

IN SEAS, ABLE TO SAIL ALONG WITHOUT A COMPASS

One day in Zanzibar, along the Malindira waterfront, where air is sweet with the scent of cloves, I heard a crew singing as they made sail on board an Arab dhow. It was a sea chantey, a rousing old song that the monsoons have blown down these Eastern seas for centuries. The sailors were thin Somalis and Swahilis; the antithesis of the tarry-fisted shellbacks who made their labor lighter by bawling "Rio Grande" on frozen yard arms off Cape Horn.

Yet I suppose these dark skinned mariners had summed up in their Arab song the same hardships, grievances and hopes that one finds in the chanties of British and American sailing ship tradition, writes Lawrence G. Green in the New York Times.

Dhow sailors are the Vikings of the East. They make incredible voyages in vessels which have hardly altered in design for 1000 years. Like the viking craft, the dhows are open fore and aft, and driven by one or two great sails. The Arabs navigate without compasses or chronometers, with out even an ancient quadrant or back stick for taking sights.

The stars seem to tell them everything—course, position and future weather. There are many wrecks, but still more safe landfalls. In Beira I saw a tired dhow that had sailed there from the Persian Gulf. Step on board and examine this old lady of the seas.

Here is none of the neat planking and smooth finish of a yacht building yard. Bright paint on the sides covers the rough balks of splintered timber; the bows push the seas before them, and the stern is a crude rudder. The galley is an iron drum, half filled with sand, on which a wood fire is made.

Her timbers are held with huge nails, and the misshapen ribs run down uncovered to the bilge water. Clearing a dhow for open sea is a simple matter. You throw the cargo into her, the passengers perch themselves and their belongings on top of it, water casks are filled and up comes the grotesque anchor.

Not Too Comfortable

If the cargo is mat grass or rice, the passengers are comfortable enough; but if it happens to be dried shark's flesh the dhow, and all to leeward, reeks. The master and the helmsman may be sheltered by a crazy awning of palm leaves. The rest of the ship swelters under the tropic sun and is drenched by every breaking wave-crest.

Yet in these dhows, some of them less than twenty tons, trade has been maintained for hundreds of years—probably for 2000 years—between Arabia, India and the Persian Gulf, Aden, Somaliland and all East Africa. The drama of the open boat, in which man's struggle with the sea is reduced to its simplest terms, was the only ocean transport known to untold thousands of traders, slavers and immigrants during all that time.

Ah, the cargoes of the dhows! The ivory from Abyssinia, raw material awaiting inspiration and life in the hands of Eastern carvers. The frank-

incense and sweetmeat, the prayer rugs and glowing carpets, the pottery and the black, brass bound chests filled with pearls and rupees!

The Indian Ocean exacts heavy toll from the fleets of dhows that sail each year from the Red Sea ports, running down to Zanzibar before the northeast monsoon. Cape Guadafui is littered with the bones of dead ships—dhows that could not claw off a lee shore. Steamers run them down at night, for the dhow sailors never think of danger until it becomes visible; they seldom carry the red and green lamps of civilized custom. Shifting cargo must cause dozens of them to founder, but the story of a missing dhow never finds its way into the newspapers and no bell at Lloyd's tolls for them. I have heard of a dhow so frail that the cattle she carried pierced the hull with their horns so that the crew had no work feverishly plugging the holes with every rag on board to save the ship.

Nearly always there is shortage of water and food on a long passage. That means holding up a steamer in mid ocean and beseeching the captain to give supplies—an event repeated so often that annoyed shipmasters are wondering whether the unwritten law of the sea should not be overhauled and tightened up.

Some Still Carry Slaves

Coasting dhows encounter adventures of their own, for each landing on certain wild parts of the Somaliland coast means a fight, or a tribute paid to some rapacious desert leader.

Many dhows still afloat once carried slaves; indeed, British cruisers in the Red Sea were recently sent out to hunt a type of domestic slave trader who has survived in spite of the League of Nations. Gun-running gives profitable cargoes to the dhows even today.

One romantic enterprise for the dhows remains within the law—pearl fishing. Beds of oyster shell are found along the Red Sea coasts and among many of the coral islands of the Indian Ocean. The pearling dhows with the smell of decaying oysters hanging heavily upon them, are manned by large crews working on a share system.

