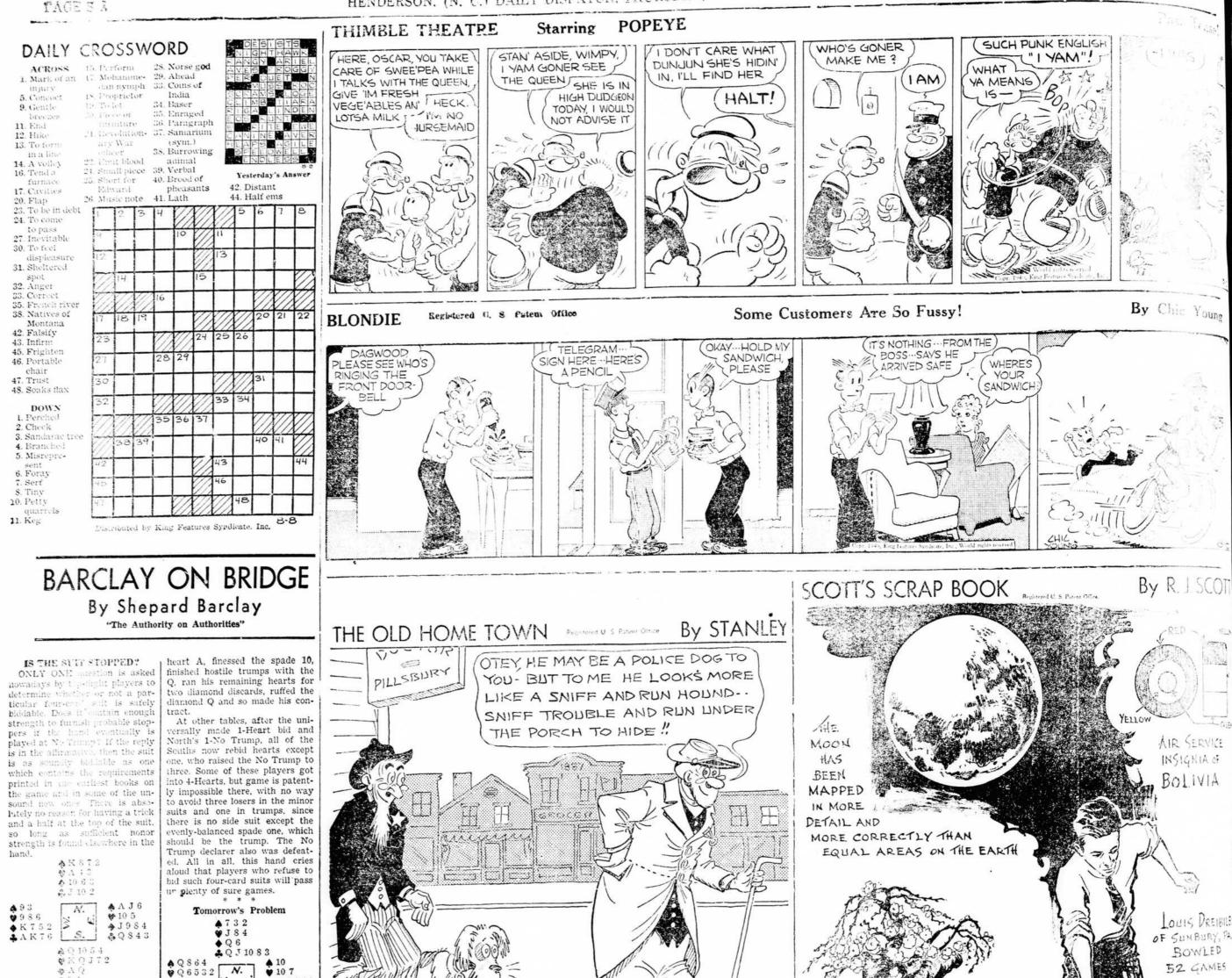
HENDERSON. (N. C.) DAILY DISPATCH, THURSDAY, AUGUST 8, 1940



<pre>\$3.5.5 (Dealer: South, Both sides vul- nerable.)</pre>				♦ 10 7 ♣ A 6 S. ♣ K 7 5 2					
					South	West	North	East	A K J 9 5
					1 💓	Pages	1 NT	Pass	♥ A K 9
2 🔥	Pass	0.0	Pass	♦ A 8 5					
4 6				\$ 9 4					
That bidding occurred at only				(Dealer: North. Neither side					
one table of a social duplicate				vulnerable.)					
game-where the most expert				Playing for 3-No Trumps, if					
pair in the room were engaged.				South wins the opening trick with					
South 1	est two c	which tricks	. rutted	dummy's heart J. takes two high					
the next club, lod a spade to the				spaces and then leads the spade J					
K and A, refused the diamond				to the Q, what two discards should					
tinesse, went to the table with the				East make on the spade tricks?					
	1	Same Barriet B.	" King F	catures Sundicate Inc					

d by King Features Syndicate, Inc.

