

Street Scene in Managua.

(Prepared by the National Geographic Society, Washington, D. C.)

NICARAGUA, scene of activity by American marines, is the largest of the Central American republics; many acclaim it the most beautiful. It has vast forests of precious woods, untold resources of valuable minerals and soil so fertile that it has been said, "If you tickle the ground with a hoe it smiles back with a yam."

There is a darker side—few regions of its size anywhere in the world have been so beset by revolutions and volcanic eruptions. After a century of almost perpetual civil war Nicaragua settled down to comparative peace a few years ago and began to reap the dividends in progress toward prosperity. Modern science can ameliorate the disasters from volcanoes by approximate predictions of their explosions, while it also has taught the Nicaraguans that the eruptions of the past were blessings in disguise, because they fertilized the land to a marvelous degree.

The country is about the area of New York state and its total population is only a little larger than that of Buffalo. It has two mountain ridges which inclose the "Great Lakes of Central America," Lakes Nicaragua and Managua.

A glance at a Central American map tells the story of Nicaragua's backwardness in bygone years. Costa Rica, to the south, and Honduras, to the north, are accessible from the Atlantic ocean; all of Nicaragua's important cities are on the Pacific side of her coastal mountains. To the east of the mountains lie her lakes, and she presents to the Caribbean a very unimpressive "back yard," with the world's worst real estate designation, the Mosquito coast.

Pacific Frontage Helps Her.
Today, with Los Angeles, San Francisco and Seattle to tap her markets, Nicaragua's Pacific frontage is a blessing. But yesterday, when the Atlantic ports of North America and Europe were doing the world's shipping, she was severely handicapped.

Curiously, too, her Mosquito coast was appropriately named by error. The appellation was not intended for the insect, which abounds there, but is a corruption of the name of the 6,000 Indians, the Miskits, who survive there.

The country's northernmost Caribbean headland, Cape Gracias a Dios, is a headline of geography. Columbus explored the Central American coast on his last voyage and, cruising east from Cape Honduras, was compelled to take shelter from a storm at a point where the coast abruptly turns to the south. He named the cape "Thanks to God" and took possession of the country for Spain.

That was in 1502. A century before the Mayflower touched at Plymouth rock the Spaniards were established along the lake region in far western Nicaragua, despite the unwelcome volcanic outbursts. Especially vigorous was the explosion of Masaya, in 1522. The most sensational single eruption, however, occurred within a century from our day—when Coseguala blew off its head in 1835. For days a black pall obscured the sun, dust blanketed the fields and forests, animals died by the thousands from thirst and hunger.

Tradition says that it was into the crater of the above-mentioned Masaya that Friar Blas of Castile lowered a bucket in 1534 in the hope of drawing up molten gold. When he touched the lava the bucket melted and the good friar wrote home: "One cannot behold the volcano without fear, admiration, and repentance of his sins; for it can be surpassed only by eternal fire." At the foot of Mount Masaya is a lake of that name, and near the lake is the little town of Masaya.

Route of Proposed Canal.
Whether a Nicaraguan canal will be built is a question which only the future can answer; but it has been so continuously discussed and its possible site so thoroughly surveyed that the term "Nicaraguan canal route" is easily described. Interest has been reawakened in this route by the recent trouble in Nicaragua.

The Panama canal, if one leaves its

locks and small artificial lake out of consideration, may be considered the American Suez; for it is relatively short and direct. The Nicaragua route—again ignoring locks—must be compared with the Turkish straits; it is relatively long, and has in its course a great natural inland sea, from which narrow shipways are projected.

A Nicaraguan canal would be less a man-made affair than the Panama canal, where at every turn nature had to be thwarted and subdued by engineers. At Panama ships now move every foot of the interocean way through great ditches that were dug, locks that were built, or a lake that was created by men. The Chagres river was turned aside to make a lake, and even its bed was discarded. If a Nicaraguan canal were built according to existing plans, it would entail much excavation and lock building, but work that nature has already done would be utilized to a marked degree.

