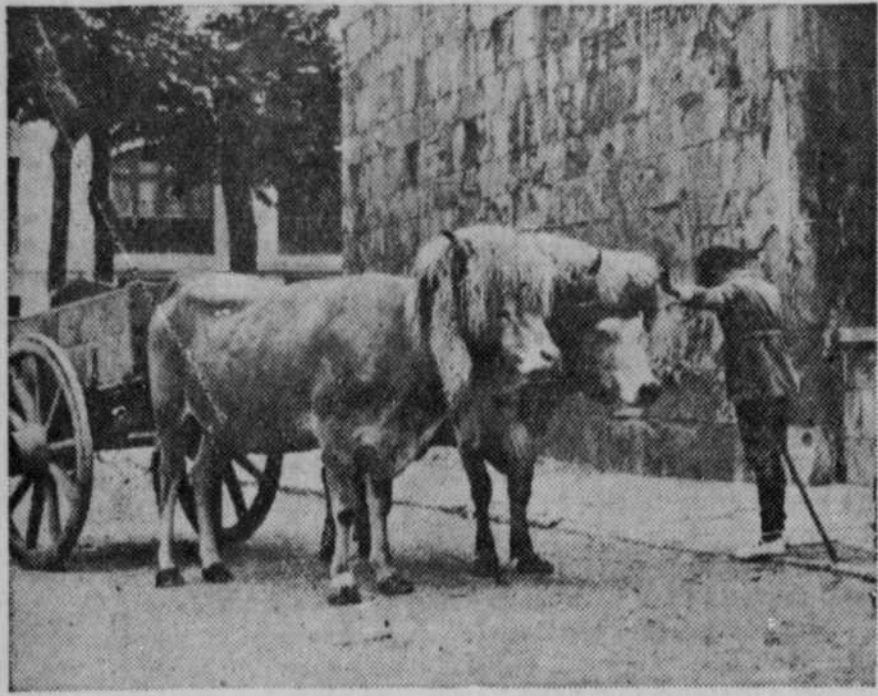


SPAIN'S BARRIER

● The Pyrenees, where Romans once bathed, now boast thermal spas. Tens of thousands vacation yearly in these romantic mountains of southwest Europe.



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

THE Pyrenees form a barrier that political map makers could not ignore. All the way from the Mediterranean and the Atlantic their mighty ramparts notch the sky. Like a massive Chinese wall they set apart the Iberian peninsula from the rest of Europe.

ABOVE—An ox team of the Pyrenees at St. Jean-de-Luz, one of the historic villages planted deep in this mountainous area where time has changed local customs but little.

autumn fair. Merry-go-rounds, bump'em and dodge'ems, catch-penny side shows, and every Coney Island attraction that young or old might wish fill the wide tree-canopied promenade.

—And So to Bed

Then lights flicker in the castle windows, smoke pours from the batlements, and the towers become red as flames leap higher. The castle is "burning" in a most realistic manner. As darkness settles over the walls holiday makers pile into flivvers, buses, and donkey carts.

Superbagnères is as gay in winter as it is cool in summer. On its slopes are bobbed runs, ski jumps and even a skating pond. From Gavarnie to Argeles-Gazost, and the side trip to the summer holiday center of Cauterets, the road weaves through gorges most of the way.

Fau, although in the Bases (low) Pyrenees, seems on the plains. When the town was capital of the old province of Bearn, it was scenic.

Hannibal's Land

Your journey begins at Perpignan, sunrise gateway to the Pyrenees. The countryside basks in the bright sun beside the Mediterranean and is rich with vast vineyards. Hannibal, with his troops and his elephants, camped hereabouts after crossing the Pyrenees. Greek traders and the Romans found it a pleasant land.

Actually the Pyrenees highway starts at Cap Cerbere, so you motor down the coast past Elne, Argeles-sur-Mer, and Collioure. Elne demands a sentimental pause, for it is the ancient Iliberis. Constantine changed its name to Helena in memory of his mother.

