

## ONE MORE RIVER

• Bridges are few in Ethiopia, where the traveler must often swim or stay behind!

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

GOOD roads still are few in Ethiopia. Smaller streams must be forded. Often this is good fun. Some of the porters usually fall in the water, and this makes hilarious talk for the whole outfit for many days. Since there is little for Ethiopians to talk about, the smallest incident becomes a matter of seemingly great importance and furnishes an opportunity for loud discussions.

At large streams, where mules must swim, travel is difficult. To cross the Blue Nile, it is usually wise to go when the moon is so full that you can have its light when you break camp and start the descent early in the morning. The early start is necessary because there are no camping places or water from one rim to the other, therefore the distance must be made in one day.

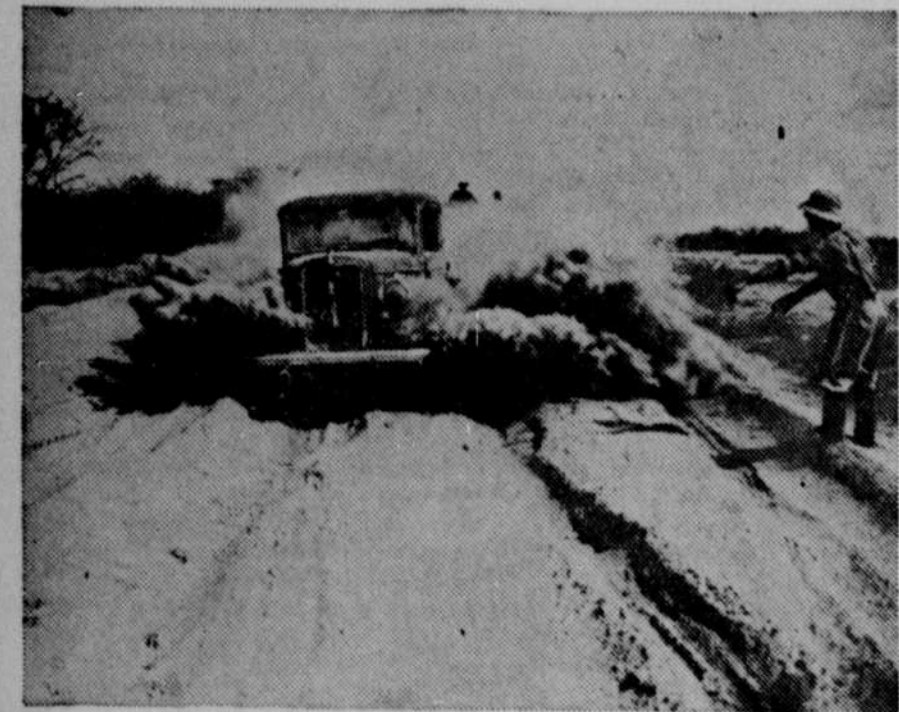
When the local chief is convinced that a party wishes to cross the river, he blows his horn and assembles professional swimmers, because few of the caravan men can swim. First you take off the mules' packs. These, with the men who cannot swim, are then ferried to the other bank in hide boats, called jendies, pushed by the swimmers, who return to their job of getting the stubborn mules to the other side.

By getting one mule to lead, the hope is that others will follow; too often this expectation is blasted. One stubborn mule can upset the whole well-laid plan. It is dangerous business for the swimmers, caught in a welter of thrashing, panic-stricken animals.

Many swimmers are killed at the fords every year. Once across the swift water, the climb up the steep, narrow trails on the other side must be made with tired men and animals. In some places the trail is little more than a series of steps, where progress is slow and difficult. On such struggles you have no time to enjoy the beauty of the rugged scenery!

### Mail Goes Through

Safely back on the upland trails, life is simple. Association with a people who never worry is a novel experience; no telephone calls, no newspapers here. Once in a while a mail runner brings news. Delivery of letters by runners is a well-established custom. The



Italian road builders in Ethiopia had to contend with shifting desert sands, among other things. Here is a light motor lorry ploughing its way over the road from Mogadiscio to Harrar before Italy started its new road building program.

"runners" are usually hardy men, who do not "run"; they know the short cuts and foot trails, and how to pass through the territory of local chiefs; much of their time is spent in villages and churches along the way where they are welcome for the stories they tell of happenings in the capital. Because of this, they bring the mail safely.

