

## Women Lose Waistline, Farmers Lose Their Shirts, Hyde States

Washington—Secretary of Agriculture Arthur M. Hyde has epitomized one of the saddest and most profound truths about the farm situation.

"The women are losing their waists," Hyde says, "and the farmers are losing their shirts." If it weren't for that, one discovers on checking up the figures of the department's statistical division, about half the wheat problem would be solved. Once we were even with all the sandwich counters in drug stores and candy stores today we eat considerably less bread than before the war.

From 1898 to 1908 the per capita consumption of wheat was 5.6 bushels.

From 1909 to 1913 it was 5.3 bushels.

From 1926 to 1929 it was about 4.7 bushels. The exportable surplus, which causes most of the wheat farmer's problems and keeps prices down, is about 200,000,000 bushels. If the pre-war capita consumption had been maintained it would be taking up about half of that wheat. The Federal Farm Board apparently is not very hopeful of persuading people to eat more bread, so it is trying to get the farmers to cut acreage.

Senator Reed Smooth of Utah, who got himself married the other day at the age of 68 to Mrs. Alice Sheets, was invited to spend a few days at the White House, but President Hoover wouldn't let him be photographed with his bride on the front porch.

Of course that was just where all the photographers stationed at the White House wanted to take pictures of the bridal couple. But word came down from Mr. Hoover that the camera work on the Smooths could be done somewhere on the side of the White House—anywhere, in fact, except on the front porch. The President wouldn't pose greeting the happy pair, either.

Washington, probably notices unemployment less than any city of its size. Members of Congress have had to go back to their own states to find out about it for themselves. The District of Columbia has no industries of its own, so there have been no factory layoffs.

About half the population feeds off the government, directly or indirectly, and the rest feeds directly or indirectly, off those who feed

## Knockout Brings Him Lightweight Crown



An excellent smiling head of Al Singer, the Bronx youth, who attained championship heights by virtue of his one-round knockout victory over the former lightweight titleholder, Sammy Mandell. Singer dropped Mandell to the canvas three times before he knocked him out.

(International Newsreel)

### CARD OF THANKS

We wish to express to our friends and neighbors our sincere appreciation of the many deeds of kindness and the many expressions of sympathy extended to us during the illness and death of our husband and father, J. H. Brackett.

LAVINA BRACKETT and FAMILY.

### Knew Her Onions

Maid—(to spring-cleaning mistress)—"There are half a dozen men down-stairs with vacuum cleaners. They say they have appointments to give demonstrations."

Mistress—"Yes, I sent for them. Put them in different rooms and tell them to get busy."

off the government. Thus, as Uncle Sam is still doing business without any curtailment of operations, the employment situation does not vary a great deal from year to year. A dribble of people is always coming in, looking for jobs, but never enough to provide any marked demonstration of depression.

## A School That Teaches Right Living Principles

—Mr. Ford's Unique Experiment.

By DR. COPELAND

In the Old Wayside Inn, Made Famous by the Poet, Longfellow, A Class of Boys Are Being Taught Hygiene, Proper Diet and Self-Preservation.

By ROYAL S. COPELAND, M. D. United States Senator from New York, Former Commissioner of Health, New York City.



DR. COPELAND.

(International Newsreel)

ONLY the other day I was reading of a really fine school for boys, sponsored by Mr. Henry Ford, in the old town of Sudbury, Mass. It is attracting quite a good deal of attention.

Here, in the old Wayside Inn, made famous by the poet, Longfellow, in his "Tales of a Wayside Inn," live thirty-one very alive boys, all from twelve to seventeen years of age. And here they go to school.

This is a place where theory and practice go hand in hand. The boys go to school, not so much for the book learning, though they are to learn the fundamental lessons of right living, or to be more exact "lessons in self-preservation."

Here a boy learns how to keep himself alive and well. He learns what to eat and why he eats it. He learns how to take care of himself economically, and to take care of his clothes and his home.

In short, he learns how to be an independent person. He also learns the practical means of maintaining a living in health and comfort.

The boys learn dairying, fruit and sheep and chicken raising. They learn to grind their own flour and corn meal, for they have a grist mill right on the place. They do the cooking and serving of meals. They look after all the cleaning, scrubbing, bed-making and other homely arts. They build radios, motors and furniture.

### Answers to Health Queries

A. B. C. Q.—What should a woman of 52, 5 ft. tall, weigh? A DAILY READER. Q—I am a man of 20, 5 ft. 7 in. tall. How much taller should I grow? What will help to increase my height? What is the average height for my age?

A.—She should weigh about 135 pounds.

C. V. R. Q.—What would cause an aching in the head accompanied by dizziness?

A.—You will continue to grow and develop until you are 21. Exercise and proper living will help to some extent. The average height for a young man of your age would be between 5 ft. 7 in. and 5 ft. 8 in. or so.

Work is good for everyone. But life is not all work for them for they have their fun and social good times. They dance in cotillions in the ballroom in the Inn, a century and a half old.

But there is another very important factor in their daily program. They learn how to keep well. Of course, there are the daily setting-up exercises every morning before breakfast, as well as a hygiene lecture. And the boys are on a strict diet.

