

ASK ADAM

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WATKINS E. WRIGHT

CHAPTER THIRTY-FOUR

THE OVERWHELMING realization of how terribly much Susan meant to him made Bill Potter more eager than ever to settle the business deal with Alicia Carter, so that he could get out of her life, and put her out of his. He was thinking about this the next day in his office when Ken Randolph came in.

Bill eyed him and frowned. "I think it's about time," he said. "When it comes to making a decision, you run neck and neck with the Carter woman."

"Maybe so," said Ken. "But she's so uncertain of herself she makes me uneasy. He paused and grinned a bit shamelessly. "Besides, Bill, most of the money in my family is controlled by my wife, and she—"

"But you told me you had several thousand you wanted to invest," Bill cut in.

"I know, but Mrs. Randolph's pretty dubious about my investing it in Alicia Carter's property."

"Why did you tell her anything about it?"

"I always discuss matters like that with her."

"I see. Well, what's the verdict?"

"I was afraid of that," said Bill wearily. "I'm also afraid Alicia's verdict will be the same. Would you be willing to help me buy up some other property?"

"Perhaps," said Ken. "Any in mind?"

"Yes. The old Johnson farm."

"That dump?" Ken exclaimed.

"It's been deserted for years and run-down as all get-out."

"Well, I don't think it's deserted any longer."

"What do you mean?"

Bill told about seeing the men unloading a motor boat. "But don't say anything about it around Susan if you see her," he added. "She doesn't know I passed the farm but might see thought I was working at the office."

"Ah, I see! Sneaking off to see Alicia?"

"She telephoned me," said Bill. "So I made a quick trip."

"It must have been a quick trip if it was after one o'clock when you passed the Johnson farm."

"Never mind that part of it," said Bill. "The thing to discuss is the farm itself. We could build a good road leading from the highway, and build some nice houses out that way. The only thing is getting in touch with the Johnsons. They're scattered all over the face of the earth."

"Maybe it's some of them you saw last night," said Ken.

"Come on, let's drive out and have a look. Got time to spare?"

"Yes," said Ken. "Besides, I'd like nothing better than to see some cottages going up along the plans I've got in mind."

The two men hurried out together, and presently they were speeding off in Bill's roadster.

Meanwhile Adam North was also thinking about the Johnson farm. As a matter of fact, he thought about it frequently in spite of himself. He kept associating the farm, the pantry woman's nephew, and the motor boat. He kept thinking that in some manner they were all connected. Maybe it was just of him, but that's the way it was. Anyway, he was far from calm and happy.

If anyone had asked him to explain exactly how he felt, he would have said, "I feel as though I were in the exact corner of a cyclone funnel of doubt and uncertainty swirling around, and over and over." That would explain the matter perfectly. He was certainly in something of a mental maelstrom, what with making love to Susan Potter on the stage, wondering if he was actually falling in love with Brenda Leigh in reality, and being constantly nagged and worried about the troublesome things that were happening at the factory almost daily.

He sat at his desk and tried to concentrate on the business at hand, but it was difficult, for he kept remembering a blaze in the engine house which had increased in vehemence when a pre-extin-

guisher was turned on it, for the simple reason that the extinguisher had been filled with gasoline. He also remembered the piece of machinery that had suddenly gone bad for no apparent reason, and a batch of tools turning out badly because of someone's carelessness. Things that pointed to sabotage, and yet things which couldn't seem to be traced. No matter how careful the investigation, he always came up against a blank wall. No one could be accused, because everyone appeared to have a cast iron alibi.

Because of those things, and because of his feeling of uneasiness—the feeling that espionage as well as sabotage had come to Linville—he had increased the guard around the factory and grounds, had appointed men to report every slightest matter that looked in the least suspicious. All the first-extinguishers had been examined and a careful watch kept over them. Workmen's papers had been re-examined, many of them questioned minutely, and every precaution possible taken in each and every department of the plant.

But Adam kept right on worrying.