From the Atlantic end a canal would have to be excavated, largely through lowlands, for some 50 miles, for the lower reaches of the San Juan river are clogged with sand brought down from the uplands of Costa Rica. Locks would then raise the waterway to the 106-foot level of the lake. Ships would be transferred into the San Juan river, dammed at this point, and would move up its slack water for approximately 45 miles to Lake Nicaragua.

Lake Nicaragua Is Large.
This lake is a really large body of water. It is 100 miles long and 45 wide at the broadest point, and is the most extensive body of fresh water in North America south of Lake Michigan. For 70 miles ships would use the waters of Lake Nicaragua. Then would come the descent to the Pacific through a canal and locks covering the dozen miles or more of narrow isthmus that divides the lake from the ocean.

The river and lake portion of the route above the dam, however, would not all be in readiness for use without the expenditure of labor. Of the 45 miles of river 28 would require improvement, while a channel would have to be dredged through a score of miles of the lake near the river outlet where silt has accumulated.

The Pacific side of the canal would present relatively few difficulties. The narrow divide at the point crossed by the canal route rises only 44 feet above the lake level. Altogether the canal route, from deep water to deep water, would be about 180 miles long. The passage of ships would require more than 24 hours as against 12 or less at Panama. Such a canal could be reached, on the other hand, more quickly from ports of the United States.

One other contrast exists between the Panama canal and the Nicaraguan route. The former traverses a country of relatively little potential wealth. A canal through Nicaragua would doubtless be a strong factor in the development of that country, opening up its vast forests of both hard and soft woods and tapping its coffee and cacao plantations and its mines. Lake Nicaragua is already an important inland waterway, and near its banks are some of the chief cities of the republic.

Knew What He Wanted

While a mother was looking for books for herself at the Shelby street branch library, her two small sons entertained themselves at the children's table looking at picture books.

They were especially interested in a book containing pictures of dogs. The older boy stroked the collie's picture over and over, while the younger one looked on.

Where the mother had her books charged at the desk she beckoned to the boys. The elder one obeyed, but the little fellow protested, saying: "Please, mother, I want to spread the dog."—Indianapolis News.

Yet It's Still Noticeable

We have enough science in hand to abolish poverty.—Albert Edward Wigam.



(© 1927, Western Newspaper Union.)

Going without the good things of life is considered a hardship. Too little thought is given to the blessings. Everybody struggles to acquire material advantages, thinking that they spell happiness, but happiness not infrequently lies in practicing the fine art of doing without.—American Cookery.

SOME GOOD CHOWDERS

Everybody enjoys soups and chowders when well made and seasoned. A cook who has not in her repertoire a list of chowders is missing one of the best of dishes to serve her family.

When it is possible to get fish or shell fish, there is nothing better for chowders, but other vegetables will make a fair substitute.

Corn Chowder.—Fry until brown one-fourth pound of diced salt pork, add one large sliced onion and fry until brown. When corn is fresh, cut from the cob enough sweet corn to fill a quart measure or use a can of corn; put the corn into the kettle with the pork and onion, two cupfuls of diced uncooked potatoes, two cupfuls of tomatoes, sprinkling each layer with flour, pepper and salt. When fresh corn is used, cover the corn with cold water and bring to the boiling point; if canned, add as much water as needed to cook the vegetables. Add two cupfuls of milk, butter and milk crackers when serving.

Maryland Fish Chowder.—Fry two slices of salt pork and one large onion cut fine. Add four pounds of fresh fish and six large potatoes cut into dice. Cover with cold water and simmer until the food is cooked. Add one quart of milk, salt and pepper to taste, with two tablespoonfuls of butter. Add six milk crackers which have been soaked in hot milk, season to taste with minced parsley and Worcestershire sauce.

