

The No-Fad Diet: 2



IS BREAD YOUR STAFF OF LIFE? INCLUDE IT IN REDUCING PLAN

Editor's Note: Here's the second of a six-part series that tells the scientific way to lose weight and still enjoy any good food you like some of the time — even potatoes, steak, bread, desserts, a highball or two. It's prepared by NEA's Food and Markets Editor with the active cooperation of the Department of Nutrition at Harvard University.

By GAYNOR MADDOX
NEA Food and Markets Editor

A frantic king once offered his kingdom for a horse. A slice of bread with butter seems equally

BREAD EATER'S 1,500-CALORIE DIET: 2—(With cal-
ories from fat limited to 30-35 per cent).

	CALORIES
BREAKFAST	
Grapefruit—1/2 medium	70
Coffee cakes with nuts and icing, 4 1/2" dia.	245
Crisp bacon—1 piece	50
Scrambled egg—1 (cooked with 1 tablespoon milk and 1 tablespoon fat)	120
Coffee or tea	18
Sugar—1 teaspoon	18
	503
LUNCH	
Chicken noodle soup—1 cup	55
Bologna sandwich	
2 slices bread	
2 slices bologna	240
Non-fat milk—8 oz.	85
	380
DINNER	
Baked sole—3 oz., baked in milk	155
Carrots: 1 cup	25
Parsley potato—1 small	90
Lettuce, tangerine section—1, cottage cheese 1/2 cup	200
Fresh fruit gelatin	85
Coffee or tea	
	555
SNACKS	
Tomato juice—4 oz.	25
Non-fat milk—8 oz.	85
	110
TOTAL CALORIES	1,548
Percentage from Fat	27 per cent

bread must be included in their reduction routine.

For example, most soldiers demand bread no matter how much other food in the meal, according to Dr. Martha F. Trulson, associate professor, Department of Nutrition, Harvard University. During World War II, while serving as dietitian in an Army hospital in the South Pacific, the bread supply was shut off for several days. She reports that although adequately fed, both nutritionally and in quantity, the men were restless without their bread.

An average slice of American bread has about 63 calories. It supplies protein and, if enriched, vitamins and minerals and is therefore good food on a low-fat diet such as this. A small (a teaspoon) pat of butter carries about 45 calories. Therefore, if you cannot be happy without a slab of buttered bread every now and then, enjoy it in good conscience. But — and this is an important but — you must fit those 108 calories into your 1,500-calorie pattern without upsetting its nutritional balance.

Remember, your reducing diet must under all circumstances remain nutritionally balanced if you are to maintain your health while shortening your waistline.

It must contain milk, protein such as beef, fish, veal, lamb, chicken, or cheese or eggs; also three or four servings of vegetables, including dark green and yellow ones, fruits, including citrus, bread and cereals, some but not much sugar and fat (butter, margarine, shortening and oil). All of these foods are on your grocer's shelves.

Bread, like charity, takes many forms. A hard roll weighing a little over an ounce — often called a club roll — has about 95 calories. But a Parker House roll, a little smaller, has only 80. A two-inch square of corn bread has 140. Sweet rolls and coffee cake containing fruit, nuts and sometimes with sugar icing, run from 100 to over 200 calories a serving.

If you are a dieting lover, get yourself a reliable calorie table and compare the count of the various kinds of bread you like. Don't guess.

It may make bread lovers happier to know that they burn up a few extra calories a day through exercise above and beyond their normal activity, another slice of bread or a crisp roll won't throw their diet routine out of kilter. For example, an hour of extra house-keeping will burn up calories at the rate of about 150. A half hour's brisk walk will burn up the same number.

Check your calorie arithmetic daily. Use the bathroom scale at the same time every morning, preferably just before breakfast. It tells you that that extra roll has done more than make you happy, then either give up the roll or else cut down on some of the other foods in your basic diet. But don't upset the nutritional balance.

