

How Much Food You Should Eat During the Day

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

MOST calorie charts give the amount of food that equals 100 calories so that if the overweight (or the underweight) wishes to know how much food equals 2,000, 3,000, or 4,000 calories, he tries to estimate it from this 100 calorie chart.

TODAY'S HEALTH COLUMN

The following shows how much of, or the size of, some common foods which equal 100 calories:

One slice of bread; four soda crackers; three-fourths cup oatmeal, cracked wheat, corn meal; lean meat— one piece three inches long, two inches wide, one-half inch thick; the meat part of one thick lamb chop; one egg is 75 calories; five-eighths cup milk; cheese— one piece one inch square and one inch thick; butter— one level tablespoonful; four dates; two figs; one banana; one orange; one-half grapefruit; two apples; two pears; one potato; one-third cup cooked corn or beans; one cup beef, carrots, onions, parsnips, turnips, squash; two raw tomatoes; two cups canned tomatoes; five cups shredded raw cabbage; one small head cauliflower; four cups bouillon; one cup vegetable soup; one-half cup cream soup.

It will be noticed that only two meat items are mentioned on the list of foods containing 100 calories—one broiled lamb chop (the meat part) and one slice of lean meat three inches by two inches by one-half inch.

Calories of Meat.

With meats, the average serving of round steak is 150 calories; one slice of lean roast beef is 150 calories, one thick slice of juicy roast beef is 300 calories; one lean mutton chop is 150 calories; whereas one slice roast lamb leg is 230 calories.

Dairy products: one cube butter one inch by one inch by one inch is 100 calories; one glass of whole milk is 158 calories; one glass skim milk is 80 calories, or just about half.

With calorie charts at hand you can figure out how many calories you should eat daily. This depends upon your height and the kind of work you do. You simply multiply your ideal weight by 15 if you have an easy job indoors or by 20 if work is hard. Ideal weight for a man five feet seven inches is 147 pounds, with an increase of eight pounds for each inch over, or eight pounds less for each inch under. He thus requires 147 times 15—2,205 calories. A woman five feet four inches should weigh 130 pounds with six pounds more or less for each inch more or less than this height.

Overweights Tend Towards Diabetes

I MET a friend recently whom I had not seen for about two years. I had to look at him twice as he had lost considerable weight which greatly improved his appearance. His eyes were bright and I told him his loss of excess weight had given him a more youthful appearance. He then told me that a routine examination by his physician had discovered some sugar in his urine. His physician had told him that if he were willing to reduce his weight, he would likely prevent diabetes and the necessity of taking insulin.

By reducing his starch foods by half and his fat foods by one quarter, in a period of less than a year he had reduced his weight from 185 pounds to 135 pounds, the proper weight for his height and build. When he reached 135 pounds he increased his food intake slightly and during the two months previous to our meeting, his weight had remained at exactly 135 pounds.

Had this man not reduced his weight his chances of becoming a diabetic were great, because sugar was present in the urine and the amount of sugar in the blood was at the extreme limit of the amount present in normal urine.

There was no history of diabetes in his family but his physician's warning that overweight was a forerunner of diabetes so impressed him that he went immediately on the low-starch diet with the above excellent results.

QUESTION BOX

Q.—Does a germ cause scarlet fever?
A.—Yes. A streptococcus.
Q.—What is a green stick fracture?
A.—A green stick fracture occurs in a young person up to 15 years of age but may occur later. The ends of the bone have not become solid with the rest of the bone and the bone "breaks" like the fibers in a green stick from a tree or bush when stick is bent or broken.

THE SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young

BIG TOP

By ED WHEELAN

UNCLE JEFF: THIS IS "RED" O'HARE AND HE HAS A VERY CLEVER TRICK DOG NAMED "WHISKERS".
MYRA: KIDS ARE AN AWFUL NUISANCE IN THE SHOW BUSINESS BUT AT THAT, WE'VE GOT TO GET A DOG TO TAKE POOR OLD SPOTS' PLACE! SO LET'S SEE WHAT YOU'VE GOT THERE, SONNY!
"RED" NOW PUT "WHISKERS" THRU ALL SORTS OF CARTWHEELS ENDING WITH A SENSATIONAL HEAD STAND
ATTA, BOY!!
NOW LOOKIT— ONE LEG!!

