

United States Sends a Minister To Ancient Abyssinian Empire

ADDIS ABABA, Abyssinia (AP)—This African empire, where American bed sheetings are used as a medium of trade in place of money, finally is to have a diplomatic representative from the United States.

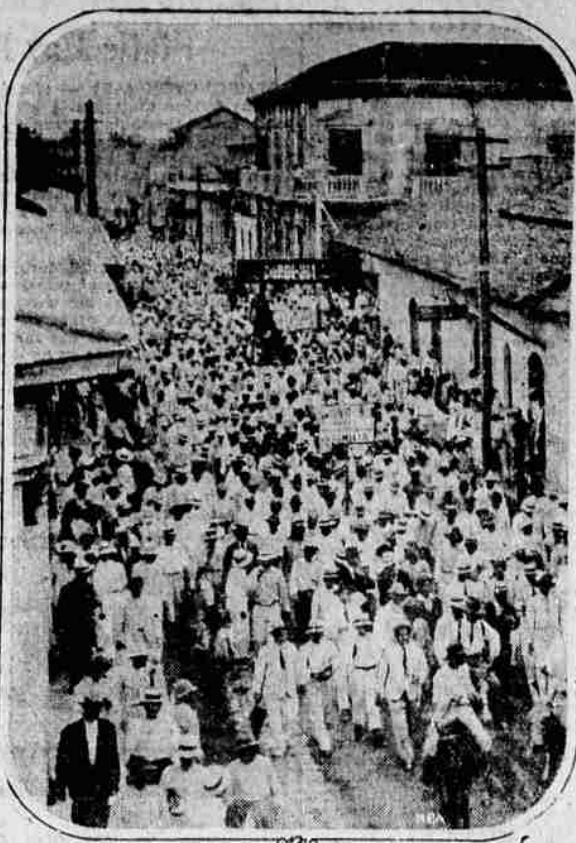
The appointment of Addison B. Southard as minister resident of the United States in Abyssinia is taken to mark the beginning of a definite and probably permanent representation of the United States in this picturesque corner of the world. The new appointee was consul general at Singapore.

American's first diplomatic contact with Abyssinia was in 1904 when Robert Skinner, now American minister to Greece, negotiated a treaty with the famous Emperor Menelik.

During Theodore Roosevelt's presidency the United States had a minister here for a short time, and at other times the United States has been represented by a consul general.

The chief commercial interests of the United States here consist of the sale of cotton sheetings, which the Abyssinians use almost

HOW LINDBERGH SAW MANAGUA



This street scene in Managua, Nicaragua, was photographed on a recent holiday, and shows how the capital looks when the populace is out having fun. The same scene met the eyes of Colonel Charles Lindbergh when he arrived in Managua on his tour of Latin-American countries.

entirely for the manufacture of their costumes. For a number of years very little real money has been in actual circulation here, and the retail business of the country has been based on barter, the value of a horse or an ox being expressed in terms of American sheetings.

Mr. Skinner, who inaugurated Abyssinian-American relations, told The Associated Press that the Abyssinians believe themselves to be the possessors of the original Mosale tables of the law, which passed into the possession of the First Emperor Menelik, said to be the son of the Queen of Sheba and Solomon, reared at Solomon's Court.

When he left Jerusalem, he took with him the stone tablet, according to tradition, and it was deposited in a temple in the holy city of Axum, where it has been guarded night and day ever since. It is doubtful if any Western eyes have ever been permitted to see the stone.

The Emperors of Abyssinia wear a precious necklace which has been worn by the Abyssinian emperors since the time of King Solomon, for tradition says, it was presented by King Solomon to the Queen of Sheba.

The present ruler is Ras Tafari Makonnen, who is acting as prince-regent.

HEALTH

HEALTH INFLUENCED BY POSTURE

By Charlton Wallace, M. D., New York City

Member Gorman Memorial Institute

A good posture is one that permits of standing, sitting, walking, running with the highest efficiency with the least waste of energy or fatigue.

Here is a yardstick for measuring good posture: Viewing a standing person from the side. The head should be thrust slightly back and up, the chin down, arms by the side, shoulders back, ribs and breast bone forward, the abdominal wall slanting backward from the ribs down to the hips.

The front of the body should form a convex curve from the neck to the lower part of the belly wall. The back should appear flat, with a slight forward curve about the waist line, the whole trunk placed in a vertical plane with the lower limbs, feet pointing forward.

This posture permits the best performance of the duties of the heart, lungs, and blood vessels contained in the chest wall, and of the stomach, liver and intestines occupying the abdominal cavity. It also helps the muscle partition separating the chest and the abdominal cavities to give its best assistance in breathing and returning the circulation of the blood from the lower part of the body to the heart.

As a rule this attitude enhances resistance against disease, increases the vitality for powerful physical endeavor, makes for agility of action, freedom in emergency, freedom to the brain and therefore results in better mental and intellectual qualities.

Good posture is seldom attained without effort and work. Such a posture in the growing child will be a great asset in his future years and should obviate many of the so-called chronic diseases.

To secure good posture, good food, fresh air, healthy and playful exercises are required. A normal child may impress one as being almost perpetual motion, but it is his way of developing, especially muscularly.