High up on Cap Cerbere the traveler halts. You may look over into Spain, but you cannot go there. Because of strife in the south, the frontier is closed to all traffic. You mount the narrow highway which loops, twists, and zigzags in sharp hairpin turns over the hills.

From Villefranche-de-Confient to Mont Louis, both fortified by Vauban, fort builder for France in Louis XIV's reign, the road follows up the course of the Tet river. Beyond Olette the valley narrows into a precipitous gorge, with mighty boulders forming its gateway and ramparts. Deep below, in a wild ravine, the river brawls noisily over its rocky bed.

Home in the Sky

Where the profound gap widens again, you catch fleeting glimpses of a village set high atop one of the rocky walls. It is more than a thousand-foot drop to the nearest bus stop, but what a front-window view the residents must have! In less than 12 miles here in the upper Tet the road spirals and mounts upward 3,000 feet, like an airplane seeking elevation. And the view that one gains approximates that from a cockpit.

On the downward slope toward the Arriège you pass the road spur that leads to Andorra, quaint survivor of the old Pyrenean republics, with its loyalties united both to France and Spain.

Although bleak at its beginning, the Arriège increases in prosperity as it descends and widens. Snow-fed rivers fret noisily through Axies-Thermes, but in the vicinity there are several hot sulphurous springs about which the popular spa has grown.

Foix really is off the Pyrenees route, but it is still deep in the hills and for centuries was the capital stronghold for the counts who ruled the district. Its venerable castle, standing boldly on a rocky hill rearing above the junction of the Arriège and the Arget, is a pleasing remnant of feudalism.

By good fortune you may arrive in the town on the chief day of its



Pelota players in the Pyrenees use a long troughlike basket to drive their soft rubber ball back at the opponent.

Red-White-Red

As you speed along the road, you see slate roofs turn to red tile. Walls flash white in the sunshine and the houses take on red balconies and red shutters. Churches acquire differently shaped towers and every village has its fronton, or wall, against which the game pelota is played. Farmers, driving ox carts of bracken down from the hills, wear inevitable berets. You have entered the Land of the Basques.

On the road through Louhossoa, Itxassou, Cambo-les-Bains, Larressore, and other strangely named places you journey. The young boys, had they been American, would be playing sand-lot baseball. Being Basque, they bounce balls against the village frontons. For pelota is to the Basques what baseball is to Americans.

The game has several variations, some requiring a long field extending from the fronton. A soft rubber ball is used. In the play it is caught and returned to the opponent from a single bounce or directly by means of a long troughlike basket strapped to the hand.

NATIONAL AFFAIRS

Reviewed by CARTER FIELD

● President's talk to Canadians again stirs up controversy over St. Lawrence seaway project... Secretary Wallace in dilemma over wheat surplus... hard spring wheat growers balk on wheat quota system.

WASHINGTON.—President Roosevelt's appeal over the heads of the Canadian government—none too enthusiastic about the St. Lawrence seaway project—to the Canadian voters has the privately owned utility companies in northern New York and New England a bit jittery. They had assumed that the railroads and shipping interests of the Atlantic and Gulf states would continue to block the President in the senate against ratification of a treaty authorizing this waterway, and they had assumed also that the Canadian government would continue unfriendly.

They have known for some time, through trade channels, so to speak, that the Canadian government was not particularly interested in developing more power from the St. Lawrence. Actually, the Canadian government proposed another source for power some time back. It proposed to tunnel under a mountain, just south of Hudson bay, and divert the flow of a river now emptying into Hudson bay southward, so that eventually its water would find its way into Lake Ontario. This would not only provide an excellent power site, but the diversion would result in more water at Niagara falls, and in the rapids below the falls. In other words, it would make the St. Lawrence an even bigger power project than had been contemplated.



The President

The United States did not take kindly to this proposal when it was laid before the state department. The Canadians wanted an agreement from the United States that if Canada spent money to divert more water into the Great Lakes, Canada would be entitled to that much additional water to use for power if and when there should be further utilization of the St. Lawrence for power purposes, and at Niagara falls regardless of whether there should be any further development or not!