And fishing dhows you will find in every creek of East Africa. So the old dhow trade flourishes year after year. These free-lances of the ocean risk cyclones and coral reefs and death in a dozen shapes as they make their astounding passages. With a crate of oranges and breadfruit, a barrel of rice, and a red flag over them, they hoist their great lateen sails and steer away from the crowded Zanzibar anchorage, away over the horizon, one of the most beautiful visions of the Eastern seas.

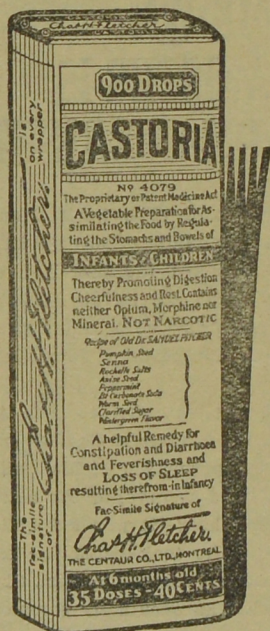
He threw the paper on the floor. He dropped ashes on the rug. He looked at the cat; it was lying on the very best chair; he left it lie there. He looked at the dirty dishes in the sink; he went to bed. He wasn't married.

When BABIES are upset

Baby ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea—a condition it is always important to check quickly. How would you meet this emergency—tonight? Have you a bottle of Castoria ready? There is nothing that can take the place of this harmless but effective remedy for children; nothing that acts quite the same, or has quite the same comforting effect on them.

For the protection of your wee one—for your own peace of mind—keep this old, reliable prepara-

tion always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria; the genuine bears Chas. H. Fletcher's signature on the wrapper.



ICE BOATS RACES GROWING IN S. INLAND WATERS

New York, Jan. 31.—"Sailing faster than the wind" may sound like a fairy tale, but hundreds of American sportsmen actually experience this thrill on the frozen inland waters from the Atlantic coast to the Great Lakes each winter.

Speeds of more than 100 miles an hour have been achieved by skillful pilots in ice yacht racing, the fastest motorless sport in the world. When an ice-yacht darts over the glassy surface of a lake, river or bay, it seems to its crew hardly to touch the ice—but rather to soar through the air. The closeness to the surface enhances the illusion of tremendous speed just as does skiing, writes Barrow Lyons in the Popular Science Monthly.

In fact, when the little, birdlike craft is sailing with a quartering breeze, it is moving considerably faster than the wind itself. This may seem impossible but the physical principle is really quite simple. Anyone who has pursued a slippery cake of soap across the bathroom floor has had an excellent demonstration of the mechanical action involved.

Ancient Sport

Consider the cake of soap as the sail of the ice yacht and the fingers as the wind, and the reason why the ice yacht can go faster than a quartering breeze become clear. Like the cake of soap, the sail of the ice yacht slides away from the pressure of the wind, in a similar cam action, and when the sail is close hauled so that it makes only a slight angle with the center line of the ship, the motion of the ship is magnified just as is the motion of the cake of soap by its gently sloping side.

Since the days of Peter Stuyvesant ice boats have been employed for various purposes on this continent. It is said that during the French and Indian War sleighs with sails were used to transport troops across the Great Lakes. In 1861 the first regular ice yachting club was organized on the Hudson River.

Improved Design

The improved design of the modern yacht involves a groundwork of two pieces—a center timber and a cross-wise runner plank. The center timber on which the mast is stepped, runs fore and aft, its forward part constituting the bowsprit and its after part holding the box for the helmsman.

The runner plank tapers toward the ends, on which the runners are placed. The center timber rests upon the middle of the runner plank at right angles and is attached to it by a gammon iron. Stays secured by turnbuckles lead from the ends of the center plank to the runner plank. The mast is secured by shrouds leading down each side to the runner plank, and by a forestay leading to the outer end of the center timber.

The yacht rides on the runners and the rudder, the latter extending down from the helmsman's box on the after part of the center timber.

Do Your Knees Swell? Are Your Joints Sore?

Those who have tested out numerous liniments will agree that where something is needed to dislodge a deep-seated, more or less chronic condition, nothing compares with Nerviline. Its because Nerviline penetrates so deeply, because it has about five times the strength of the ordinary oily preparations, it has come to be known as King over all pain. For rheumatic conditions, muscular and joint stiffness, Nerviline works wonders. A trial proves this. Get a 35c bottle from your dealer today.