You are told that no runner has been robbed of his mail in the history of the country! He may fall upon evil days in some village, but the letters, which he carries in a cleft stick, are not touched.

Highland Ethiopians are essentially an agricultural people. Their existence is based on the experience of their ancestors. Cultivating a piece of ground which will yield enough for the family and the tax collector, they then let it fallow for four or five years. The ground is hardly scratched by the plowing. Plows are straight sticks of wood, drawn by two bulls.

Children often plow and seem to enjoy it. They shout, threaten, and crack their whips. It is amusing to see how little attention the bulls pay to their efforts. However, with much laughter and little exertion a field is eventually plowed, ready for seed grain, which is broadcast over it.

Village life is placid. The people are content with few possessions. Men spend much of the day in the fields and yet have plenty of time for gossip. Women are modest; they



This Ethiopian boy learns mostly by listening to his elders. Strangers often underestimate the intelligence of these youngsters.

work steadily, yet not too hard. Flour they make from tef, baking thin loaves of bread called indgeria; they weave cloth of good quality into the distinctive native robe called a chamma. The most typical sight at any village is the procession of women and girls, carrying water in large earthen jars on their backs.

No newspapers are known, but all news is broadcast at the markets, each village having its weekly market day. Certain markets are known for special goods; to Ankober many people come to buy the black woolen cape, or burnoose, and to Dembea they go for pepper. On market day at Dessye thousands of people engage in trading and gossiping.

Bargains are usually long drawn out affairs and the people pride themselves on being good traders. As a general rule you find that a reasonable purchase can be made. Salt bars are a more desirable currency than silver coins. The salt is made into bars at Red sea points, then transported by caravan to the interior where it is traded for pepper, which brings a good price in Eritrea and French Somaliland.

### Lake Tana's Story

Lake Tana is situated in the midst of volcanic formations of recent geologic age. After considerable speculation about its origin by the first European explorers, it is now generally believed to occupy the lava-obstructed valley of an ancient Blue Nile river. The old river valley was probably a deep one; a flow of lava entered it, causing a natural dam at what is now the southern end of the lake. The fractures in this lava, its scoriated appearance, and vast surface extent, mark a terrific natural upheaval of long ago.

There is a combination of low shore area near the lake, with long, gray ranges of volcanic mountains encircling it; these rise abruptly



from the plains. Some of the intrusions and volcanic plugs, especially on the eastern watershed, are extraordinary, rising several thousand feet sheer from their bases, unscalable, grim and bare.

More green than blue, the water of this lake is beautifully clear. At sunrise the crimson glow is reflected by the water; when the moon is full, ripples on the lake catch the light and make it a pleasing picture. It acts as a mirror when flocks of low-flying, snowy-white egrets cross it to their nesting places in the papyrus swamps.

During the dry season, its behavior can be predicted with certainty. In the early morning it is calm and serene; near noon a breeze blows from the lake to the shore, gently at first, gradually increasing until in the early afternoon whitecaps appear, and by evening the waves have assumed a real importance, dashing against the rocky shores. As night comes on all grows quiet again, ready to begin the cycle once more.

One of the most interesting birds on the lake is the African darter, or snakebird. When seen in the water it is entirely submerged except for its long, snake-like head and neck. When it comes out on the reefs, its one concern in life seems to be to dry itself; it pays great attention to drying its wings carefully, and as soon as this is accomplished it plunges into the water again.

## NATIONAL AFFAIRS

Reviewed by CARTER FIELD

Senators who beat "purge" may find patronage cut off... Move to refuse vote to reliefers takes beating in New Jersey... Supreme court decision is needed to clarify wages-and-hours regulation law... Ruling in N. R. A. case is recalled.

WASHINGTON.—With few exceptions, the United States senators involved in the purge realize that their troubles with the White House were not ended by their triumphs at the polls. Most of them are not perturbed about the elections they must now face. Of all on the list Sen. Guy M. Gillette, of Iowa, is probably in the most danger. Former Sen. Lester J. Dickinson, who has the Republican nomination against him, is an able campaigner, and was defeated in 1936 only by the overwhelming character of the Roosevelt landslide. He ran way ahead of his ticket.

