Beilakan, 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



# **LOVES OATMEAL MORE THAN EVER**

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Many are nervous, poor in appetite, stem out of order, because their daily diets lack enough of the precious Vita-min B for keeping fit.

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Start serving it tomorrow for a 2-weeks test. Quaker Oats has a wholesome, nut-like, luscious appeal to the appetite. Flavory, surpassingly good. All grocers

\*Where poor condition is due to tack of Vitamin B IN VITAMIN B FOR KEEPING FIT . . .

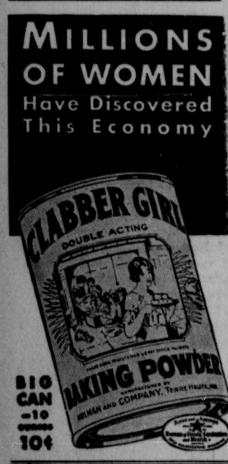


Poetr: What makes poetry? A full heart, brimful of one noble passion .-



Faint Heart

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



WNU-U



# SEEN HEARD around the NATIONAL 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. Several details are added, for example, that the administration is most anxious to have Claude G. Bowers, now amcountry for the next campaign, He is a spellbinder of parts, and has been keynoter on many big Demo cratic occasions.

Now it is beyond denial that certain very important figures in the New Deal are convinced it would be an excellent thing if Morgenthau were sent to Spain-or to the Fiji islands-anywhere out of touch with Washington. They regard him. to put it mildly, as a flop as secretary of the treasury.

But to anyone who has watched Roosevelt it is simply unthinkable that Morgenthau would be thus humiliated. He went to extreme lengths to avoid humiliating William H. Woodin, who was a far worse secretary-from the White House standpoint-than Morgenthau. Woodin disagreed distressingly with most of the New Deal policles. His personal loyalty to Roose velt prevented his resigning, for a long time, despite the excellent excuse of his health, but he actually had nothing to do with formu lating the more important phases of treasury policy.

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 economic beating in the present war, and has not joined in any conspiracies to unseat Presidential favor- ise long continuance of cash pay

### 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.

Then there is the story about Herbert Hoover's motive in attracting so much limelight. This is that Hoover really has no idea of being a candidate, but intends to hold the limelight and make no statement which would take him out of the apparent race before, say, next February. The explanation given for this is that Hoover wants to shield any other possible Republican nominee from being put on the spot as to the soldier bonus. By February, Washington believes, the bonus will have passed into history, with its passage over Roosevelt's veto, and hence will no longer be an issue.

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.

Most of the stories going around are just as silly as that one now exploded about Roosevelt's shelving Garner and putting up some one for Vice President next year who would draw strength in some state or section more doubtful than Texas is expected to be.

### No Real Conflagration

Bellef 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. They do not believe, for example, that Britain will ever actually blockade Italy, which dire possibility would lead to tremendous consequences,

They point out, however, that, contrary to popular opinion, Germany is not sympathetic with Italy but anxious to go along with Great Britain. They do not believe therefore, that Germany will supply Italy with the needed munitions-using munitions in the broad sense of things necessary in time of war. and not confining it, as the United States neutrality act does, to "arms, ammunition and implements of

war." Several well-informed diplomats were questioned by the writer as to what they thought Germans anxlous to sell goods would do if they saw a chance to make a nice ing down sharply since September profit by selling to Italy-especially as it has become increasingly difficult for Germany to market goods | contrary. 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, but that they would hesitate a long time before selling anything to Italy on credit.

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. Roughly this is \$100,000,000 less, if calculations are made in terms of the American dollar before devalua-

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 meanbassador to Spain, back in this time, either in Italy or on the continent of Europe.

Italy always buys a great deal of food from across the Adriatic, cattle especially. The Yugoslavians do not like Italy at all. Neither do from moving-picture houses, the the Greeks. They are afraid of Mussolini's imperialistic dreams. Wash ington believes that Italy has been compelled to pay cash for merchandise, with credits closely held, and that this is the really important explanation of the drop of three bil lion lire in the gold holdings of the Bank of Italy.

while under virtual blockade, diplomats answer that the cases are from the Baltic to the Black seas. and extending beyond the Black into Asia. This territory has tremendous diversification of products, including those essential for warmetals, oil and food. Moreover Germany was able to buy from Norway, Sweden, Denmark, Holland and Switzerland, Italy must buy virtually all her metals and oil, and a great deal of food.

After effects of the World war demonstrated rather forcibly what could happen to credits. Conviction that Italy will take a ghastly simply swell. He has never sought | no matter what military wars she | are closely followed. This is an inself-glorification in the public prints, may achieve, lends point to this, fluence, no doubt, of the moving-And her gold supply does not prome

#### **Neutrality Act**

act so that the President would be authorized to prohibit export to beli ligerents not only of "arms, ammunition and implements of war." as the present act reads, but "munitions," so as to include cottoni 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 ever more embarrassed when the fight in congress comes—especially be cause of the political pressure to ban cotton and copper.

At the time the neutrality act passed, President Roosevelt expressed only one regret-that the act did not ban foreign loans for war purposes.