We Owe Much To Modern Refrigeration

● IN OUR American climate the invention of the refrigerator was inevitable. It seems astonishing that our grandfathers endured existence in our summers with-out them. But they went without screens, electric fans, soft shirts, summer clothing of any kind, to say nothing of automobiles and

air conditioning units. The automatic refrigerator makes for a drier atmosphere, because as the air circulates inside it absorbs moisture and deposits it in the coils. Liquids should be covered in the electric type refrig-erator and cheese, boiled ham and other foods which dry out easily should be wrapped in wax paper. Berries keep better if placed unwashed on a flat tray without cov-ering. Meats should not be washed before being refrigerated. A good

Dr. Clendening will answer questions of general interest only, and then only through his column.

refrigerator not only keeps food preserved with a low bacterial count, but also removes odors.

First aid test for vacationists. (Answers later in next week's articles):

Suppose you enter a filling station or restaurant and find a man lying on the floor too weak to move. with white clanimy skin and feeble pulse and breathing. Will you give him a stimulant? Cover him with a blanket? Use artificial respiration? Put ice on his head? or what?

If you are the first person to arrive at the scene of an automobile wreck, and find the driver thrown from the car and unable to move on account of pain in the back what injury will you suspect? What will you do for the patient?

By LOGAN CLENDENING, M. D. | If a child comes to you rubbing his eye and says the wind blew something in it, will you tell him to rub towards the nose or away from it? Rub the other eye?

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If you get a cut or bruise what treatment will you give? Where are the two places on the body where boils are most dangerous? . . .

Vacation Diet for Underweights

With a balanced, full diet, adequate in respect to vitamins, protein and minerals, studies on a group of underweights over a period of eleven weeks showed an average weight gain of 2 pounds per week. The underweight who is trying to gain should slow up on all tiring exercises and learn to relax, sleep more at night, ride rather than walk and eat more food. The groups of foods to emphasize are (1) meats, milk and eggs, (2) fruits and vegetables, some uncooked, (3) fats, cream, butter, salad dressings, gravies (4) sweets, desserts, candies cakes.

Sample Diet

Breakfast: Fruit, cereal with cream; lamb shop with bacon, toast and butter, coffee with cream. Lunch: Bottle of beer, omclette, bread and butter, salad with French dressing, cheese and crackers, glass of milk.

Dinner: Cream soup, fish gernished with parsley, potatoes, limit beans, bread and butter, ice crean with chocolate sauce, coffee with cream and sugar.

EDITOR'S NOTE: Dr. Clendening has seven par-phlets which can be obtained by readers Each pamphlet sells for 10 cents. For t y one pamphlet desired, send 10 cents in coin, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Three Weeks' Reduc-ing Dict", "Indigation and Constipution". "Reducing and Gaining", "Infant Feed-ing", "Instructions for the Treatment of Diabetes", "Feminine Hygiene" and "The Care of the Hair and Skin".

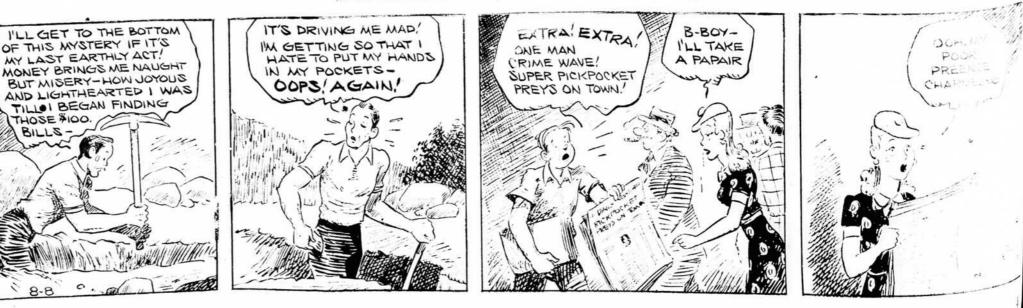




By PAUL ROBINSU

WE GOTTA DO MAGINE THAT," ETTA At that W YOU'ZE A SAP TO HANG SOMETHING ABOUT IT WONT GET A CRACK TO Very AROUND HERE EVERS / NYOHT AT THAT PART UNLESS moment WHILE SHE'S IN THERE MISSCARROL GETS GOTANY PLAYING YOUR PART faraway SIGIC OR SOMETHING. IDEAS : Ina THAT SCORCHE 610 CIEY ---ME I'LL BE A SPORT -- ITS a ALL IN THE strange ACTING young GAME !!!! 6 HER UNDER figure STUDY." is buying a ticket Wishi rights scienced. 8-8

THE GUMPS-- The Whole Town's Talking



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