The scientifically based 1,500 (approximate) calorie diet with this article will keep bread munchers as content, as lean, not fat, cows. It includes coffee cake with nuts and icing and two slices of bread, and is based on researches of Har-

4-H Work Satisfies Childhood Dream



MISS FERN SHIPLEY

WASHINGTON (NEA) — Thousands of American youngsters will better meet future responsibilities because a woman official of the

ward University's Department of Nutrition.

Next: Beef on your plate and on your waistline.

U.S. Department of Agriculture could never forget an unfulfilled childhood dream.

Miss Fern Shipley, an associate leader of the 4-H Clubs, has the important job of helping to plan and develop programs for the youth of 11 western states, Alaska and Hawaii. The 4-H Clubs are groups of boys and girls, chiefly from rural or suburban areas, dedicated to the principles of Head, Heart, Hands and Health.

Ironically, Miss Shipley never was able to become a 4-H member herself.

"It was one of the biggest disappointments of my life," she says. "I was fascinated with the 4-H activities, but the town where I lived was too big to have a club." She explains that in those days towns with a population of more than 2,500 didn't qualify for 4-H projects. And kids from these areas weren't permitted to join a club in a smaller town.

But Fern Shipley never let this destroy her enthusiasm. She says that everytime she got a chance, she would visit clubs as a guest of friends or relatives.

When she entered Utah State Agricultural College, Miss Shipley got a part-time job at the state 4-H Club office. She believes this was the turning point in her life.

Her future plans were to become a school teacher. But the job increased her interest in 4-H work so much that she decided to make it a career.

Soon after graduation she launched her life's work with a full-time job in the state office. Seventeen years later, she was moved to the national office in Washington.

And her intense enthusiasm for 4-H Clubs has increased with each year that she has been on the job. "What we do in club work is important to the growth of young people," she explains. "That's why it's the most satisfying job I could imagine. You just have a feeling that you're part of something that's so much bigger than you."

Throughout the years, Miss Shipley has seen many changes take place in the 4-H programs. For example, she explains that today more youngsters who don't come from farms are enrolling in the clubs. She attributes this to the increasing number of city workers who are moving into homes in the suburbs or rural areas.

And she expects the non-farm enrollment to keep booming. "Even some cities are starting to demand 4-H programs," Miss Shipley explains. And she adds, "In fact, in most cases it's impossible to tell the country boy or girl from city youngsters."

This trend toward identical urban and rural characteristics is reflected in the 4-H leader's own personality.

Although she works a great deal

Easy Does It. . . In Lightweight Wool

NEW YORK (NEA)—When is a suit not a suit? When it turns into an ensemble, of course.

In fact, it's hard to tell one from the other this spring. Some suits are sold in dress departments and some ensembles in suit departments. There are one-piece dresses with jackets that look exactly like suits and some suits with the ensemble look.

It doesn't really matter which is which just so the costume is pretty and wearable. And there are many such this year. This country's leading designers show beautiful ensembles in their spring collections, done in fine, lightweight wools. Most can be worn for more than one purpose; many have coats that can double for wear with other dresses.

The ensemble touches that distinguish and mark it as high fashion are the silk lining matched

to the blouse or the blouse fabric repeated in a big bow or in edging at neck and sleeves.

Silhouette for the ensemble this year is generally slim and loose and is often done in loose-textured wool. Skirt may be slim and straight or widely pleated.

Sojourners

A number of guests and new members were greeted at the January 22 regular luncheon meeting of Sojourners in the Willard Hotel Pine Grove Room. First time guests included Wilma Linville, Shirley Horton, Louise, Mary Ann Myrick and Dee Blair. Second time visitors were Clemence Newton, Fran Reed, Shirley Jones and Mary Reynolds. New members welcomed were Margaret Wallace and Sue Leedy.

