

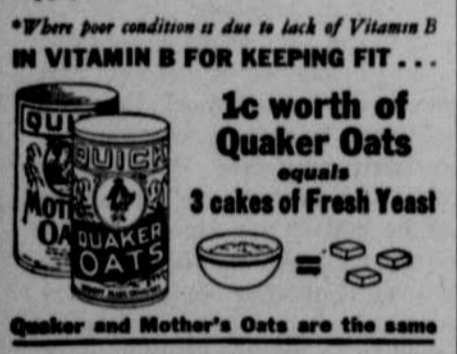
OLD WATER SYSTEM

Bellakan, a city which existed up to the fifth century in the Steppes, is being excavated. An ancient irrigation system was found so well preserved that it could be used to day.



LOVES OATMEAL MORE THAN EVER

Once you learn that oatmeal is so rich in Vitamin B for keeping fit, IS IT ANY WONDER THAT THOUSANDS STICK TO OATMEAL BREAKFASTS? Many are nervous, poor in appetite, system out of order, because their daily diets lack enough of the precious Vitamin B for keeping fit.



What makes poetry? A full heart, brimful of one noble passion.—Goethe.



Instant Lighting from the easy way in one-third less time with the Coleman Iron in comfort any place. It's entirely self-heating. No cords or wires. No weary, endless trips between a hot stove and ironing board.

Faint Heart If the vote of the people rejects needed improvement, some citizen lose interest in the community.

MILLIONS OF WOMEN Have Discovered This Economy



Beauty is more than skin deep Ask your doctor. Ask the beauty expert. GARFIELD TEA—a cut night—often does more for your skin and complexion than costly cosmetics.

SEEN and HEARD around the NATIONAL CAPITAL By Carter Field

Washington.—With the President and congress both away, Washington is a hotbed of rumors, most of which have absolutely no basis whatever, but all of which are interesting.

For instance, there is the one about Henry Morgenthau, Jr. The secretary of the treasury is enjoying a holiday in Spain, whereupon there is seriously circulated the story that he is to be eased out of the treasury, and is to become ambassador to Madrid.

Whereas Morgenthau has been the ideal "Yes Man" to the President. His first thought at all times is to do just precisely what the President wants, and to tell the President that any Rooseveltian idea is simply swell.

Morgenthau Will Stay So this observer believes that Mr. Morgenthau will serve as secretary of the treasury as long as he wants, and, when the time comes to go, will get a wonderful send-off, and with no such lame excuse as "promoting" him to be ambassador to Spain.

This writer still believes, and on excellent authority from close lieutenants of the former President, that he craves a vindication, that he would like to have the nomination forced on him, but that with very little urging he would step out actively and go after it.

No Real Conflagration Belief that Italy will eventually have to yield to economic pressure is very strong in diplomatic circles here. The opinion of the diplomats, perhaps the best informed persons as to actual conditions, is that there will not be any real conflagration.

Several well-informed diplomats were questioned by the writer as to what they thought Germans anxious to sell goods would do if they saw a chance to make a nice profit by selling to Italy—especially as it has become increasingly difficult for Germany to market goods she would like to export.

Invariably the answer has been the same—that German merchants would not hesitate to go against the policy of their country if they could turn a good deal for themselves.

Italy's credit, at the moment, is not too good. Diplomats here say that despite the refusal of Austria and Hungary to commit themselves in advance to league sanctions against Italy, this distrust of Italy's ability to pay will dry up these sources of supply.

Italy Short of Gold

The gold reserve of the Bank of Italy has shrunk tremendously in the last 18 months. She is now down to something like \$300,000,000 gold in terms of American dollars.

Importance of this last is not generally realized in this country, save by persons who have traveled in Europe since devaluation. But actually the purchasing power of the lira has not changed in the meantime, either in Italy or on the continent of Europe.

To the contention that Germany was able to go on fighting for years while under virtual blockade, diplomats answer that the cases are very different. Within the central powers was a stretch of territory from the Baltic to the Black sea, and extending beyond the Black into Asia.

After effects of the World war demonstrated rather forcibly what could happen to credits. Conviction that Italy will take a ghastly economic beating in the present war, no matter what military war she may achieve, lends point to this.

Neutrality Act

A fight to broaden the neutrality act so that the President would be authorized to prohibit export to belligerents not only of "arms, ammunition and implements of war," as the present act reads, but "munitions," so as to include cotton copper, chemicals, acids, in fact, all materials, ranging from foodstuffs to mules, usually regarded as war supplies, will start with the tap of the gavel when congress convenes in January.

