# The Harring ron Journal 



## THE SUNNY SIDE OF LIFE

( $\left.\begin{array}{c}\text { DWNERI HEY! } \\ \text { WAKE UP? }\end{array}\right)$





By FRED HARMAN



By POP MOMAND


## I8

ILes mise

ll's Harder to Lose Pounds Than
It Is to Gain More of Them
Overweight Generally Has But One Cause and That Is Overeating
"The slim, the irritable, the hungry woman takes on the pro-
portion of one of our minor menaces," says Fannie hurst in he
amusing tittle book, "No Food
With amusing Mtile book, No Food
With My Murst is
writing frankly from her own ex writing frankly from her own ex
perience in attempting successful-
亚
ly to lose
herself that
took her re
took her reduction proghan under under
the direction of the doctor, she
was not content with the
was not content with the com-
paratively slow results and cut
still further the low calorie diet
suid further he how calorie
which the physician giv her.
It is one of the. mysteries
 lose added pounds than it is to
gain them. The bathroom scales.
 o- equipment, enable us to keep a
check on weight. It is not so oil. Whan finished mixture
easy for those extra pounds which
should be very stif. Keep covcheck on weight. It is not so
easy for those extra pounds which creep upon us unaware a. it was
once upon a time. A few days once upon
of dieting
sitent
slender l
ever, that
tion of
ever, that, in general, the how addi-
tion of a few extra pounds with
the years is an asset. They ir the years is an asset. They are
usually needed to balance those usually needed to balance those
lines which the years write.
Unless there is somen Unless there is some glandular
deficiency, verweight has but one
cause namely, overeating deficiency, overweight has but on
cause, namely, overeating. The
avoidance of more calories than avoidance of more calories than
are needed for use by the body
for its own processes and for the for its own processes and for the
activity of our lives may usually
be a simple be a simple matter if there are
no between meal sweets and no
over-indulgence in bread, butter other fats and rich desserts with
meals. Not complete avoidance! It Appears the Young Man Was in Demand
A man applied to a famous film
producer for a super's job. "Well," replied the magnate, "I
might be able to use you See might be able o use you. See me
in a month's time."
.If you want me at all," replied the actor, "you'd bettel put me on
the pay-roll right now. There are the pay-rol right now. There are
a lot. of other companies after
me., "Yes?" answered the director
"And what companies are they?
"Well," said the "Well," said the atcor, "there's
the light company, gas company telephone company, and-" The director laughed and the
man was put on the salary list.-
Montreal Star. It is only the second helpings that
are usually responsible for undue are usually responsible for undue
weight gain. Looking out for that
pound in time will pound in time will actually, save
nine. Just one word of warning.
however, don't advertise publicly however, don't advertise publicly
your diet program.


Soup ugar $\begin{aligned} & \text { geltin in cold water, add } \\ & \text { fresh hot coffee and the sugar }\end{aligned}$ fresh hot coffee and water, add
Stir until isisolved and pour into.
molds to set. Mineral Oil Mayen
 ered in the ice box.
Bell Syndiate--wnu Service.

Bunyan Created Lakes

Elk and Torch lakes, the beau-
tiful finger lakes that stretch par-
allel for allel for miles along the shore of
Lake Michigan near Elk Rapidsi
date back to the days of Paui date back to the days of Paui,
Bunyan, according to the old lum-
berjacks.
Lake Michigan, they say, was
cooped out by the mighty, Paul oo be used as a log mighty Paul, Instead
of skidding the logs into a stream and floating them down to his
pond Paul would hitch onto a section of land and drag it over
to the lake, log off the timber and then haul the section back,
One day Paul hooked onto a
particularly heayy particularly heavy timbered sec-
tion near the Boardman and
started Babe, the blue started Babe, the blue ox, out to
haul it over to the lake. There had been a heavy rain, the
ground was greasy, and Babe's leet slipped. Elk lakes remain, an
Torch and Ent
eternal testimonial to the and the time his foet slipped.-
Detroit Free Press. Queen to Beggar No more striking misfortune
than that of Nathalie Keschko has
befallen a woman of modern befallen a woman of modern
times. From 1875 to 1888 she was wealthy and beloved by hamous,
wer subjects. In 1931 she was a common
beggar in ther
Paris begger in the back stremmon
Paris - homeless, penniless of without a friend in

