

BIG SISTER

Ambition Realized

By LES FORGRAVE



JOIN UP!
WRIGLEY'S SPEARMINT
THE PERFECT GUM

WE DO OUR PART

MIDGET MUSEUM
ALBRECHT DÜRER
THE MOST FAMOUS OF AN
PAINTER WAS BORN IN
NUREMBERG, 1455
WHEN ONLY 13 HE DID A
FINE SKETCH OF HIMSELF. AMONG HIS BEST
PORTRAITS IS "HIERONYMUS HOLZSCHNER."

NOAH NUMSKULL
DEAR NOAH— DID
PAUL REVERE RIDE A
NIGHT MARE?
BILL CAMPBELL,
OKLAHOMA CITY, OKLA.

DEAR NOAH— IF A CAT
WENT HUNTING, ON A
DESERT, WOULD HE
BRING BACK SANDY
CLAWS?
LEONARD HOSE
AKRON, OHIO

TONIGHT WRITE DOWN YOUR
NUMS IDEAS AND MAIL 'EM
IN TO NOAH!

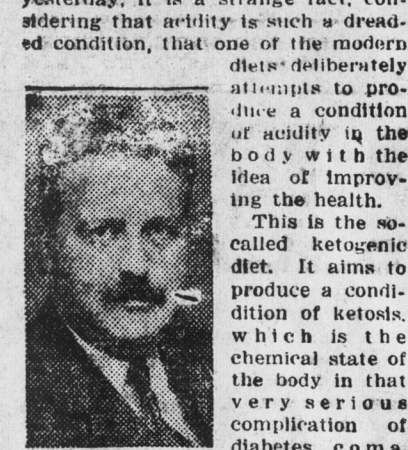
NONSENSE
WHEN I
GIMME A
"HOT CHOCOLATE"

TODAY'S
ICE CREAM

YOU THINK 'EM UP
I'LL DRAW 'EM

Acid Producing Diet Is Used to Combat Epilepsy

By LOGAN CLENDENING, M. D.



SPEAKING OF acidity, as we did yesterday, it is a strange fact, considering that acidity is such a dreaded condition, that one of the modern diets deliberately attempts to produce a condition of acidity in the body with the idea of improving the health.

This is the so-called ketogenic diet. It aims to produce a condition of ketosis, which is the chemical state of the body in that very serious complication of diabetes, coma, diabetic coma is caused by more use. The fat is incompletely oxidized and circulates in the body in the form of the fatty acids.

Such acidosis induces coma. Coma, of course, is a state of extreme depression of the nervous system. The idea that excess fat would so depress the nervous system suggested that a similar state of acidosis might be brought on to help out such conditions of increased irritability of the nervous system such as epilepsy and migraine headaches.

The expectations of the diet have been fairly well realized. In the epilepsy of children, especially in the milder forms, complete cure is possible. This means that while staying on the diet the epileptic seizures are controlled and after the diet has been kept up for a time, the diet may be discontinued and the seizures do not return. The severer forms of epilepsy can be arrested, but not cured. In adults it has not been so successful, but even with them it is worth trying, because 45 per cent showed improvement. Migraineous headaches have been treated with

about the same degree of success.

In order to plan a diet of this kind a good deal of attention to detail is required. The total amount of fat is about four times the total weight of the other food elements—carbohydrate and protein.

So much fat is not easy to digest or handle after absorption and the diet is never begun abruptly, because if it is, there is sure to be nausea and vomiting. In order to avoid this the fat is added to the diet gradually over a period of about a week. At the Johns Hopkins hospital this plan is modified and treatment is commenced with an initial fast of six days or longer, when the diet is begun. This has done away with nearly all disagreeable by-effects.

A sample diet is as follows:

Breakfast—
Bran with 40 per cent cream.
Sliced peaches.
Omelet, made with 40 per cent cream and 10 grams of butter.
Tea or coffee with 40 per cent cream.

Luncheon—
Sliced cold ham.
Lettuce and tomato salad with mayonnaise.
Bran wafer with butter.
Ice cream made with 40 per cent cream, saccharin and water.

Dinner—
Scrambled egg with butter.
Lettuce and cucumber salad with mayonnaise.
Cracker with butter.
Custard with 40 per cent cream.

EDITOR'S NOTE: Six pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin for each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

ETTA KETT

RANDY MAY BE BACK - BUT HE'S NOT BEATING ME OUT WITH ETTA YET - I'LL WORK MYSELF IN SOLID WITH HER MOTHER - SHE DOESN'T LIKE RANDY

HOPE THE COURT'S AGENT CROWDED - I WANT YOU ALL TO MYSELF!

SELFISH!

Smoothie

ETTA JUST LEFT TO PLAY TENNIS WITH RANDY!

I'LL WAIT!

DON'T TELL ME THIS PICTURE OF YOU WAS JUST TAKEN LAST SUMMER!! WHY IT DOESN'T LOOK A DAY OVER TWENTY FIVE! IT'S SURE EASY TO SEE WHERE ETTA GETS HER GOOD LOOKS FROM!

