. Youth Org. at the Salabay farm, 57 East St., Southington, Conn. The fun begins at 1:30 P. M. with a softball game, followed by outdoor sports, picnicking, dancing, and in the evening campfires. Markers in Southington and vicinity will enable motorists to find the grounds easily. There is no Admission Charge.