

MANHATTAN

Merry-Go Round

by Albert Zugsmith

New York women are following Hollywood, the town where almost everyone eats, drinks and thinks in terms of their weight. In abandoning the crazy lamb chops and pineapple, banana and milk types of diets and adopting scientific methods of weight-reducing.

Almost standard in the film capital is the following weight reducer that usually takes two pounds a week off the overweight:

MEALS: Eat three average meals a day, avoiding any one large meal. There is no need to deny yourself provided you choose from the articles listed below:

WHAT TO EAT: All fresh fruits except bananas. Clear broths and unthickened soups. The lean of any meat except pork. Any fresh fish. Cottage cheese. Eggs. Gelatin. Unsweetened coffee or tea.

Any of the following vegetables: Artichokes, asparagus, string beans, beets, beet greens, broccoli, brussels sprouts, cabbage, rhubarb, sauerkraut, spinach, tomatoes, tomato juice, turnips, turnip greens, watercress, carrots, cauliflower, celery, chard, cucumbers, dandelion/egg plant, endive, kohlrabi, lettuce, okra, parsnips, young peas, peppers, pumpkins, radishes.

Bread: (Not more than two slices 1-4 inch thick daily or six crackers. Quantity should be reduced later if weight is not lost.)

Milk: (Not more than two glasses daily. Buttermilk may be used instead.)

Butter: (Not more than three pats daily.)

Water: (Do not drink to excess, especially during meals.)

DO NOT EAT: Bananas, baked beans, beer, cakes, candy, carbonated beverages, cereals, chocolate, cocoa, clams, crabs, lobsters, corn, canned fish, canned fruit, fountain drinks, hot cakes, waffles, ice cream, water ices, jellies, jams, lima beans, macaroni, spaghetti, noodles, nuts, olives, oils, onions, oysters, pastry, pies, pork, potatoes, puddings, rice, rolls, salad dressings (oily), sausage, scallops, soups, gravies or sauces thickened with flour, stewed fruit, sugar, syrup, wines.

NOTE: Saccharine may be used in tea or coffee instead of sugar.

EXERCISE: Walk leisurely each day a total of at least a half hour to an hour—in two periods, if possible. If unaccustomed to walking, begin with ten minutes and increase by five minutes a day to the full amount. Any other exercise that can be gotten in addition such as tennis, golf, horseback riding, bicycle riding, swimming, gym work, rowing, fencing, baseball, etc., is a desirable adjunct to this diet provided it is not approached too strenuously in the beginning.

NOTE: It is not desirable to lose more than two pounds a week as a too rapid reduction in weight is dangerous. Many overweight persons have a gland condition which must be treated together with a special diet designed for their particular needs. The above is only for normal, healthy persons who are overweight.

Big Town Chatter

Artificial figures made of rubber sponge are being sold like the proverbial wild fire to Gotham women . . . Mayor LaGuardia's plans call for gradual elimination of all elevated lines . . . The rumor that Adolph Hitler has cancer of the throat is unfounded. . . . The growth was nonmalignant and has been cut out. . . . Because the Hollywood Theatre on Broadway was jinxed by many flops, the new tenants built a new entrance on the side street and changed the name to the 52nd Street Theatre—despite the fact four times as many people pass the Broadway entrance as the 52nd Street side.

BURLEY

North Carolina will receive 8,256,900 pounds of burley tobacco as its share of the national goal of 356,842,000 pounds set up under the 1939 AAA program, E. Y. Floyd, AAA executive officer at State College, has announced.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up at night, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder may be burning, stinging or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nationwide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

Wrestler To Marry Girl Athlete



ST. LOUIS, Mo. . . . George Zaharias, one of the most accomplished showmen of big-time wrestling, and Babe Didrickson, famous woman athlete, after celebrating the announcement of their engagement by playing a round of golf. They met last January at the Los Angeles open golf tournament.

AN OPEN LETTER TO A SPEDDER

"I saw you barely miss a little boy on a tricycle this afternoon and heard you yell, 'Get the hell out of the way! Don't you know any better than to ride in the street?'"