LALA PALOOZA — Vincent Earns an Introduction

By RUBE GOLDBERG

I WISH I COULD THINK OF SOME WAY TO BREAK THE ICE WITH THAT DOLL
HOLD 'EM HIGH, MISS— AND DON'T MOVE TILL I CLEAN OUT THE SAFE AND SCRAM
CROCKERY D
CRASH
SORRY TO BUTT IN, MISS— BUT IT WAS LUCKY I SHOWED UP WHEN I DID— NOW, W-W-WHAT'S YOUR NAME?
OH, THANK YOU— MY NAME IS— ER— IT'S— ER— JANE SMITH
ORIGINAL CHINK FROM "THE CHINKY PARTY" '24

S'MATTER POP—Boom! Out of a Clear Sky!

By C. M. PAYNE

WHADDA YA MEAN, YA GOT BOMBED?

MESCAL IKE By S. L. HUNTLEY

SAY, PA, TH' YOUNG'UN SAYS PASS HIM TH' BALL AN' HE'LL SHOW US A NEW PLAY HE THOUGHT UP
WELL, SEE WHAT HE'S AIMIN' TO DO!
ALL RIGHT, MEN— LET'S GIT HIM!

POP—Easy Lesson No. 1

By J. MILLAR WATT

WHAT'S UP, COLONEL? YOU LOOK HORRIBLY WORRIED
YES, POP! I'M LOSING MY MEMORY!
WELL, NEVER MIND, OLD MAN JUST TRY TO FORGET ALL ABOUT IT!
9-3 (Released by The Bell Syndicate, Inc.)

HANDKERCHIEF By GLUYAS WILLIAMS

IS DEEP IN BOOK. HEARS FATHER TELL HIM, FOR PHY'S SAKE, NOT TO SNIFGLE— USE A HANDKERCHIEF.
WITHOUT SKIPPING A WORD, GROPES IN POCKET
FISHES IN OTHER POCKET
SITS UP, STILL READING, AND MAKES MORE THOROUGH SEARCH, HAVING TO ADMIT AT LAST THAT HE HESN'T GOT A HANDKERCHIEF
LISTENS DUTIFULLY WHILE FATHER LECTURES HIM FOR BEING SO CARELESS AS TO BE WITHOUT ONE AND SAYS HE'LL LEND HIM HIS FOR NOW
RETURNS CHEERFULLY TO HIS BOOK AS FATHER, SEARCHING POCKETS, DISCOVERS THAT HE LEFT HIS HANDKERCHIEF IN OTHER SUIT

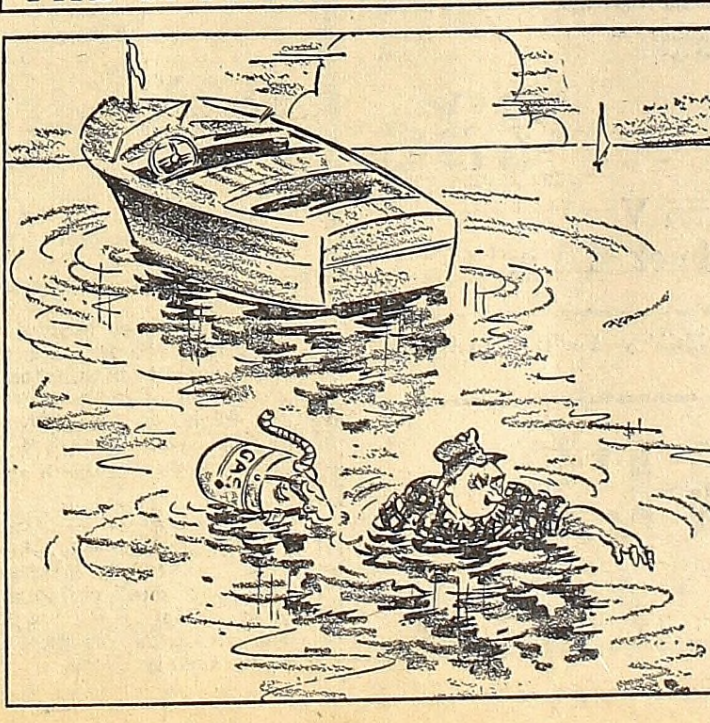
BOOMERANG

A man on trial for his life was being examined by a group of scientists. Suddenly one doctor jumped up and shouted at him: "Quick, how many feet has a centipede?" The man came back in a dry, dry voice: "Gad, is that all you have to worry about?"