SCOTT'S SCRAPBOOK - By R. J. Scott

A BABY DOESN'T SHED TEARS UNTIL IT IS ABOUT 3 MONTHS OLD - UNTIL THAT TIME THE TEAR DUCTS AREN'T FULLY DEVELOPED

IN ORDER TO FLY ON A LEVEL AN AVIATOR SIGHTS THE TOP OF HIS MOTOR WITH THE HORIZON, WHETHER FLYING AT 500 FT., OR 5000 FT.

HORIZON
TOP OF MOTOR

NATIVES OF THE ISLAND OF TRISTAN DA CUNHA NEED NO DENTISTS.

SAMUEL SWAIN, 75-YEAR-OLD INHABITANT OF THE ISLAND HAS A COMPLETE AND PERFECT SET OF TEETH WITHOUT A CAVITY

A POLAR BEAR CAN SCENT A PROSPECTIVE MEAL MILES AWAY

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THE OLD HOME TOWN Registered U. S. Patent Office By STANLEY

YOU LITTLE SMART ALEC I ASKED FOR A POUND OF WATER CRACKERS AND YOU SENT ME A DOZEN ICE PICKS --- OW!! WHAT'S THIS FUNNY BUSINESS!

WHEN THAT WOMAN HAS A KICK SHE KICKS!

I COULD SEE SHE HAD BLOOD IN HER EYE BEFORE SHE REACHED THE DOOR!

FRESH SALT MALKEREEL

THE SUPERSTITIOUS CLERK SPILLED SOME SALT TO DAY AND PROMPTLY THREW SOME OVER HIS LEFT SHOULDER TO WARD OFF A FIGHT - BUT IT REALLY STARTED ONE

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Dispatch WANT ADS Get Results

SECOND-HAND SCHOOL BOOKS for sale at Nat Mitchell's shoe shop. See Mr. Grooms. We also buy second-hand school books. 7-11

FOR RENT TO HIGHEST BIDDER
H. L. Rowland home place; three good dwellings, plenty outhouses. Bid open 30 days. J. S. Wilson, receiver, Route 5, Louisburg, 4-6.

PLANTS FOR SALE—WILL HAVE nice lot cabbage, collard and tomato plants next Saturday 8th. Place order now if you want any. A. J. Cheek, Phone 387, 139 Bell street. 7-11

THE OFFICE OF THE HENDERSON Business School will be open each morning from 9 a. m. to 12 o'clock until the opening of school September 11. 2-74

FRESH BARBECUE — COOKED over living coals by Morgan Gup-ton. Call 25, Main Street Fruit Store. 7-11

OUR EXPERIENCE ENABLES US to do good work, and we give the best we have to all whether stranger or friend. Allen's Barber Shop. Th-Fri-Sa

LOOK—AT 347 N. GARNETT ST. You get Movis Motor Oil 11c qt. Only place in Vance county. Greases and gas good as you can buy. 7-33

YOU WILL FIND A BUSINESS education a most direct and economical method of qualifying for a good position. We invite you to visit our school and join the other ambitious young people who will be starting their business course this fall. Henderson Business School begins its new fall term September 11.

FOR RENT MODERN FIVE ROOM steam heated apartment furnished or unfurnished, hot and cold water. \$30.00 per month. Apply to Mrs. R. J. Corbett, phone 38. Thurs-Sa

GROCERY STORES, FISH DEALERS and others can save money on their wrapping paper by buying old papers for 10c per bundle at the Dispatch office. Also fine for kindling fires. 19-11

Everyone must have a trade—why not make yours PRINTING. The Printing industry offers exceptional wages. Instruction available, Monotype, keyboard and caster, linotype, Hand composition and Presswork on modern presses. For full information write the **SOUTHERN SCHOOL OF PRINTING** at 1514-16 South St., Nashville, Tenn.

THE GUMPS—BIM AT THE WHEEL

COME ON NOW, UNCLE— SIT UP AT THAT WHEEL LIKE A LITTLE MAN—

NOW TO LET HER OUT WIDE OPEN AND SEND HIM ON HIS WAY—

WITH POOR BIM DRAPED OVER THE WHEEL, ZANDER STARTS THE CAR— CLIMBS TO THE RUNNING BOARD AND OPENS THE THROTTLE—

SO LONG, OLD BOY! A PLEASANT TIME ON YOUR ONE WAY TRIP— AND A NICE PERMANENT GOOD-BYE TO YOU—

THE JEWELS

FASTER AND FASTER— DOWN THE SLOPE THE CAR BURCHES CRAZILY ON A SHARP TURN— AND IT CAREENS WILDLY OVER THE PRECIPICE—

DOPED—CHLOROFORMED BY THIS INHUMAN MONSTER— BIM FALLS AN EASY PREY TO THE EVIL DESIGNS OF ZANDER—

ROUND TRIP WEEK-END FARE
Henderson to
Portsmouth \$1.75
Norfolk
Virginia Beach \$2.50

Tickets sold for all trains Fridays, Saturdays and morning trains Sundays, March 31st to October 1st, inclusive.

Tickets limited returning prior to midnight following Monday. Baggage checked, stopovers allowed and honored in pullman cars upon payment of pullman fare.

REDUCED PULLMAN RATES
For Information See Agent

Seaboard