HOW ARE You TODAY

DR. JAMES W. BARTON Talks About

Increasing Your Weight

IT IS admitted that, speaking generally, the fat individual is more easy-going and less irritable than one who is very lean. And again, speaking generally, it would be better for the fat individual's physical and mental progress if he were to lose some weight; and similarly for the very thin individual to gain some weight.

Taking off weight is simple; a little less food and liquids daily and the weight will gradually come down; nothing else is usually necessary.

Putting on weight is not so simple. Increasing the food intake alone may give a little increase and sometimes none whatever.

The very fact that the individual is so lean or thin means that there are factors working within him that will simply not let any weight be stored.

Most thin individuals are of the nervous high-strung type, worriers, and very active mentally and physically. If they can get a few pounds, (five to ten), on their bodies, it often changes their attitude toward life; they become more tolerant and less irritable.

Dr. Barton

A physician, when attempting to increase or decrease weight, works from three standpoints — food, rest, and exercise. The overweight decreases the amount of exercise taken. The underweight increases his food intake, increases his hours of rest, and decreases his exercise because, as he rests more, he is not on his feet or at least is not as active as before.

Of course, the biggest factor is the food and when the appetite is poor, the usual method is to encourage the use of foods containing vitamin B, as it not only stimulates the appetite but promotes the flow of digestive juices and the proper working of the digestive processes. This means that not only will more food be eaten, but it will be digested better and more completely absorbed into the blood.

The foods rich in vitamin B are the leafy vegetables—cabbage, spinach, brussels sprouts, lettuce, turnip or beet tops, and also cauliflower, asparagus, celery, string beans, potatoes, turnip, parsnip, tomatoes, dried beans, fresh peas, and green corn.

The fruits rich in vitamin B are apples, cantaloupe, grapefruit, oranges, and prunes.

However, these foods, while increasing the appetite, are not the best weight producers so that the other foods—starches (bread, potatoes,), proteids (meats, eggs, cereals), and fats (butter, cream, fat meat)—must be increased in amount.

A further advantage of the vitamin B foods above mentioned is that they supply "roughage" to the intestine, thus preventing constipation which is so often present in underweights.

In institutions for tuberculosis, meat, eggs and milk are the chief foods used for maintaining and increasing weight; the meat and white of egg replaces worn tissues, the yolk supplies lime.

I mentioned a case some years ago where the patient weighed but 89 pounds. The physician increased his food intake, and in addition had him take two raw eggs between meals, made him rest more, and got him outdoors a number of hours daily. At the end of a month he had put on about three pounds. The progress was so slow that the patient went into an institution in another city and in about six months returned home weighing about 130 pounds.

What had brought about this great increase in weight in this short time? He had confined himself almost entirely to eating eggs and drinking milk—18 to 20 raw eggs, and six to eight quarts of milk every day.

While I wouldn't advise this diet for the average lean individual because there is need for fruit, vegetables, and bread, nevertheless it shows the great building power of eggs and milk. If an egg and glass of milk can be taken twice daily between meals it often gives just that extra amount that can be used or stored by the body.

Rest, of course, comes next to food in increasing weight. If the lean individual can get an extra hour at night or during the day it means that during that time he is not using his body and body building, not body tearing down, is going on.

* * *

Sample Reducing Menu

Professor McCollum gives the following list of foods as suitable for preparing menus for persons who are reducing (a sample menu):

Breakfast: Orange, poached egg, two slices of lean crisp bacon, one slice of toast, coffee with a small amount of milk, or a dash of cream but no sugar.

Lunch: Vegetable soup, two soda crackers, lettuce and tomato salad with a small amount of french dressing containing but a small amount of oil; or salt, pepper, and vinegar; one roll of butter (but one cube of butter per day); buttermilk.

Dinner: One small lamb chop, small baked potato; Brussels sprouts, celery and cabbage slaw, one roll, skimmilk, grapefruit.

©—WNU Service.

Red Devils Take Lead In Eastern Shore Soccer Loop

Local Outfit Playing Fast Game To Keep Atop As Season Nears End

North East Tops Ridgely To Take Second Place

Results Last Sunday

North East, 3; Ridgely, 2.
Wilmington, 4; Elkton (Town), 2.
Elkton (Reds), 1; Federalsburg, 0. (Forfeit).

Where They Play Sunday

Ridgely at Elkton, Reds.
Wilmington at North East.