Art Discouragement
"Do cowboys every come to Crimson Gulch?"
"No," said Cactus Joe. "They've got kind o' bashful. They don't feel able to compete in eloquence and grace with the kind of cowboys we're showin' at our motion picture theater."

Ain't It Wonderful?
Old Bach—I've found something to live for, something to fill my life, something to occupy every waking moment.
Miss Sweet—Yes, I know—bridge. It is a fascinating game.

THE SPORTING THING By LANG ARMSTRONG



You'll Find This Doll Fascinating to Make



THIS doll is as fascinating to make and dress as she is to look at. And what little girl or grown-up wouldn't be charmed with her gay clothes, yarn curls and easy-to-embroider features.

Pattern 2578 contains a pattern and directions for making a 14½-inch doll and clothes; materials required. Send order to:

Sewing Circle Needlecraft Dept.
82 Eighth Ave. New York
Enclose 15 cents in coins for Pattern No.
Name
Address

Try FAST-ACTION Relief for Pains of COLDS

Patented Here

3 simple steps begin amazing relief in a jiffy

1. To relieve headache, body discomfort and aches, take 2 Bayer Aspirin Tablets and drink a glass of water. Repeat in 2 hours.

2. For sore throat from cold, dissolve 3 Bayer Aspirin Tablets in ½ glass of water and gargle.

3. Check temperature. If you have a fever and temperature does not go down—call your doctor.

Just be sure you get genuine fast-acting BAYER Aspirin.

At the first sign of a cold, follow the directions in the pictures above—the simplest and among the most effective methods of relief known to modern science.

So quickly does Bayer Aspirin "take hold" of painful cold symptoms, welcome relief you can really feel often starts in a short time. It's amazing how fast it works.

Try this way. You will say it is unequalled. But be sure you get the fast-acting Bayer product you want. Ask for Bayer Aspirin by the full name when you buy.

GENUINE BAYER ASPIRIN

Without Fruits
To read and not to know, is to plow and not to sow.

MOTHERS ...

For over 40 years have been using this mild laxative and cathartic to relieve Headache and Stomach Discomforts ... to lessen the distress of these symptoms when they accompany a cold. Equally good for adults. At all drug stores. For Free Sample and Walking Doll write Mother Gray Co., L.A., N.Y.

MOTHER GRAY'S SWEET POWDERS

"All the Traffic Would Bear"

● There was a time in America when there were no set prices. Each merchant charged what he thought "the traffic would bear." Advertising came to the rescue of the consumer. It led the way to the established prices you pay when you buy anything today.

WEEKLY NEWS ANALYSIS

By Edward C. Wayne

International Problems Face Roosevelt Before Beginning of His Third Term; Determined Greeks Hold Off Italians As England Rushes 'All Possible Aid'

(EDITOR'S NOTE—When opinions are expressed in these columns, they are those of the news analyst and not necessarily of this newspaper.)
(Released by Western Newspaper Union.)



All over the country soldiers are at work putting U. S. army camps in shape to receive the new draftees and the regulars and recruits pictured above at Camp Edwards, Mass., are shown charging the camera during military drills being held at this army post on Cape Cod. More than 12,000 men are at work at this particular camp, getting it ready for part of America's new peacetime army.

AFTER-ELECTION: Decisions in Making

With President Roosevelt capturing an unprecedented third term by almost 4,000,000 plurality and continuing his party control of both houses of congress, the period ahead is expected to be one of fast moving decisions on both foreign and domestic issues. Many of these may come before the inauguration January 20. Many have been delayed during anxious weeks and months while the nation indulged itself in a political campaign.

In the foreign field continued sale of oil, copper and machine tools to Japan, that later may be used against a U. S. army, must be resolved. Likewise the issue of sale of food to territory conquered by Germany is due to be settled. Other problems are the sovereignty of Martinique, which may be used as a supply base for German submarine raiders in the Caribbean; the activities of foreign agents in this country; loans to Latin American nations; and greater priority for Britain in the production of planes.

