

### DIFFERENT KINDS OF FOOD VALUES NEEDED BY BODY

Energy Is As Essential As Fuel and Meals Should Be So Balanced, State Experts — Diets Cited

"Counting the calories" is one way to tell whether we are eating enough, too much, or too little. For the average individual, however, counting calories is not very practical, and as a matter of fact, with a varied diet, it is probably not important so long as one's weight remains about normal for height and age. It may be important, however, for people who must learn to follow a special diet of some kind—a reducing diet, a fattening diet, or a diabetic diet, for example. And to have a general idea of calorie values helps the meal-planner to provide a balanced diet for the family, says the bureau of home economics of the U. S. department of agriculture.

So what are calories? What does it mean when the nutritionist says that a moderately active man needs about 3,000 calories per day, and a moderately active woman about 2,300 calories?

Calories are units of measure, the bureau explains. Applied to food they measure its value as fuel for the human body. A slice of bread, for example, yields so many calories of energy, or energy. A serving of meat, of vegetables, fruit, milk, butter, sugar, each yields so many calories—and the count of the calories in all the foods that go to make up three meals a day shows whether those meals furnish enough energy or fuel.

**Body Needs Energy**  
Fuel, however, is only one of the essentials. The body must have energy to keep it alive and active, and it gets this energy from food which is the combustion engine burns fuel to produce the force that makes the engine go. The average man of moderately active occupation uses about 3,000 calories of energy each day, the average moderately active woman uses about 2,300 calories.

Therefore, they need fuel enough to furnish those calories and they get it in their food. Food serves as fuel because it contains substances the body can burn. These substances are carbohydrates, fats, and proteins. All foods contain one or more of these substances; therefore all foods have some fuel value but some have more than others because they contain so much more fuel substance.

These energy foods, as they are called, include the cereals and sugars, which are richest in carbohydrate; and butter and the margarine, lard and the vegetable oils, which are concentrated fats. Meat, fish, eggs and cheese, which are the chief protein foods and have various other food values, are also valuable for fuel.

The vegetables and fruits, for the most part, come lower in fuel value, although potatoes have a high-calorie rating because of the starch they contain. Well up in the list come beans and peas, especially soybeans. All of these are rich in carbohydrates, fat, and proteins. Ripe bananas are rich in sugar; avocados are usually rich in fat.

**Some Low in Fuel**  
Some low in fuel foods that are watery and fibrous, like the greens, cabbage, broccoli, celery, okra, or tomatoes, cucumbers, sauerkraut, rhubarb, summer squash, and various other succulent vegetables, are low in fuel value. Most of the fruits run a little higher than most vegetables be-

cause the fruits contain more sugar. A count of the calories, however, tells by no means all the requirements of good diet. The human body needs food for three main purposes—(1) to supply the energy that keeps it alive and active; (2) to build, maintain and repair the body structure of bone, muscle and blood; and (3) to keep the whole organism in good health and running order. Nutritionists say, therefore, don't think only of calories and energy foods, but also of the body-building and health-protective foods, many of which are low in calories.

For example, a breakfast of cereal with milk or cream and sugar, bread, butter, eggs or meat, coffee with cream and sugar, and maybe some jam or marmalade, is a high-calorie meal. In order not to pile up the carbohydrates, fats, and proteins, without leaving room for the minerals and vitamins that are not abundant in many of the high-calorie foods, lunch and dinner should include greens, cabbage, broccoli or cauliflower, or a succulent vegetable like tomatoes, and a juicy fruit. These would furnish mineral and vitamins to supplement the carbohydrates of bread and potatoes or sweet potatoes, the fat and proteins of meats, the fat of gravies and salad dressings, and the sugar and fat of desserts.

**Balance Necessary**  
In other words, in a meal with bread and butter, meat and potatoes, milk or cheese, the energy foods are fully provided, and the rest of the menu should be chosen for other kinds of food value.

When it comes to selecting foods, here are some points to remember: The different grains—wheat, oats, corn, rye—are about equally rich in carbohydrate and practically equal in energy value. A serving of oatmeal yields about the same number of calories as the same amount of corn meal mush, or cooked whole wheat, or rice, or any of the cooked breakfast cereals, white or dark. No one cereal product can be superior to another in energy value, because the source of the calories—carbohydrate—is the same. Whole wheat bread yields the same calorie value as white bread in slices of the same size.

