

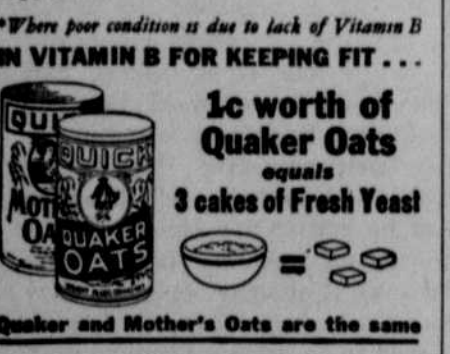
OLD WATER SYSTEM

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 today.



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.



1c worth of Quaker Oats equals 3 cakes of Fresh Yeast. Quaker and Mother's Oats are the same.

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

The Easy Way to Iron. Coleman Self Heating Iron. INSTANT LIGHTING.

Faint Heart. If the vote of the people rejects a 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.

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—than Morgenthau. Woodin disagreed distressingly with most of the New Deal policies.

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.

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.

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. 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. 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 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, 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 devaluation.

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.

Italy always buys a great deal of food from across the Adriatic, cattle especially. The Yugoslavians do not like Italy at all. Neither do the Greeks. They are afraid of Mussolini's imperialistic dreams. Washington 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 billion lire in the gold holdings of the Bank of Italy.

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 seas, and extending beyond the Black into Asia. This territory has tremendous diversification of products, including those essential for war—metals, 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 economic beating in the present war, no matter what military wars she may achieve, lends point to this. And her gold supply does not promise long continuance of cash payments.

Neutrality Act

A fight to broaden the neutrality act so that the President would be authorized to prohibit export of beligerents 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 munitions, 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.

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 copper, or chemicals and acids used for explosives, etc. In fact, there was a broad inference in official quarters after the President's proclamation that items would be added 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 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.

On the other hand is the tremendous 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 coming down sharply since September 20, that Italy has been buying heavily, despite official reports to the contrary.

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, buses, 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. In German stores you may see American-made machines, typewriters, tools, hardware, ice boxes, and furniture.

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 newspaper 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. Besides these, the numerous bookstores, large and small, sell a steady stream of books printed in Spain and France.

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.

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 yielding 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 of small shops, fostered by electric power and the new import tariff laws, which is most significant. In recent years an amazing number of necessities, formerly imported, have come to be made here. From a veritable host of tanneries comes leather of good quality, which is skillfully 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, airplane construction, is growing up.

and canvases of the moderns, Mexico City is, beyond question, the conspicuous seat of Spanish-American artistic culture in North America.

The brush-and-pen achievements of mere school children and their plastic work in clay is inevitably a source of astonishment to foreign visitors.

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.

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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.

Doctor Arany suggests that the individual 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 measurements 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 reduced 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 balance—is 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 weight.

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

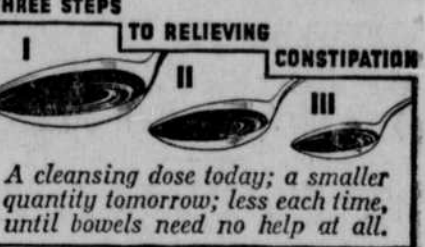
Dr. L. G. Graves in his book "Foods in Health and Disease" says, "An excess of fat is detrimental to health and is a predisposing factor in degenerative diseases of the heart, blood vessels and kidneys. An accumulation of fat around the heart handicaps its action while the increased body weight adds 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 matters that cause acidity, gas, headaches, bloated feelings and a dozen other discomforts—your intestines must function.

To make them move quickly, pleasantly, completely, without gripping. Thousands of physicians recommend Milnesia Wafers. (Doctors 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 the country over. Get them from any druggist.