In the domestic field almost everyone in Washington expects a reorganization of the national defense commission with appointment of a co-ordinator of activities. There must also be action where labor is pressing for higher wages in defense industries, and resistance to price increases. Tax studies already have begun and banks are urging an attractive long-term loan at rates above the present market. The unwillingness of industry to expand in the steel and machine tool industries must be met with decision to give them government financing or for the government to enter that field itself.

State Machines

Another problem Washington expects to be given speedy attention is the political machines of both parties controlling certain graft-ridden cities and states. The justice department is said to have some indictments ready even before election. They were withheld because the administration did not want to be accused of playing politics.

Michigan is said to be in this category. Here charges are expected in connection with operation of a liquor ring, diversion of funds from state liquor stores. This might seem at first glance to be a local problem, but "hot" money is alleged to have passed through the United States mail, and that is a federal offense.

New Jersey also may draw a crack-down rather early. Mayor Frank Hague of Jersey City suffered a severe moral defeat in the election. Not only did the state fail to turn in its usual Democratic majority, but Republicans were elected governor and senator. This is attributed to a public revision of machine tactics which already has

NAMES

... in the news

Refugee—Ignace Paderewski, celebrated pianist and first president of the Polish republic, arrived in New York, a refugee from his homeland. President Roosevelt appointed and instructed Anthony Drexel Biddle, ambassador to Poland, to greet the 80-year-old evacuee.

Tourist—Neville Chamberlain, former British Prime Minister, was reported en route to the United States for his health. The umbrella statesman had decided to go, of all places, to California.

Prediction—Democracy is dead all over the world, says Pierre Laval, vice premier of France. The man who negotiated the pre-armistice terms with Germany and later linked the Vichy government with Nazi Germany, indicated in an interview he desires the defeat of Britain.

Paying Up



NEW YORK.—One of the first election bets to be paid off was the one pictured above, in which Ina Ray Hutton, leader of an all-woman orchestra is shown being given a ride around the Astor hotel. Actors Jimmie Dunn and Preston Foster chose the losing candidate but Miss Hutton bet on Mr. Roosevelt.

IN THE ARMY: Simple Routine

For trainees now going off to answer the call of the draft, the first five days will be devoted to fitting them into the groove which they will occupy during the next year. During these five days the trainee will go through the operation known as "processing." This includes inoculation, vaccination and blood test. He will be issued a uniform, shoes and blankets; an identification tag will be made out and he will be assigned a serial number.

Also he will be interviewed extensively, and be given an intelligence record. His schooling, athletic ability, hobbies and civilian occupation will be recorded, and he will be offered a special form of life insurance.

When these records are complete his time at the reception center will have been served. The records will be sent to a group of officers who have been specially trained in organizing new battalions and regiments. From perforated cards prepared during the interviews these officers will be able to assemble perfect companies with the proper number of cooks and clerks, send mechanics in civilian life to proper branches of the army and select men with previous experience in organizations like the C. M. T. C. for non-commissioned officers.

Then the trainees will move off to the unit where they are needed and best suited. That unit probably will not be in the same camp as the reception center, but will be the trainee's home for the next year.

NAVY PREPARES: Ship Buying

Since July 1, the navy has purchased 113 merchant ships, yachts, tugs, tankers, and other auxiliary vessels. It is the greatest ship buying program since the World war. Some yachts have been purchased for \$1, including teakwood decks and tile bathrooms. For one commercial freighter, \$7,000,000 was paid.

The navy needs many of these small ships to accompany fighting craft for fueling and servicing, as well as submarine chasers in narrow waters and off dangerous coasts. Nine of the most modern tankers in the world were purchased from the Standard Oil company.

In addition the maritime commission has placed contracts for the construction of 174 ocean-going steamships with a gross tonnage of about 1,900,000. Of these, 47 already are completed, and 95 per cent of the others could be commissioned immediately on an emergency.

Exercises

Meanwhile it was revealed that units of the fleet are on "schedule exercises" near the French West Indian island of Martinique. Both Secretary of State Hull and the navy department insist there is no connection between the naval activity and the status of the island which has been a matter of concern in Washington since the Vichy government and Germany made arrangements for a joint war effort.

