# 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 were flawless. 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 lit-

tle 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 and straightened the small string, placto the glands or to eating too much, ing it carefully inside his left trouser the reduction in weight to a very large cuff. He then performed a deft opextent should be accomplished by cut- eration with needle and thread. Shakting down on the amounet of food ing his trouser cuff vigorously while

points for those whose overweight is | near the door, and strode out. due to overeating. (1) Cutting down Down in the lobby he turned in his



creasing the amount ture unnoticed. by the kidneys.

Doctor Arany sug-

at which the body processes work) and Too bad, he thought, that his recent when the food intake be reduced by as acquisition necessitated his leaving so much as 20 to 30 per cent below the quickly. He would have been immensefood intake that these measurments re- ly pleased to add that bracelet to his quire. He suggests that bulky foods collection. such as cabbage, lettuce, celery, spin-

graham bread, breakfast foods from conscious that some one was watching whole grains (oatmeal, shredded wheat) him. Glancing guardedly around the be eaten in large quantities because lobby he saw the cause of his uneastthere is so much roughage (fiber) re- ness. It was Tom Deegan, the house maining after digestion. These foods detective, at the far end of the lobby, have less fuel value or calories than standing behind some palms. Deegan's more concentrated foods and also help small steely gray eyes seemed to bore 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. Deegan wise to him? 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 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 fair- tel detective, covering him with his pisly 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 only the management's against makcourse, 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 the Turkish bath, but drink little or tive. Deegan's eyes were as big as no water, and so are able to make the saucers. He reached out and grabbed desired weight.

Doctor Arany's suggestions to reduce weight are in accord with those in gen- squawk," Shifty said. "But tell me, eral use-less food, more exercise, less how did you get hep that it was me water or other fluid.

. . .

Danger of Overweight

and is a predisposing factor in degen- towels you took from your room." erative diseases of the heart, blood "Linen set! . . . Six towels! vessels and kidneys. An accumulation But I. . . . That is . . . " Shifty's of fat around the heart handicaps its voice died out. His eyes were glassy. action while the increased body He was speechless.

Dr. E. P. Joslin, Boston, the outstanding authority on diabetes, warns "I-" those who have a family history of Mr. Matthews held up his hand. Deediabetes against the danger of becom- gan stopped speaking. ing fat. He believes that those with a family history of diabetes may es- say, Deegan," Matthews said. "It was cape diabetes by avoiding overweight. the maid's fault. The linen was miss-He believes also that overweight is ing from 642. Rogers, you know, had the most common cause of diabetes. room 641."

#### Presbyterian Society To Hold Social Next Thurs.

The Pastor's Aid Society, of the Elkton Presbyterian Church, will hold a them: Cut unpeeled McIntosh apples in evening, November 19 at 7:30.

time games will be played and refresh- "luxury touch" stick a few chopped alments served. A silver offering will be monds on top.

#### Guilty Conscience

By FRANCIS PAUL PYNE McClure Newspaper Syndicate. WNU Service.

CHIFTY ROGERS (he of the "itching O fingers") fondled carelessly the small string of pearls he held in the hollow of his hand. His small squinty eyes lit up with almost fanatical glee. He held the pearls away to make a final survey and his experienced eye missed not a single detail. The pearls

"Beauties!" he exclaimed. "I'll cash in on these plenty. That fat old dame will certainly let out one awful squawk when she finds they're gone, I'll bet. They're worth a fortune. I'd better breeze before she starts hollerin' or

the whole hotel will be on my head." With this thought in mind Shifty acted quickly. He reached inside his vest pocket and took out a small black case from which he extracted a needle and some black thread. Then he bent low an amused smile played about his thin Dr. G. Arany, Berlin, stresses three lips, he picked up a grip from a chair

on the amount of food eaten; (2) in- key to the clerk, paid his bill and then creasing the amount seated himself in a comfortable armof exercise taken chair. It wouldn't do to rush right which calls for more out. Somebody might remember a oxygen to burn or use thing like that later when the theft up the body tissues, would be discovered. No sir, nothing and (3) regulating the like that. He'd wait ten or fifteen minwater exchange by in- utes and then sowly take his depar-

of urine manufactured To pass the time away Shifty let his gaze wander over the lobby until it rested on a woman opposite him. gests that the individ- She was fashionably gowned and atual be examined, tractive but what interested him most Dr. Barton weighed, the metabol- was a diamond studded platinum ic rate measured (rate bracelet she wore on her left wrist.