The administration is embarrassed now by the lack of authority in the neutrality law, but will be even more embarrassed when the fight in congress comes—especially because of the political pressure, against even the grant of authority to ban cotton and copper.

Watch Shipments

The government does not intend to hamper export trade unduly in seeking to discover if shipments to neutral countries are intended for belligerents, officials insist, but they point out that they have been catching such violations, with respect to Latin-American wars, "every week or so," and say the same sort of watch will be kept on any country which might pass them on, either to Italy or Ethiopia.

For instance, if there should be a heavy shipment of explosives or guns to Germany, the government may require substantial proof that the shipment is not going any further, or is not going to replace similar supplies sold to Italy.

Newspapers, according to officials, have enormously exaggerated the amount of raw materials Italy bought in anticipation of this war. They do not deny that Italy has laid in a supply of raw materials, but insist that in most instances, the amounts purchased are not greatly in excess of normal purchases.

In Mexico City



Indians Selling Toys in Mexico City.

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

IN CONTRAST to the situation in any great city of the United States, one finds in Mexico City practically no night life in cafes, cabarets and showplaces. By 9:30 p. m., except for patrons returning from moving-picture houses, the streets are almost deserted.

Late in the afternoon you see the city's busy shopping streets at their best. Crowds throng the famous avenues; taxis, busses, and private motor cars crowd the streets, where traffic is handled by policemen in white gloves. An odd cosmopolitanism marks the larger stores of Mexico City.

American style and influence are reflected again, not only in dress, but in the occupation of Mexican women. There is more social and industrial freedom. Now a growing number of Mexican girls are employed as stenographers, bookkeepers, clerks, and telephone operators, and have well proved their fitness for a place in the new world of Mexican economies.

People Eager for Knowledge

The popular thirst for knowledge is bona fide and deep-rooted. Free libraries multiply and all classes and ages frequent them. In the library of the department of education is a room for children, with a famous artist's panels depicting a charming version of Little Red Riding Hood. Out in Chapultepec Park, amid giant ahuehuete trees that were there in Aztec days, stands the fascinating Quixote fountain.

The Ancient Pyramids

Skirt Lake Texcoco, on a fine motorway from Mexico City, and you soon reach San Juan Teotihuacan. Here, before even the Aztecs came, some mysterious race appeared, building its temples and pyramids with a symbolic art strangely like that of ancient Egypt.

Native Art Is Amazing

The art of the Indian and the modern Mexican intrigues every modern every tourist. Whether one is lured by Aztec art in the museum, by native serapes or ceramics, by the many fine old paintings in the churches and galleries, or by the more futuristic murals

HOW ARE YOU TODAY DR. JAMES W. BARTON

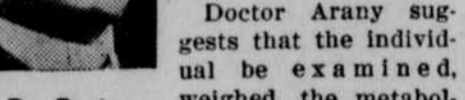
Talks About Reducing Weight

AS YOU know, there are two main classes of overweight. The first is made up of those who have always been heavy; were big babies or put on a great amount of weight at puberty—14 to 16 years of age. The second is made up of those who have simply eaten more than their bodies required and because they are overweight take little or no exercise.

The first type is spoken of as endogenic obesity (overweight) because the cause is within themselves—glands that are not active enough—and the second is called exogenic obesity because it comes from outside the body—eating too much food.

However, whether the obesity is due to the glands or to eating too much, the reduction in weight to a very large extent should be accomplished by cutting down on the amount of food eaten.

Dr. G. Arany, Berlin, stresses three points for those whose overweight is due to overeating. (1) Cutting down on the amount of food eaten; (2) increasing the amount of exercise taken which calls for more oxygen to burn or use up the body tissues, and (3) regulating the water exchange by increasing the amount of urine manufactured by the kidneys.



Dr. Barton

Not only is the city the cultural center of the nation, but it is also the center of the publishing and book trades. Practically all newsprint and book paper used is made locally. Most Mexican writers—baring a few of the older men of letters who cling to the provincial capitals—reside here, and each year there is issued from local presses about 200 new titles, often reaching more than 2,000,000 volumes.

Each of the great Mexico City dailies, Universal and Excelsior, prints a bulky Sunday edition, patterned after American metropolitan Sunday papers, with illustrations and features, even including some of our well-known "comic strips" and cartoons, with texts rendered in Spanish.

To art students, and particularly to sculptors, the graven images on the mysteriously old ruined temples in the valley of Mexico are of profound interest.

Some of the most colossal structures built by prehistoric man anywhere in the Western Hemisphere are found in Mexico. Mitla, Uxmal, Palenque, Chichen Itza, the incomparable pyramid of Cholula, its base greater than that of Cheops—all these are monuments left by forgotten civilizations.