MISCELLANY:

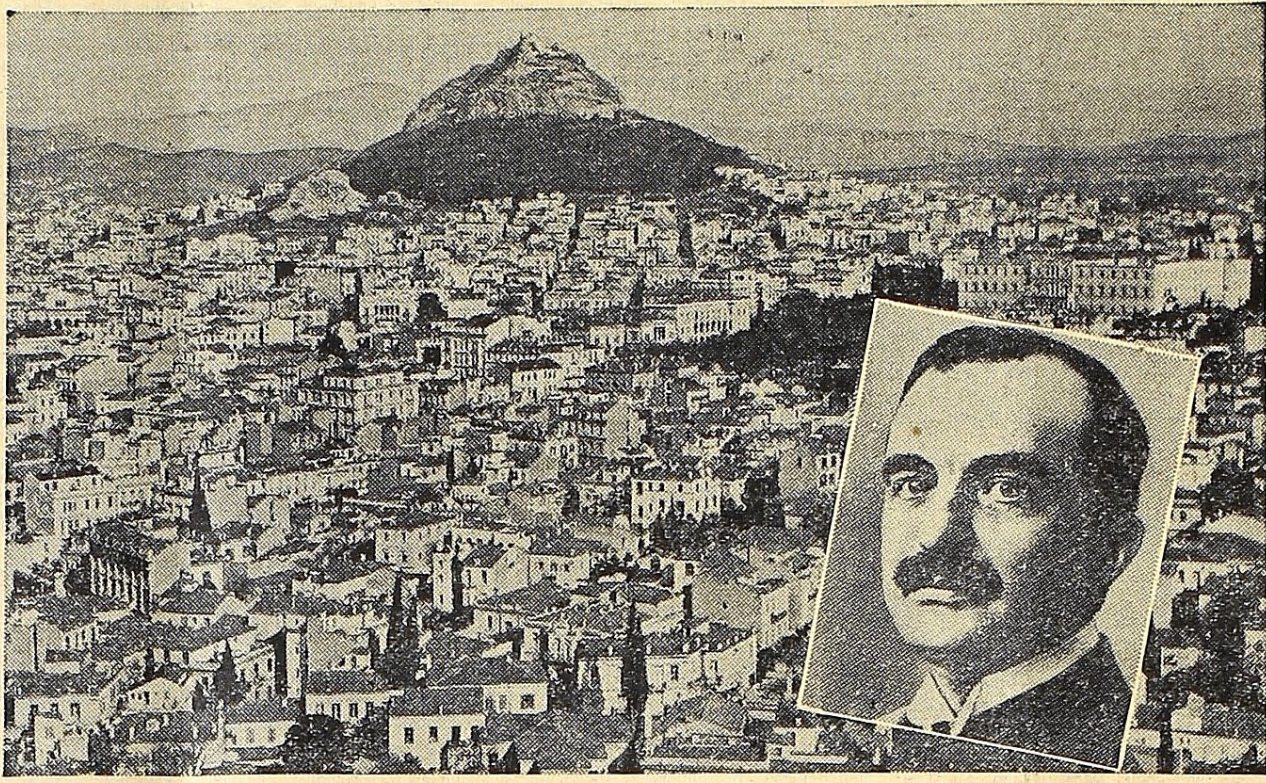
¶ Rudolph Leonardi, famous Vienna animal trainer, who often was bitten and clawed by lions, tigers and bears, died from blood poisoning, the result of the bite of a mouse. He was bitten while cleaning a cage and succumbed eight days later.

¶ Riding a faulty radio beam, a United Airlines passenger plane crashed on snow-covered Bountiful peak, 18 miles from the Salt Lake City, Utah, airport. Seven passengers and crew of three were killed.

¶ King Michael, who succeeded to the throne of Rumania when his father, Carol, fled, received a raise of \$160,000 with the job.