Standing Of The Clubs

	W.	L.	T.	Pts.
Elkton Red Devils	3	0	0	6
North East	2	0	1	5
Wilmington	2	2	0	4
Elkton Town Team	2	3	0	4
Ridgely	1	2	1	3
Federalsburg	0	3	2	2

Closely bunched in the last half of the race for honors in the Eastern Shore soccer loop, the Elkton Red Devils and North East Braves look to be the best bets as these two teams are putting up a real consistent game and closing in strong as the teams turn into the stretch.

Last Sunday the Red Devils gained a game through a forfeit by Federalsburg while the Braves were turning back Ridgely in a well played and hard fought game. Wilmington took the Elkton Town Team for a 4 to 2 victory and climbed into third place in a tie with the Town boys. The two lower Shore teams, Ridgely and Federalsburg look about washed up as far as this half is concerned, although the Ridgely aggregation is a fast outfit and must be watched at all angles.

NOTICE

The Board of License Commissioners for Cecil County hereby gives Notice that Application has been made to it by

Linton W. Tice

for an ON SALE GENERALLY BEER LICENSE, CLASS "D," for the place of business located at

"Willow Inn"
Calvert, Md.

which license if granted will permit the applicant to sell upon the premises aforesaid BEER for consumption on the premises or elsewhere.

The Board hereby gives further Notice that said application will be heard by it on

Tuesday, January 19, 1937

at 9:00 o'clock A. M., at the Court House in the Town of Elkton, at which time and place any person may be heard on either side of the question.

MAULDIN LUM, Chairman
DANIEL H. GARRETT
LAWSON C. TOSH
Board of License Commissioners for Cecil County

T. M. Harrington and H. C. Constable Solicitors

Order Nisi

Thomas M. Harrington, Assignee &c.
vs.
Joseph Graboski and Bertha Graboski, His Wife

In the Circuit Court for Cecil County. In Equity, No. 5140

ORDERED, By the Circuit Court for Cecil County, in Equity ,this 28th day of December, 1936, that the sale of the Real Estate mentioned in these proceedings, made and reported by Thomas M. Harrington, Assignee, of Mortgage, in the above cause described, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 2nd day of March, 1937, provided a copy of this order be inserted in some newspaper printed and published in Cecil County, in the State of Maryland, once a week for One Month before the 29th day of January next.

The report states the amount of sale to be $2000.00.

WALTER E. BUCK, Clerk.
True Copy—Test:
12-31-5t WALTER E. BUCK, Clerk.

E. Kirk Brown, Solicitor

Order Nisi

George Nathan Janney & Wife
vs.
Laura E. Janney, et al.

In the Circuit Court for Cecil County. In Equity, No. 4389

ORDERED, This 28th day of December, 1936 that the report of Henry L. Constable, Auditor, mentioned in these proceedings, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 22nd day of January next, provided a copy of this orde rbe inserted in some newspaper printed and published in Cecil County once in each of two successive weeks before the 8th day of January next.

WALTER E. BUCK, Clerk.
True Copy—Test:
WALTER E. BUCK, Clerk.

NOTICE!

The annual meeting of the Farmers' & Mechanics' Mutual Insurance Association of Cecil County, Incorporated, will be held in the Session Building of the Presbyterian Church, Zion, Maryland, on Saturday, January 9, 1937 at 2:00 p. m.

In addition to the regular business the question of building a new office will be voted on.

12-17-3t Leonard C. Wilson, Secty.

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SYNOPSIS

Shortly after California's admission to the Union, Joe Kincaid, an American land-grabber, begins to plunder Spanish ranchos and file claims on them under the new law. He is opposed by Spanish vigilantes led by a mysterious Don Carlos. Jim Kearney, a secret government agent traveling incognito, saves Kincaid from a vigilante hanging party and gets his confidence. Later, Jim meets Rosita, daughter of a wealthy, high-caste Spaniard, and falls in love with her. Her father, Don Pascual, warns her that she is engaged to Don Luis and that she must stop seeing Jim for good.

CHAPTER VI

KEARNEY was pacing the quiet, flagstoned patio of the Mission when Rosita and Guadalupe arrived.

"Rosita," he cried, laughing as he caught the girl's hands and brought them to his lips.

"Why are you laughing, Senor Kearney," she asked sadly.

"I thought you weren't coming, and you're here," he answered gaily. "And you have a sunbeam on the end of your nose."

"I have not." She stepped into the deeper shade.

cried the girl. Then to Kearney: "I told you . . . remember?"

"Haven't you found out better by now?" asked the American in disgust.