## Here's Simple Way to Ease a Cold



Two Quick-Acting, Quick-Dissolving
Bayer Aspirin Tablets with a Glass of Water

## 0 The modern way to Try this way. Your doctor, we $\begin{array}{ll}\text { Bayer Aspirin tablets } \\ \text { the moment you feel a } & \text { q cold. effective means of combating for Bayer Aspirin by th }\end{array}$ $\begin{array}{lll}\begin{array}{ll}\text { co moment you feel a } \\ \text { cold coming on. Then }\end{array} & \text { a cold. Ask for Bayer Aspirin by tho } \\ \text { full name at your druggists }\end{array}$ repeat, if necessary, instructions in the box. <br> At the same time, if you have a throat, crush and dissolve <br> three BAYER tablets in one-third <br> $15^{\circ}$ for a dozen <br> glass of water. mixture twice. <br> The Bayer Aspirin you take in- <br> tennaly will act to combat feve and thins which usually <br> company colds. When uastelly will act as a medicinal gargle to provide at <br> most, instant relief from rawness and pain. It is really marvelious; for it acts like a local anesthetic on the 2 FULL DOZEN FOR 250 virtually ic a tablet

## Sit in Your Chair

 at Home - : and Shopo The things you want to buy ... at the time you want to buy them ... at the price youwant to pay. You can find these right in the want to pay. You can find tese right in the paper. Your newspaper advertisements make
it possible to do your "looking around" right at home . . . and then go downtown to do your buying ... saving you time and energy.

-

## which may vitally affect the lives and fortunes of millions of <br> orful, dramatic spectacle whi more nearly than any oth event experienced in a dem <br> four Sea ed Washin

## House takes th

Inauguration day this year will
be an historic event. The princi-
pal reason is this: As the result of the ratification
of the twentieth, otherwise known
as the Norris or "lame duck," amendment to the Constitution,
Inauguration day is being held traditional March 4: So to Frank-
in Delano Roosevelt, exponent distinction of being the first Pres-
ident to be inducted into office Washington weather, tradition-
lly capricious, may, be worse January 20 than be worse
it usuall
has been on March 4. But captal observers are wagering that cluded "lucky, breaks" when
weather conditions might affect skies will smile on his second
inauguration even more than they
did on his frst. Whether they are true prophets
that respect remains to be hat their prophecies in certain on this day of days in oup nal.
tional history will be accurate, ember Roosevelt was re-elected ny American had receeivedd since o the capital and was acclaimed
a a crowd of 200,000 , an unordinarily unemotional Washingelieve that January 20 will see $f$ the event in keeping with its
historic impor as expressed a desire for a
simple inauguration." He did But the event were first broached.
But that doesn't mean that he
ill have it. Other Presidents have made the same request and
ivariably it has not been rantmore particularly those of Wash.
inton, want their "big show"
every four years and they usually
$\qquad$



| THOMAS JEFFERSON |
| :--- |
| $\begin{array}{l}\text { historians have dug into contem-- } \\ \text { porary newspaper accounts and }\end{array}$ | porary newspaper accounts and

have learned that instead of rid-
ing horseback to the Capito, he
merry walked a few bopiss from
Conrad and McMunn's hotel,
where he was staying, to the

feat for re-election and still har-
boring resentent over the bit
ter things said about him during
the campaign by Jefferson's fol-
lowers in the Repubilian party,
had already left the city for his
home in home in Massachusetts. In doing
this he broke the precedent which
Washington had established the outgoing Prestidisished-or being
present when the incoming Chief
Executive took the oatho of office.
Adams was not the ons Adams was not the only one.
however, who thus ignored that
official courtesy. official courtesy.
The English traveler's descrip-
tion of the simplicity of Jefferson's costume was accurate
enough, but that was about the
only fact in his account of the
ind stead of bing a quaiet arfor in- it
was the occasion for consider.
able jubilation and ostentation,
not at al not at all in keeping with the
idea of "Jeffersonian simplicity",
According to one of the Washington newspapers, the National
Intelligencer:

| The Cannons |  |
| :---: | :---: |
| The City of Washingt | drums and wildy-cheering |
| presented a spectacle of un | zenry, The general h |
| common animation, occasione |  |
| by the addition to its usua | d |
|  | nue to the Capitol. But he got |
| Shortly after dawn, there was | the Revoluti |
| a discharge of artillery and about | than eig |
| , |  |

## -

 74x 14P 4 Hints $\%$
 W Hat a joy and comfort it it quicky on cotd mornings! And
how easily it can be done! When
Shake the grates gentl. Whe
a red glow appears in the asha red glow appears in the ash-
pit, stop shaking. Next, oper
the ashit damper and close the
check damper until the fire burns check damper until the fire burna
briskly. Should fresh fuel be nec
essary, feed it on the fire in a 5 thin layer. Give it time to burn
well and heat the house, then
add a full charge ot the gases charge of couned off, res
the dampers for normal burn) This same rule applies shorning.
the fire get very low and almost
burn itself out at any time. Be burn itself out at any time. Bo
careful not ot smother it with too
much coal. Open the ashpit dam-
per and close the check damper. per and close the check damper.
Wrin the fire again is burning
brighty, shake the grates gently
until the first red glow appears until the first red grow appears
in the ashpit, add a full charge
of fuel, alow the gases to burn
off, reverse the dampers-close
dit of fuel, allow the gases to burn
off, reverse the dampers-close
the ashit damper and open the
check damper. That's the way to check damper. That's the way to
save fuel and cut down trips to
the cellar.


