

Morehead Woman Builds Her Own Reducing Machine



Photo by Bob Seymour

Mrs. Iris Adams Lewis demonstrates her reducing machine. She built the machine after seeing a similar gadget advertised in a Sears catalog. Mrs. Lewis says she lost 55 pounds in five months.

If you are troubled with trying to lose weight and cannot afford the fancy machines and gadgets advertised in national magazines and catalogs, don't be discouraged. Mrs. Iris Adams Lewis, Morehead City, has proved once and for all that losing weight can be inexpensive—and fun.

Mrs. Lewis lost 55 pounds in five months and had fun doing it. Last December Mrs. Lewis got the idea of making her own reducing machine while looking through a Sears catalog.

She saw a gadget priced at \$298 and figured she could make one herself. Taking an old washing machine (it cost \$20) and \$8 worth of bolts, straps and angle iron, Mrs. Lewis built the machine pictured here.

The tub part of the washer was cut off, leaving the agitator sticking up like a sore thumb. She took the agitator off its axis and bolted a piece of angle iron across the top of the upright axis.

When the machine motor was turned on, the angle iron would swing from side to side with the same motion as the agitator. Successful so far, Mrs. Lewis put two eye bolts on the ends of the angle iron and put a strap to each as shown in the picture.

When she leaned back against the belt and turned on the motor it "nearly took off the hide." She had the ends of the belt too near the ends of the angle iron and there was too much motion.

After a bit of experimenting, Mrs. Lewis discovered that the belt should be placed near the center of the angle iron. Once she got the machine working, Mrs. Lewis found that the "treatments" could be made in a rather comfortable manner.

"Now I can sit in a chair, prop

up my feet and let 'er work," she said. "Even when you are sitting down, the machine literally wrings the sweat out of your body," Mrs. Lewis continued. "I had to stop using the machine during the summer because I had kidney trouble and needed all the liquids I could keep in my body."

"As soon as it gets a little bit cooler I am going to get right back into my routine. I have gained back very little of the weight that I lost using the machine," she concluded.



News from NEWPORT
Oct. 22—Mrs. Lula Tolson and daughter, Louise, are spending some time in Farmers Branch, Texas with Mrs. Tolson's sister, Mrs. Lizzie Johnson.
Mrs. Eva Garner returned home Tuesday from Durham, where she spent sometime with her daughter, Mrs. L. E. Thompson, and her husband, Mr. and Mrs. Owen K. Garner of Bridgeton went for her.
Miss Nina Garner went to Kingston Thursday to attend the NCEA meeting there on Friday. She remained to spend the weekend with Mr. and Mrs. A. J. Ashford.
Mr. and Mrs. Albert Gribble of Norfolk arrived Thursday night to

spend the weekend here with her parents, Mr. and Mrs. L. W. Gardner.
Mrs. Tina Wilson of Rose Hill was a business visitor here Thursday.
Mr. and Mrs. W. J. Kirby went to Norfolk, Va. Thursday to spend a few days with relatives.
Mrs. Tom Temple carried a group of young people to Raleigh Friday to attend the State Fair.
Mrs. Floy Garner spent Thursday in Raleigh.
Mr. and Mrs. W. E. Powell attended the NCEA meeting in Kingston Friday and continued on to Raleigh for the weekend.
Mr. and Mrs. Willie Lowery spent the weekend in New Bern with friends.
Mr. and Mrs. R. L. Pruitt and children of Chinquapin spent the weekend at their home here.
Mr. and Mrs. Charles Hill and

children, Joanna and Janet, and Mrs. C. M. Hill spent Sunday in Plymouth with relatives.
Prof. and Mrs. L. L. Garner of Chapel Hill were here Friday for the funeral of his nephew, Leroy D. Garner.
Major and Mrs. Nelson E. Brown and children of Springfield, Va. are the guests of her parents, Mr. and Mrs. J. I. Mizelle.
Mr. and Mrs. Walter R. Mann and Mr. and Mrs. Harold V. Chartley went to Wilmington Saturday. Mr. and Mrs. Mann attended a Primitive Baptist Association in Verona and the Chartleys visited Miss Helen Dobson.
Mrs. John Hatfield of Norfolk, Va. came Saturday to bring her mother, Mrs. Sadie Garner, who had been with her for a visit.
Mr. and Mrs. E. P. Blair of Vanceboro were here Monday evening. Mrs. Blair visited her par-

ents, Mr. and Mrs. I. N. Howard, while Mr. Blair was guest speaker at the Rotary.
Club Meets
Mrs. Solon Perkins entertained the Friday evening bridge club at her home on Chatham Street.
Mrs. Mattie Guthrie won high score and Mrs. Marvin Gray won second high. They each received attractive night lights.
Mrs. M. C. Howard and Mrs. Guthrie won slam prizes of dish cloths and Mrs. R. L. Pruitt was given an ash tray for winning bingo.
Nuts, chips and colas were enjoyed during play and later the hostess served old fashioned grape jelly layer cake with coffee.
A married men's poker club in Tipton, Iowa, contributes 25 cents from every pot to a kitty for their wives.

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MILD CHEF'S PRIDE PIMENTO CHEESE 12-OZ. CUP 53^c
CHEF'S PRIDE MACARONI SALAD 1-LB. CUP 29^c
FRESH-MADE CHICKEN SALAD 8-OZ. CUP 49^c

Liberace Fails Faithful Fan

Atlantic City, N. J. (AP)—A young woman from Pennsylvania walked into the detective bureau and poured out a story which Detective James Donalan said went something like this:

She was a Liberace fan and often wrote letters to the pianist. In answer to one letter, his secretary said he would be appearing in Atlantic City and would be glad to see all his fans. So the woman bought a one-way ticket here because she was certain her idol would drive her home. But no such invitation came. Consequently she was stuck.

Detectives telephoned her husband but he refused to accept charges for the call. Donalan took the woman to the bus station and bought her a one-way ticket home. He gave her \$1 spending money.

"Now don't do this trick again. Stay away from Liberace," were his parting words.

"I sure will mister," she replied. "When I write again it will be to Elvis Presley."

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