

# Home Calorie Spending

By ALTON BLAKESLEE  
AP Science Writer

Housewives are among the nation's biggest spenders — of calories.

Her daily tasks can cost her 4 to 7 calories per minute. Meanwhile her desk-job husband is spending 1.5 to 2, the steel worker 3 to 4.

All this can have great bearing on a woman's calorie savings bank, and her figure.

For calories are like money. Put too much in the bank, and the account swells. Spend more—even a little more every day—and the savings dwindle.

Just how much total energy or calories housewives spend varies far more than that of factory workers performing the same job in the factory, says Dr. Herman K. Hellerstein of Western Reserve University Medical School, Cleveland.

—Stripping and changing bed linens—5.5 calories per minute. Cleaning windows — 3 to 4. Scrubbing floors on hands and knees—7.

—Putting washing through a mangle—up to 7. Carrying out and hanging up wash—4.5 to 5, and more if the wash is carried up steps. Washing lingerie by hand—3. Ironing—4.2 per minute. Automatic machines cut the cost sharply.

—Gardening—up to 5 or 6; particularly with digging and spading. Sitting and sewing—1.5 to 2.

—Walking up and down stairs—4 to 6, with 1 or 2 more added in carrying a 20 to 30 pound child.

—Walking to and from the shopping area costs 2.5 to 4, at a walking speed of 2 to 3 miles per hour. Lugging 15 to 20 pounds of groceries adds another calorie per minute.

—Dressing and undressing costs 2.5 calories per minute, showering 4.2, and vigorous showering, with more bending, and movement, sends it up to 5 or 6.

**Energy Costs**

"At the Work Classification Clinic of the Cleveland Area Heart Society, this awareness of the high energy cost of house-



## Tutor Uses Mathematics Music For Easy Learning

By BILL CLAYTON

AUSTIN, Tex. (UPI)—Mrs. Rebecca Warner has made a child's fascination with jingles pay off in a plan that literally makes multiplication tables child's play.

The grade school teacher's system is simple. She set to music the "Two times two equal four" and "Two times three equal six." The simple tune picked out on a piano puts a lil' into the pesky tables, and makes them sound enough like a television jingle to catch a fourth-grader's ear, she said.

"The best of the music suggests the answers," she explained. "After the children have sung it a while, they are reminded of the right answers by the beat and pitch of various multiplications."

The song has caught on so that Mrs. Warner now hears it hummed in the school playgrounds.

And the idea has spread.

When Mrs. Warner realized other schools could use the method, she had the song copyrighted and

**Add It Up**

Much depends on the size of her house, how many children she tends or pursues, how many labor-saving appliances she enlists.

Dr. Hellerstein, an authority in measuring the energy costs of various jobs, cites these house-keeping spending figures:

## Success Quirk: Twist The Tune



By DICK KLEINER  
Newspaper Enterprise Assn.

NEW YORK (NEA) — You might not think about it, but one of the occupational hazards of a night club singing career is an aversion to the cold.

At least, that is how it has affected Sunny Gale.

"I love singing in clubs," she says. "But sometimes I wonder if I haven't spent the best years of my life in night clubs. I've had so little outdoor life that nowadays I can't stand the cold—I have to sleep under three blankets."

But Sunny keeps on singing in clubs (and freezing in bed) because she enjoys the work and has a 2-year-old daughter to support. She confines her work to the New York metropolitan area

and she still, too, of the occupational hazards of a night club singing career, Sunny thinks it's here to stay.

"I always did think it would last," she says. "But nobody would believe me."

Now they do.

The reports of Cesare Siepi's retirement from opera, like so many similar rumors, are greatly exaggerated.

The great basso would like it made known that he is not about to give up the Met or grand opera. He has indicated an interest in sampling Broadway and may give it a fling "sometime," but nothing is definitely scheduled. It could be next season, or it could not happen for another year or so.

And, whenever it happens, it will only be a temporary thing, a chance to try something different. After that, if his current dreams are fulfilled, he'll come back to the Met and opera.

Dick's Picks: Brenda Lee tries again with "Emotions" on Decca. Others: "Where the Boys Are" (Connie Francis, MGM); "I Made You Cry" (Lloyd Price, ABC-Paramount); "The Little Shepherd of Kingdom Come" (Jimmie Rodgers, Roulette); "Thumbin' a Ride" (The Coasters, Atco); "Orange Blossom Special" (Billy Vaughn Dot); "No One Cares" (Denny Reed, Tre); "That's Right" (Nat Adlerley, Riverside); "Sure 'Nuff" (Ruth Brown, Altantic); "One Little Candle" (Hershel Thomas, Madison).