Some attention should be given the child as to how he sits while writing or reading as well as good supervision of proper exercise at school and in camp. Education will often undo a daily routine and therefore it is frequently desirable to have the child get a period of rest some time in the late afternoon.

The improper attitude is easily discovered by seeing a child, or adult standing or walking with his head sticking forward, his shoulders drooping, his chest flat, a pot-belly, and toes turned out. There is "round-back" or in some cases "sway-back."

A vicious posture! Of necessity it compresses the heart and lungs in the chest, pushes the breathing muscle, called the diaphragm, three or four inches below its normal level and displaces downward the stomach, liver, intestines, and the other organs contained in the abdominal cavity.

This compression of the chest and displacement of the abdominal organs makes these slouchy looking individuals susceptible to lung and heart diseases, constipation and results which follow in their wake.

HUNT WOLVES FROM AIR
LANGDON, N. D. (AP)—Wolf hunting from an airplane is a new sport here. Dr. R. J. Rutten of Langdon, on a flight, spotted a wolf in the timber below, cruised above the animal until it reached an open field and bagged it after twelve shots. Other hunters are trying the sport.

VETERAN ACTIVE AT 102
SHERIDAN, Wyo. (AP)—Dr. S. W. Service, civil war veteran, celebrated his one hundred and second birthday by taking a brisk walk to invite his friends to attend a party in honor of the event. He was born in New York on Jan. 1, 1826, and has not been ill in years.

Of course, you can't tell. But the chances are the fellow who is a yes-man around the office is a yes-man at home.

The difference between a trolley car and a sardine can is you can't get another sardine in the can.

Millions, at 21



William Woods Plunkinton, Jr., of Milwaukee, who has just inherited three or four millions from his father, and who is a trustee of the \$10,000,000 trust fund his father created, says he'll wait a little while before marrying because "the right girl hasn't come along." Young Plunkinton, just turned 21, has been doing engineering work in New York for his grandfather at \$20 a week.

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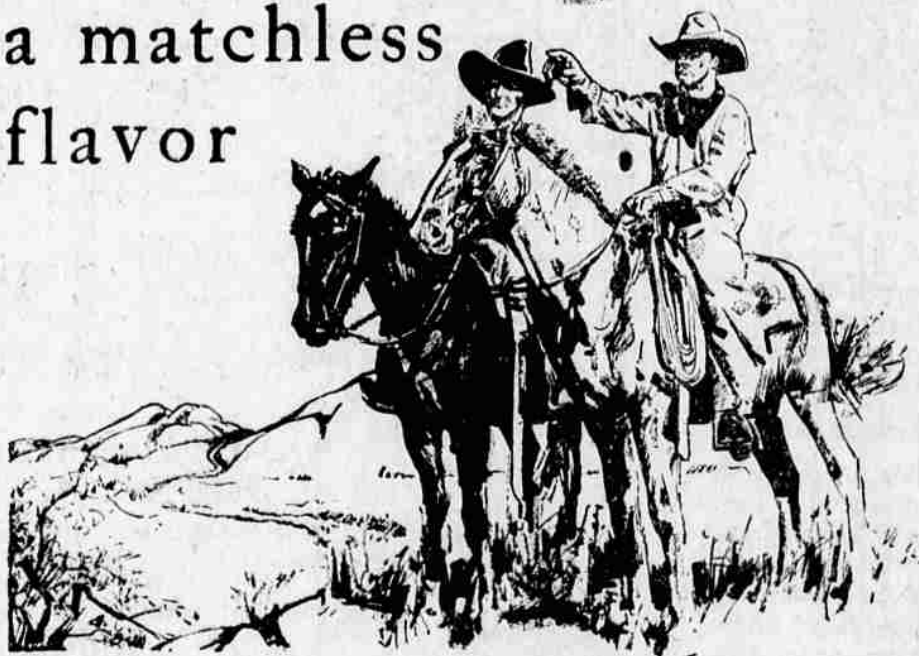
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Every saving in overhead and every economy in food handling has been passed to our Thrift Store customers. Our Anniversary Sale presents new evidence of Thrift leadership in the drive to provide food economy. There's always a Thrift Store near you—start your acquaintance with this sale. You'll continue it throughout the year.

Features January 21st. - 25th.

RED MEXICAN BEANS, 10 LBS. - - - - - 57c

LARD Carsten's Pure White 4 LBS. 79c 8 LBS. - - - \$1.55

ORANGES Fancy Navels Medium size 2 DOZEN - - - - - 77c

MARGARINE Clipper Nut 2 POUNDS - - - - - 39c

PINEAPPLE — Broken Slices, golden ripe fruit. No. 2 1/2 tins, 3 for - - - 58c

CORN MEAL—Yellow or White. 9 lb. bag. - - - 39c

COOKING OIL — Quart tin Plato Salad or Cooking Vegetable Oil only - - - 49c

STOVE POLISH — Black Silk, Liquid, Per tin - - - 15c

BLUE ROSE RICE, 37c 5 lbs. - - -

LEE & PERRIN'S—Worcestershire Sauce. Small bottle - - - 29c

MAYONNAISE — 8 oz. jar Luxury, Each - - - 20c

SODA—Arm & Hammer. 3 pkgs. for - - - 25c

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