Sen. Frederick Van Nuys, of Indiana, is also in a little danger from his Republican opponent. But nearly all the rest of the Democrats who dared to differ with the President are in very little fear of their Republican opponents.

What they have to worry about is what is going to happen to their organizations at home when the White House is doing its utmost to build up "loyal" and "liberal" organizations in their own states. The course the White House will follow is already clear.

Normally, the senators of a state, if their party is in the majority, are very potent in their state organizations, because they can distribute so many important federal jobs. But although President Roosevelt has had very poor luck in trying to persuade the voters in Democratic primaries and conventions to reject men who opposed him, there is no way for the voters to force Mr. Roosevelt to assign patronage to the men the voters approved. And no one thinks he will do it.

### Proffer of Juicy Jobs

Plenty of men in Mr. Roosevelt's place would call the war off and try to make friends of the men he has been fighting. He could do it easily. Most of them would be very glad to make peace, bitter as they have been and as most of them still are. Mr. Roosevelt has plenty of personal charm, however, and in addition no senator is going to fight too hard against a proffer of friendship accompanied by tenders of a whole crop of juicy jobs for the senator's political lieutenants.

This may even happen in a few cases. Most observers believe that the President will go more than halfway to meet Sen. Bennett C. Clark of Missouri, for instance. He invited Senator Gillette to lunch the moment the victorious insurgent got back from his primary. But there are some senators on that original purge list of nine with whom the President simply does not want to be friends. He wanted to "mow them down" in the primaries. Having failed there, he will try to mow them down by cutting off their political powers.

All of which foreshadows a lot of interesting fights in the senate between the President and those who do not like him, or rather those he does not like. There will be fights over confirmations, when he seeks to name political enemies of sitting senators to important jobs in their states.

This will not do the senators in question very much good, but neither will it do Mr. Roosevelt any good. For every time there is such a fight there will be plenty of publicity.

### Move to Refuse Vote to Reliefers Takes Beating

The New Jersey women who wanted to refuse the ballot to all persons on relief took a terrible beating from President Roosevelt and from liberals generally. Publicly very few folks came to their support. There was a notable absence of political candidates among those publicly supporting their contention.

But we have not seen the last of this issue. It will probably never get anywhere so far as actually barring those on relief rolls from the registration lists is concerned, but it may get somewhere by indirectly affecting candidacies and issues.

Despite the lack of public support, there are a great many people in and out of public life who think the New Jersey women have a case. No politician wants to say so, because so long as the reliefers stay on the polling lists—and the extreme probability is they will stay there indefinitely—no politician wants to go out of his way to alienate their votes. But it is surprising

how many senators and representatives will admit privately to their friends that a man or woman on relief should not be permitted to vote until he or she has removed that particular burden from the backs of the taxpayers.

### Hopkins' Argument Does Not Please New Dealers

The best argument for the side of the New Jersey women has been presented, of course, by Harry L. Hopkins himself. His statement that "naturally" 90 per cent of the WPA workers are for Roosevelt did not sit particularly well even with New Dealers. It is one thing for Democratic leaders to point out that the Hoover administration did nothing and about how terrible the unemployment became, and how much better the Roosevelt administration is doing. That is fine, and if people, believing that, want to vote on the New Deal side in primaries and elections this year, or two years hence, no one can object.

But it is quite another thing to boast that 90 per cent of the WPA workers will support Roosevelt's candidates in primaries and elections, because the present administration is feeding them. And it becomes even worse when Hopkins' words conjure up a picture of rival candidates bidding for the relief vote by promising more and more.

There are many more people—including politicians, quiet as they may keep about it—who are shocked by this idea. More than that, they are genuinely frightened as to what it may do to this country if such practices are continued. Which is nobody even pretends to see the end.

This fear is entirely distinct from that which concerns more and more relief, hence more and more taxation, and eventually a financial blowup ending in destruction of present values. It is true that it is closely related, and one may lead to the other. But there are officials in Washington who have defended big relief appropriations, contending that this was the only way to pull the country out of its economic tailspin, who are genuinely disturbed over the idea of a permanent "relief vote" to which every politician hoping to get anywhere would have to cater.

### Need Supreme Court Ruling To Clarify Wage-Hour Law

There will have to be some Supreme court decisions before the scope of the wages and hours regulation law is fully understood. The trouble revolves around the question: What is interstate commerce?

