HOW ARE You TODAY

DR. JAMES W. BARTON Talks About

Increasing Your Weight

IT IS admitted that, speaking generally, the fat individual is more easy-going and less irritable than one who is very lean. And again, speaking generally, it would be better for the fat individual's physical and mental progress if he were to lose some weight; and similarly for the very thin individual to gain some weight.

Taking off weight is simple; a little less food and liquids daily and the weight will gradually come down; nothing else is usually necessary.

Putting on weight is not so simple. Increasing the food intake alone may give a little increase and sometimes none whatever.

The very fact that the individual is so lean or thin means that there are factors working within him that will simply not let any weight be stored.

Most thin individuals are of the nervous high-strung type, worriers, and very active mentally and physically. If they can get a few pounds, (five to ten), on their bodies, it often changes their attitude toward life; they become more tolerant and less irritable.

Dr. Barton

A physician, when attempting to increase or decrease weight, works from three standpoints — food, rest, and exercise. The overweight decreases the amount of exercise taken. The underweight increases his food intake, increases his hours of rest, and decreases his exercise because, as he rests more, he is not on his feet or at least is not as active as before.

Of course, the biggest factor is the food and when the appetite is poor, the usual method is to encourage the use of foods containing vitamin B, as it not only stimulates the appetite but promotes the flow of digestive juices and the proper working of the digestive processes. This means that not only will more food be eaten, but it will be digested better and more completely absorbed into the blood.

The foods rich in vitamin B are the leafy vegetables—cabbage, spinach, brussels sprouts, lettuce, turnip or beet tops, and also cauliflower, asparagus, celery, string beans, potatoes, turnip, parsnip, tomatoes, dried beans, fresh peas, and green corn.

The fruits rich in vitamin B are apples, cantaloupe, grapefruit, oranges, and prunes.

However, these foods, while increasing the appetite, are not the best weight producers so that the other foods—starches (bread, potatoes,), proteids (meats, eggs, cereals), and fats (butter, cream, fat meat)—must be increased in amount.

A further advantage of the vitamin B foods above mentioned is that they supply "roughage" to the intestine, thus preventing constipation which is so often present in underweights.

In institutions for tuberculosis, meat, eggs and milk are the chief foods used for maintaining and increasing weight; the meat and white of egg replaces worn tissues, the yolk supplies lime.

I mentioned a case some years ago where the patient weighed but 80 pounds. The physician increased his food intake, and in addition had him take two raw eggs between meals, made him rest more, and got him outdoors a number of hours daily. At the end of a month he had put on about three pounds. The progress was so slow that the patient went into an institution in another city and in about six months returned home weighing about 130 pounds.

What had brought about this great increase in weight in this short time? He had confined himself almost entirely to eating eggs and drinking milk—18 to 20 raw eggs, and six to eight quarts of milk every day.

While I wouldn't advise this diet for the average lean individual because there is need for fruit, vegetables, and bread, nevertheless it shows the great building power of eggs and milk. If an egg and glass of milk can be taken twice daily between meals it often gives just that extra amount that can be used or stored by the body.

Rest, of course, comes next to food in increasing weight. If the lean individual can get an extra hour at night or during the day it means that during that time he is not using his body and body building, not body tearing down, is going on.

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Sample Reducing Menu

Professor McCollum gives the following list of foods as suitable for preparing menus for persons who are reducing (a sample menu):

Breakfast: Orange, poached egg, two slices of lean crisp bacon, one slice of toast, coffee with a small amount of milk, or a dash of cream but no sugar.

Lunch: Vegetable soup, two soda crackers, lettuce and tomato salad with a small amount of french dressing containing but a small amount of oil; or salt, pepper, and vinegar; one roll of butter (but one cube of butter per day); buttermilk.

Dinner: One small lamb chop, small baked potato; Brussels sprouts, celery and cabbage slaw, one roll, skimmilk, grapefruit.

