

THE OLD HOME TOWN

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By STANLEY

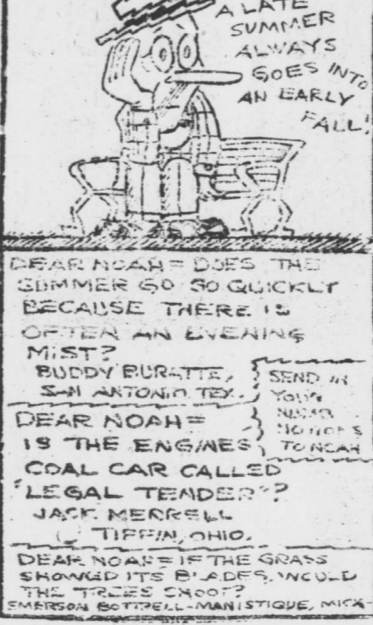


THAT NEW FIDDLING CLERK AT ROBINSON'S STORE IS GETTING THE BOYS IN SHAPE FOR A BIG NIGHT - WHEN THE LOCAL FIREMEN PUT ON THE LAST DANCE OF THE SEASON.

NONSENSE



NOAH NUMSKULL



Diet for the Medium Type Of Person Should Be Mixed

By LOGAN CLENDENING, M. D.

HAVING described the slender person and the stockily-built person and the diets for them, it is possible to make any special recommendations for the person of medium type? Theoretically these should constitute the largest group of the population, but practically they are probably the smallest. They exhibit mixed types of body, some of them with a digestive system like the slender type, and ductless gland system like the stocky type.

Since the fuel foods predominate in the diet of the slender type, and fruits and vegetables form the bulk of the diet of stocky people, the intermediate type might have all of these things mixed, with a tendency one way or the other, depending on exactly what his own bodily tendency is. The relation of occupation or of the work and exercise done by these people is important in determining the amount of food. The more muscular work that has to be done, the more should the fuel foods be added, and the less exertion that is required in doing the day's work, the more the vegetable and complete intake should be lowered.

fuel that is needed for mental effort is so small as to be negligible. Diets recommended as suitable for persons of medium build are as follows:

- SEIDINARY (Breakfast) Orange Juice, Corn Flakes (or other dry cereal) With Top Milk, Graham Muffins, Jam, Coffee (Lunch) Chicken Croquettes, Creamed Celery on Toast, Shredded Cabbage Salad, Pineapple, Cookies, Tea (Dinner) Bouillon, Roast Lamb With Mint Sauce, Browned Potatoes, Carrots and Peas, Lettuce Salad (French Dressing), Apple Pie, ACTIVE (Breakfast) Stewed Apricots, Cornmeal Mush (With Top Milk), Shirred Eggs With Two Small Sausages, Coffee (Lunch) Clam Chowder, Ham Hash, Spinach, Rolls, Pear Salad, Milk, Brown Betty With Hard Sauce (Dinner) Cream of Asparagus Soup, Broiled Steak, French Fried Potatoes, Cauliflower, au Gratin, Lettuce and Tomato Salad (Mayonnaise Dressing), Ice Cream, Cake

EDITH'S NOTE: Six pamphlets by Dr. Clendenning 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 Clendenning, in care of this paper. The pamphlets are: "Indigestion and Constipation," "Feeding and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

SCOTT'S SCRAPBOOK

By R. J. Scott



SISTER

Great Expectations

By LES FORGRAVE



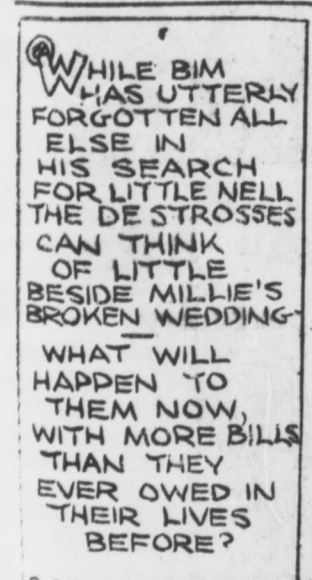
ETTA KETT

He Craves Sugar

By PAUL ROBINSON



THE GUMPS - HAVE A CARE, BIM



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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. 19-1t

NOTICE OF ADMINISTRATION. Notice is hereby given that I have qualified as administrator of the estate of Cary P. Harris, deceased, and all persons having claims against said decedent will exhibit same to me properly verified within one year from this date or this notice will be pleaded in bar of recovery. All persons indebted to said estate are requested to make immediate payment. This the 2nd day of March A. D. 1934.

W. PAGE HARRIS, Administrator Estate Cary P. Harris.

IN THE SUPERIOR COURT BEFORE THE CLERK. Summons by Publication. North Carolina: County of Vance: T. S. Kittrell Administrator of Aaron Smith, deceased.

vs. Henry Smith and his wife, Lewis Smith and his wife, Arthur Smith and his wife, the husband of Polly Smith Harrison, Frank Harrison and wife, Mable Harrison Hexter and husband, John Harrison and wife, Frank Harrison and wife, William Harrison and wife, the widow of Baldy Smith Eleanor E. Sutton and husband, Everett E. Smith, and wife, Arthur A. Smith and wife, Howard G. Smith (unmarried) age 29, Dorothy M. Smith (unmarried) age 18 and Margaret F. Smith (unmarried) age 14, being all of the heirs at law of Aaron Smith, Deceased, and T. P. Gholson, Guardian ad Litem for Howard G. Smith, and Margaret F. Smith. The defendants above named will take notice that an action entitled as above has been commenced in the Superior Court of Vance County, N. C. to sell the lands of Aaron Smith, deceased to make assets for his estate, with which to pay his debts and the said defendants will further take notice that they are required to appear at the office of the Clerk of the Superior Court of Vance County, in Henderson, N. C. on the 28th day of April 1934 and answer or demur to the complaint in the above entitled action, or the plaintiff will apply to the court for the relief demanded in the complaint. This 16th day of March, 1934. E. O. FALKNER, Clerk Superior Court.

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