The point is that, in his desperate need to sell wheat abroad, Wallace is now turning to the idea of subsidizing exports, at any rate up to about 100,000,000 bushels. Now this approach is dangerous to the very difference of opinion which rocked the New Deal in its early days, when George N. Peek was insisting that there should not be crop restrictions in the United States, but that we should barter our surplus production with other nations for their surpluses. Wallace during this period insisted on restricting American production, except cotton of course, to American needs, and thus holding up the prices for wheat, corn, etc., to American standards.

White House Worried Over Canadian Stand

It was this last suggestion that worried the White House. The President was afraid that if Canada obtained more power from her own development in this tunnel and river diversion project, and also had the right to use more water for power at Niagara falls, it might be more difficult to interest the Canadian government in the St. Lawrence seaway project. So Secretary of State Cordell Hull informed Ottawa that this government regarded the whole thing as one project, and would not make any advance agreements. In short, this government is not willing to permit Canada to have the full benefit of her scheme to divert water from the Hudson bay, where it is useless, to Niagara falls, where it would be very useful, unless Canada goes along with Washington on the St. Lawrence project.

There has always been a considerable amount of opposition in Canada to the seaway project for various reasons. At present, according to information here, the Canadian government feels that it has nearly as much power as it wants, anyhow. It would infinitely prefer some cheaper way of getting what little additional power it needs to go into such a magnificently expensive project as the St. Lawrence. Latest estimates are that the cost of the St. Lawrence project would be \$272,453,000 for the United States and \$270,976,000 for Canada. That is big money, even in the United States. It looks bigger in Canada, where the number of taxpayers is smaller. Especially as there is no crying need for the additional power in Canada.

New Wheat Quota Stirs Spring Wheat Growers

Northwestern hard spring wheat growers and farmers north of the Ohio and east of the Mississippi, who raise wheat regardless of price in a necessary rotation cycle, both threaten Secretary of Agriculture Henry A. Wallace's new wheat quota system.

Neither group feels that it can accept reductions on planting, though they might accept the quota reductions if they could work it by mowing enough grain in each field before it becomes ripe to bring their total acreage down to the quotas. Experts object here that this would not actually reduce production very much, as the farmers naturally would very carefully mow only the bad spots, and there are always enough bad spots in a field to permit compliance with any reasonable quota restriction if they were eliminated.

In the Northwestern country the hard wheat raisers point out that

their production does not complicate the problem at all. As a matter of fact, this country usually imports from Canada huge quantities of hard wheat for blending in order to make flour for bread.

In the territory north of the Ohio and east of the Mississippi, extending all the way east and including New York and Pennsylvania, wheat is a special problem. The farmer in that huge territory does not particularly want to grow wheat.

There are several reasons for this. One is that he needs a certain, and very definite, amount of straw to use with manure and for bedding for cattle, etc.

Wheat Problem Mixed With Corn and Cotton

Another reason for the indefinite amount of wheat he will plant is that this fits in with a four or five-year cycle of crop rotation. No other crop, for various reasons, fits in so well. The problem is somewhat like that which faced the German sugar beet farmers after the war, when Cuba could produce sugar at two cents a pound, whereas beet sugar cost them nearer five. But on a given field, which would produce 10 bushels of wheat every crop, if planted annually, if they would grow sugar beets one year and wheat the next, alternating, the crop every two years would run 20 bushels or better to the acre. In addition, they used the beet tops for feed. So that the sugar beets, in a way, were velvet, both as to feed and sugar price. On top of this, work in the beet fields comes at a time when it does not conflict with labor on other crops.

The real difficulty in wheat grows out of the difficulties with corn or cotton, or rather with the "solutions" of the corn and cotton problems. More than 3,000,000 acres of cotton land are now in wheat because of cotton quotas, and more than 9,000,000 acres of corn land is now in wheat because of corn quotas. Obviously Wallace cannot raise the quotas of cotton and corn to relieve the wheat situation, because the cotton and corn situations are just as bad as wheat.