A Good Judgment ThREE more intriguing num- ${ }^{\text {bers thunting season,' thanks to today's }}$

T in a most necessary talent is a good judgment He tha
hath this in perfection is
master of his companion, with master of his companion, with-
out letting him see it; and has
the iste whatsoever, as one that can
see would have over a blind
man of ten times his strength.
SSteele.

Doing something for some-
one wwill bring you more
pleasure then pleasure than doing someone
for something. Give it a trial.
We are lent, not given to life

## DON'T RUB

 YOUR EYES


Believing Youth
is beautififl and selievin
ONLY IC A NIGHT tan =10.6 swoilen with pride a when his wife
is the best-dressed woman at the
wind
party.
One may manage difficult execu-
tive work perfectly, but if his dig-
tive work
position is
kill him.
Chiese Souffe in Ramekins
rounded tablespoonfuls
$\qquad$ Full halt cuptul of milk. teaspoonful of dry mustard. I/ teaspoonful of salt.
Sprinkle of cayenne.
2 egge Boil the breadcrumbs in the
milk, and then add the cheese
then the butter, already sea-

## Qquit?

 The pleassann and quick way to make coughs quit it a SmithBrothers Cough Drop. (Two kind - Black or Menthol $-5 \AA$ )
Smith Bros. Cuunh Drops Smith Bros. Cough Drops are the only drops cantaining VITIMMIMA cayenne, then the well - beaten
yolks, hene the whites beaten to
a stif rake in a buther
dish for twenty minutes in a

## WINNING AMERICA!


these delicious Sontionemsans


PHILLIPS
s0UPS



## Sam Short's Store <br> GROCERY SPECIALS

FRIDAY, JAN. 8, TO WEDNESDAY, JAN. 13


# W. E. Jacobs Harrington, Del. <br> (Opposite Postoffice) <br> <br> To The <br> <br> To The People of Harrington 

WE WISH YOU HAPPINESS AND SUC-

CESS FOR THE NEW YEAR, AND THROUGH-

OUT THE COMING YEARS.


## Scraps of Humon sin

 Found Wanting"Rut, Alfred, why don't you
"The",
"They're too darn biased." "They're too darn biased."
"Biased?" we repeated, no
quite understanding. quite understanding.
and (Yes, biased, I mean. Bias this
broke" thas until I m fla

## Meet the Family The schoolmaster wrote on the oack of a bor's monthly report: An good worker, but taks too nuch." The father signed the re- port and then wrote under the cemark of the schoolmaster: "You Chould tet <br> appropriate (4)

$\qquad$ some tricks.
As She Is Spoke
A Frenchman leanning English
said to his tutor: Engilish is a
queer language. What does this senterce mean: Should Mr. Noble
who sits for this constituency, con
sent to stand a again and run he will Keep your body free of accumulat
ed waste, take Dr. Pierce's Pleas
ant Pellets. 60 Pellets 30 cents. Adv

## Siving Our Careers Speaking of careers. ife is a reer. Study every step.

ONLY TUDD:MF:
MENTHOL COUGH DROPS



ALKALINE RESERVE


BRIGHT STAR
By MARY SGHUMANN


I

## 



PAIN
Get rid of it




## 6




## Watch Your <br> Kidrieys! <br> Be Sure they foped YouR kiden wat comaluly filas   <br>  <br> DOAIS PILLS




## PUBLIC SALE <br> OF VALUABLE <br> Personal Property

I will sell at Public Auction, at the R. A. Saulsbury Brick Garage, near Pennsylvania Railway Station, Harrington, Delaware, on

# Saturday, January 9th 

## AT 1:30 0'CLOCK

The following Personal Property:
Living Room Suite, Mirror with Shelves, Stand, Picture, Mirror, 6 Chairs, 2 Stands, 6 Vases, several Pictures, China Closet, several Stands, Deer Head, Floor Mirror with Shelves, Glass Vase, Oil Heater, Floor Lamp, 3 Chairs, 8 Pictures, Ironing Board, 2 Rocking Chairs, Toilet Set, Bed Room Suite, Cuckoo Clock, Bundle Sacks, Electric Heater, Oil Stove Oven, Chair and Sofa, 2 large Rugs, 2 small Rugs, Sofa, Mattress, Hat Rack, Steamer, Bundle Wire, lot of Glassware, 1 Sideboard, Settee, Oil Can, lot pans and Dishes, 7Chairs, Iron Bed and Bedding, 4 Tables,, Stand Dishes, set Garden Tools, Lawn Mower, Crosscut Saw, 5 Chairs, Flower Stand, Marble-Top Stand, Chest Drawers, Electric Lamp, 4 Dining Room Chairs, Garden Hose. TERMS: Cash; no goods to be removed until settled for in full.

## DR. HOWARD CLYMER

