

Can America Be Invaded? Perhaps Not Now, but 136 Years Ago an Enemy Force Brought Fire and Sword to Our Capital

By ELMO SCOTT WATSON

Could the United States be invaded by an enemy force?

"Easily!" affirm the pessimists.

"Not a chance!" reply the optimists.

Probably somewhere between those two extreme points of view lies the answer to that question—qualified, however, by many "ifs," "ands" and "buts."

Without subscribing to either point of view, it is interesting, however, to recall that once in our history an enemy force did invade the soil of the United States, that it captured our capital city, put our government to flight and then burned the Capitol and the White House.

That was during the third year of our second war with England, commonly known as the War of 1812. And it is interesting to recall that event, too, because there are certain parallels between conditions which existed in this country previous to 1814 and those which have existed up until recent weeks in 1940.

Despite the fact that early in 1813 British warships were raiding up and down the Atlantic seaboard, the federal government seemed to suffer from a strange delusion that the national capital, situated at the head of navigation on the Potomac river, was in no danger.

In January, 1814, came the news that 4,000 British troops, destined for America, had landed at Bermuda and two months later Admiral Cockburn arrived in Rappahannock bay, just inside Cape Henry in Virginia, with a 74-gun man-of-war, two frigates and a brig and began marauding.

Although President Madison seemed aware of the grave and imminent danger, members of his cabinet were strangely apathetic to the impending danger. On May 14 the National Intelligence, the administration newspaper in Washington, declared that it had no idea of the enemy attempting to reach the vicinity of the capital, and if he does, we have no doubt he will meet such a reception as he had a sample of at Craney Island. The enemy knows better than to trust himself ahead of or on this side of Fort Washington.

"Fifth Columnists' Threat." That there were "fifth columnists" operating even on those days is indicated by the statement of an early historian that the government was hilling itself into a false sense of security, "hostile marauders were in the waters of the Potomac and their leaders, employing competent spies, had made themselves perfectly acquainted with the condition of the country and of military affairs around Washington."

Late in June the government was shaken out of its apathy by the arrival of news that a number of large transports were being fitted out in Portsmouth, England, to proceed to Bordeaux, France, there to take on the corps of Waller's veterans for service in America. On the heels of this came word from Bermuda that a large fleet of transports was ready to sail from there bound for some port in the United States, probably the Potomac.

This report spurred President Madison into action. On July 1 he called a council of war and called for a belated discussion of defense measures. William H. Rorer, the secretary of war (of all persons) still didn't believe that there was any great danger. In fact, so late as August, when there was almost at the door of

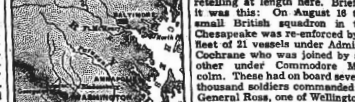


Remains of the Capitol (above) and of the White House (below) after they had been burned by enemy invaders. (From contemporary drawings.)



Washington, he insisted that the capital was safe. "What the devil do you do here?" he asked one officer who warned him of the weakness of the defense. "No, no! Baltimore is the place, sir; that is of so much more consequence."

In contrast to his blindness was the foresight of one man, an apostle of preparedness and clear-headedness and patriotic service amidst the blundering efforts to wage war against Great Britain, are all but forgotten by his fellow-Americans. He was Gen. William H. Winder of Maryland, who had served valiantly with militia from his state on the



Niagara frontier in 1812, been captured by the British at Stony Creek in Canada in 1813 and had been held a prisoner of war until the spring of 1814 when he was exchanged.

Winder had prepared a well-thought-out plan of defense against the threatened invasion. It contemplated establishing a camp of two or three thousand regulars between the eastern branch of the Potomac and the Patuxent rivers in Maryland and the concentration of 10,000 militia near Washington. Madison laid Winder's plan before his cabinet and it was at once adopted.

A new military district was formed and Winder was appointed commander of it. Next the government made a requisition upon the states for a total of \$3,000 million to be organized at home and held in readiness to act.