Wallace in Dilemma Over the Wheat Surplus

In the curious dilemma which confronts Secretary of Agriculture Henry A. Wallace on the wheat surplus there is more than a hint that he would not be distressed if Secretary of State Cordell Hull should "slap him down."

George Peek picked cotton, which did not particularly antagonize Wallace, for his supreme test of strength. He arranged a barter agreement with Germany, under which Germany was to take American cotton and we were to take manufactured goods of presumably equal value.

This ran head-on to collision with Secretary Hull, who then and now thinks the whole solution of the international trade problem is elimination of trade barriers by reciprocal trade agreements.

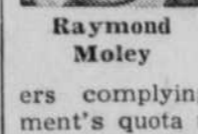
No One Ever Won Fight Over Secretary Hull

Now Wallace has been pushed into a corner where he seems in grave danger of fighting Hull, and, since March 4, 1933, no one has ever won a fight with Hull, not even the original head brain trustee, Raymond Moley.

But the funny part of the whole business is that, in taking this stand which may lead him into conflict with Hull, Wallace takes a position which he has hitherto always opposed with all his strength, the plan of subsidizing exports, as against restricting production inside this country, in order to prevent a surplus.

If the state department should intervene, before congress meets, and insist that this policy be abandoned, no one here thinks that Wallace would be crushed. He would have his alibi to the farmers, and a new argument for enforcing quotas. Also he would have a new argument with congress, always sympathetic to the farmers, for more benefits to be paid farmers complying with the government's quota restrictions.

There is also the question of processing taxes, which seems to get the present department of agriculture activity closer and closer to the very AAA doctrine which the Supreme court held unconstitutional, and further and further away from the concept of "soil conservation," which was hit upon as a shrewd device for accomplishing the same objective in a way not yet declared at variance with the constitutional powers of the government.



Raymond Moley

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WHAT to EAT and WHY

C. Houston Goudiss Enumerates the Nutritious Values of the BANANA

Explains How Our Most Satisfying Food Fruit Helps to Maintain Health at All Ages.

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

BEFORE the discovery of the vitamins and before we knew so much regarding the body's mineral requirements, interest in food was centered around proteins, carbohydrates and fats. Fruits which in general supply little protein and fat, and widely varying amounts of carbohydrates, received scant consideration as a source of essential nutrients.

But with our steadily increasing knowledge of vitamins and of the importance to the body of a long list of essential mineral elements, fruits have assumed a commanding place in nutrition. And those who follow the primary rule of a well balanced diet and serve fruit twice daily have been rewarded with increased health and vigor.

In addition to their minerals and vitamins, fruits are valued because of their bulk or cellulose which helps to insure regular health habits.

The Most Economical Fruit

Many homemakers consider that fruits as a class are among the more expensive items included in the food budget.

But that statement is far too general and indicates a lack of information concerning the comparative nutritive values of the different kinds of fruit. For example, it has been said of the delicious and economical banana, that it gives more nutritive as well as money value than almost any other food.

Fruits, in general, are frequently divided into two classes; they are known as flavor fruits when they contain 80 per cent or more of water and as food fruits when the water content is less than 80 per cent. Bananas are a food fruit of the first order!

Ripe bananas are rich in carbohydrates and furnish the body with splendid energy values, with a minimum tax on the digestive system.

Double Fuel Value

When fully ripened, this fruit provides quick energy because a certain amount of its sugars are almost immediately absorbed by the body. On the other hand, several hours must elapse before the remaining sugars are completely assimilated. Thus, eating bananas provides a continuous supply of energy for a considerable period. They not only help to promote rapid recovery from fatigue but also furnish a continuing supply of energy which keeps one from becoming hungry again too soon after a meal.

The edible portion of one average-sized banana weighs about 3½ ounces and provides 100 calories. It takes almost the same weight of white potato to yield the same number of calories.