"Miss Leigh to see you," Ruth Moorhouse announced from the doorway, breaking in on Adam's thoughts. "She says it's important."

"Then send her in," said Adam, "yes, sir."

Bill disappeared, and Brenda appeared. She looked lovelier than ever. Adam thought her color high, her eyes bright, and her mouth looking delectably kissable. Then Adam thought, "I must be going crazy, thinking such things when I have so much that's important on my mind."

"Hello, Adam!" Brenda greeted. Adam got up and held out his hand. "Glad to see you," he said. "In town pretty early, aren't you?"

"Yes," said Brenda. She took the chair Adam indicated, drew it up closer to his desk. "Adam, someone visited the Johnson place last night!" she announced.

(To Be Continued)

REQUIREMENTS OF DAILY BASIC DIET

By LOGAN CLENDENING, M.D.

THE WAR has taught us a good deal about food. Note, I do not say it has taught us as much as deal about the science of dietetics.

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

but about foods. For the average North American I suppose the most poignant lesson is the number of foods he finds he can do without. And indeed the possibilities of substitution constitute one of the most important things we have learned.

Others are the possibilities of dehydration and concentrated rations. In connection with the latter several curious problems have been worked out. A chocolate bar has been designed to serve as an emergency measure. The size of the bar was determined by the size of the regulation shirt pocket.

In the experimental stage it was found necessary to design a bar that would not melt in the tropics—would remain solid at 129° F. During the trials of various bars submitted, members of the testing committee objected to certain bars because they did not taste very palatable. They were surprised to learn that a delectable bar was not desired since this was designed as an emergency ration—if the bar was too good, the soldier would eat it before he was actually in extremis.

Rules Not Rigid

I believe the most important result of war rationing has been to teach that the rules of dietetics are not necessarily as rigid as the new style nutritionists have laid down. "Rules were made for slaves," is a good rule for you to observe at the dinner table, and "What's one man's meat is another man's poison" is one of the oldest of dietetic admonitions.

For instance, Professor George R. Cowgill, of Yale, very properly lays down the well-known figures that a basic diet must furnish (a) energy, (b) protein, (c) minerals and (d) vitamins, and that the energy is derived from protein, carbohydrate and fat, each yielding respectively 4.4, and 9 calories per gram, and that the average man of 70 kilograms (154 pounds) weight requires on the average 3,000 calories a day.

Then he goes on to say very sensibly that just how he distributes this energy intake among

the three classes of foods is, within certain limits, a matter of taste. The most concentrated source of energy is fat, and three-quarters of a pound of fat is enough to furnish all his daily calories. But here the limitations come in because an excessive fat diet would cause atherosclerosis, and the fat must be diluted with carbohydrates (starches and sugars) and protein.

Basic Protein Requirement

There is a basic protein requirement, but it varies somewhat. The daily amount of minerals and vitamins are laid down very rigidly by the classic nutritionists, but here also some leeway may be allowed.

Professor Starvo, of Harvard, writes: "The adult requirement for protein is given as 70 grams a day, but it may not be implied that if one eats 50 grams he will be malnourished. If the adult requirement for vitamin A is given as 5,000 units a day, this does not imply that if one received 3,000 units a day he will be malnourished, although he may be skirting on this edge."