Codfish Chowder.—Fry one-fourth pound of salt pork cut into fine dice, until brown. Add three sliced onions and cook for five minutes, then add one-half dozen sliced potatoes, cover with boiling water and cook until the vegetables are tender. Meanwhile soak one-half pound of salt codfish, parboil and shred; add to the chowder, with one quart of milk. Bring to the boiling point. Pour hot milk over half a dozen milk crackers and when soft add to the chowder; serve very hot in soup plates.

Soft Clam Chowder.—Tie in a small piece of muslin six cloves, six allspice and six peppercorns. Fry brown a quarter of a pound of diced pork, then add one large diced onion and fry until yellow. Add six sliced potatoes, a can of tomatoes, the bag of spices, four cupfuls of cold water and a dash of cayenne, cook four hours. Add a quart of soft-shelled clams parboiled and chopped, five milk crackers soaked in boiling milk, a quart of milk and simmer for five minutes.

The Pelebian Peanut.

The ordinary nut which is so common among us is a valuable food, rich in fat and of such good flavor that it is universally liked.

Peanut butter is so commonly used that it is hardly necessary to mention how wholesome it is. The small boy knows how it appeals to a hungry stomach, as a spread for bread or a sandwich filling.

Lettuce With Peanuts.—Roll fresh peanuts after shelling and removing the brown husks; when like coarse crumbs, sprinkle over crisp, tender lettuce that has been washed and drained, add a bit of shredded onion and serve with French dressing.

Peanut Loaf.—Take one cupful of chopped peanuts, two cupfuls of crumbs, two tablespoonfuls of fat or peanut butter, one egg, one-half teaspoonful of salt, a few dashes of pepper and three-fourths of a cupful of milk. Mix, using the milk—more if needed to make a moist loaf. Put into a buttered pan and bake one hour. Baste once or twice with melted fat. Serve turned out on a hot platter, sprinkled with chopped nuts.

Creole Chowder.—Fry brown four large onions in pork fat. Add five tomatoes, four sweet peppers shredded and two cupfuls of fresh or canned corn. Add boiling water to cover. Season with pepper, salt and sugar and cook until the vegetables are well cooked.

Peanut, Peas, Pickle Salad.—Take one cupful of coarsely chopped peanuts, one cupful of peas cooked and drained, and one-half cupful of chopped sour pickle. Mix well with mayonnaise and serve on lettuce.

Nellie Maxwell



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If a man is to be trusted at all it is when he is sick in bed—so a woman says.

If Kidneys Act Bad Take Salts

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean that you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of soft water.

Some men will stand up for the fair sex everywhere—except in a street car.

For bloated feeling and distressed breathing due to indigestion you need a medicine as well as a purgative. Wright's Indian Vegetable Pills are both. Adv.

Controllable forest fires in 1926 in Alberta, Canada, amounted to one-tenth of the number reported five years ago.

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Sitting in his comfortable home at 2219 107th Avenue, Oakland, Calif., Mr. Langhans told how Tanlac had rebuilt strength and vigor for himself and his charming wife. "Tanlac worked wonders for my wife," he said. "She suffered from high blood pressure, neuritis and general run-down condition. Tanlac relieved her."

"I had sciatic rheumatism—suffered for five years with it—so that I could sleep but little, on account of the pain. Kidney trouble, indigestion and loss of appetite had reduced my strength to a low ebb."

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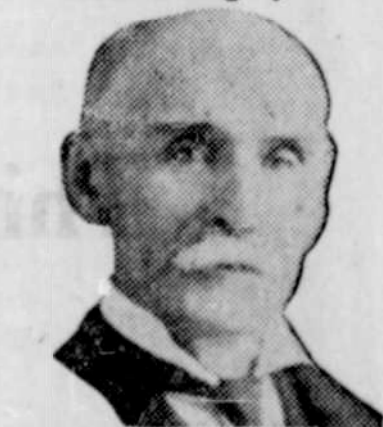
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