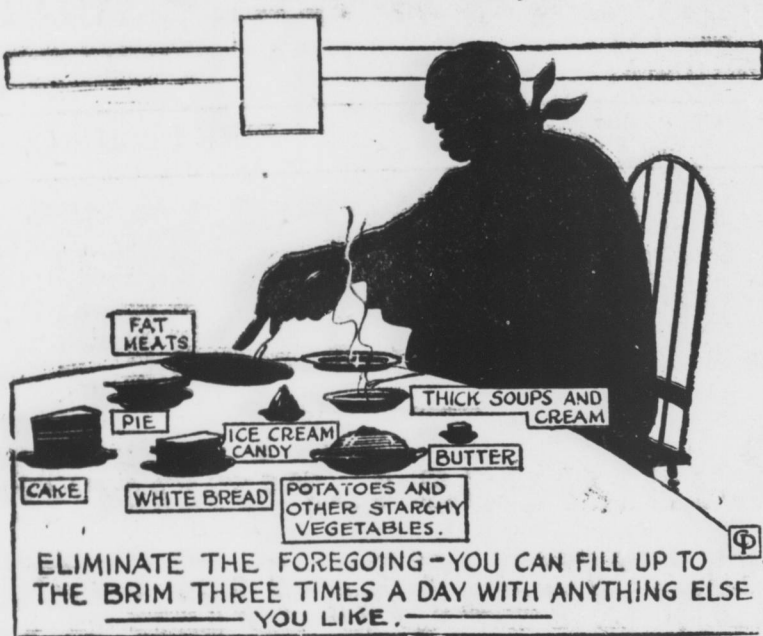


# Taking Off The Tonnage

For Men Only



ELIMINATE THE FOREGOING—YOU CAN FILL UP TO THE BRIM THREE TIMES A DAY WITH ANYTHING ELSE YOU LIKE.

(The second of two concise articles on reducing for men.)

By DAVE BARRY

Well-Known Referee and Trainer Chicago, Feb. 1.—When you are reducing weight, the worst thing you can possibly do is to fast to the point where you feel weak, or have the consciousness of hunger always intruding into your thoughts.

Many a prize fighter has lost his bout before he climbed into the ring by cutting his food too low while reducing in training. Many an over-weight movie actress has wrecked an otherwise good constitution by attempting to carry on week after week without food sufficient to maintain energy for daily needs. So whatever you do, eat enough to keep up your energy for daily work.

### What to Avoid

But you mustn't eat everything. Avoid (1) butter, (2) candy and ice cream, (3) pie, cake, white bread, crackers, (4) potatoes and other starchy vegetables, (5) fat meats, (6) thick soups and cream.

Be comforted, by the fact that, having eliminated the foregoing, you can fill up to the brim three times a day with anything else you like—fruits, raw or cooked, non-starchy vegetables, lean meats, milk without cream, tea, coffee, fruit juice, buttermilk—in

### PHOTOPLAYS

## STEVENSON

TOMORROW  
IRENE DUNN—  
CLIVE BROOK  
—IN—  
"If I Were Free"  
LAST TIMES TODAY  
"POWER and GLORY"  
SPENCER TRACY  
COLLEEN MOORE  
Andy Clyde Comedy

Midnight Show  
Friday Night  
Starting at 11:30 for  
Colored People  
Special Section for White  
People Who Wish to Attend  
ETHEL SIMPSON'S  
"Cotton Club  
Revue"  
On The Stage  
25—PEOPLE—25  
All Colored Cast  
New York Sensational  
RHYTHM KINGS  
BIG ORCHESTRA  
Admission ..... 36c to all

fact, anything whose principal ingredients are not fattening.

Drink copiously between meals, but at table limit yourself to one glass or cup of liquid. Don't wash your food down with it, but chew everything to a fluid. When you chew thoroughly, you eat less and digest better.

If you get hungry between meals, drink a lot of water, or fruit juice or tomato juice—or any liquid that will fill you up without fattening you. Cream and sugar in your coffee are permissible, because you don't get enough fats that way to make any difference.

Now there is a mental effort to reducing, and if you go at it too vigorously there is a possibility you'll get stale in a short time and throw the whole thing aside.

### You May Relax

If you find yourself in danger of doing this, relax a little. Once a week say at Sunday dinner, eat some of the fattening foods you like so well. You'll stand the grind better if you do.

The important thing to bear in mind is that to reduce you must be persistent in the exercise and the dieting, but too rigorous discipline will, for the average person, defeat its own purpose.

In short, if you want to eat properly for reducing, form the habit of watching your food, but avoid trying to make a religion of it. The man or woman who is careful in eating can always maintain the proper weight with excellent health. The diet crank is rarely healthy.