QUESTIONS AND ANSWERS

S. C. N.: Is there a cure for milk leg, or even a help? With an operation prove successful?

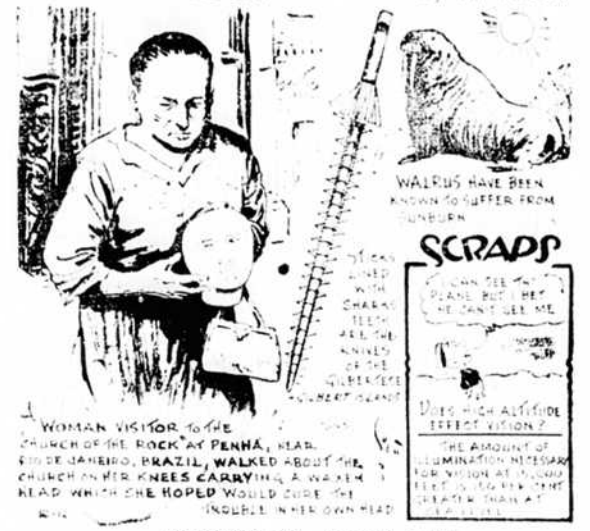
Answer: Milk leg is due to a clot in the vein. It follows childbirth and operations. With rest and elevation of the limb it always heals. I do not believe surgery is indicated in this condition.

D. D. S.: Is taking iron as beneficial as liver for a low red blood cell count? Are both necessary? Can liver extract be taken with the same result as shot? Can a person take too many liver shots? What is meant by hypochromic anemia?

Answer: Iron is valuable in one form of anemia, liver in another. Hypochromic anemia is the form in which the hemoglobin, the iron-containing coloring matter of the blood, is proportionately (to the number of cells) lower than it should be. In pernicious anemia the hemoglobin is proportionately higher than normal. Iron is indicated in hypochromic anemia, liver in pernicious anemia. In some cases both are indicated. Liver is absorbed just about as well by mouth as hypochromically. I have never heard of liver in capsules doing any harm.

SCOTT'S SCRAP BOOK

By R. J. SCOTT



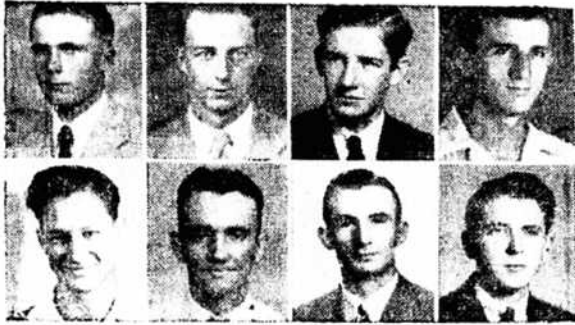
WOMAN VISITOR TO THE CHURCH OF ST. PETER AT PENNA. HAS... CHURCH MEMBER KNEELS CARRYING A WEIGHT... READ WHICH SHE HOPED WOULD GIVE HER... INSURE IN HER OWN HAND

THE OLD HOME TOWN

By STANLEY



Vance Boy Among Highest In F. F. A.



Eight of North Carolina's most outstanding F. F. A. boys are to be awarded the American Farmer Degree while attending the National Convention of Future Farmers of America in Kansas City this week, October 11-15. This degree is awarded for outstanding ability and achievement in farming, cooperation and leadership. Boys to receive this high honor are: top row, left to right—Bynum Blake, Stedman Chapter, Cumberland County; Joseph Auman, Seagrave Chapter, Randolph County; Lolo Allen Dobson, Central Chapter, Iredell County; and Roy Arnold, Denton Chapter, Davidson Chapter; bottom row—Billie Weatington, Stedman Chapter, Cumberland County; Braxton Bunn, Spring Hope Chapter, Nash County; John Sledge, Spring Hope Chapter, Nash County; and Frank Spain, Middleburg Chapter, Vance County. Others attending the National Convention from this State are: Roy H. Thomas, State F. F. A. Adviser, Russell Gaylor, State F. F. A. President and T. B. Elliott, District Supervisor of Vocational Education.

Feed Prices Rather Firm

Raleigh, Oct. 12.—The feed supply situation was somewhat easier during the week ended October 5 but prices were firm at maximum levels, reports the state administration and the N. C. Department of Agriculture in the weekly market news service review.

An increased output of wheat millfeed and oilseed cake and meal resulted in a slightly larger allocation of feed to regular customers and an increase in offers for deferred shipment. Supplies, however, remained considerably below trade requirements. The index number of wholesale feed prices showed practically no change, at 139.5 compared with 139.2 for the previous week, and 139.2 for the corresponding week last year.