Water is removed from the body (and water means weight) by simply cutting down on the amount of fluid taken—water, tea, coffee, soft or hard drinks—by inducing sweating by steam or Turkish baths, and sometimes by taking drugs to drive out fluids by way of the kidneys.

It is amusing to see an overweight individual weigh himself, take a fairly long Turkish bath and lose three to five pounds and when he is ready to leave, weigh himself again only to find that he as heavy as before he took the Turkish bath. This is due, of course, to the fact that after emerging from the bath, he drank a number of glasses of water which replaced the water removed from his body by the Turkish bath.

Boxers, jockeys, and others who must "make" a certain weight by a certain time often have the weight removed by the Turkish bath, but drink little or no water, and so are able to make the desired weight.

Doctor Arany's suggestions to reduce weight are in accord with those in general use—less food, more exercise, less water or other fluid.

Danger of Overweight

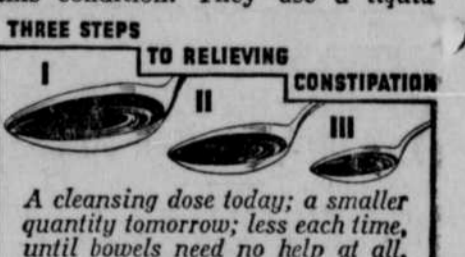
Dr. L. G. Graves in his book "Foods in Health and Disease" says, "An excess of fat is detrimental to health and is a predisposing factor in degenerative diseases of the heart, blood vessels and kidneys. An accumulation of fat around the heart handicaps its action while the increased body weight adds to the work demanded of it and a large percentage of overweight persons have high blood pressure."

Dr. E. P. Joslin, Boston, the outstanding authority on diabetes, warns those who have a family history of diabetes against the danger of becoming fat. He believes that those with a family history of diabetes may escape diabetes by avoiding overweight. He believes also that overweight is the most common cause of diabetes.

THE DOCTORS ARE RIGHT

Women should take only liquid laxatives

Many believe any laxative they might take only makes constipation worse. And that isn't true. Do what doctors do to relieve this condition. They use a liquid



A cleansing dose today; a smaller quantity tomorrow; less each time, until bowels need no help at all.

laxative, and keep reducing the dose until the bowels need no help at all.

Reduced dosage is the secret of aiding Nature in restoring regularity. You must use a little less laxative each time, and that's why your laxative should be in liquid form. A liquid dose can be regulated to the drop.

The liquid laxative generally used is Dr. Caldwell's Syrup Pepsin. It contains senna and cascara—both natural laxatives that form no habit even with children. Syrup Pepsin is the nicest tasting, nicest acting laxative you ever tried.

Then There's Trouble

Opposites should marry, but not too opposite.



Relieve the dryness and irritation by applying Mentholatum night and morning.



If you prefer nose drops, or throat spray, call for the NEW MENTHOLATUM LIQUID in handy bottle with dropper

Quick, Complete Pleasant ELIMINATION

Let's be frank. There's only one way for your body to rid itself of the waste matter that cause acidity, gas, headaches, bloated feelings and a dozen other discomforts—your intestines must function.

To make them move quickly, pleasantly, completely, without griping. Thousands of physicians recommend Milnesia Wafers. (Dentists recommend Milnesia wafers as an efficient remedy for mouth acidity).

These mint flavored candy-like wafers are pure milk of magnesia. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly in accordance with the directions on the bottle or tin, then swallowed, they correct acidity, bad breath, flatulence, at their source and at the same time enable quick, complete, pleasant elimination.

Milnesia Wafers come in bottles of 20 and 48 wafers, at 35c and 60c respectively, or in convenient tins containing 12 at 20c. Each wafer is approximately an adult dose of milk of magnesia. All good drug stores carry them. Start using these delicious, effective wafers today.

Professional samples sent free to registered physicians or dentists if request is made on professional letter head.

SELECT PRODUCTS, Incorporated 4402 23rd St., Long Island City, N. Y.



The Daily Use of CUTICURA SOAP Helps Relieve Irritation

And assists in keeping your skin in good condition. Containing super-creamy emollient and medicinal properties, Cuticura Soap, used regularly, soothes and protects the skin.

Price 25 cents

Watch Your Kidneys!

Be Sure They Properly Cleanse the Blood

YOUR kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as nature intended—fail to remove impurities that poison the system when retained.

Then you may suffer nagging backache, dizziness, scanty or too frequent urination, getting up at night, swollen limbs; feel nervous, miserable—all upset.

Don't delay! Use Doan's Pills. Doan's are especially for poorly functioning kidneys. They are recommended by grateful users of the country over. Get them from any druggist.