The narrowness of language in the neutrality act defining war supplies was not at once noticed by officials. It was assumed until very recently, for example, that the President could add cotton, or copfor explosives, etc. In fact, there was a broad inference in official from time to time.

### Watch Shipments

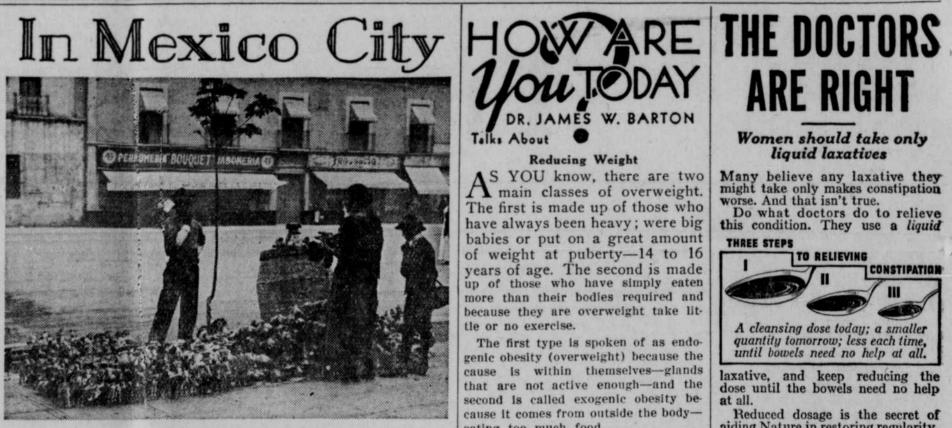
The government does not intend to hamper export trade unduly in seeking to discover if shipments to neutral countries are intended for belligerents, officials insist, but they point out that they have been eatching such violations, with respect to Latin-American wars, "every week or so," and say the 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 Manila discharged cargo at Acapulthe shipment is not going any fur- City and Vera Cruz. ther, or is not going to replace similar supplies sold to Italy.

have enormously exaggerated the amount of raw materials Italy bought in anticipation of this war. insist that in most instances, the in excess of normal purchases. dous shrinking in the Bank of

Italy's gold supply. Which would seem to indicate, especially as unofficial information is that the gold supply has been com-20, that Italy has been buying heavily, despite official reports to the

Copyright .- WNU Service



Indians Selling Toys in Mexico City.

Prepared by National Geographic Society. Washington, D. C.—WNU Service. N 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 streets are almost deserted. Climate causes this. Because of high altitude, nights are often exceptionally cool. Dinner is usually served in the early afternoon and a light repast at night.

Late in the afternoon you see the city's busy shopping streets at their best. Crowds throng the famous To the contention that Germany avenues; taxis, busses, and private was able to go on fighting for years | motor cars crowd the streets, where traffic is handled by policemen in white gloves. An odd cosmopolitanvery different. Within the central ism marks the larger stores of Mexpowers was a stretch of territory | ico City. In German stores you may see American-made machines, typewriters, tools, hardware, ice boxes, and furniture. Fancy American groceries and preserved meats are sold by Spanish merchants. Women's wear, soaps, perfumery, jewelry, silks, millinery, and other department-store goods are retailed often by the French, and in nearly all large stores English is spoken. In the past it was obvious that fashionably dressed Mexican women preferred hats, clothing, and shoes imported from Paris. Now, to a growing degree, American styles, especially in sport and street clothes, picture shows and increasing travel between the United States and Mex-

American style and influence are reflected again, not only in dress, A fight to broaden the neutrality 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 economics.

Since the passing of the Diaz regime, changes have come fast, You see such change not only in new buildings, but in better communications, more people who speak English, more skilled workers, and a high standard of living.

### People Eager for Knowledge.

The popular thirst for knowledge is bona fide and deep-rooted. Free against even the grant of authority 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 glant ahuehuete trees that were there in Aztec days, stands the fascinating Quixote fountain. Tiled seats run around it and a statue of Don Quixote faces one of old Sancho Panza on his mule. Fitper, or chemicals and acids used ted into the base of the statues are bookshelves, with copies of Cervantes' tales and the works of Plato, quarters after the President's proc- Plutarch, Homer, Stendhal, and Goelamation that items would be added the. Here flock the young and old men, who wish to be quiet and read the classics. Around the basin of the fountain runs a sentence, the first line of Cervantes' immortal romance: "At a place in La Mancha

whose name I do not care to recall.' Tourists, especially in the cold winter months, throng the city in ever-increasing groups. Many come now by airplane, for regularly es tablished lines tie the Mexican capital to various American cities. Besame sort of watch will be kept on tween Mexico City and the Pacific coast port of Acapulco a motor high way has been opened, following in general the ancient military road used when Spanish galleons from may require substantial proof that co for shipment to Spain via Mexico

Out to historic Cuernavaca, where the American ambassador and oth-Newspapers, according to officials, ers have country places, a scenic motor highway now leads, and likewise to Puebla, ancient and prosper ous city. From the American bor They do not deny that Italy has laid der motor highways, like the one in a supply of raw materials, but to Monterrey, are beginning to penetrate, and it is only a question of amounts purchased are not greatly time until touring motor parties from the United States will be a common On the other hand is the tremen- sight on the streets of Mexico City.