He had been occupied in this fashion ach, fruits, vegetables (except potato). for about five minutes when he was clean through Shifty even at that distance and he wet his lips nervously. Could it be that the old dame had dis-

covered her loss already? And was

But the sight of Deegan determined Shifty's next move and in a moment he was on his way to the street. Once outside he walked in a leisurely fashion northward, and after two or three blocks glanced surreptitiously over his shoulder to see if he were being followed. Convinced that he wasn't, he hailed a taxicab, gave the driver instructions and settling back comfort-

ably in his seat lit a cigarette. Fifteen minutes later the cab pulled up before a somewhat ramshackle tenement and Shifty alighted, paid his fare, and then after a careful glance up and down the street ran up the

steps, two at a time. On the third floor, in the rear, he stopped and let himself into a small. pitch-black room. Once inside he lost no time in lighting a lamp and drawing a chair close to the table within its feeble ray. Next he put his feet on the chair and bent over his trouser cuff. As he was about to extract the necklace from its hiding place he was startled by the opening of his door. Panicky, he realized that in his haste he had neglected to lock it. He turned around in a flash and reached for his gun, but he was too late. Framed in the doorway stood Tom Deegan, the ho-

tol. Deegan knew Shifty's reputation and wasn't taking any chances. "Surprised, aintcha?" Deegan asked. "I would have nabbed you in the lobby Special Services On ing a scene on hotel property. Come on, let's have the stuff. And, mind you, no funny work. It isn't worth getting mussed up over, only the hotel is particular about these things. You know, we've had our eye on you since Wesley Churches for Sunday, Novem- at the evening service. your first visit to the place. But this

time we've got the goods on you." Realizing that he was in a tight spot "make" a certain weight by a certain Shifty reached down and brought up

> "I thought she'd soon put up a who pulled the job?"

"Good heavens, man," Deegan gasped, "when you tried so hard to give me the slip, I figured there was some reason, Dr. L. G. Graves in his book "Foods but I didn't know you had pulled a in Health and Disease" says, "An ex- trick like this. What I was looking cess of fat is detrimental to health for was the linen set and those six

weight adds to the work demanded | Back at the hotel Deegan rushed of it and a large percentage of ever- across the lobby till he came to the weight persons have high blood pres- desk. Mr. Matthews, the hotel manager, was talking to the clerk. "Mr. Matthews," Deegan sputtered,

"Yes, I know what you're going to

Deegan just grinned.

#### Sweet 'Tater Apples

Leftover sweete 'taters? Here's a grand way to make a main dish with "social" i nthe chapel next Thursday halves, and broil or bake until almost done; pile mashed and seasoned sweet A short program will be given, a potatoes on top. Reheat in hot oven, social hour will follow during which and serve with broiled bacon. For a



SYNOPSIS

Jeft Hawkins and Wahoo Jones, bandits join the Texas Rangers to procure inside information about payrolls and gold shipments to send to their, outlaw pal, Polka Dot Mo-Gee. Howkins falls in love with the beautiful daughter of the Rangers' commanding officer and Jones likes his new life as a law officer. The two decide to cast their lot with the Rangers and break with MoGes. Hawkins, assigned to capture Polka Dot, resigns rather than go after his former pal.

CHAPTER IX "I MADE it out of camp by the skin of my teeth--or I'd be in that pokey with Jeff right now," Wahoo | Wahoo shivered slightly. "You know | told Sam McGee when he caught up with him at the adobe house of He's my best friend—and yours his turn. "Major, listen to me." Maria Valesquez. "The kid came too." with me because they don't treat him right. Poor little tyke. He's all tuckered out. I'm glad Maria put

him to bed." Sam said nothing but continued to pace back and forth across the

"You should have let u. quit you when we wanted to - then this wouldn't have nappened." Wahoo was striving to quiet any suspicions that his former partner might have. "Jeff's in a tough spot!"

"Keep your shirt on," Sam answered coolly. "We'll take Jeff out of that pokey . . . right from under their noses. We'll start in the morning. I'm expectin' four more boys here, an the more the merrier. Them Rangers might show a little fight at that."

"It'll be like takin' candy from a baby!" Wahoo feigned enthusiasm. "Jeff'll sure love you for this! Say. let's go in the house and play some cards while we're waiting for the

The two men went inside, located the greasy cards and played a few hands. Then Wahoo rose casually to his feet and turned toward the bedroom.

"I'll just take a peek in and see if Davie's asleep all right," he explained. The bedroom was in darkness as he entered. Davie seemed asleep

but when Wahoo crossec to his cot he jumped out of bed and waited "Give this to that telegraph operator in town," the Ranger whispered as he went to the window and

by the light of the moon scribbled

hastily on a scrap of paper. "Tell him to send it right away to Major Bailey. Then hurry back and don't get caught." "Don't worry about me," answered the boy as he slipped into his clothes

and clambered through the window.