**Cheese High in Energy**  
White sugar is pure carbohydrate, and its energy value is about 50 calories to a scant tablespoonful. Butter, margarine, lard and the vegetable fats or oils yield about the same number of calories each—100 per scant tablespoonful.

Milk furnishes energy value in the sugar, fat and protein it contains—about 333 calories to the pint of whole milk. Cream is almost entirely milk fat and water, its calorie value varying with its richness—1, e., the concentration of the fat. Skim milk has less energy value, because it has less fat. In a pint of skim milk the energy value amounts to about 175 calories. Cheese is a concentration of fat and protein, therefore high in energy value. A 1 1/8 cube of cheddar cheese running to about 100 calories.

The energy value of meat comes from fat and protein, and the calorie value of a serving of meat will vary according to the amount of fat and the dryness of the piece of meat.

### THE GRANGE

**Roxy Ann Grange.**  
Roxy Ann Grange will meet for its regular session tonight at 8 o'clock. Five candidates will be initiated in the third and fourth degrees. Refreshments will be served.

Saturday, February 8, an entertainment will be given at the Roxy Ann Grange hall. The home extension unit is giving a one-act play entitled "Kidnaping Betty." There will also be a small admission fee.

The Grange is sponsoring a carnival which will begin directly after the play is given. Everyone is cordially invited.

Use Mail Tribune want ads.

### ROYAL MOUNTED RIDES IN AUTOS BUT KEEPS NAME

OTTAWA, Ont. — (UP) — Canada's famous royal Canadian mounted police force has more motors than it has horses, but its name is not to be changed.

Recently Sir James MacBrien, commissioner of the famous mounteds, made a speech which was misinterpreted as a suggestion that in view of the changed conditions, the "mounted" should be dropped from the name of the organization. Public reaction was instant and unfavorable to any change. The name of the force speaks of its pioneering tradition, and it is quite certain it will not be altered.

The force consists of 91 officers, 2148 non-commissioned officers and constables, 115 special constables and 219 members of the marine section, a total of 2973 of all ranks. For transport purposes it has 277 horses, 413 dog sleds, 411 passenger automobiles, 34 motorcycles and 19 motor trucks. The marine section has 19 cruisers and patrol boats.

The duties of the royal mounted police are of almost infinite variety. It is engaged in the prevention of smuggling, on sea and land and in enforcement of the excise act, the laws against drugs and narcotics and sundry other federal acts. In six provinces by agreement with the Dominion government, the R.C.M.P. undertakes the duties of provincial forces and enforcement of the criminal code.

The force has responsibility for the registration of pistols and revolvers—some 50,000 of them have been listed since this necessity was imposed by law—and the issuing of permits to carry such weapons.

It performs such routine duties as the patrol of government buildings in Ottawa and of government driveways, the search for transient Indian children on the reservations to hunting-runners on the coast and enforcing law and order in the wild spaces of the sub-arctic.

### MEFORD YOUTH WINS HONOR AT NAVY BASE

Albert R. Santo, son of Mr. and Mrs. R. R. Santo of 620 South Ivy street, was named a recruit petty officer for his company, which is now preparing for sea duty at the U. S. naval training base in San Diego, Cal. It is stated in the Hoist, naval station publication.

Santo, who enlisted in the navy here recently, was one of six chosen for this honor out of the company of 125 men. His company is recognized as one of the outstanding units at the naval base, the Hoist stated. It recently became an "honor company" for having won five major pennants in a week.

To become a recruit petty officer, the Hoist said, one must have "excellent ability, aptitude and influence on shipmates."

P. O. Receipts Up  
PORTLAND, Ore., Feb. 7. — (AP) — Postal receipts at the Portland post office gained 6.98 per cent in January compared with the corresponding month a year ago, Postmaster E. T. Hedlund reported.

"KICKERNICK"  
Undergarments that fit at Ethelwyn B. Huffmann's.

