

Scientists Report Diets Of Low Income Families Inferior but Improving

NEW YORK, Dec. 27 (AP)—Low income Americans are improving their diets, but they still eat less good food than their fellow citizens. This report was made to the American Association for the Advancement of Science today by Dr. Hazel K. Stiebeling.

More than 2000 scientific reports—the largest number on research ever made at such a gathering—are to be made during the six-day meeting, now in its second day. Approximately 10,000 scientists are attending.

Dr. Stiebeling, chief of the bureau of human nutrition and home economics of the agriculture department's research administration, said families with incomes of \$7500 or more a year eat about two-thirds more milk and meat than \$2000-income families.

Those with the higher incomes, she said, eat more than twice as much fruit as those with low incomes. And the low income eat one-tenth as much frozen fruits and vegetables than the \$7500 class.

Gains
Nevertheless, she said, the low income Americans have been making significant gains in diet quality. To do this they are spending two-and-a-half times more now on what they eat than at the beginning of the war.

Last year these same low income people added more meat, poultry, fish and eggs, by about 30 per cent. They added 20 per cent more milk and its products except butter. They also ate more fresh vegetables and fruits.

Dr. Stiebeling said tables of modest income Americans have been improving for a long time.

Americans still don't eat enough calcium, but city people are doing a lot better than a few years ago. Then they ate only a third as much as they needed; now they get two thirds.

In acids from citrus fruits and tomatoes the city people have jumped from only a fifth as much as they needed, 12 years ago, to four-fifths now.

'B' Vitamins
In B vitamins from foods, the city folks have made their best gains, eating nearly 90 per cent of all they need.

In calories, she said, the United States is producing more than people need.

A revolution is going on in food agriculture, said Dr. E. C. Stakman, University of Minnesota, president of the American Association for the Advancement of Science. This revolution, he said, produces better crops and better food plants and animals at less labor and expense. Today a farmer works less than half as long as 50 years ago to produce 100 bushels of wheat.

Rust diseases that once destroyed U. S. wheat at the rate of 300,000,000 bushels a year now do little serious harm. Farm machinery in the last war freed enough land previously used for feeding farm work animals, to feed sixteen million cattle.

Want Ads don't cost—they pay!

CARNIVAL

By Dick Turner



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Phone Beats Fire Alarm Boxes

CHICAGO (AP)—The International City Managers association passes along this report from Pontiac, Mich.

Only 12 per cent of the fire alarms there in the past five years were turned in on fire alarm boxes. The others were received by telephone. Fifty-six per cent of the alarms received through the boxes were false. Only one per cent of those that came in by phone were phony.

Vets' Round Robin Getting Fat

CHICAGO (AP)—Joseph Klimas received a ponderous piece of mail. It was a round robin letter that was started in January, 1946, by Paul Hamilton of Silvis, Ill. It has circulated since then among men who served in the 829th Signal Corps during World War II. Each wrote news of himself, attached it to the growing letter and passed the dossier along. At latest report it was 30 feet long.

To Buy or Sell—Use the Want-Ads!

Wise Mothers FIND NEW RELIEF!

For STUFFINESS, COUGHS of COLDS

Wise mothers know how really effective Vicks VapoRub is when you rub it on. Now, for amazing new relief when colds cause coughing, upper bronchial congestion, or that "stuffed-up" feeling, modern mothers use VapoRub this special way, too—in steam! It brings relief almost instantly. Put 1 or 2 good spoonfuls of VapoRub in a vaporizer or bowl of boiling water, as directed in package. Then... breathe in soothing, medicated vapors. Every breath eases coughing, relieves that "chokey" feeling. For continued relief—even while you sleep—rub it on, too. **VICKS VAPORUB**



BARGAIN? CHICAGO (AP)—A partner in a north side automobile agency answered the telephone. The caller said he had a used car to sell for \$160. The car, it turned out, was a 1919 model. The agency man was astonished. But so, probably, was the owner. Because the agency man, who knew a showpiece when he saw one, had just sold—Use the Want-Ad!

Best-Dressed Women Named By Institute

NEW YORK, Dec. 27 (AP)—The 1948 list of the world's 10 best-dressed women was out today, and it reads a lot like last year's list.

Only two newcomers are on the roster of fine fashion. They are Broadway Stage Star Mary Martin and Mrs. Kingman Douglas, the former Adele Astaire, of Middleburg, Va.

Heading the list for the second consecutive year is Mrs. William Paley, slender, brunette wife of the head of the Columbia Broadcasting system.

Runners-up, as announced by the New York Dress Institute yesterday, are:

1. The Duchess of Windsor, of New York and Paris.
2. Mrs. Harrison Williams, New York.
3. Mrs. Leland Hayward, London.
4. Mrs. Leland Hayward, the former Mrs. Howard Hawks, of Hollywood.
5. Mrs. William Randolph Hearst Jr., Washington and New York.
6. Miss Martin, star of "South Pacific" of Norwalk, Conn., and New York.
7. Mrs. Byron Foy, New York.
8. Mrs. Louis Arpels, Paris.
9. Mrs. Douglas.
10. Mrs. Douglas.

Except for Miss Martin, Mrs. Douglas and Mrs. Foy, all were on the 1947 list. Mrs. Foy was on the 1947 roster and several previous ones.

Many of those named have been among the top 10 for years, including the Duchess of Windsor and Mrs. Leland Hayward. Mrs. Williams has been so listed every year except one since 1933.

Simple
Mrs. Paley, in winning top fashion honors, is described as a simple dresser who buys comparatively few clothes.

She is the former Barbara Cushing Mortimer, of Boston, and a sister of Mrs. Vincent Astor and Mrs. John Hay Whitney. She was a fashion editor before her marriage to Paley.

The Institute in selecting the best dressed women, conducts a nationwide poll of 500 newspaper and magazine fashion editors and designers. It also queries a few exclusive New York restaurants and supper clubs.

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- 80 Square Percales Woven Chambrays
- All With Fashion Details Found in Better Cottons
- All Sizes... Juniors, Misses', Women, Extras

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Here again! Ward's great cotton dress event. The annual sale we've repeated year after year in answer to customers' demand. The time when American women stock up on cottons at savings. Hundreds of dresses to choose from in quality 80 square percales and fine woven chambrays. Stripes, florals, checks with dainty organdy, eyelet and rick-rack trims. Easy-to-get-into button-front styles; flattering shirtwaists in sizes to fit every woman. Don't miss it; be here when our doors open!