The naval defenses were entrusted to Commodore Joshua Barney, who was in the Patuxent with a small flotilla of gunboats.

Winder would thus have an army of 18,000, the largest force of militia that had yet been put in the field. But it soon became evident that it was only a paper army. For there was almost unbelievable official stupidity and delay in carrying out the plan.

Although the governor of Maryland lived within an easy day's ride from the national capital, he did not receive a copy of his requisition until six days after it was ordered and the governor of Pennsylvania did not receive his until 10 days afterward.

And it was not until July 12, when the British appeared in heavy force in the Chesapeake bay, that the militia in Winder's hands a copy of the requisition and then it was accompanied by a cautious order telling him, "be careful to avoid unnecessary calls, and to apportion the call to the exigency."

A heart-breaking task. Undaunted by what must have seemed a heart-breaking task, Winder started out to make the best of a bad situation. He visited every part of the country, inspected every fortification, and bombarded Executive with urgent appeals for haste in making preparations for defense.

On July 16 he wrote "The force of Washington (meaning Annapolis) is wide open and cannot be shut with the few troops under my command." Fort Mifflin, in fact, was so defenseless and too unhealthful for troops to occupy

Exercise Is the Best Way to Reduce Weight

By DR. JAMES W. BARTON

Exercise is the best way to reduce weight, exercise or a reducing diet.

The diet is the simpler because if enough food is not eaten to supply the body's needs, then some of the fat on the body must be used and so that much weight is lost.

Exercise is really the better way for the average healthy overweight because exercise not only burns up fat but replaces the fat with muscle, and with this extra muscle he is more willing to exercise or work, and so more and more of the fat is lost.

Unfortunately, there are many cases where the exercise so increases the appetite that more food is eaten and no weight is lost. Another difficulty is that exercise makes the individual thirsty and he drinks more water, thus increasing his weight. I have spoken before of an amateur carman who took off three pounds of weight daily by jogging in the morning yet at the end of the month he was the same weight as when he started. He had not lost a pound.

Why? Because he drank a great quantity of water. Similarly with the Turkish bath. Two to four pounds may be lost during the bath but the drinking of water as you rest a short time before dressing puts all the weight back on your body.

If the overweight is willing to exercise more, yet not increase his food intake nor drink more than his usual amount of water, the results will be much better than by dieting alone.

Most make "sacrifice." It is just as hard for some fat individuals to cut down on their appetite, especially for starch foods, as it is for another to take vigorous exercise. Cutting down on food or taking vigorous exercise both mean "sacrifice." It is by sacrifice, however, that one loses fat and gains figure.

An item in Newsworld some time ago put the matter of reducing weight as follows: Careful eating, not exercise, is the best way to reduce, according to Dr. C. C. Shurtleff of the University of Michigan. Although a football player may get rid of 16 pounds in a strenuous game, only 4% pounds comes from fatty tissue; the remainder is water loss that will soon be replenished.

When Dr. Shurtleff and Best of Toronto discovered insulin and Dr. Collip, now of Montreal, made it safer to use, it was felt that all had been learned about insulin in the treatment of diabetes. Many research workers then began experimenting with insulin in the treatment of other ailments such as lack of appetite, dementia praecox (persistent dream state) and other conditions.

In the treatment of diabetes, however, research workers sought to prepare insulin in such a way that it could be taken by mouth instead of by the hypodermic needle three times a day. While no method of preparing insulin so that it will be effective taken by mouth has been discovered, what is helping the situation to some extent is the new treatment by procaine insulin.

Increase in Number of Cases. What would, on first sight, be considered a most unfavorable result from the use of this new insulin compound is the apparent increase in the number of cases of diabetes. Dr. E. P. Joslin, Boston, whose name has been associated with diabetes for many years—long before insulin was discovered—points out in the Michigan State Medical Journal that procaine insulin has probably increased the number of diabetic patients using insulin by 70,000. This due almost entirely to the fact that the new insulin is injected but once a day, whereas the original insulin is injected three times a day, a regimen that many diabetics would not or could not follow.