Present harvesting conditions continue favorable in the southeast and the Virginia-North Carolina areas, but harvesting was delayed in the southwest section during the past week. Although harvesting is active in North Carolina no picking or movement of the crop is expected before next week.

Meanwhile, the demand for shelled feed has been rather tight in the southeast, but easier for hays. Practically all early crop of farmer's stock points in both the southeast and southwest have been at C. C. C. elastic prices.

Tobacco Prices Firm

Tobacco prices remained firm on the North Carolina flue-cured markets late in the period. The eastern markets reported up turns of \$1 to \$2 per hundred for low and common grades, while green leaf and non-drum tobacco advanced from \$1 to \$2 on the middle belt. Offerings on the old belt were the best of the season and prices held firm.

A ceiling price of \$14.75 was established at Chicago on October 4th and prices on all weights of hogs rose 149 pounds and all good and choice hogs immediately week, adjusted to and held to that figure throughout the week. In contrast, some value at \$14.25 to \$14.40 top on the North Carolina cash hog buying stations showed the week 15 to 30 cents per cwt. under the \$14.55 ceiling.

The over-all demand for farm products is expected to average somewhat higher in 1944 than in 1943, but the rate of increase from now on will be much slower than during the last 3 years.

Cotton Unchanged

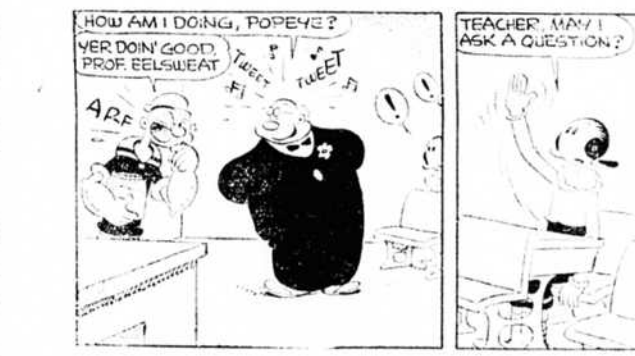
Spot cotton prices were about unchanged for the week, buying of spot cotton decreased somewhat according to sales reported by the 10 markets and remained substantially below the corresponding period a year ago. The grade of the crop is running higher than last season, although the average staple length is about the same. The mid-week weather report indicated that picking made good progress in the east while adverse weather retarded harvesting in the west. Prospects for October 1 were for a slightly lower production than that indicated a month ago.

Hay In Tyeell

Columbia, Oct. 12.—Tyeell County growers have produced a bumper crop of hay with large yields per acre and good quality, according to County Agent H. H. Harris of the State College Extension Service.

H. C. Davenport of Route 1 has produced 3.6 tons of lespedeza hay on 2.1 acres, according to the agent. Usually the feed situation is much better than at this time last year.

THIMBLE THEATRE—Starring Popeye



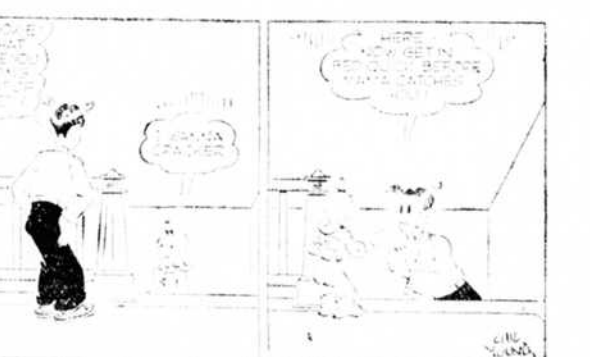
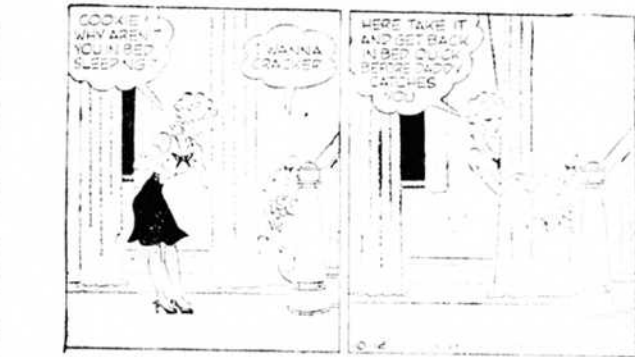
"A Way With The Ladies!"