Mrs. George Ashbaugh, president, conducted the business meeting that preceded the regular card session of bridge, pinochle and canasta. Bridge prizes were awarded to Margaret Holliday and Erma McVey; pinochle, Clemence Newton; and canasta, Harriette Brotherhood.

Save BY THE . . . 10th

Earn FROM THE 1st

Take advantage of First Federal's "bonus" days. Open your account now.

FIRST FEDERAL SAVINGS
—LOAN ASSOCIATION
540 MAIN STREET
Klamath Federal Savings and Loan Insurance Corporation
540 MAIN
KLAMATH FALLS

The Prettiest Eyes . . . ARE FRAMED WITH BEAUTY

Light and lacy for evenings—sleek and smart by day. See how the right frames give your eyes new sparkle—give you a dashing look—truly reflect your own loveliness!

Choose now . . . and give yourself a new-fashion life!

COURTEOUS CREDIT ALWAYS

Open Friday Nite 'Til 9 and All Day Saturday

COLUMBIAN OPTICAL CO.
730 MAIN, KLAMATH FALLS
*Dr. Omar J. Nolas and Don R. Haylor, Jr.



3800
So. Sixth

9 BIG REASONS WHY

You Save When You Shop Town & Country

If parking in this bad weather bothers you, take advantage of the acres of free and easy parking at Town and Country. Walk from one store to another on protected sidewalks!

✓ Free Parking ✓ One-Stop Shopping ✓ Extra Shopping Hours

REASON NO. 2

Portable Phonographs

Regular \$19.95 3-speed portable phonographs with one needle for all speeds of records. One control turns it off and on making it ideal for the younger set to operate. Good tone and attractive case make this an extra special buy at only . . .

Shaffer Electric 16⁹⁵

REASON NO. 3

Brooms and Scatter Rugs

Two red hot buys; regular \$1.39 standard household brooms and regular 59c, 18"x36" scatter rugs. You can even buy them today and get Green Stamps, too.

Thrifty Brooms 88c
Variety Rugs 33c

REASON NO. 4

Vollrath Kook King Ware Sale

Beautiful yellow-and-white porcelain ware enameled on heavy gauge steel. Broad bottoms absorb heat uniformly, vapor-seal self-basting lids keep moisture in. Clean, as glass porcelain protects purity of foods . . . washes like a dish. Just look at these savings:

Roberts Hardware
Reg. 7.95 Chicken Fryer and Lid 5.49
Reg. 4.75 1 1/2 qt. sauce pan 2.19
Reg. 5.95 2 1/2 qt. sauce pan 4.39
Reg. 6.95 4 qt. sauce pan 4.49
Reg. 9.95 8 qt. dutch oven 5.89

REASON NO. 5

Monday Only

Special surprise table with odds and ends of men's wear and accessories. All values of many times more than this low, low surprise price of . . .

Drews Manstore 99c

REASON NO. 6

Watch Band Sale

We've selected a group of discontinued styles of watch bands, and regardless of their original price (values to \$7.95) they go on sale Monday morning, both ladies' and men's, at

Rickys Jewelers 2⁹⁹ T.I.

REASON NO. 7

New Spring Skirts

Another shipment of beautiful Schwartz skirts in tweeds, flannels, mixtures, plains and solids . . . all wools and mixtures. Both sheath and flared. Yes, we've your size, and look at these prices. Just . . .

Fashion Villa 5⁹⁸ 6⁹⁸ 7⁹⁸

REASON NO. 8

Money! Money! Money!

This is the time of year when a little extra cash can be very important. If you are carrying a heavy load of small monthly payments, let us consolidate them for you into one, convenient monthly payment that is usually far less than the total you are now paying. It's the smart way to stay on top of things and it leaves you with extra cash, too.

Suburban Finance Loans \$50.00 to \$1,500.00

REASON NO. 9

620 - 120 - 127
FILM 2 ROLLS 84c

SUNDAY & MONDAY ONLY

Underwood's Camera Shop