Administrator Elmer F. Andrews frankly admits that he does not know where to draw the dividing line. Neither does anyone else. There is plenty of opinion as to where the dividing line should be drawn, but the opinions do not agree, not even among New Dealers.

There is one very clear point, which is that most of the left wingers believe the line should be drawn very liberally, considering every business as being in interstate commerce—and therefore subject to the restrictions of the wage-hour law—which in the remotest degree affects interstate commerce.

But most of these same New Dealers admit without hesitation that they do not think the Supreme court, even with the recent changes, would go as far as they do in this direction.

Eventual decision of the wage-hour administration will probably be further to the left than the general concept, which is to say that the decision will include more business enterprises than the ordinary business man would figure were engaged in interstate commerce. If the words "affect interstate commerce" are used, naturally there is a broader base for inclusion.

But there is a serious difference of legal opinion as to whether the federal government has the right to regulate anything which merely "affects" interstate commerce without actually taking part in it.

### Decision That Threw Out N. R. A. Is Recalled

For example, a rug manufacturer might establish a factory in Allentown, Pa., and restrict his sales entirely to the Keystone state. He would not be engaged in interstate commerce, but he certainly would be affecting it, to precisely the extent to which his sales displaced sales from sources out of the state. Presumably for every rug he sold one less rug would be shipped into Pennsylvania, unless he took the business away from factories already within the state.

But the Supreme court decided, in the famous Schecter "sick chicken" case, that the transaction involved there was not interstate commerce, that the federal government did not have a right to regulate it, and on that ground threw the whole NRA out the window.

Important here is the fact that this decision of the Supreme court was unanimous. Two very advanced liberals, Justices Brandeis and Cardozo, agreed with the opinion. Unless several of the present members of the court, including notably Justice Brandeis, have changed their minds right about face, the wage-hour administration may run up against some tough sledding if it seeks to go as far as the left wingers would like.

• Bell Syndicate.—WNU Service.

## What to Eat and Why

C. Houston Goudiss Discusses Sugar, Sirup and Molasses; Describes Correct Use of Sweets, Peerless Body Fuel

By C. HOUSTON GOUDISS

THERE is an old saying that good things come in small packages. That is particularly apt when we pause to consider the nutritive value of sugar in its various forms. For two scant tablespoons of sugar supply as much caloric value as does three-fourths cup of cooked farina, or one and one-third eggs, or the lean meat of one lamb chop.

Sugar is a highly concentrated fuel food which burns quickly and completely in the body furnace.

### The Sugar Bowl is a Dynamo

It has been said that our present day civilization could not have reached its present heights without the driving force that sugar gives to men and women. And it is a fact that until comparatively recent times, only the very wealthy could afford this quick energy food which we now consume at the rate of more than 4,000,000 tons a year, or more than 100 pounds annually for every man, woman and child.

This peerless fuel food was once regarded almost as a medicine because of its ability to relieve fatigue and sustain vitality. And no wonder! For sugar is transformed into heat and power in less time and with less effort than any other foodstuff.

### A Real Stimulant

While starchy foods require an average of from three to four hours for digestion, the body begins to burn a ration of sugar from 10 to 30 minutes after it is eaten.

It reaches the blood and muscles in a few minutes—as rapidly in fact as alcohol! That is why concentrated sweets, which are largely sugar, are so effective in combating fatigue.

Athletic coaches are well aware of the unique power of sugar as a stimulant and restorative of energy. That is why school and college youths are so frequently given highly sweetened beverages and other concentrated sweets before engaging in athletic competition.

Military leaders also appreciate how it increases endurance, and sweets are an important part of the soldier's ration. During the World War civilians were urged to reduce their consumption of sugar in order to make larger amounts available for the army, and most people found it difficult indeed to forego this agreeable food.

### Indispensable for Most People

Sugar is such an indispensable ingredient in cakes, cookies, pies, puddings and ice creams, it is so necessary in beverages, on breakfast cereals and with fruits that it seems a great hardship to do without it even for one meal.

We are extremely fortunate, most people will agree, to live in an age when sugar is so high in quality and so reasonable in price. In the thirteenth century when sugar was introduced to England through India, it cost the equivalent of ten dollars a pound in the monetary terms of today.