QUESTION BOX Q—Please suggest an effective sedant for chest extensive perspiration.

A—You should get examined by your physician and try to find out why you are troubled with excessive perspiration. May be due to some condition of the body itself—poison, nerve ailment, etc.

Q—What foods will help put in the blood?

A—Liver, beef and green vegetables will help to increase the iron in the blood.

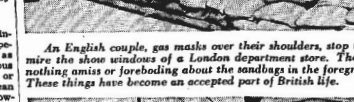
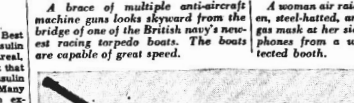
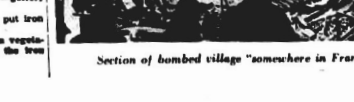
Section of bombed village "somewhere in France."

London Is Ready for Sky Raids And Business Goes On 'as Usual'

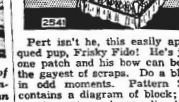
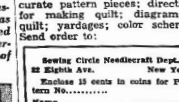
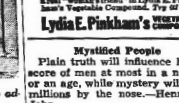
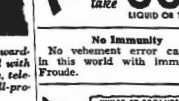
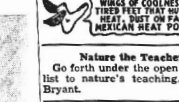
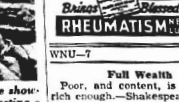
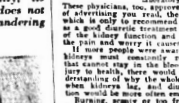
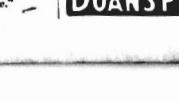
London has taken the most careful air raid precautions to repel the Nazi invaders from the sky, with sandbags playing an important part in the defense. However, in between air raid warnings the regular way of life goes on undisturbed. Britain takes it all as a matter of fact. Up in the sky at all times one can see hundreds of military balloons aloft. Store fronts are sandbagged, but business goes on as usual. Air raid precautions have become "streamlined" to meet the emergency. The cinema is popular, and the populace has learned to carry gas masks at all times.



Picture Parade (Above) Myriads of sandbags along a London hospital make an unusual picture presentation. (Left) Gas masks are advertised like any other merchandise—these are of "smart appearance."



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Clubs and Parties . . .

By HETTIE H. HETHERINGTON — Phone 54

Party and Shower Given Wednesday

A lovely affair of Wednesday afternoon was the bridge party and shower given by Mrs. Francis Shackley and Mrs. Roland Iront, in honor of Mrs. Bill Schaeffer. The party was held at the social room of the Florida Public Service company, which was tastefully decorated for the occasion with bouquets of roses and var-colored streamers.

Upon arrival of the guests at three o'clock, they were seated at the card tables, each table containing a small vase, holding a cluster of roses, and reflecting a color note of pink and blue. A tempting dessert course consisting of fresh peach ice cream, sliced pink, and individual cakes laid in blue was served.

The afternoon was devoted to several progressions of bridge in which Mrs. Schaeffer was the fortunate winner of high score award; Miss Louella Cameron, second high; and Mrs. Paul A. McParland and Mrs. George Haynie, the cut prizes. Each of these awards was an attractive hand-made tea spoon, in clever design.

The prize wrappings emphasized the chosen color scheme. Following the distribution of prizes, the honoree was presented an array of daintily packaged gifts, which were arranged in a pink and blue decorated basket.

Friends invited to share this delightful occasion with Mrs. Schaeffer and the two hostesses were: Mrs. Nickie Green of Frostproof, Mrs. J. C. DeShazo, Mrs. Paul A. McParland, Mrs. T. J. McGinnis, Mrs. George Haynie, Mrs. Robert Milton, Mrs. Nelson Smith, Mrs. W. R. Carter, Mrs. Virginia Hall, Miss Virginia Gough, Miss Hazel Cline, Mrs. J. Lewis Wells, Mrs. John Bunting, Mrs. Doreen Redick, Mrs. Earl H. Ware, Mrs. T. M. Church, Mrs. H. H. Parker, and Mrs. T. A. Jones. Mrs. Sarah Helen Warren, Mrs. Jane Bell, Mrs. T. O. Gearing, Mrs. Fisher Sauls and Mrs. Wesley Davis, of Sebring.