Some good recent jazz releases on LPs—"The Don Shirley Trio" on Cadence, has the fine pianist surrounded by a rhythm group. Contemporary has the third volume of "Shelly Manne and His Men at The Black Hawk"; on Capitol, "The Unsinkable Jonaht Jones Swings the Unsinkable Molly Brown," a good combination of musicians and material; Riverside has "The Cannonball Adderley Quartet at The Light-house," recorded live at the club in Hermosa Beach, Calif.

RCA has two fine classical releases, featuring two of the best violinists in action—Henryk Szeryng, with Hendl and the Chicago Symphony, is the solo on Lalo's "Symphony Espagnol" and the young Bolivian, Jaime Laredo, with Howard Mitchell and the National Symphony, plays Bruch's Concerto No. 1 in G Minor and Mozart's Concerto No. 3 in G.



mostly, however.

"I could get plenty of other jobs," she says, "but I hate to leave my daughter. And, besides, my mother said I shouldn't work so hard any more."

Sunny was one of the pioneers of rock-and-roll, in the days before it was called rock-and-roll.

"I always liked rhythm and blues, as the music used to be called," she says. "I guess that's kind of strange in a girl from Philadelphia. I was never really exposed to it, but it just sort of came naturally."

She had a natural trick in her voice—she says it "twists and turns"—which lends itself to the rock-and-roll style of song. These tricks, she insists, are natural and unlearned.

"My father always told me to keep the tricks in," she says. "He said they would become my trademark. But once, at Decca, I was talked into trying a song straight, without the twists and turns. I did—but the record didn't go around the corner. I should have listened to my father."

Sunny now records for Warner, after stints at RCA and Decca. It was nine years ago that her "Wheel of Fortune" made the public rock-and-roll



By ANDY LANG  
AP Newsfeatures

Question: We are having a house built on a concrete slab. Some time ago we decided to have cork tile put down on the living room floor. The contractor agreed and said nothing about cork tile being unsuitable for installation on concrete. Now, a friend of ours tells us that he is sure cork tile should not be placed over concrete. He says the alkali in the concrete eventually will affect the cork. Is he right?

Answer: Your friend has the right idea, but apparently is unaware that cork tile can be placed on concrete under certain conditions. First, the surface of the concrete must be at least one foot above grade. And secondly, there must be a drainage slope away from the floor. Sometimes these conditions prevent, so sometimes they do not. Since your contractor said he would make the tile installation, it is to be assumed that the concrete slab of your house will be laid properly. However, there is always the possibility of a slipup, so it would be advisable for you to check with the contractor before the cork tile is installed. Incidentally, cork tile can now be obtained with a vinyl surface for easier cleaning. But if you cost you more than regular cork tile.

(Questions of general interest will be answered in this column. However, Mr. Lang can not undertake individual correspondence.)

**GETS HALF A PIN**

LANSING, Mich. (AP)—Phyllis Baier, secretary of the Sportsman's Club League, got half a pin in a recent game at Millazzo Lanes. She dropped the top half of a stubborn pin and left the bottom half standing.

## Current Best Sellers

- FICTION**
- ADVISE AND CONSENT, Drury.
  - HAWAII, Michener.
  - THE LOVELY MIBITION, Chase.
  - SERMONS AND SODA WATER, O'Hara.
  - DECISION AT DELPHI, McClune.
- NONFICTION**
- THE RISE AND FALL OF THE THIRD REICH, Shirer.
  - THE WASTE MAKERS, Packard.
  - THE SNAKE HAS ALL THE LINES, Kerr.
  - THE AMERICAN HERITAGE PICTURE HISTORY OF THE CIVIL WAR, Catton.
  - BORN FREE, Adamson.

**LANDS IN SECRETS**

PORTSMOUTH, England (AP)—The City Council learned Monday that an amateur parachutist landed smack in the middle of a factory doing highly secret electronics work for the British government. The unidentified jumper had planned to land at the city airport, but missed his target by several hundred yards.

**GUARANTEED TRUCK SERVICE AND REPAIRS**

We Sell "Job Rated" TRUCKS and Willys 'Jeep' Vehicles but we service all makes and models

**JOE FISHER DODGE**

677 So. 7th Ph. 4-8104  
Emergency Phone: Charlie Romp, 2-4958

**PLAN EARLY**

- TO BUILD
- TO REMODEL
- TO REDECORATE

**COME IN ... TRY OUR PLAN SERVICE**

FREE ESTIMATES

**SWAN LAKE MOULDING CO.**

3226 So. 6th Phone TU 4-5145