(THE END)

## PROMPT FILING OF INCOME TAX URGED

Collector Robertson Gives Information as to Method of Procedure

Daily Dispatch Bureau, In the Sir Walter Hotel, BY J. C. BASKERVILLE, Raleigh, Feb. 1.—Federal income tax returns may be made and the tax paid any time between January 1 and March 15, and income tax payers in North Carolina were urged today by Collector Charles H. Robertson, head of the Internal Revenue office of this State, to fill out their returns and pay their income taxes as promptly as possible. He also urged them to study the new regulations carefully before making out their returns, since there are several important changes as compared with former years.

The regulations governing returns by persons having incomes ranging from \$1,000 to \$5,000 a year are virtually the same as in the past and the short, one-page forms are used for these returns. A larger form must be used where incomes are in excess of \$5,000 a year. As in the past, all

# STORM DRIFT

by Ethel M. Dell

### READ THIS FIRST:

Captain Tiggle Turner, returning to England from India, finds pretty Viola Norman on shipboard alone and friendless. After offering to go in search of Mrs. Norman's husband, Tiggle finds he is not on board. As the Tiggle learns of Viola's tragic married life, how her husband had turned against her in India and sent her back to England, leading her to believe he would take the same steamer. After Viola tells Tiggle she has no friends or relatives to go to, she leaves him. Spot Rutherford, a friend of Tiggle, spots them together and flies Tiggle, a confirmed bachelor, about his new acquaintance. Spot, whom Tiggle had not seen for years, tells him of his wife and four children, who are aboard. As Tiggle goes up on deck alone he finds a slim girl peering on the rail about to jump. Tiggle spots Viola's contemplated suicide and then she tells him she is to become a mother. He offers to introduce her to Spot who is a doctor. Viola becomes one of the Rutherford party and the children grow attached to her when young weather aspects them attention. One evening Tiggle sees Viola with young Billy Saunders, a friend of the Rutherfords.

(NOW GO ON WITH THE STORY)

### CHAPTER ?

DANCING HAD already begun, and, though not a very great performer, Tiggle felt it his duty to help forward the general gaiety to the best of his ability. He knew by some indefinable instinct that ere long he would see Viola among the merry-makers, and he was not mistaken. Half way through the second dance she and her partner appeared.

Spot was an excellent dancer and very sure of himself, and it was not long before the attention aroused by Viola an hour before in the saloon was centered upon these two. For they were beyond all dispute the most finished performers on deck.

"An absolute eye to watch," murmured General Cathcart's wife to her as they stood out for a few moments together. "I have never seen a more rhythmic sympathy. They must have practiced together."

"I don't think so," said Tiggle, but he volunteered no reason for this deduction.

"You know the captain is offering a prize for the best dancing couple, don't you?" said Mrs. Cathcart.

"It's too cold-blooded for me," commented General Cathcart. "I like a little more life and spring—more fun."

"This is a downright classic," said Spot, joining them. "Somehow I've always thought that little girl was a dark horse."

"She reminds me of that pseudo-French dancer Le Reve," pursued General Cathcart. "Ever heard of her? A shocking little baggage, I believe, but a wonderful dancer. You remember her?" He turned to his wife.

"Oh yes, dear. But that's years ago," she reminded him. "There are other stars by this time."

"Yes, yes. I know. But she was wonderful. I always thought she'd make a big hit, but one never hears of her now. I suppose she just missed the bull's-eye."

"So many of 'em do," said Spot. Tiggle was sullenly watching the two dancers and contributed nothing further to the conversation. A good many people were doing the same. It was impossible not to admire so faultless an exhibition. The complete repose and aloofness of the two performers was in its way a thing to watch. They might have been swayed by some mesmeric spell, for they spoke no word and exchanged no look or apparent communication of any sort throughout the dance. The girl's eyes remained downcast if not completely closed; the boy's were fixed in a kind of arrested ecstasy that never varied until the music ceased.

Then abruptly he seemed to come to himself and broke into his gay inconsequent laugh. "I say! That was good. You dance like a dream. Let's do it again! I simply can't stop." Then, with a sharp glance around: "Hullo! We seem to be making ourselves conspicuous. Why have all the rest stopped?"

"Just showing us all how it ought to be done that's all," said the captain genially. "I certainly shouldn't stop if I were you."

He was a kindly ex-naval officer whom everyone liked. Billy at once turned to him for sympathy.

"I could go on forever. Mrs. Norman dances divinely. No one could help performing like an expert with her." He turned back to her. "And you dared to tell me your dancing was old-fashioned!"