B. P. W. CLUB TO MEET MONDAY

Mrs. Virginia Cloud and Mrs. Mary Holcomb will be joint hostesses at the social meeting of the B. P. W. club Monday evening at 8 o'clock at the home of Mrs. Cloud, 214 Highlands avenue. All members are invited to attend.

Party on Friday Delightful Affair

A lovely party of Friday afternoon was the one given by a group of friends in honor of Mrs. A. J. Turner, who is visiting her parents, Mr. and Mrs. D. L. Lockett. The party was held at the social room of the Florida Public Service company, which was tastefully decorated for the occasion with bouquets of roses and var-colored streamers.

Upon arrival of the guests at three o'clock, they were seated at the card tables, each table containing a small vase, holding a cluster of roses, and reflecting a color note of pink and blue. A tempting dessert course consisting of fresh peach ice cream, sliced pink, and individual cakes laid in blue was served.

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Two Are Hostesses At Circle Meeting

Circle number two of the Methodist missionary society enjoyed a program and social meeting at the home of Mrs. T. P. Turner Monday evening with Mrs. R. H. Hall, co-hostesses.

Mrs. A. McKee Elliott opened the meeting with prayer, and Mrs. W. Davis gave the scripture reading. Mrs. R. A. Gerrard, circle chairman, conducted the lesson study on "Stewardship," and the meeting was closed with prayer for Mrs. W. R. Rawlings. It was announced that the August meeting would be held at the home of Mrs. Davis.

During the social hour, the hostesses served delicious refreshments composed of fruit, jelly, cookies, and food packages. Mrs. C. R. Mingledorff, who observed her birthday anniversary on this date, was the surprised recipient of a shower of dainty handkerchiefs, as a token of love and esteem from those present.

Those present were Mrs. C. H. Gerrard, Mrs. R. A. Gerrard, Mrs. W. R. Rawlings, Mrs. C. R. Mingledorff, Mrs. H. A. Leckman, Mrs. A. McKee Elliott, Mrs. H. W. Haddock, Mrs. J. O. Bridges, Mrs. M. L. Rogers, Mrs. A. T. Johnson, Mrs. A. C. Wester, Mrs. W. A. Lecky, Mrs. W. W. Davis, Mrs. Rex, A. Reed, Mrs. G. H. Hall and Mrs. T. P. Turner, Rev. C. R. Mingledorff and daughter, Imogene, joined the members during the social hour.

Bridge Luncheon At Loomis Home

Mrs. R. P. Loomis very graciously entertained members of the Wednesday bridge luncheon club, at her home at Highland Lakes this week. Bouquets of assorted garden flowers, arranged the charming atmosphere of the party room.

The next games began at ten o'clock in the morning and with the totaling of scores, at the conclusion of the progressions, high and second high score awards, were given to Mrs. Margery Church, and Miss Ruth Norton of Winter Haven. The dainty two course luncheon was served at one o'clock at the dining table, that had for a centerpiece, a low bowl of yellow and white flowers, with greenery.

Those playing were Mrs. Margery Church, Mrs. Earl W. Hart, Mrs. S. R. Thayer, Mrs. Paul L. Rumpson, Mrs. A. J. Johnson, Mrs. D. M. Mandie, Miss Ruth Norton of Winter Haven, and the hostess, Mrs. Loomis.

HOW TO MAKE ICED COFFEE

FRESH HOT COFFEE is the first requisite for good iced coffee. Make it double-strength (two heaping tablespoons of coffee to each measuring cup of water) to allow for dilution by ice.