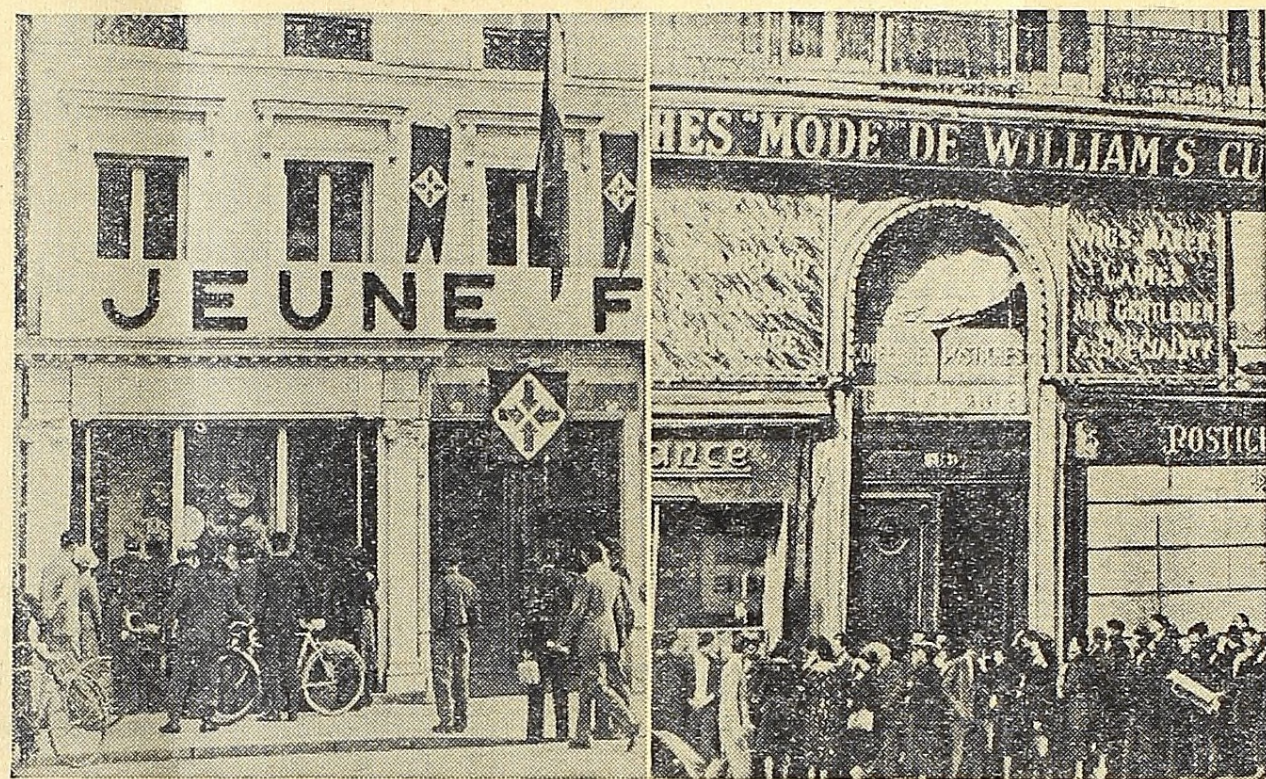
¶ Paul B. West, elected president of the Association of National Advertisers, announced that in a recent survey only one member expected less business during the coming year than in this.

Greek Capital and Nation's 'Man of Destiny'



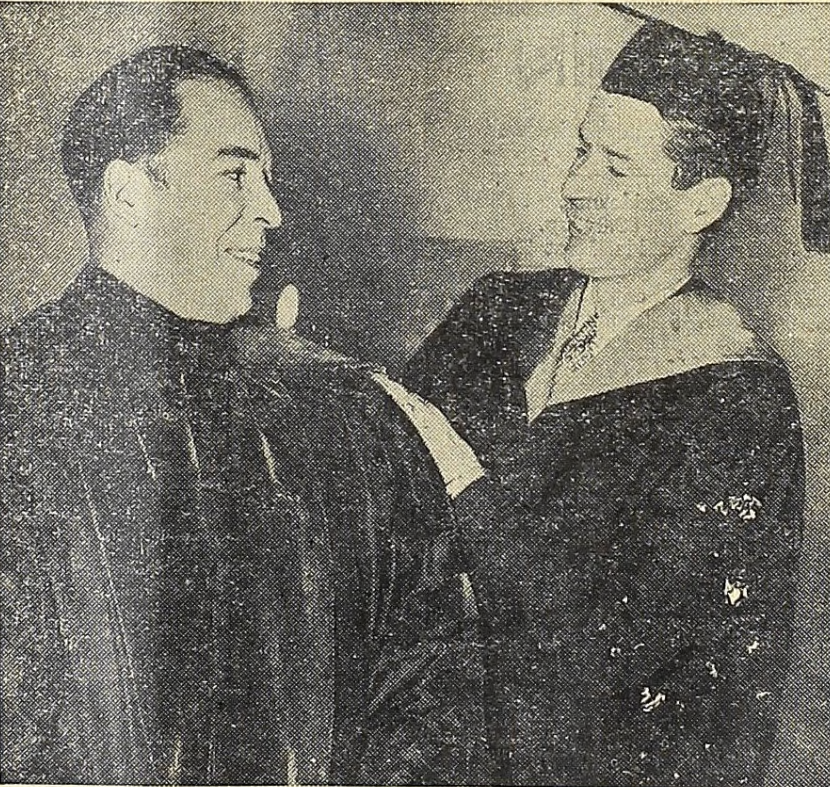
A view of the city of Athens, capital city of Greece, which has already felt the wrath of Italian bombers. The first raid took place a few hours after Premier Metaxas and his government defied Italy's ultimatum for unconditional surrender. (Inset) A portrait of Premier John Metaxas, "iron man" of Greece, who urged all Greeks to "fight to the death."