BLONDIE—(Registered U. S. Patent Office)

Their Favorite Child!

By Chic Young



ETTA KETT

By PAUL ROBINSON



The Gumps—He Knows All The Answers



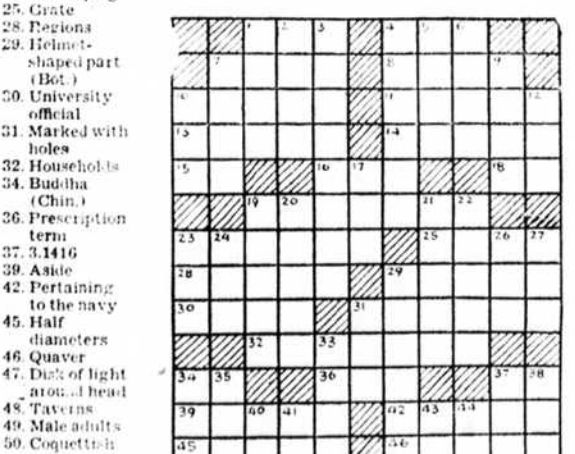
DAILY CROSSWORD

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|----------------------------------|---------------------------|-------------------------------------|
| ACROSS | 1. American city, N. E. | 22. Seasons |
| 2. Indian | 3. France | 24. Part of |
| 4. Knock | 4. To come back | 25. "to be" |
| 7. Wealthy | 5. Hewing tools | 26. Observe |
| 8. Egress | 6. Pineapple | 27. Cushion |
| 10. Coronet | 7. Tumbler | 29. Tremendous |
| 11. Singer | 9. R. man | 31. Culinary utensil |
| 12. Greek post | 10. R. ment | 33. One of a group of Indian tribes |
| 14. Custom article | 10. Definite | 34. Distant |
| 15. A noun suffix | 12. Color | 35. Brightly colored fish |
| 16. Sailor | 17. Sliths | 34. Distant |
| 18. Public notice | 19. Water vapor | 35. Brightly colored fish |
| 19. Corps | 20. Attendant | 37. Chums |
| 23. Holding machines for shaping | 21. Frame of crossed bars | 40. First man |



Yesterday's Answer

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|------------------------|
| 41. Vex (verb) |
| 42. Italian river |
| 43. Abounding in vines |



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|-----------|-------------|-------------------------------|-------------------------|-----------------------|---------------|--------------------|-----------------------|------------|-----------|----------------------------|--------------------|------------|-------------------------------|-------------|-----------------|--------------|
| 25. Grate | 26. Regions | 27. Helmet-shaped part (Bot.) | 28. University official | 29. Marked with holes | 30. Household | 31. Buddha (Chin.) | 32. Prescription term | 33. 3.1416 | 34. Ashle | 35. Pertaining to the navy | 36. Half diameters | 37. Quaver | 38. Disk of light around head | 39. Taverns | 40. Male adults | 41. Coquette |
|-----------|-------------|-------------------------------|-------------------------|-----------------------|---------------|--------------------|-----------------------|------------|-----------|----------------------------|--------------------|------------|-------------------------------|-------------|-----------------|--------------|

CRYPTOQUOTE—A cryptogram quotation
W E R J N D O D A J D E R T J V S Y B H C
H N W G L V C N W Z Z Y S L H H J W H X D G S W
C J V S —N A G D S.

Yesterday's Cryptogram: MEN LOVE TO WONDER AND THAT IS THE SEED OF OUR SCIENCE—EMERSON
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