"They'll never catch me." But his prediction was wrong. As he untied one of the horses at the hitching post the anima whinnied sharply. A moment later a big Mexican bandit caught the boy by the

"Uno momento, my friend-where you go?" inquired his captor. "Jes' takin' a little ride," lied

"Oh no, you in too much hurry, muchacho," grinned the Mexican. "Come. I take you to see Sam." Realizing that he could not es-

cape, the youngster wadded the telegram into a ball and tried to swallow it. But once again his enemy was too quick for him and extracted the paper from between his clenched teeth with the point of a knife. "Don't let him get away." the Mex-

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sive market at lowest cost.

The Rev. John C. Boulden, pastor of Lewis Ulary will be the leader at the

had been attracted by the noise.

take thees paper to the boss." Sam and Wahoo were deep in another game of poker when the his hand again.

"What'd you come up here for, | vie's name was mentioned. anyway?" he inquired softly after raking in a jackpot.

"What's the matter with you?" why I came—to get Jeff outa jail.

kid. P. S.-Jeff. Give Wahoo a good funeral. That's why I'm sending him

back. Sam." Jeff clutched the bars of the winswarthy bandit appeared at the door | dow, his jaw muscles working tenseand beckoned peremptorily. The | ly. as he comprehended what must bandit leader nodded quietly, laid have happened. Amanda, who had down his cards and hurried outside. | appeared outside to discover the Two minutes later he returned, his | cause of the excitement, put her face a stolld mask, and picked up | clenched hands quickly to her lips, as if to keep back a sob. when Da-

"Elliot, Russell, Blake," the Major was shouting. "You three start pronto for Lampasses! Get in touch with

the sheriff there. . . ." "Major Bailey." Jeff shouted in



The girl threw herself in her lover's arms

too, ain't you?" Sam's voice was "You'll go with Lieutenant Spaul-"Why, you know that—that goes without sayir'." Wahoo was won-

dering whatever had possessed him to hang his gun belt over the back of the chair, out of reach.

"Then what's the idea of crossin' "Cut it out, Sam-I don't feel like

jokin'," Wahoo tried to laugh. "Neither do I!" In his rage at the perfidy of his former partner, Sam hurled the full deck of cards into the Ranger's face. Then, as the latter made a wild grab for his gun the bandit fired two quick shots under the table. Wahoo slid forward among the scattered cards without a sound.

. . . Early the next morning Jeff was awakened in his narrow adobe cell by the sound of galloping hoofs followed by the attle of revolver fire. Running to the barred window he saw several riders disappear into the distance. Behind them they had left a pony across the back of which

was strapped the body of a man. "It's Jones! Dead!" cried Major Bailey as he ran up to investigate the cause of the shooting.

"There's a note pinned to his back, Major," exclaimed a Ranger. His hands trembling with fury, the officer unpinned the crumpled paper and read slowly: "This is what I think of Rangers. Better ican instructed a companion who keep out of my way or I'll kill the

"You're a good friend of mine, | ficer continued as if uninterrupted, ding. Spaulding, I'll give you free rein. Start now, all of you—and don't come back without him."

> "Major Bailey! Major!" Jeff's voice was desperately beseeching as the other Rangers started to run toward their horses. For the first time the officer glanced at him, then came toward the window. "Major, you've got to release me,"

pleaded the disgraced prisoner. "Release me until I get McGee! You've

"How do I know-you don't mean to join McGee?" "I'm sorry you said that," choked

"All right!" Bailey came to a sudden decision and unlocked the door. "Take my horse. He's the fastest. And here . . ." he unbuckled his gun belt. "You'll need these." Then, as Jeff snatched the guns and started at a run for the corral, he called. "Best

of luck to you!" As Jeff finished saddling the Major's horse he stood up and came face to face with Amanda. Tense, eyeburning into each other's, they tried for a moment to control their emotions. Then, without a word, the girl threw herself into her lover's arms. They kissed—tenderly. A kiss which sealed them to each other forever. Then Jeff leaped into the saddle and

spurred away in a cloud of dust. "I'm going to get that boy a pardon," said the Major softly as he came up and slipped an arm about his daughter's trembling shoulders. (To be continued)

school house.

service at 11:45.

#### Sweet Potatoes In Many Forms

They go Almost From Soup To Nuts In The Menu

Sweet potatoes can be used in so many ways that they almost go from soup to nuts in a menu. A delicious soup is made from mashed sweet potato and ham stock, binding the mixture with butter and flour which have been rubbed together.

Then, broiled ham and sweet potatoes are delicious. Parboil the potatoes, pare them ,and cut into lengthwise slices, and saute them in buter until a delicate brown. Place them around the slices of ham on the platter. The ham can be fried, sprinkled with brown sugar, dotted with butter, and cooked Having reason to believe that certain until a caramel gravy is formed. Baked parties are in the habit of trespassing sweet potatoes are excellent with this upon the property of this company, and kind of ham.