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Apricot Sandwiches

Apricot sandwiches are a delicious after-dinner treat for the family. Prepare them by rinsing the dried apricots and steaming for fifteen minutes. Spread peanut butter over the cavity surface of two apricot halves and press peanut butter surfaces together making a sandwich. Other sandwiches may be made with an American or cream-cheese filling, with chopped ham, blended with mayonnaise or with cocoanut and a bit of honey.

Kibler To Lead Sho' Loop

Washington College Athletic Director And Former Base Ball Star Will Direct New Class D League

TOM KIBLER

J. Thomas Kibler elected last Sunday at the organization meeting of the Eastern Shore Base Ball League to the presidency of the circuit, is an old timer at the game and Eastern Shore fans are looking forward to a successful season for the loop under his direction.

Kibler, director of athletics at Washington College for 25 years, broke into organized baseball in 1908 with Chillicothe in the Ohio State League. He was sold to the Chicago White Sox in the fall of that year, but broke his leg before he reported.

The Sox sent him to San Francisco in the Pacific Coast League. After a number of seasons in that loop, he went to the Texas League as player-manager of San Antonio. He wound up his professional baseball career with Newark of the International League in 1916.

Kibler served with the Second division during the World War, was twice wounded and gassed, and came out of the fray with the rank of Colonel and a variety of decorations for gallantry and bravery in action.

In the early 1920's Kibler managed various independent teams on the Eastern Shore and sent at least three players to the major leagues from Washington College—Jake Flowers, who was with the St. Louis Cards and Brooklyn for more than ten years; Al Gordy, who hurled for Washington and later for several International League clubs, and Johnny Shellberg, who played with Boston in the National League.

Last season, another Kibler-developed college pitcher, Bill Nicholson, signed with the Philadelphia Athletics.

Kibler is married and has a 12-year-old son and an 8-year-old daughter. He makes his home in Chestertown.

Phils Send Two To Jersey City

In the first important move of his campaign to provide a winning team for Jersey City, President Horace Stoneham yesterday closed a deal with Gerald P. Nugent, owner of the Phillies, for Outfielder Erne Sulik and Infielder Jose Gomez.

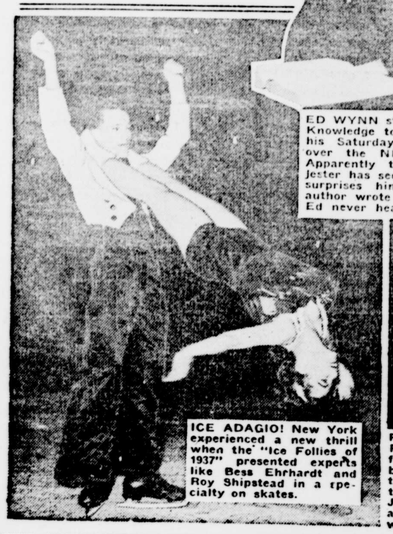
CAMERAGRAPHS

TWO-WAY STAR: Lovely Anita Louise, stellar movie attraction, seems to have monopolized all the wealth while playing the season's number one game craze!

GENTLE SPRING—and floods! Photo shows a section of Cincinnati under water, with telegraph poles and wires down. The Ohio River continues to rise, covering the lowlands from Pennsylvania to the Mississippi River.

ED WYNN studies the Book of Knowledge to gather ideas for his Saturday night programs over the NBC-Blue network. Apparently the flutter-voiced jester has seen something that surprises him or maybe the author wrote a joke that even Ed never heard of.

BURIED ALIVE, HE LIVED TO TALK ON THE RADIO: C. Alfred Scadding, one of the two survivors of the Moose River mine disaster in Nova Scotia, came to New York recently to describe his experience on the Sunday afternoon "WE THE PEOPLE" program over the NBC-Blue network. For ten days he was entombed 159 feet below the earth's surface. Each week director Phil Lord rounds up a group of average people with unusual stories for this unique broadcast.



ICE ADAGIO! New York experienced a new thrill when the "Ice Follies of 1937" presented experts like Bess Ehrhardt and Roy Shipstead in a specialty on skates.