POUR FRESH COFFEE immediately into tall glasses filled with ice. To prepare full coffee flavor, add coffee should be served immediately after hot fresh coffee poured over the ice.

A FROSTY GLASS of delicious iced coffee is the result. Serve it with a dash of cream and it is the perfect drink for a hot day.

Program Meeting of Baptist Circles

All three circles of the W. M. B. of the First Baptist church met at the church Monday afternoon. The meeting was presided over by Mrs. J. P. Dalton. Mrs. J. B. Coen Jr. taught the first chapter of Luke after breakfast this morning. J. Pennington discussed the class with prayer.

Those present in their three respective circles were: circle number one, Mrs. Olin Bishop, Mrs. O. R. Perry, Mrs. M. M. Foster, Mrs. B. P. Martin, Mrs. R. J. Pennington, Mrs. J. B. Coen, Mrs. W. M. McParland, Mrs. J. D. Sherman, Mrs. R. H. Lawson, Mrs. Anna Lawson, Mrs. W. C. Toulson, Mrs. H. H. Shepherd, Mrs. J. R. Coen, Jr. circle number three, Mrs. J. P. Dalton, Mrs. David Stuckey, Mrs. Frank Coffey and Mrs. J. H. Bishop.

Philathia Class Enjoys Party

Members of the Philathia class of the First Baptist church were entertained at a delightful party on Tuesday evening by Mrs. J. B. Coen, Jr. and Mrs. W. M. McParland at the home of the latter on East Bell street. Bouquets of multi-colored stoneware and dainty china were the party room.

A variety of games, featuring Chinese dominoes, Piquet and Parlor, were featured as the pleasant diversion for the guests. Dainty refreshments consisting of homemade peach jam, cream and cookies were served late in the eve.

Class members sharing this delightful party with the two hostesses were Mrs. E. R. Ray, Mrs. Miss Mary Coen, Mrs. J. B. Coen, Mrs. J. P. Dalton, Mrs. Doreen Redick, Mrs. H. H. Shepherd, Mrs. E. C. Camp, Mrs. Paul A. McParland, Mrs. W. W. McParland, Mrs. David Stuckey, Mrs. M. M. Foster, Mrs. C. W. Pabst, Mrs. Lena Clements, Mrs. H. H. Lawson, Mrs. J. B. Coen, Mrs. J. R. Coen, and Miss Mabel Collins.

Lloyd Gribble To Marry Sebring Girl, Aug. 6

Mrs. and Mr. R. T. Morgan of Sebring, announce the engagement and approaching marriage of their daughter, Gertrude to Lloyd Gribble of Indianapolis, Ind., son of Mr. and Mrs. M. H. Gribble of Avon Park. The wedding will take place Tuesday, August 6th, at the Gribble home in Indianapolis, where the couple will make their home.

Club members and guests enjoying the party included Mrs. R. L. Brown, Mrs. J. E. Brink, Mrs. L. H. Park, Mrs. S. Y. Hart, Mrs. Katherine Bristol, Mrs. C. A. Clark, Mrs. B. V. Hunnington, Mrs. George Hymonds, Mrs. O. L. Head, Mrs. W. H. Kempton, and Mrs. H. A. Vickery.

Methodist Children Have Picnic

Sixty happy children of the primary department of the Methodist Sunday School enjoyed their annual summer outing at the Legion Home on Thursday afternoon. The fun began with a swim in the lake and games. The tempting picnic supper was spread on long tables, and all did ample justice to the delicious food, topped off by a watermelon cutting.

The affair was well planned by teachers of the primary department who include Mrs. T. H. Maxwell, superintendent, Mrs. Ben T. Stewart, Mrs. R. A. Gerrard, and M. W. Davis. A number of the parents were also present to assist in caring for the children.