"I haven't . . . I am to marry Don Luis very soon. I came to say goodbye. Nothing but goodbye!"

"Not to me. Oh, no you don't." Ignoring the presence of the maid, he caught Rosita by the shoulders and shook her gently.

"This marriage was planned before I was born," she pleaded.

"So was the county jail, but you don't want to live there."

"I gave Don Luis my promise." Her voice was full of tears. "I can't go back on that."

"How about me?"

"I never promised you."

"We promised each other every time our eyes met," he argued tenderly. "That's better than any words. Then, as she hesitated, her hands at her throat, he began to sing softly an old, old song.

him upon the back in a fury, but he had lifted his sweetheart's face and was kissing her lips tenderly. Neither of them paid the slightest attention as Guadalupe pleaded that Rosita was breaking her promise.

Late that same afternoon a mysterious old woman led a burro laden with faggots of wood through the Spanish section of Monterey.

"Carlos sends the wood," she would say softly to the various shopkeepers, tortilla vendors and workers whom she approached. "Come at midnight to the shack by the road. You must stop Kincaid and his gang tonight."

Then, before anybody noticed her, the nag would drag her burro on down the street. She was just delivering her last bundle of faggots to Juan, the busboy of the Golden Eagle saloon, when a flashily dressed stranger pushed her aside and swaggered through the swinging doors.

As he did so he caught sight of Kearney who was just finishing up a chorus of "My Gal in Californ-I-A"

"I am to marry Don Luis soon," Rosita said. "I came to say goodbye. Nothing but goodbye."

"It's no use," he teased. "It's a reckle by now. Did you know that ou have a beautiful collection of reckles?"

"I'd hoped that my skin was like a camelia," she retorted, falling into his mood.

"It's a darn sight prettier."

"Listen, Senor Kearney." She became serious.

"How often have I told you not to call me that. The name is Jim."

"It's not the custom of my country, Senor Kearney," she answered, glancing apprehensively at Guadalupe, who was listening to the conversation with great disapproval. "Now will you listen, please . . . Jim?"

"That's better. Could you say it again, now?" he grinned.

"Tell him what you came to say," cried Guadalupe, waddling down upon them, quite outraged. "Tell him you are going to marry Don Luis, as you should."

"He knows. Go away, Guadalupe."

"Why should we lose forever this sacred thing that Heaven gave us, this sacred trust?" his voice rang through the Mission patio.

"Why rob my world of all its beauty and change a dream to dust?

"My heart is yours, but ask your own if you should leave me . . .?

"Leave you!" Rosita's voice was but an echo of his rich tenor.

"If I should lose you the stars would fall from the sky," he sang softly on.

"If I should lose you the leaves
would wither and die.
The birds in Maytime would
sing a mournful refrain,
And I would wander, hating
the sound of rain . . ."

As he ended he held out his arms to Rosita. Unable to help herself, she flew to him and hid her head on his chest.

Guadalupe, who had been watching the scene with mounting frenzy, now ran forward, crying wildly: "Miss Rosita Miss Rosita!"

Reaching Kearney, she pounded to the delight of other members of Kincaid's gang.

"Who was that feller?" the stranger asked a bartender as Kearney put on his sombrero and hurried out.

"One of the boys. Name of Kearney. You know him?"

"I thought I seen him somewhere . . ." muttered the stranger as an evil grin spread over his face.

Meantime Jim was riding by the City Hall in a great hurry when Mayor Hill stepped out of his office there. They both look around to see if they were alone. The street was deserted so the mayor approached.

"Got Kincaid and his men to trust you, I hear," he said.

"Trust me? I'm their pet canary and their best pal, just because I sing and drink with them."

"Good work, son. Where you off to now?"

"Were you ever so much in love that you just had to go and sit and look at a girl's window?" answered Kearney merrily as he started off. "Well, that's me."

(To be continued)

BUSINESS-MAN GAGSTER

Introduces Business Psychology and Methods in Art of Comedy

IF an inquiring reporter should circulate among the comedians of Broadway and Radio Row to ask "Who's your favorite author?", the answer, in many cases would be "Conrad."

Not Joseph Conrad, the great author of sea stories, but rather Eugene Conrad, well-known to the comic brotherhood as "the other mind."

The comedians who evoke coast-to-coast guffaws on the stage, screen and air have highly-paid writers and gagmen, who are important behind-the-scenes workers, providing the raw material on which the comics' fortunes depend. They fashion comedy situations and write the gags to fit them, while the artistry of the funny men themselves is mainly concerned with interpretation and delivery.