FIGURE THIS IF YOU CAN! Joe Rines and Mabel Albertson warm up for the lodent "Dress Rehearsal" broadcast by doing a card trick for the studio audience. Mabel, known as the "Countess of Kleptomania," and Joe are heard every Sunday morning at 11:30 E.S.T., over the NBC networks.

Youngest Di Maggio Says He Will Sign With San Francisco

Dominick Di Maggio, youngest of the three baseball playing brothers, will sign a contract, with the Pacific Coast League's San Francisco Seals.

The Seals was the first professional club to sign both Joe, who made a sensational big league debut in the New York Yankee lineup last season, and Vince, who starts in the big time this spring wit hthe Boston Braves.

Cream cheese rolled into quarter-inch balls sprinkled with paprika and minced parsley and placed in crisp potato chips is an unusual appetizer to serve with cocktails.

To clean aluminum kettles which have become discolored, rub them with a cloth dipped in lemon juice, then rinse in warm water.

Help the Red Cross Now

Lauterbach Elected To Head Dairy Council

A. H. Lauterbach, of Narbeth, Pa., General Manager of the Inter-State Milk Producers' Cooperative, was elected president of the Northeastern Dairy Council last Friday in Baltimore to succeed J. E. Carrigan of Burlington, Vt.

The election took place at the closing session of the Council at the Lord Baltimore Hotel. Other officers named were E. G. Woodward, Salisbury, Conn., vice-president; A. H. Packard, Burlington, Va., treasurer; Dr. Robert B. Corbett, Boston, secretary, and J. Ralph Graham, Boscawen, N. H., and F. H. Sexauer, executive committeemen.

The management of co-operative marketing programs was discussed by I. W. Heaps, manager of the Maryland Co-operative Milk Producers of Baltimore. The conference was attended by approximately 200 dairy farmers and leaders from 12 States.

A large group of milk producers from Cecil county attended the sessions of the Council and the banquet last Friday evening.

Orioles To Place Player-Manager At Dover

Since the Orioles' farm at Johnstown has been bought by a major league club, General Manager Jack Ogden reveals that he intends to send his players hereafter to Galveston, Texas, and Portsmouth, Va. As for the Birds' franchise at Dover in the Eastern Shore League, Ogden says he'll install a player-manager as soon as things get settled. He didn't divulge any names.

Help the Red Cross Now

Eastern Shore Base Ball League Formed; Will Open Season May 19 With Eight Clubs

Six Teams Signed At Cambridge Meeting Sunday With Two Others Expected To Join. Baltimore Orioles Will Operate Dover Club As Farm. Kibler Will Head New Class D Loop

The Eastern Shore base ball league was officially launched at Cambridge last Sunday when representatives of six towns made formal application for a franchise while two more expect to join the circuit within the next two weeks.

The six already in are Dover, Cambridge, Easton, Salisbury, Federalsburg and Centreville. Both Pocomoke City and Crisfield were represented at the meeting and are expected to make the grade. They have fourteen days to decide.

John Ogden represented the Dover club, which will become an Oriole farm. John S. Fowler represented Cambridge; Easton was represented by Ernest Landgraff and George Jacobs, connected with the Brooklyn Dodgers; Poke Whalen talked for Joe Cambria's Salisbury club.

Season Ends Labor Day

The Federalsburg interests were taken care of by Dr. W. K. Knotts, while Centreville had C. H. Thompson caring for it.

The league season will open May 19 and close Labor Day. The league voted a 14-player limit and $1,000 per month salary limit. The 14 players will consist of 10 raw recruits, two one-year and two class men. In case a club has a playing manager, $75 per month of his salary will be chalked off against the monthly salary limit.

Tom Kibler was elected president of the league for a period of one year. He will also act as treasurer.

To Play Three-Game Series

The league will play six days a week and the Shaughnessy play-off will be in effect. Instead of the usual seven-game series, however, the Shore loop will play three-game series. The league voted no player trades in league after August 1 each season. A club can waive a player away, but can only replace with a raw recruit. Two sets of uniforms and numbers were voted for players, also the double-umpire system.