She was standing by his side quite immobile, as though the dream still held her. At his words she faintly smiled, without raising her eyes.

"If it is not, it is you who have brought it up to date," she said. "You are very easy to follow."

"Or to lead," murmured Spot for Tiggle's edification; but Tiggle was obviously deaf.



"You dance like a dream!"

The music started again and people began to disperse in quest of fresh partners.

"You'll dance with me again," said Billy eagerly.

But the girl shook her head. "I am sorry. I can't dance any more. I'm tired. As you know, I didn't mean to dance at all."

The captain's prize did not go to Viola and young Saunders as they did not dance together again.

When Tiggle went on deck on the following morning he found Viola with Joyce, Jack, and Peter already in their usual corner, and Billy Saunders smoking a cigar in their company, to the strong disapproval of Peter who growled his annoyance whenever he could bring himself to glance in his direction.

Certainly Viola herself extended no open encouragement to this addition to the party, but nevertheless Billy Saunders remained, having won an easy victory to the affection of Joyce and Jack with whom he played juvenile games most of the morning.

Tiggle made no attempt to join them, and even continued to hold aloof when Joyce ran after him with an earnest request that he would come and play a new game which Billy had just invented.

It was very sad in consequence, and in the evening attached herself to Uncle Tiggle exclusively while the other children were being put to bed. There were signs of languor about her that night which were obvious even to Tiggle who was not of a particularly observant nature.

"Just a little headache," she admitted. (Copyright by Ethel Mary Savage)

## SMALL ACREAGES CAN BE RETIRED

### New Ruling Will Permit Small Growers To Cut Cotton Entirely

College Station, Raleigh, Feb. 1.—A new ruling that will permit small cotton growers to retire a part or all of their acreage from production and receive both rental and parity payments was announced today by Charles A. Sheffield, assistant extension director at State College.

Farmers with a base of two to five acres during the 1928-32 period, and whose production was not less than 75 pounds to the acre, may reduce by two or more acres. Even if it takes all their cotton land out of production, he explained, such growers will still get a parity payment.

The rental payments will be 3 1-2 cents a pound on the acre production of the land rented to the Secretary, and the parity payments will be at least one cent a pound on 40 per cent of the average production during the five-year base period.

This new ruling was made so that the numerous small growers could participate in the reduction program, Sheffield said.

He also announced that the previous minimum average production required of growers signing contracts has been reduced to 75 pounds per acre for all growers. The previous minimum was 100 pounds to the acre.

The sign-up campaign will be continued through February 15 in an effort to bring all producers under contract, Sheffield said that most of the growers have already signed, particularly the larger ones.

## LOUISBURG TRIMS HENDERSON GIRLS

### Collegians Win by 25.13 Score There; Miss Godfrey Stars for Locals

Louisburg College girls had little trouble in defeating Henderson high school girls' basketball team last night at the college by a 25 to 13 score.

The college team paraded a number of substitutes to the court while holding the high school team in check at all times.

Miss Curlena Godfrey was the best for the locals, getting a total of eight points to lead her team. Miss Lillian Kearney and Miss Stewart accounted for the remaining points. Miss Yarnborough led the college sextette with a total of 10 points to her credit. Misses Bradshaw and Winn led the second high score honors with six points each.

Both teams put up plenty of fight. Charles Nordhoff, noted author living in Tahiti, born in England of American parentage, 47 years ago.

## Moon Theatre

—TONIGHT—

Prizes Will Be Given Away as Follows

- 1—A \$5.00 Bill
- 2—A Fat Hen
- 3—A Box of Groceries
- 4—Book Theatre Tickets
- 5—Book Theatre Tickets

Bring all your numbers—Each person attending tonight receives a number

### PICTURE SHOWING Tonight Only

Norman Foster and Heather Angel—in

"ORIENT EXPRESS"

Also Jack Haley—Star of "Sitting Pretty" in "Build Up"

Admission ..... 11c and 16c

## How One Man Lost 22 Pounds

Mr. Herman Runkis of Detroit writes "A few lines of thanks from a rheumatism sufferer—My first bottle of Kruschen Salts took all of the aches and swellings out of my joints—with my first bottle I went on a diet and lost 22 pounds and now feel like a new man."

To lose fat safely and quickly take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast every morning—an 85¢ bottle lasts 4 weeks—Get it at Parker's Drug Store or any drug store in America.

If not joyfully satisfied after the first bottle—Money back—Adv.