Uncensored Pictures Show Nazi Trend in Paris



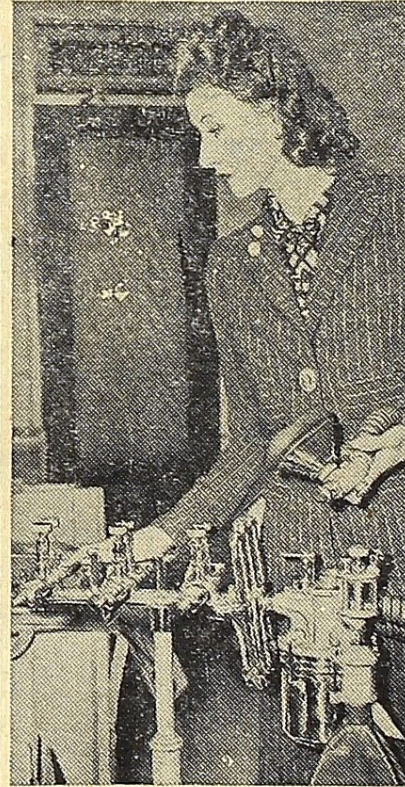
Left: Uncensored picture smuggled from Paris shows Parisians viewing a window display at headquarters of Nazi inspired Jeune Front, which is a French youths' fascist organization in New France. This building formerly housed the British tourists' bureau. Right: Another uncensored picture smuggled from Paris shows Parisians lined up awaiting their turn to purchase food from a store in the once famous Place de l'Opera.

Nation's Youngest Prexy Inducted



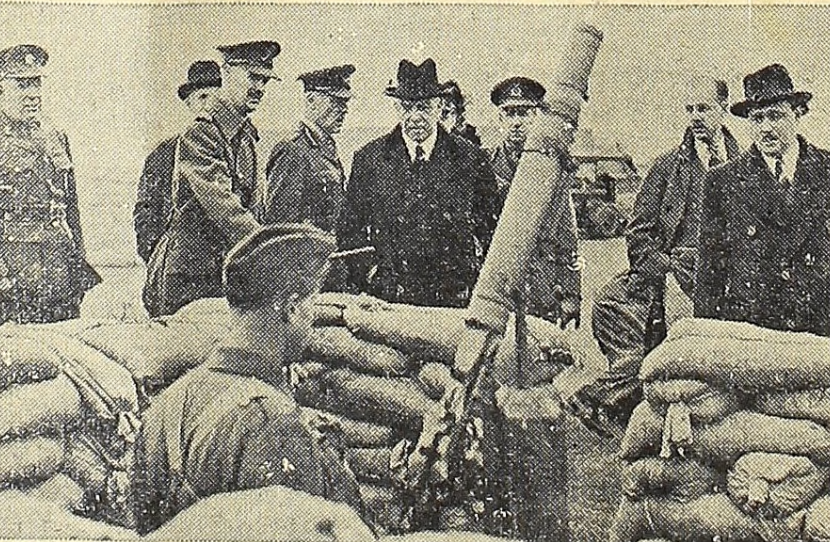
Dr. Felix Morley, recently elected president of Haverford college, is shown (left) being assisted with his academic gown by Dr. John W. Nason, who was inducted as president of Swarthmore college, Swarthmore, Pa. Dr. Nason is the youngest college president in the United States. He is 35. Dr. Morley is 38.