"He didn't answer because he hasn't learned to talk very well yet, so I'm going to answer for him."

"No, the little boy doesn't know any better than to ride his tricycle in the street. He has been warned not to, but little boys don't always heed warnings. Some adults don't either, especially traffic warnings; for example, the one limiting the speed of automobiles."

"I'm going to tell you something about that little boy. He has a mother who endured considerable anxiety and suffering to bring him into the world. He has a father who has worked hard and made many sacrifices to make him healthy and happy. The supreme purpose of their lives is to have their little boy grow up to be a useful man."

"Now stop a minute and think."

made up of little children?

"Children, my hasty friend, were here long before you and your automobiles were thought of. All the automobiles on earth are not worth the life of one little boy. We don't know what that little boy may some day be. But we know what you are, and it's unimportant."

"We could get along without you, speedy driver, but we can't spare a single boy on this street."

—Houston Safety Messenger.

HARVESTER

A new type of bean harvester, found especially useful for small beans, has shown a great deal of promise in California.

CORN FOR HOGS

Manly Gray of Trenton, Jones County, grew 71.6 bushels of corn on his 4-H club acre this year and is now feeding the corn to hogs which will be shipped from the cooperative market next spring.

SMALLER

The U. S. Bureau of Agricultural Economics expects the 1939 Irish potato crop to total about 310,000,000 bushels, a crop smaller by 60,000,000 bushels than that of 1938.

PIGS FOR SALE—J. W. F. Jones, 3 1/2 miles Northeast of Louisburg, or R 3, Louisburg, N. C. 12-11-38

HEALTH IS YOUR GREATEST ASSET



CHIROPRACTIC, the popular drugless system of Health Care, is the means by which many wise and prosperous citizens maintain and protect this Great Asset of their life — Their Health.

Chiropactic's field of service is not limited just to nervous ailments and backache. A recent nation-wide survey of 93,039 cases, treated by 412 Doctors of Chiropactic, as conducted by a prominent and reliable firm in Indianapolis, revealed a record of 85.15% recovered or greatly improved. This record is actually more remarkable when it is understood and considered that a large number of these cases were chronic conditions, and Chiropactic was turned to as the "last resort". There were 80 different ailments represented in these cases, with individual percentage of recovery of some as follows:

- Colds - 100%
- Bronchitis - 91.6%
- Broncho-pneumonia - 93.8%
- Catarrh - 84.4%
- Colic - 96.5%
- Hay Fever - 81.9%
- Headaches (chronic) - 91%
- Heart Trouble - 79%
- Influenza - 97.9%
- Kidney Trouble - 86.8%
- Laryngitis - 93.9%
- Malaria - 87.4%
- Measles - 98.8%
- Migraine - 87.3%
- Paralysis (various types) 68.2%
- Tonsillitis - 91.4%
- Wry Neck - 96.2%
- Whooping Cough - 95.4%, Etc.

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All at sea about

WHAT TO GIVE?

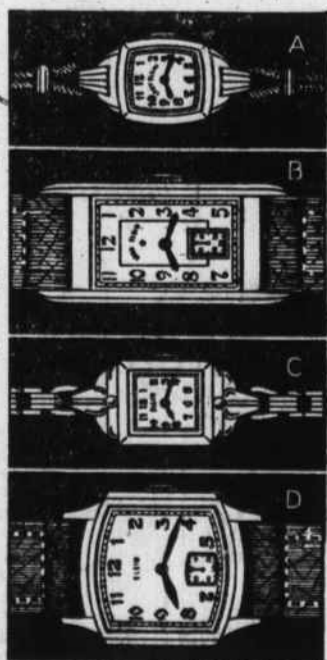


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- A Richly fashioned "Lady Elgin." 19 jewels. 14K natural gold filled case. **\$47.50**
- B Handsome "Lord Elgin" with 21 jewels. Curved to fit wrist. 14K filled. **\$55.00**
- C Beautiful Elgin "American Beauty," 15 jewels. Gold filled bracelet. **\$33.75**
- D Sturdy Elgin "Cavalier." In natural gold filled case. Accurate timepiece. **\$25.00**



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