### Native Art Is Amazing.

The art of the Indian and the modern Mexican intrigues every trigues 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 some-

and canvases of the moderns, Mexico City is, beyond question, the conspicuous seat of Spanish-Ameri-

The brush-and-pen achievements of mere school children and their source of astonishment to foreign

Even in early colonial days, a few Indian painters, trained by the padres, painted pictures which attracted much attention in Europe; and today an increasing number of artists come to Mexico, not only to study the work of the ancients, but to mingle with modern native artists and to work in the atmosphere of the old Aztec capital.

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-barring 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. Besides these, the numerous bookstores, large and small, sell a steady stream of books printed in Spain and France. The works of Spanish writers appear more popular than those of Mexican writers. About 4,-000,000 books printed in Spain are sold in Mexico each year and perhaps 500,000 from France.

Each of the great Mexico City dailies, Universal and Excelsior, prints a bulky Sunday edition, patterned after American metropolitan Synday 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 men 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.

### 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. Here is the Pyramid of the Sun. On its summit, according to tradition, once stood a giant stone figure, which bore on its breast a great plate of burnished gold, fixed there in such a position that it reflected the rays of sunrise. A few furlongs from here, on a strange road called the Path of the Dead, stands the Pyramid of the Moon. About the moon temple are many ruins of other structures adorned with oddly evil serpent faces carved from stone.

Persistent as Indian conservatism has been and deep as is the native Mexican love for handicraft, you see it vielding now to the machine age. Cigarette factories here are marvels of modern speed, efficiency, and mass production. Tourists visiting one famous factory, which employs hundreds of men and girls and has its own private chapel, medical department, school, post and telegraph offices, as well as a complete lithographing plant for its advertising work, are fascinated at the velocity of the great machines, which make nearly 16,000,000 cigarettes a day.

It is the mushroom growth o

small shops, fostered by electric power and the new import tariff laws, which is most significant. In recent years an amazing number o necessities, formerly imported, have come to be made here. From a ver-Itable host of tanneries comes leath er of good quality, which is skill fully worked into trunks, harness saddles, belts, boots and shoes, and handbags. Candy and cakes and soft drinks are important manufactures, and the output of ready-made clothing from cotton, wool, and linen has grown hugely in recent times. Railroad shops, iron and steel mills, as well as smelting and refining works, now give employment to thousands; and a new industry, airtimes by the more futuristic murals plane construction, is growing up.

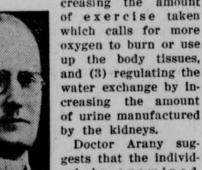
Reducing Weight

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 bodyeating 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 cutcan artistic culture in North Amer- ting down on the amounet of food eaten.

Dr. G. Arany, Berlin, stresses three points for those whose overweight is plastic work in clay is inevitably a due to overeating. (1) Cutting down on the amount of food eaten; (2) increasing the amount



ual be examined, weighed, the metabolic rate measured (rate at which the body processes work) and when the food intake be reduced by as much as 20 to 30 per cent below the food intake that these measurments require. He suggests that bulky foods such as cabbage, lettuce, celery, spinach, fruits, vegetables (except potato), graham bread, breakfast foods from whole grains (oatmeal, shredded wheat) be eaten in large quantities because there is so much roughage (fiber) remaining after digestion. These foods have less fuel value or calories than more concentrated foods and also help to prevent constipation.

The foods that are rich or concentrated and do not have much roughage are sugar, white bread, highly milled breakfast foods, meat, potato, fats, and milk. These foods should be duced in amount. The second point, muscular exercise,

is very important, as exercise increases heart and lung action and the increased oxygen coming into the lungs burns up the fat tissue in and on the body. He warns those who are overweight to begin with light exercise and gradually increase it; the strength of the heart, lungs, and circulation or blood pressure being carefully watched.

The third point-the water balanceis very important as overweights carry an excess of water in proportion to the excess in fat. As mentioned before, one pound of fat carries three and one-half pounds of water with it. simply because fat tissue holds so much more water than an active tissue like muscle.

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. The removal of the water and its replacement was good for him, but it prevented the loss of

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 out standing 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. -WNU Service.

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

THREE STEPS CONSTIPATION 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

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 laxa-tive 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 laxa-tive you ever tried.

Then There's Trouble Opposites should marry, but not too opposite.



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Let's be frank. There's only one way for your body to rid itself of the waste matters that cause acidity, gas, headaches, bloated feelings and a dozen other dis-

comforts-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, flatuence, 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 reg-

is made on professional letter head. SELECT PRODUCTS, Incorporated 4402 23rd St., Long Island City, N. Y. mal WAFERS

MILK OF MAGNESIA WAFER

istered physicians or dentists if request

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

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YOUR kidneys are constantly filter-ing waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as nature in-tended—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— Don't delay! Use Doan's Pills. Doan's are especially for poorly func-tioning kidneys. They are recom-mended by grateful users the country over. Get them from any druggist.