Boiled sweet potatoes cooked in other if drained immediately after they are done and dried off in the oven, or by ward of twenty-ave (\$25) dollars will shaking the pa nover the flame. Fried be paid in each and every instance for boiled sweet potatoes are nice to have information that will lead to the arrest for luncheon occasionally. Slice them and conviction of parties trespassing on just as you would the boiled white po- any of the property of this Company tatoes, and fry in fat, season well with within Cecil county. pepper and salt, and serve with a garnish of parsley. Take care not to let the sweet potatoes get too brown, because this will spoil their flavor. Boiled A Three Days' Cough white and sweet potatoes can be fried

For dessert, there is the always popular pie and what pie is better than that have tried for your cough, chest cold made from sweet potatoes? Then there | or bronchial irritation, you can get reis sweet potato pudding. A really trouble may be brewing and you can-Southern recipe says to grate the raw not afford to take a chance with anypotatoes, season them with brown sugar, thing less than Creomulsion, which salt and butter; thin them with milk or cream and bind them with eggs. Spare inflamed membranes as the germ-laden the eggs and cream at your own risk, phlegm is loosened and expelled. because the genuine article spares nei-

SWEET POTATO PUFF Five to six medium-sized potatoes, 2

eggs, 1 teaspoon salt, 2 tablespoons melted butter, 2 tablespoons hot milk. Boil the sweet potatoes, When tender drain, peel and press through a ricer. Beat the yolks and whites of the eggs separately. To the sweet potato add the yolks, butter, milk and salt. Beat well. Then fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish and bake in a moderate oven (350 degrees Fahrenheit) for 45 minutes, or until light and fluffy and brown on the top.

SWEET POTATO PIE Three large sweet potatoes, boiled; 3 eggs, ½ teaspoon vanilla, ¼ teaspoon cinnamon, 1/2 teaspoon salt, 1/2 cup sugar,

Peel potatoes and mash. Add egg Lyolks and mix well. Stir in vanilla, cinnamon, salt and half the sugar. Mix well and pour into pie pan which has been lined with pastry. Bake in a hot oven (425 degrees Fahrenheit), until crust is brown, about 25 minutes. Make a meringue eby beating egg whites stiff and folding in remaining sugar. Spread meringue on top of pie and continue baking in a slow oven (300 degrees Fahrenheit) until meringue is brown, about 15 minutes.

#### Ten Baptised At St. Mark's Last Sunday

At the morning service held in St. Mark's Church, Aiken, Sunday, Nov. 8, at 9:30 o'clock, the Rector, the Rev. Dr. . Warren Albinson administered the sacrament of Baptism, making them members of Christ's Church, to ten children and young people.

Among the group were Theon Eileen. ber 15. At Hart's, Sunday School will, At Wesley Church, the Sunday School Mary Thelma, Betty Jane, Marieita be held at 9:30 in the morning and Ep- will meet in the morning at 11 and will aKthleen, Ada May, Frances Madaline worth League in the evening at 7:30. be followed by the regular preaching and William Thomas Bines, children of Mr. and Mrs. William T. Bines of Announcement is also made that the Frenchtown; William Nelson and the Elk Neck M. E. Charge, announces league meeting and following, Mr. Jo- Ladies Aid of Wesley, will meet Friday Blanche Elizabeth Woodrow, son and the following services at Hart's and seph R. Grant, of North East, will speak evening, November 20 in the Racine daughter of Mr. and Mrs. William N. Woodrow of Frenchtown; Richard Lander, son of Mrs. Stella Lander of Chester, Mr. Clay Donahoo, Mr. Wilson C. M. Whitelock, Miss Dorothy Woodrow time often have the weight removed by the necklace, handing it to the detec-



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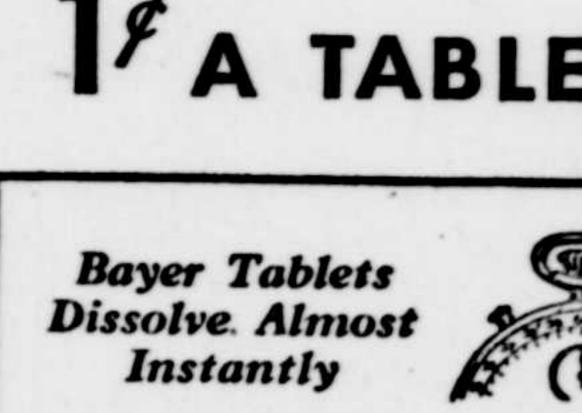
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