Since radio, voracious consumer of comedy material, has displaced vaudeville, in which one comedy skit was good for years of use, the gag specialist has been in great demand. He knows almost every joke ever uttered or printed by man, with all the infinite variations of each. He also knows that a new joke is as rare as a blue moon. It's his capacity for twisting basic jokes into an infinity of new variations, setting them off with background situations, and adapting them to the characteristics of his comedian-boss that makes him valuable indeed.

Such a specialist is Gene Conrad, who put comedy writing on a big-business basis. He has supplied material for nearly nine-tenths of America's famous figures of comedy. Right now his chief assignment is as scriptist for Jack Pearl, who recently made a triumphant return to radio in his familiar characterization, Baron Munchausen.

His career and accomplishments have been almost as phenomenal as those yarns for which Baron Munchausen is famous. As a salesman and salesmanager in publishing and business machine fields, he instituted sales methods which are now in general practice and hung up a number of sales records which still stand. Thirteen years ago an actor friend in Canada had an idea for a play and persuaded him to write it. Without the rebuffs and delays which meet almost any play, this tyro had his first opus immediately produced as a Broadway musical comedy. Three months later he went from Canada to New York to see it for the first time. Another actor friend prevailed upon Conrad to write him a vaudeville act. This led to a deluge of orders from friends of the vaudevillian, and Gene got a leave of absence from his firm, wrote the acts, innocently asked the top price being paid for comedy material, and miraculously got it. That was in 1923. He hasn't had a day's vacation since then.

The list of his comedy clients reads like the Blue Book of stage and radio. At one time, before the decline of vaudeville, there were 150 or more acts playing Conrad-authored material at the same time.

GENE CONRAD
"new jokes are rare"

Among the reasons for his success are his business-like methods and his apparent need for no sleep. He was the first to institute a card-index joke file, now a standard practice for comedy writers. He employed several girls for three years building up his gag library, which now contains several hundred thousand variations of the few basic jokes, meticulously cross-referenced. He also invented "portable" scripts, written on cards, so that any section of the comic continuity could be lifted out, or shifted to a different spot.

He sometimes goes four or five days with no sleep at all, probably averages three hours' sleep nightly over the year. He gets but one meal a day, dinner in the evening. Much of his writing is "subconscious," and he has to read it over when completed to find out what he has written. He will challenge all comers to tell a joke he hasn't heard before. Like most gagmen and funny men, he is personally solemn, distinctly never the life of the party, for the very good reason that being funny is his profession.

READ THE STAR FOR ALL THE NEWS

AMERICA'S Greatest FOOD VALUES

SOUPS that are flavor-feasts of real Southern charm and savor. Sixteen popular varieties made from finest, field-ripened vegetables—grown in the heart of Maryland and sold at a neighborly price.

"Soups Doubly Nutritious are Phillips Delicious"

At Your Grocers

PICTURES in the NEWS

GEORGE VI succeeds his brother Edward VIII on the throne of England.

"FATHER OF AIR CONDITIONING" HONORED—Willis H. Carrier, past president of the American Society of Heating and Ventilating Engineers, chairman of Carrier Corp., whose discovery of the scientific laws of air conditioning 25 years ago has been signalized by his election to membership in the Japanese Assoc. of Refrigeration and by receipt of congratulatory messages from noted American scientists and business men. Mr. Carrier has been called the "Father of Air Conditioning" for his research leading to development of the scientific laws on which the art of air conditioning rests.

READY FOR BIG LEAGUE POW-POW—Opening of the Two Major League conclaves are three baseball notables (l. to r.) Joe McCarthy, manager Yankees; Bill McKechnie, manager Boston Bees and Jimmy Dykes, Chicago

Read The Star For

Happy New Year

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REFRESHMENT SUGGESTION—
OLD FASHIONED MARYLAND EGG-NOGG.

Recipe:—18 Eggs, 1½ lb. 4-X Sugar, 1 quart Whiskey, 1 pint Rum, 1 pint Brandy, 1 quart Cream, 2 quarts Milk. Separate eggs, whites from yolks, beat the yolks, add sugar, fold in liquors, add cream and milk. Beat whites, mix into Egg-Nogg. Serve sprinkled with a little nutmeg on top.

GET YOUR LIQUOR SUPPLY HERE
We Will Suggest Brands That Will blend perfectly.
LOWEST POSSIBLE PRICES!