NERVILINE Drives Out Pain

CELERY AND CRANBERRY SALAD

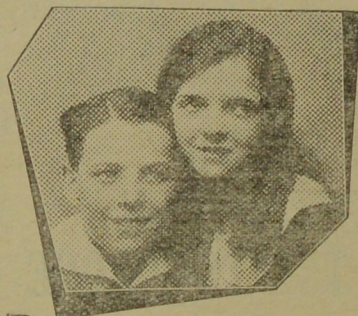
1 1-2 cups cubed cranberry jelly
1 1-2 cups sliced or shredded celery
1-2 cup broken walnut or toasted almond meats
French fruit dressing
Lettuce
The cranberry jelly should be very soft and cut in small cubes. Combine celery, nuts and salad dressing, add cubed cranberry jelly, toss lightly together and arrange for serving on lettuce leaves

MY HEART

You know my heart's a funny thing; it works so good without a spring, I do not even hear it work, But day and night, just like a Turk, It pounds away so silently. Though off I treat it carelessly, And still, it beats so soft and low; I know it's going 'cause I go.

Just think, the food I eat each day Helps my heart to beat its way And my teeth that chew so well Help digestion's story tell And as each organ does its part To furnish fuel to run the heart, I must strive to do my bit, By taking the best care of it.

—THE PATHFINDER



Prepare them NOW for vigorous hair at thirty!

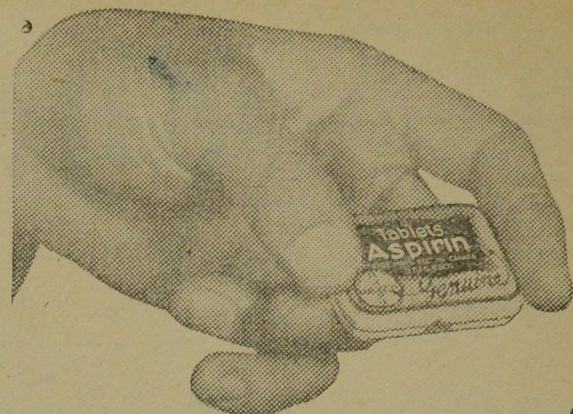
The easiest way to care for a child's hair properly, is with Danderine. Put a little on the brush each time the hair is arranged. Then as you draw it through the strands, it supplies the natural oils removed from hair and scalp by washing with soap and water. "Train" a child's hair with Danderine. See how this keeps it orderly, lustrous, clean. The natural curl is accentuated. A girl's waves "set" with it stay in longer; look more natural. And Danderine isn't sticky or oily; doesn't show.

When the use of Danderine becomes a daily habit in your home, longer, thicker, more abundant hair is sure to follow—for every member.

Danderine helps stop falling hair, dissolves every particle of dandruff crust; keeps the hair and scalp clean and healthy; changes dull, brittle, lifeless hair into hair that is sparkling, vigorous, easy to manage. Five million bottles used a year proves Danderine's effectiveness.

Danderine

The One Minute Hair Beautifier
AT ALL DRUG STORES—THIRTY FIVE CENTS



Needless Pain!

The man who wouldn't drive his motorcar half a mile when it's out of order, will often drive his brain all day with a head that's throbbing.

Such punishment isn't very good for one's nerves! It's unwise, and it's unnecessary. For a tablet or two of Aspirin will relieve a headache every time. So, remember this accepted antidote for pain, and spare yourself a lot of needless suffering. Read the proven directions and you'll discover many valuable uses for these tablets. For headaches; to check colds. To ease a sore throat and reduce the infection. For relieving neuralgic, neuritic, rheumatic pain.

People used to wonder if Aspirin might be harmful. The doctors answered that question years ago.



ASPIRIN

TRADE MARK REG.

RAISIN-NUT PIE

1 1-4 cups raisins
Juice and grated rind of 1 lemon
Juice and grated rind of 1 orange
1 1-4 cups water
1 tablespoon flour
1 cup chopped English walnuts
Pastry for a two-crust pie
Bring the water to boiling and add the raisins, simmering until they are tender. Mix flour and sugar and add with the fruit juices and grated rind. Cook slowly until thick and add the chopped English walnuts. Bake between two crusts.

BAKED BEAN SANDWICH

Have rounds of warm Boston brown bread. Broil as many strips of bacon as there are portions. In the fat of the bacon warm contents of a can of pork and beans. On each bread round arrange a leaf of lettuce and a tablespoon of mayonnaise. Place beans on mayonnaise, the strip of bacon last and cover with second round of bread, club style.

Redpack TOBACCO

is good pipe tobacco

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