Bananas a Protective Food

Bananas take an important position among the protective foods, because they are a good source of four vitamins, A, B, C and G, and contain a total of 11 minerals. They leave an alkaline-ash following digestion.

Fully ripened bananas are easily digested and are mildly laxative.

Valuable in Child's Diet

Bananas deserve a prominent place in the child's diet from infancy to maturity. Some baby specialists prescribe mashed and strained ripe bananas as one of

MOTHERS!

Get this FREE Bulletin on **Child Feeding**

● Don't Handicap your child for life by improper feeding. The omission of even one minute substance may impair health, reduce learning ability.

● Write . . . NOW, for the comprehensive free bulletin on the Child's Diet compiled in the Experimental Kitchen Laboratory, maintained by C. Houston Goudiss in New York City.

Address C. Houston Goudiss, 6 East 39th St., New York City

OVERWEIGHT.

Spoils Your Looks Impairs Efficiency

... And it may seriously affect your health. If you are over 30, and weigh more than the normal weight for your height at the age of 30, the chances are that you would benefit greatly by a rational program of weight reduction.

You are invited to write to C. Houston Goudiss for his scientific Reducing Bulletin, which outlines the safe, certain and comfortable method of weight reduction by counting calories. It includes balanced reducing menus and a chart showing the caloric value of all the commonly used foods.

With it, you can easily compute the caloric value of every meal you eat.

Just write to C. Houston Goudiss, 6 East 39th St., New York City—a post card will do—and ask for the Reducing Bulletin.

values with a minimum of digestive effort.

Most Versatile Fruit

Bananas are always in season and are usually most inexpensive. It is desirable, of course, that only fully ripened bananas be eaten raw. That is because their constituents vary with the degree of ripeness.

Bananas are picked when they are green and hard, and the carbohydrate content is almost entirely starch. As they ripen, the starch is converted into easily digested sugars.

In fully ripened bananas—those in which brown flecks appear on the yellow skins—the starch has almost entirely disappeared and the flavor has been developed to its highest point. The all-yellow banana is also ripe enough for eating and it is likewise firm enough for cooking. Partially ripe bananas—those which are yellow with a green tip—may be cooked and served as a vegetable or as dessert.

Considering their availability, ease of digestion, high food value and economy, bananas deserve to be classed as one of the staple foods in every well planned dietary.

Questions Answered

Mrs. G. R. McK.—When peas and beans cause discomfort, owing to their tendency to form gas, they can frequently be eaten without distress in pureed form.

Miss M. L. A.—Both sweet and white potatoes contain vitamins A, B and C; but sweet potatoes are a much better source of vitamin A than white potatoes.

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HOW to SEW

By RUTH WYETH SPEARS

A LETTER comes telling the story of mats a clever girl designed for her dressing table. The problem was to make them to fit spaces of unusual size. Her room color scheme was blue and white and a design of white embroidered snow crystals on cool blue linen was what she wanted.



Here is the way she achieved a charming result.

The linen was cut the desired size and narrow hems creased with a warm iron. The hems were then backstitched in white from the right side with three strands of six-strand mercerized embroidery cotton. She wanted the arrangement of the snow crystals to be helter-skelter—just as they would fall; so she took a handful of coins and tossed them onto the linen. There was a 50-cent piece; a quarter; some dimes, nickels and pennies. After several tosses she drew around each coin where it fell.

Still using three strands of the

Safe Hits, No Score

A baseball club can make six hits in a single inning without scoring a run. Here's how: The first batter up singles and is caught stretching it into a double. So does the second batter. The third, fourth and fifth batters each hit short singles, making five hits for the inning and filling the bases with two out. The next batsman hits one of the runners with a batted ball. He gets credit for a hit, but the runner is automatically retired. Thus you have six hits in one inning without a score."

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WATCH

YOU can depend on the special sales the merchants of our town announce in the columns of this paper. They mean money saving to our readers. It always pays to patronize the merchants who advertise. They are not afraid of their merchandise or their prices.

THE SPECIALS