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From where I sit... *by Joe Marsh*

For The Ladies: A Diet That Really Works

We went out visiting the other night and the ladies were talking away about weight-reducing diets. One of them had a special "15-day Hollywood diet" guaranteed to slim her down fifteen pounds' worth. Another was living on bananas and skim milk!

I might have known the missus would get the bug, too, and sure enough the other day she asks me, "Joe, what kind of a diet do you think I ought to go on?"

"Mother," I says, "the only diet I would ever recommend to anyone is simply moderation. I wouldn't trust any of those get-thin-quick diets. Simply cut down on desserts, bread, butter, sweets and fats—but when you do, even do your cutting down moderately."

From where I sit, moderation is the watchword. Moderation with food, with smoking or with the enjoyment of a friendly glass of temperate beer or ale. Actually, moderation adds to the enjoyment of just about anything.

Joe Marsh

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Tension Seen Rising Behind Iron Curtain

Chicago, July 19.—President Truman declared today that "tensions and conflicts" appear to be mounting behind the iron curtain.

He added that he is optimistic that the world may yet be organized for peace without war.

Communist tyranny, he told cheering thousands of Shriners and their guests in mammoth Soldier Field, will ultimately destroy itself or have to "abandon its attempt to force other nations into its pattern."

The President, speaking at a great outdoor celebration of the diamond jubilee session of the Ancient Arabic Order of Nobles of the Mystic Shrine, said the United States will continue its "great crusade for peace."

The red fezzes of the nobles and their colorful red, yellow, purple, and green uniforms provided a vivid setting for Truman's foreign policy speech. Roger Shanahan, chief of the Chicago park police, estimated 70,000 persons were there to hear the President's address.

Tasks Ahead

In working towards its goal of peace, the President said, "the United States should:

- 1—Halt the economic recession in this country, and work for a stronger economy.
- 2—Avoid the "foolish course" of slashing foreign aid funds. He said this course would be disastrous because it would produce "stagnation and despair" abroad which could only benefit the Communists.

The President said that within its inner circle, the Soviet orbit "manifests the fatal weakness of all dictatorships."

"This system of world organization is no better than the old tyrannies that have failed. It is incapable of satisfying the needs and desires of men for a better life.

"In its inner structure, it manifests the fatal weaknesses of all dictatorships. Within the circle of its control today, tensions and conflicts appear to be increasing.

"It may have temporary triumphs, but in the long run it must either destroy itself, or abandon its attempt to force other nations into its pattern."

"Within the circle of its control today, tensions and conflicts appear to be increasing." He continued: "It may have temporary triumphs, but in the long run it must either destroy itself, or abandon its attempt to force other nations into its pattern."

Tired of Dictatorships

"The world is tired of political fanaticism," he also said. "It is weary of the lies, propaganda, and hysteria created by dictatorships. It is disgusted by the practice of torture and political assassination. It is sick of the kind of political allegiance which is inspired solely by fear."

Touching at another point on what he called the weaknesses of the totalitarian structure, Truman told the crowd:

"Between totalitarian states, disagreements can suddenly become open conflicts and allies can change into enemies overnight."

Milk cows on North Carolina farms produced an estimated 150 million pounds of milk during May. This is the highest production record for the month of May and equals the previous record monthly production set in August, 1944.

Wilmington, July 19.—Ft. Caswell, located at the mouth of the Cape Fear River, was sold today by the War Assets Administration to the North Carolina Baptist Convention for \$86,000.

The sale of the historic fort was subject to credit approval, but L. D. Strom of Atlanta, director of regional sales for the WAA, said this was "almost positive" and that the sale is expected to stand.

Caswell for months has been a scene of inactivity, and its fate has been in doubt. The Baptists, the State Board of Health, private interests, and the Third Army have been interested. Strom said he has notified M. A. Huggins of Raleigh, secretary of the North Carolina Baptist Convention, but Huggins was not immediately available for comment.

However Strom disclosed that a special utilization survey of the fort, with the Baptists declaring their intended use, determined that the fort could be sold at the \$86,000 figure. The government had placed a fair price value of \$148,000 on the fort, and Strom said it was his opinion it is worth at least \$150,000.

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Baptists Buy Ft. Caswell For \$86,000

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Plastic Surgery Gives New Lease On Life. Read the case of the man who became frustrated because he was ugly and turned to crime. Through the help of a sympathetic judge and two plastic surgeons, however, he was given a new face and new personality. Don't miss "Ugly Ducklings Need Not Be Ugly," in August 7 issue of The American Weekly, Nation's Favorite Magazine With The Baltimore Sunday American. Order from Your Local Newsdealer.

Stem rust has caused very little damage this season in the principal wheat-producing areas west of the Mississippi River, according to the U. S. Department of Agriculture.

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Tune In HENRY J. TAYLOR, ABC Network, every Monday evening.

The Fun Begins at your own Front Door

KNOW a nice cool spot where you'd like to be if it weren't quite so far away?

Got a wooded lake in mind, a sandy beach, a gorgeous mountaintop, where you'd love to be—if it weren't a long day's drive to get there?

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Even back-seat passengers feel a brand-new comfort, free of jerk and jar and the harshness of direct gear drive.

So you end the day finding you've come farther—and feel fresher. Far from being just "another" Standard on ROADMASTER, optional at extra cost on SUPER models.

transmission," you find that Dynaflo is a whole new way of driving—a delightful way much too good to miss.

But—go see for yourself! That Buick dealer is ready to demonstrate—ready to make prompt delivery—ready to take your order this very day.

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