# SAFEWAY STORES

Saturday and Monday Values February 8 and 10

My friends have been telling me about SLEEPY HOLLOW SYRUP. Is it really as good as they say?

SLEEPY HOLLOW SYRUP Yes Indeed Ma'am! SLEEPY HOLLOW is made from pure maple and cane sugars blended just right.



**Pancake Flour**  
Harvest Time Made by Pillsbury  
No. 10 bag **39c**

Quart jug . . **35c**  
5 lb. tin . . . **63c**  
10 lb. tin . **\$1.09**

**BACON**  
BACKS  
For Frying Sugar Cured  
lb. **27c**

Ask for your copy of the Family Circle It's Free

**Salt Pork** Fine For Seasoning Lb. **17c**  
**Coffee** Airway Pure Brazilian 3 lbs. **49c**  
**Salt** Max-i-mum Full 2 lb. packages **6c**  
**Shortening** For All Purposes 3 lb. can **57c**

**Picnics** Frye's Sugar Cured Lb. **22c**  
**Baking Powder** Calumet in Bulk. Lb. **14c**  
**Flour** Castle Montana Hardwheat 49 lbs. **\$1.49**  
**Soap P'der** New Bora with Premium 40 oz. pkg. **29c**

**Gum Drops** Old Fashioned Jumbo 2 lbs. **25c**  
**Peas** Del Monte Early Garden No. 2 cans 2 for **25c**  
**Corn Beef** Libby's 12 oz. can **19c**  
**Tomato Soup** Van Camps Lrg. can **10c**  
**OATS** The New Cup and Saucer Premium Lrg. pkg. **29c**

**White King** 32c  
Granulated Soap Lrg. pkg.  
**Jello** 13c  
Asst. Flavors 2 pkgs.  
**Chocolate** 12c  
Baker's Premium 1/2 lb.  
**Cream of Wheat** 23c  
Lrg. pkg.  
**Honey** 47c  
Parker's Local Pack 5 lb. pail

**Tomato Sauce** 19c  
Pierce's 8 oz. cans. 6 for  
**LARD** 55c  
Swift's Silverleaf at a lower price than most shortenings. 4 lbs.

**Marshmallows** Fluffiest, Always Fresh Lb. **15c**  
**Beans** Red or White Idaho 5 lbs. **25c**  
**Soap** Crystal White 10 Bars **33c**  
**Soap** Palm Olive 3 Bars **13c**  
**Purex** For Bleaching Qt. **10c**

**Fruits and Vegetables**  
Only the Very Best Quality  
**Potatoes** U. S. No. 2 Klamath Gems. 50 lbs. **45c**  
**Grapefruit** Imperial Seedless, Juicy. Doz. **23c**  
**Rutabagas** Yakima Smooth 5 lbs. **10c**  
**Cauliflower** Large white solid heads Garden fresh **10c**  
**Rhubarb** Fancy Sumner Hot House 3 lbs. **25c**  
**Celery** Fancy Chula Vista Each **5c**

**Fresh Smelt** Columbia River 6 lbs. **25c**  
**Beef Roast** Choice Standing Rib or Rump lb. **17c**  
**Mutton Chops** Loin or Rib lb. **12 1/2c**  
**Steak** Sirloin or Rib—Tender young beef lb. **19c**  
**Veal Steak** Tender Shoulder lb. **15c**  
**Pork Roast or Steak** Shoulder Cuts lb. **19c**

### IN OUR MARKETS

Safeway Markets sell only Finest Quality Local Meats. If you wish a special cut of any kind just ask our market men. There is no better meat at any price.

**HOW foolish I WAS**

You see, my husband is fussy about coffee, and so am I... but we have a budget. So we kept on trying one coffee after another, and being disappointed each time. Of course we know that Hills Bros. Coffee is the best, but we thought it too expensive.

Then John's mother came down for a week-end, and I wanted to prove that her daughter-in-law was really a good cook. So I bought a can of Hills Bros. . . and would you believe it! It cost practically the same as the coffees we'd been trying but it tasted so much better! Well, Hills Bros. Coffee is part of the family now — and we didn't have to revise the budget, either!

**Hills Bros COFFEE**

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