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Methodist Leaguers Attend Assembly

The Intermediate Assembly, comprising leaguers of Methodist churches in the Lakeland and Bradenton districts has been held at Highland Lakes hotel this week, opening on Monday morning and closing on Friday afternoon.

Members of the Intermediate League from the Avon Park Methodist church attended the Assembly. Those attending the Assembly were Glenn Mingledorff, Charlotte, Dr. M. M. Bishop, Mrs. Lathrop, Mary Elizabeth Hall, and Carolyn Holland. 124 league members from over two districts were in attendance.

UNION CONGREGATIONAL CHURCH

Dr. Alfred C. Elliott, Pastor Sunday, July 14: Sunday School at 9:45 a.m. Well-trained teachers for all classes, and classes for all ages. Lesson for Sunday: "Job's Struggle to Faith in Life After Death." Dress death and all Job asks: "If a man die, shall he live again?" What is your answer to this question? Come and tell us on Sunday.

Morning services of worship at 11 o'clock, when Dr. Elliott will speak on "Beating Not the Visions." Solo by Mrs. T. J. Ward. Join us in this hour of worship. It will clear your spiritual vision and enable you to see things which you have not heretofore seen. Too many are blind who might be seeing. Why not have the lost power of vision restored? This Church welcomes you to its service.

6:00 p.m. Evening Worship, sermon by the pastor. 7:30 p.m. Wednesday, mid-week prayer service followed by choir rehearsal.

Mrs. McKnight Is Hostess To Club

Mrs. G. S. McKnight was hostess on Thursday to members of her contract club at a delightful dinner bridge. The rooms were tastefully decorated with arrangements of dahlias, sinias, and gardenias.

Soon after the arrival of the guests, they were served a dainty dessert course consisting of malinade supreme. Following the enjoyable three progressions, high and second high score awards, a modest tray was presented to Mrs. L. H. Park.

Club members and guests enjoying the party included Mrs. R. L. Brown, Mrs. J. E. Brink, Mrs. L. H. Park, Mrs. S. Y. Hart, Mrs. Katherine Bristol, Mrs. C. A. Clark, Mrs. B. V. Hunnington, Mrs. George Hymonds, Mrs. O. L. Head, Mrs. W. H. Kempton, and Mrs. H. A. Vickery.

Mr. and Mrs. Earl H. Ware and Missie and Jimmie, will leave tonight for Orlando, where they will be the overnight guests of Mr. Ware's sister, Mrs. C. L. Williams and family. They will leave Orlando on Sunday for Jacksonville, N. C., where they will join Mr. Ware's mother, Mrs. Elizabeth Ware and Misses Carol Williams and Katherine Barron of Orlando, who are vacationing there. Mr.

Ware expects to return home the first of the week, but Mrs. Ware and sons will remain until the latter part of August.

EPISCOPAL CHURCH SERVICES Holy Communion 7:30 a.m. Sunday School 9:30 a.m. Morning Prayer and Sermon 11:00 a.m. Richard I. Brown, rector

"SAFETY" Is Insured by your local Druggists in the JACARANDA DRUG STORE

They carry out your Doctors orders as specified. And they fill ANY Doctors PRESCRIPTION.

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DR. MILES EFFERVESCENT NERVE TABLETS

NO ONE likes to lie awake; yet every night thousands toss and tumble, count sheep, worry and fret, because they can't get to sleep. Next day many feel dull, listless and irritable.

Has this ever happened to you? When it does, why don't you do as many other people do when Nerve Tablets to soothe their rest, work, enjoyment, and good temper.

Dr. Miles Effervescent Nerve Tablets Dr. Miles Effervescent Nerve Tablets are a combination of mild sedatives proven useful for generations as an aid in quieting jumpy, over-strained nerves.

Your druggist will be glad to tell you Dr. Miles Effervescent Nerve Tablets in convenient small or economical large packages. Why not get a package and be prepared when over-taxed nerves threaten to interfere with your work or spoil your pleasure.

Large Packages - 75c Small Packages 35c

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