Refined sugar is now priced at a few cents a pound and one pound supplies over 1,300 calories! Moreover, when you buy a branded product, backed by a well-known name, you have the assurance that quality and purity are of the highest.

### Moderate Use Desirable

Like all sources of great power, however, sugar must be handled with care. Too much sugar may prove as disastrous as too little. Possibly because of this, several false notions have grown up regarding this splendid food.

It is often charged that sweets cause indigestion, and it is true that when consumed in excess, they may ferment and result in irritation. Therefore, moderation should be the watchword.

But that is an excellent rule to follow in regard to all kinds of foods. For when consumed to excess, any food ceases to be beneficial.

It has also been charged that sweets are harmful to the teeth. But recent investigations suggest

that the teeth are far more likely to deteriorate because the proper minerals and vitamins have not been included in the diet.

It is, however, desirable to restrict the amount of sugar given to children. That is because it quickly satisfies the appetite and may therefore decrease the consumption of other good and necessary foods, particularly those containing an abundance of minerals and vitamins. Children therefore can best take sweets in the form of sweetened puddings, gelatin, cooked and fresh fruits, and fruit juice and milk beverages.

### A Food of Many Forms

The quick pick-up of sugar can be obtained in many forms besides the sparkling crystals of granulated sugar with which we are most familiar, or the brown sugar which is quite similar in composition, except for a larger moisture content, despite popular notions to the contrary.

Most fruits contain easily digestible sugars, the percentage in dried fruits ranging from 50 to 75 per cent. Milk sugar is also easily digested. Honey, molasses, corn sirup and the popular blended

sirups are usually eaten in combination with other foods and are therefore unlikely to be consumed in too large amounts.

Corn sirup is often added to milk, fruits, vegetables, cereals, breads and desserts. It helps to make these foods more palatable and adds 60 calories with every tablespoon. It is so easily digested that it is often used in infant feeding.

Molasses provides significant amounts of both calcium and iron and is a good sweet for growing children. One and one-half tablespoons of molasses supplies as much calcium as one and one-half cups of diced carrots. It is a wise mother, therefore, who uses it in making the cookies that children like so well.

The mixed or blended sirups that are so popular with griddle cakes and french toast on cool fall days, also add palate appeal and energy values to the diet.

For in whatever form sugar is consumed, it remains nature's shortcut to press-the-button heat and quick, healthful stimulation.

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### Wise and Otherwise

Some people are good for nothing. Others, alas, get nothing out of being good.

Easy street is a sleepy street. It takes a man who's a straight shooter to make a hit with the misses.

Scientists say that prehistoric man was never round-shouldered. He had no taxes to carry.

It's a good idea to get a girl's number before giving her a ring.

A woman always thinks she is better than other women. A man hopes he's no worse than other men.

## HOW to SEW

By RUTH WYETH SPEARS



M. S. writes: "I followed the directions in Book 2 for a fabric hat and it was so satisfactory that I wonder if you could tell me how to use a piece of woolen material that I have to make a hat for my little girl who is just starting to school?"

Here is a cunning schoolgirl hat that's easy to make. You need two pieces of goods—one for the hat and one for the lining. They may either match or contrast. Each piece should be 1-inch longer than the measurement around the largest part of the child's head. The depth of the pieces should be half their length. The diagram at the upper right of this sketch shows how to make a paper pattern for the hat. Cut a square piece of paper 1/2-inch wider and deeper than half the head measurement. Mark point A on the right edge half way between the top and bottom as shown. Points B and C are marked at the center top and bottom of the paper. The dotted lines are guide lines to help shape the curved lines between A and B and C and D. Point D is the center front of the top of the hat pattern and is placed on a fold of the goods in cutting each of the two layers. The diagonal

line from A to C is the center back seam line.

Stitch the back seam of both hat and lining and press it open as at E. Now, place the two pieces right sides together and stitch as at F. Turn right side out, baste along turned edge and stitch as at G. Gather the top as at H and finish with a ribbon or a stitched fabric bow and a feather.

NOTE: Use what you have on hand to make things of real value. You can save by doing—instead of doing without. Mrs. Spears planned Book 2—Gifts, Novelties and Embroidery—to help you. Every page contains complete, clearly illustrated directions for things you can make at almost no cost. Enclose 25 cents and address Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

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