For Britain



Mrs. R. B. Balcolm, chairman of the British medical supply committee, examines a portable anesthetic unit, which will be sent to Britain. It is the gift of Mrs. Diana Guest.

Canada's Premier Inspects Defenses



Prime Minister William Mackenzie King, of Canada, is shown (center) somewhere in Canada with a group of staff officers, as he inspected the defenses on Canada's eastern seaboard. The prime minister is interested here in a Lewis machine gun in a sand-bagged emplacement. Our big neighbor to the north is overlooking no bets when it comes to coastal defense.

Wells Meets Welles



The paths of H. G. Wells, famous British author (left), and Orson Welles, radio and screen director and actor (right), crossed in San Antonio where both were delivering lectures.



WHO'S NEWS THIS WEEK

By LEMUELL F. PARTON
(Consolidated Features—WNU Service.)

NEW YORK.—This reporter was in Washington in June, 1931, when Pierre Laval made his visit to President Hoover in the interest of a debt adjustment. M. Laval quite innocently handed us a nice little nessage of a story. The story withered and died because its publication might have been tactless at the time, when with psalter and harp we hymned a new international brotherhood. Today, however, the story seems pertinent to M. Laval's accurate appraisal in the Europe which we "see through a glass darkly."

The newspapers were making quite a fuss over M. Laval and his pretty daughter, Josette. When a grand limousine called to take him to the White House, he was done up in a morning suit and an ascot tie.

There had been a mix-up in the chauffeur's orders and he had arrived far ahead of schedule. "How much time have we before we are due at the White House?" asked M. Laval.

"A little over two hours," replied the chauffeur. That is time enough for a drive. Is there anything that you would particularly like to see?"

M. Laval pondered this a moment and then said: "Well, if we have all that time, I certainly would like to see Hollywood."

M. Laval's ideas of geography may be more important now than they were then. As vice premier of France, he throws his weight with the Axis powers, which he frequently has done, in a general European hegemony under Germany.

M. Laval's ideas of geography may have remotely influenced his decision. It's a small world—only a short drive to Hollywood. And, by the grace of Chancellor Hitler, he may be France's next strong man.

It will be noted that M. Laval's name is reversible in spelling. So is his career. His transitions from left to right and back again have been easy and frequent, but mainly from left to right. The swarthy, thick-set, one-time butcher's boy and hack driver of the hill country of Anvergne, always shrewd and diligent, squirreled enough odds and ends of learning, without formal schooling, to send him in his early twenties as a belligerent Left-Wing union labor lawyer. He entered politics with a "Soak the rich" outcry which advanced him rapidly, planted him in Paris as a wealthy and successful lawyer and made him thrice premier and foreign minister. He did not serve in the army during the World war, then tagged as a "radical," and Malmé, minister of the interior, was accused of pro-Germanism because he failed to have Laval arrested for criminal syndicalism.

It was in the post-war years that Laval took his sharp swing to the right, moving along with Flandin, Tardieu, Francois-Poncet and others of the powerful cartelization and comite des forges groups, which sought financial accommodation with Germany, before and after the advent of Adolf Hitler.

DEMETRIOS SICILIANOS, the Greek minister at Washington, takes calmly the news of Italy's assault on Greece. This is perhaps understandable.

Greek Minister During his 35 Washington Leans years in the diplomatic service of his country he has encountered not only wars, but periods of exile and jail, with everything coming out all right in the end, at least so far as he was concerned.

His occasional jail and exile troubles have been due to being temporarily on the wrong end of arguments involving the proper form of government for Greece. He is a staunch royalist and a firm believer in monarchical government, and is skeptical about the working of democracy in the United States, or elsewhere. But he makes it clear that he is not for dictatorship. He thinks freedom thrives best under a king.

Sicilianos is an optimist. Repeatedly in interviews he has set forth the unity and fellowship of the Balkans. Rumania, Jugoslavia, Turkey and Greece have been to him a solid front of brotherly interests "which not even Adolf Hitler will ever be able to break." He has denied allegations that Premier John Metaxas is a dictator, insisting that all of the traditional freedoms of the press, speech and assembly are still zealously guarded in Greece, with no invasion of personal liberties.