The boys distinctly understand that this diet helps in forming eating habits that make for good health. Illness is seldom heard of in the school. This is the result of intelligent cooperation on the part of the boys in eating only the proper foods.

After many experiments a diet was found that seemed ideal in maintaining good health. The basic idea of the diet used in the school, is that but one type of food should be eaten at a given meal. Starches and proteins are not mixed, and therefore the old formula of meat and potatoes is considered chemically wrong.

At breakfast, the boys eat only milk and fruit. The average menu for breakfast consists of orange juice, baked apples and cream, with milk to drink.

Luncheon is the starchy meal. Raw vegetable salad, two or three hot vegetables, bread made from whole wheat flour, ground in their own grist mill, butter, with milk, make up the luncheon at noon. This quite suffices until the evening meal.

The protein meal, dinner, is served without potatoes or bread. It has a salad, meat and green vegetables, and occasionally soup. No desserts of any kind are allowed, candy never, and the boys do not smoke.

Every boy needs a practical education. Without it he is handicapped in many ways in seeking a future career. Here are a lot of vigorous, healthy boys who are in line for promotion to higher vocational goals, and with a foundation built of good health.

## Woman Brutally Slain in Mass.



Believed by police to have been slain because she had important information damaging to a person or persons unknown, Mrs. Edith Thompson, attractive divorcee and detective specialist in divorce cases was slain in

her home at Saugus, Mass. Picture shows the crushed body being removed from her home. (Inset) Motorcycle Officer Sullivan of the Saugus police who discovered the body.

(International Newsreel)

## Fight That Old Fight Again



Battles of other years were fought again by Sergeant Barton Howard (left), 58, of the famous Canadian Black Watch Highland Regiment, and Charles Black, 86, of New York, a former member of the Black Watch. Black came to Boston from his home in New York to see his old battalion march during the Massachusetts ter-

## Food Poisoning—A Hot Weather Menace

—Be Cautious About Your Eating

ADVISES DR. COPELAND

Care in Selecting and Cooking Foodstuffs in Summer is Essential, for Ptomaines are Virulent Then, Says Authority, Suggesting First-Aid Treatment

By ROYAL S. COPELAND, M. D. United States Senator from New York, Former Commissioner of Health, New York City.

FOR the most part, the food we eat are wholesome and free from any contaminating influences. We need not worry about them. Government regulations and careful inspection of all food-stuffs are so strictly carried out in the United States today that most foods come to us in splendid condition.

But because some foods contain deadly bacteria, or ptomaines, it is incumbent upon us to buy only of reliable dealers. We must learn what are the earmarks of good meats, as well as other foods. We should know their origin, as well as the signs of their freshness and fitness for consumption.

The trouble is that in some instances there is nothing about the food we buy, either before or after it is cooked, to indicate that it is unsafe to eat. Usually we know either by its taste or smell whether the meat or other food is good to eat. Sometimes these bacterial poisons are so resistant to heat that neither roasting nor boiling can destroy them.

Ptomaine poisoning may come from canned meats, or other canned goods. This rarely occurs now, since government inspection is rigidly enforced.

There is probably no animal tissue that decomposes and forms ptomaines as quickly as fish. When taken from its natural element, the water, fish die and decompose very rapidly. Bacteria of a deadly nature form very rapidly in the tissues. Such poisons form much more quickly in the heat than in the cold. Therefore it is very necessary to keep all fish on ice in order to have them fresh and safe for eating.

Apart from the influence of food, there are some poisons that develop in the human body. This is true in diseases like typhus fever, Asiatic cholera, or lockjaw.

Ptomaine poisoning varies very much in its severity and character. Its severity depends upon the viru-

lence of the poison, and one's resistance to disease. The attack may appear immediately after eating the food, or hours or even days may pass before the ill effects are felt. In the latter case the attack is usually most severe, for all the time poisons are at work in the body.

One of the first symptoms of food poisoning is intense itching or pricking of the skin. It is apt to grow in intensity until it is almost unbearable. Soon there are cramps in the intestines, nausea, and vomiting. Fever, headache, dizziness and weak heart action follow.

While waiting for the doctor, the patient should be kept warm in bed. The bowels should be kept open. It is very necessary to eliminate the poisons in the system as soon as possible, and to this end the patient should drink tepid water to which soda has been added. Vomiting may be induced in this way, or by sticking the finger as far back in the throat as possible, the food will be ejected.

Care in the selection and cooking of your foods will keep you from disease. Let us not trust to good luck.

### Answers to Health Queries

R. S. Q.—What causes a soreness in my chest when I take a deep breath? I have not a cold.

A.—This may be due to poor circulation. Try to build up your general health and you will probably benefit generally.

J. M. J. Q.—What is the cause of cracking joints?

A.—This condition is due to lack of synovial fluid. Try massaging the joints with a little warm cod liver oil every night before retiring.

"Interested Reader." Q.—Is electricity helpful for neuritis?

A.—Yes in some instances. The cause must first be removed before the trouble can be cleared up.

"A Reader." Q.—What do you advise for falling hair?

A.—Brush the hair and use a good tonic.

A. J. S. Q.—Will iron pills help low blood pressure?

A.—Treatment should be outlined by your family doctor. Copyright, 1930, Newspaper Feature Service, Inc.

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