## STEVENSON

Admission ..... 10c-36c

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Returned by Popular Demand

SEABEE HAYWORTH'S

## "PEP and FUN REVUE"

20—PEOPLE—20

STAGE BAND BEAUTY CHORUS

—Featuring—  
SENORITA CONCHITA

PAPE AND PAPE

Sensational Acrobatic Act  
IT'S A GREAT SHOW

Ask Those Who Witnessed It Sunday Night

On the Screen "POWER and GLORY"

## PROTECT YOUR HEALTH BY DRINKING BUCKHORN WATER

In Sterilized Bottles.  
A Mineral Product of Nature  
A Light Pleasant Tasting Water

Has Given Satisfaction for Over 25 Years  
Delivered anywhere in Henderson, Fresh every Saturday  
20c per gallon in half gallon bottles and 5 gallon demijohns

Analyzed Every Thirty Days  
Order Direct from Page-Hocutt Drug Company

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## NAME YOUR OWN FIGURE!

200 beautiful girls chosen from 10,000



With DOLORES DEL RIO  
Gene Raymond  
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Ginger Rogers  
Fred Astaire  
Music by Vincent Youmans

## STEVENSON

THEATRE  
Henderson, N. C.  
MONDAY—TUESDAY  
2 Days Only—Feb. 5-6

persons having a net income of \$1,000 a year or more must make returns. Married persons are allowed an exemption of \$2,500 a year if heads of families with an additional exemption of \$100 for each dependent. Children under 18 years of age are classed as dependents, as are any other persons "mentally or physically defective" who are being supported by the head of the family. These may be any aged or sick relatives.

Husbands and wives living together and who have separate incomes may either make a joint return or make separate returns. But if separate returns are made, they may report only the income which each earns.

While a single person is entitled to an exemption of only \$1,000, if he or she maintains a home and supports an aged father or mother, this person is not only entitled to the \$400 exemption for a dependant but also to the \$2,500 exemption as the head of a family, Mr. Robertson pointed out. Any questions pertaining to the income tax will be gladly answered by his department. Collector Robertson said.

## Seafood Industry To Get Benefit of U. S. Legislation

Daily Dispatch Bureau, In the Sir Walter Hotel, BY J. C. BASKERVILLE, Raleigh, Feb. 1.—All the benefits, privileges, and aids provided by the Federal government for agriculture would be extended to the seafood industry if legislation pending before Congress is enacted, R. Bruce Etheridge, director of the Department of Conservation and Development, announced today.

A series of three bills has been introduced in the national House of Representatives by Representative S. Q. Bland, of Virginia, chairman of the House committee on merchant marine, radio and fisheries, and has been referred to that committee, Mr. Etheridge said.

The conservation director urged that North Carolinians, particularly members of Congress from this State, give their support to these bills in view of the relief which would be afforded to the commercial fishing industry of this and other states. He has been notified that a hearing, of which further notice will be given, will be held before the House committee in Washington shortly.

Mr. Etheridge pointed out that the commercial fishing industry has been overlooked in the fundamental relief measures that have so far been adopted by Congress and that this group has been unable to share proportionately in efforts to bring parity in prices with other commodities. Commercial fisheries, he continued, are as basic among the industries of the county as agriculture and deserve the same degree of aid that has been given to agriculture although it is not as widespread and does not effect as many people.

Some 15,000 North Carolinians, Mr. Etheridge explained, are engaged either full or part time in fishing and associated occupations for a livelihood. Returns from the seafoods in this State, he continued, have varied little during the past few months while other commodities have been rising steadily in price. If the fishing industry is to receive proportionate benefits with other basic industries, the conservation director feels that the fishermen should receive parity in prices for his products if the economic balance of those sections effected are to be maintained.

## CAROLINA AND DUKE TO STACK UP EVEN

Record Indicate Great Game at Hill Saturday; Each Have Lost One

Chapel Hill, Feb. 1.—One the basis of season records the Carolina and Duke basketball teams will stack up on virtually even terms when they take the floor for their long awaited battle here Saturday night at 7:30 o'clock.

Each team has lost only one game in the Big Five or Southern Conference, Duke to Maryland 37-33 and Carolina to State 34-30, and only enough, Carolina beat Maryland 28-24 and Duke beat State 33-29, four point margins all around.

The game will count heavily in both the disposition of the State championship for this year and in determining the pre-tournament leadership of the Southern Conference.

Duke leads the Big Five race with three victories and no losses. Except for South Carolina, which has only played one game, Carolina has the best record of any Conference quint, having won nine games and lost but one.

The speedy and often brilliant Tar Heels' margin of victory was more impressive against Wake Forest and Davidson, but the team might well take a lesson from the Blue Devils in the matter of conservation of energy and points.