The home club will keep all the gate receipts. This will make every club do its own hustling because its only income will be from its home games. The minimum admission prices will be 40 cents and 25 cents. Night baseball will be played at Dover, Easton and probably one other town at first. Others favor it, but the expense stands in the way at present.

Mack's Tie-Up Seen

Patsy O'Rourke looked on for the Philadelphia Phils. It is said that Connie Mack will have a finger in the Federalsburg team, while Brooklyn may have a tie-up at Easton.

Wilmington (Del.) made a real bid for a franchise in the league, but it was felt the city was too big for a Class D club, and was turned down. Poke Whalen and President Kibler will draw up a set of schedules and they will be voted on at the next meeting, which will take place at Easton, February 14.

"Nothing But Dames" At Gayety Next Week

"Nothing But Dames" comes to the New Gayety Theatre, Baltimore, for a week's engagement starting with the Sunday matinee, February 7. The cast includes Margo Lopez, lovely dancer; Pinto and Delia, Italian comedians; Billy Ainsley, eccentric "boob" comic; Brownie Sick, character actor; Ada Lillyan, sweet voiced comedy actress; Marion Mason, a pretty soubrette; Al and Marcie, acrobatic dancers; Harry Allen fast talking master of ceremonies; Nazra Hallo, a tantalizing dancer and a bunch of joyful young chorus girls who prance through their allotted concerted numbers in skillful style.

VINCE DUNDEE TO TRY COMEBACK

Vince Dundee, former middleweight boxing champion, is going to try the comeback trail.

Out of action for 14 months after several defeats, he announced last week he was returning to the ring, with the title he once held as his goal.

He said Willie Gilzenberg of Newark would be his manager, replacing Max Waxman. Gilzenberg said Dundee probably would start his comeback in two months.

Cliff Melton Hurled Most Innings In International

According to the 1936 pitching records of the International League, Cliff Melton, former Oriole southpaw, now the property of the New York Giants, hurled more innings than any other tosser. Melton pitched 271 frames, winning 20 and losing 14. Fred Blake, another former Oriole, and Lauri Myllykangas, Montreal, each chucked 18 complete games to lead the circuit. The most effective hurler was Si Johnson, Toronto, and Carl Fisher, Buffalo, had the best won-lost percentage, with 13 victories and two setbacks.

Pitches Seven No-Hit Games

Bob Feller, who is completing his high school course at Van Meter, Iowa, has pitched seven no-hit games since starting his baseball career in 1934 at the age of fifteen.

The embryonic Cleveland sensation fanned 23 batteries to win his first complete nine-inning game.

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The breathless love story of a Puritan girl and the dashing cavalier who taught her to love. In ten breath-taking illustrated chapters written by SAMUEL HOPKINS ADAMS. Based on FRANK LLOYD'S great screen drama, starring Claudette Colbert and Fred MacMurray, which will come soon to your local theatre.

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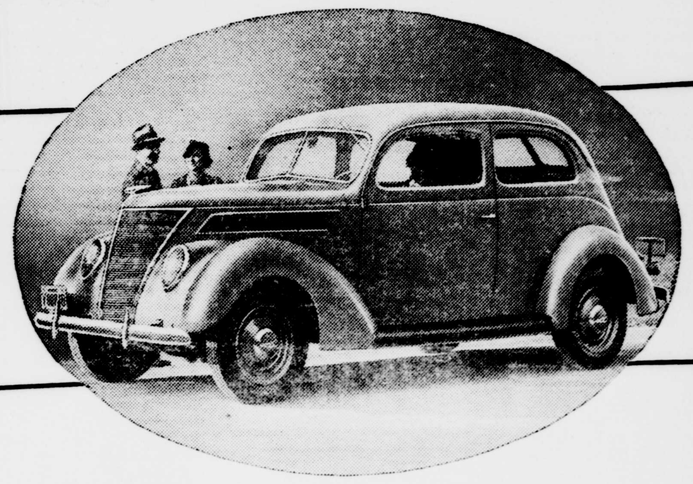

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