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October 16th

They'll Do It Every Time — By Jimmy Hatlo

Caloric Limitation Of Diet Determines Weekly Loss Rate

Editor's note: This is the fourth in a series of five articles on the subject of overweight.

Washington –(Science Service)– In dieting, the weekly rate of loss will depend on the caloric limitations of the diet. Some authorities recommend that no one should try to lose more than two pounds a week.

Since it takes a cut of 3,500 calories to lose one pound of body fat, a daily reduction of 500 calories in the actual food intake will be necessary in order to lose one pound each week.

Many plans for weight reduction have been published in recent years, and quite a few have been satisfactory nutritionally. Many persons, however, have found some of them unsatisfactory for reducing because of the excessive hunger or fatigue they suffered while subsisting on them or because they called for unfamiliar foods.

A low-energy diet was developed at Michigan State university and tested there and at Cornell university. It is adequate in all dietary needs except energy, is high in protein and moderate in fat, and contains enough carbohydrate to supply 1,500 calories each day. Actually, more than half of the energy in the diet comes from fat which tends to reduce the feeling of hunger.

Dr. Margaret A. Ohlsen and her co-workers at Michigan State say that the most frequent reaction to the classical reduction diets has been an almost constant desire for food because these diets contain almost no fat. A sound reducing diet should therefore contain enough fat to curb the appetite.

After 16 weeks on this diet, seven of the subjects at Michigan State university lost 19 to 37 pounds. At Cornell, where the diet was fed at the 1,400-calorie level, 10 subjects lost between nine and 23.5 pounds each in eight to nine weeks. In both tests weight was lost without flabbiness of tissue or looseness of skin, and without a feeling of hunger between meals.

Here is an example of a day's menu from a weight-reduction diet that provides almost 1,500 calories, with about 40 per cent coming from fat, 35 per cent from carbohydrate and 25 per cent from protein:

Breakfast: One-half cup of orange juice, one cooked egg, one slice of bread, one teaspoon of butter, and one cup of skim milk.

Noon meal: Four-ounce broiled beef pattie, two-thirds cup of green beans with one teaspoon of butter, one medium apple, and one cup of skim milk.

Dinner: Four-ounce serving of broiled halibut, two-thirds cup of cooked carrots with one teaspoon of butter, one-half slice of bread with one teaspoon of butter, two medium peach halves, with 2 tablespoons of syrup, and one cup of skim milk.

Coffee and tea may be used in this diet, but alcoholic beverages and sweetened beverags should be avoided. Other meats, vegetables and fruits can be substituted to suit individual tastes.

For more helpful suggestions about diets consult the new 1959 Yearbook of Agriculture "Food." The chapter on weight control is written by Dr. Katherine H. Fisher and Dr. Raymond W. Swift.

Youths Missing On Hunting Trip

Milwaukie, Ore. (UPI) – State police said Wednesday parents of two teen-age boys reported their sons did not return from a hunting trip last week end and officers issued a state-wide alert for the youths and their missing cars.

Missing are Jerry Layton, 19, of Redlands, and Doyle Reed, 19, Portland. Both their automobiles are gone, too.

Police said the parents told them the pair left Saturday night on a hunting trip and were due back Sunday. The youths took guns and ammunition but no provisions or camping equipment.

They had indicated they might try their luck in the Mt. Hood or Silverton area.

State police said no formal ground search has been ordered.

State, Federal Officials To Be At League Session

Portland – State and federal officials responsible for various programs of interest to city officials will serve as consultants during the forthcoming League of Oregon Cities convention.

The four-day meeting will be held at the Benson hotel in Portland beginning Sunday, and delegates from most of the state's 220 incorporated cities are expected to attend.

City officials and department heads will have an opportunity to hear discussions on special city problems and programs during the general sessions and special section meetings planned for the convention. Delegates will discuss specific problems and projects of their cities with the convention consultants during a "round table" from 3 to 5 p.m. Monday.

Among Consultants

Among the consultants will be Clarence G. Swenson and Harold C. Ayers, state highway department engineers in charge of county and city relations, and F. B. Crandall, state highway department traffic engineer, all of Salem. Kenneth V. James, field representative, and L. R. Durkee, area representative, Housing and Home Finance agency, Seattle, will discuss public works, urban renewal and planning assistance projects. Representing the state civil service commission will be Melvin H. Cleveland, director, and Robert M. Shepherd, chief, classifications, both of Salem.

Other experts will be on hand to confer with city officials on problems relating to air pollution, airports, civil defense, community health, trailer parks and general sanitation, electrical and plumbing regulations, fire prevention, law enforcement, municipal accounting, population estimates, public employees retirement, group health programs, sanitary engineering, traffic safety, recreation, water supply and civil defense.

Portland –(UPI)– Joseph W. Sherar, 54, director of trade promotion for the Western Pine association, died Tuesday.

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