

Poor Eating Habits, Too Little Exercise Add Up To Trouble For School Children

NEW YORK (UPI) — Poor eating habits plus too little exercise add up to trouble for school children, says The Nutrition Foundation.

Both factors lead to overweight, a problem facing an estimated one in five American children, or obesity, which afflicts one in six.

The foundation, a research organization, defines overweight as 10 to 20 per cent excess weight, and obesity, as 20 per cent or more excess weight.

Studies show that pupils who either skip breakfast or eat an inadequate one do less work or poorer work in school, said the foundation. Their efficiency in late morning may drop as much as 25 per cent. A child who then

eats a candy bar to make up for the missed meal is caught in a vicious circle that also spoils his appetite for a proper lunch.

The foundation added that an occasional candy bar or other sweet snack is not harmful if the snacks are counted as part of the daily nutritional pattern.

But they should not be substituted for growth and development foods, which fall into these four categories — meat, poultry, fish and eggs; bread and cereal; fruits and vegetables; and milk and other dairy foods.

Poor schoolwork and classroom difficulties may be only a warning of later problems, said the foundation. Research scientists now theorize that food patterns established between the ages of one and 12 may be responsible partly for degenerative diseases in middle age and later.

Parental guidance is a must in these developing years, said the experts. Some children can judge how much food their bodies need, but they are not capable of estimating the amounts of sweets required or of selecting a well-balanced diet.

Surveys show that overweight children respond best to a sympathetic approach, since most are keenly aware that their weight puts them at a disadvantage in social events, games and sports.

The foundation suggested that appeals to girls be based on improved appearance and groom-

ing; to boys, on increased skill in games and sports. The latter serve a double purpose — they burn up calories and make the players feel they no longer are isolated because of their overweight.

Some nutrition experts believe that increased physical activity is more important than restricted food intake in many cases of childhood obesity. Today's children tend to ride both to and from school, but their parents or grandparents walked.

Television also encourages overweight, said the foundation, because children tend to eat while watching.

Heritage and environment also enter the problem. Studies indicate that a child's chances of being obese are 40 per cent greater than normal if one parent is obese, 80 per cent, if both parents are.

New 'Alumni College' Idea Catches On In Ohio

ATHENS, Ohio (UPI) — Something new in Education — an "alumni college" — may become part of the summer program at universities across the country.

That's the belief of officials at Ohio University where an unusual experiment for alumni wanting to broaden their cultural knowledge proved an overwhelming success.

Graduates might want to brush up on some of the cultural courses they took or missed while in college, reasoned University President Vernon R. Alden. There are special refresher courses at universities for professional and technical people. Alden pointed out, but he felt there should be an opportunity for former students to spend a few days "with contemporary thought in the cultural field."

All classes at the recently completed weeklong program were "centered on the idea of renewing appreciation for many cultural interests that can apply directly to happy family living," Alden said.

The success of the program, alumni secretary Jack Gilbert said, was shown by the fact that more than half of the 30 persons in the course said they would return next year.

The classes began at 9 a.m. with students meeting to hear a 90-minute lecture on contemporary art and how the average person could understand its meaning.

Following a coffee break, the students attend another 90-minute lecture, this one a discussion of contemporary literature.

Afternoons were free for rest and recreation, which gave the students time to get acquainted again with their alma mater.

But in the evening, it was classwork again with lectures on such subjects as interior decorating, personal finance and communications media.

All the students seemed to find new interests and appreciation in matters they didn't have time for or for some reason didn't find interesting when they were undergraduates.

Arthur Charkoff, an engineer with the National Aeronautics and Space Administration's rocket lab-

oratory in Cleveland, said he didn't care much about contemporary art when he was in college.

"Now I'm fascinated with it," he said. "It's as interesting as anything I have ever done."

Loyal Bemiller, a Mansfield, Ohio, attorney, said he felt the class enthusiasm stemmed from a hidden desire to continue interests ordinarily dropped at graduation.

"We think we will keep up on good literature and continue an interest in art," he said, "but we never really take time to do it after we get involved with families and the business world. This has re-sparked an interest, and believe me, it makes you realize how important it is to continue paying attention to these things."

Orlando, Fla., said he had never had a chance to study art in college.

"I'm interested in art," he said, "but we never really take time to do it after we get involved with families and the business world. This has re-sparked an interest, and believe me, it makes you realize how important it is to continue paying attention to these things."



Helpful Hints Given To Dress Up Packages

With the coming of the biggest gift-giving season of the year—Christmas accounts for 41 per cent of the gifts an average family buys each year—are new opportunities to put your creative talents to work dressing up packages.

Some wrapping paper, tags, tissue, enclosure cards, and tie-on decorations, mixed with a dash of imagination, is all you need to whip up your best batch of holiday packages yet.

First, a few simple, yet important rules to help you turn out professional looking packages every time.

Be sure to cut your paper the right size, allowing enough to go around the box and overlap about two inches. It should extend beyond the end of the box no more than three-quarters of the depth.

Tap the lid to the box to prevent bulges, then lay the box upside down on the paper, being sure to center the pattern so that it shows to best advantage. Fold the paper around the box and seal. Miter the corners at the ends and seal.

Once your gifts are neatly wrapped, you're ready to let your imagination roam to decorate them. Here are some suggestions from Rust Craft to help you get started:

—Silhouettes can be used to give a hint of what's inside—a fish if the package contains

something for the ardent fisherman; a barber pole if the content is after-shave lotion; notes of a musical instrument or records.

—Decorate the outside of a tissue-wrapped package with a ribbon-tree. With green ribbon, form a series of graduated loop bows to form the outline of a Christmas tree, then finish off with ornament tie-ons. Use red ribbon for the tree's base.

—Use sparkling glitter to spell out a person's name when you have used a solid color foil wrapping. Write the name with an adhesive and then dust on the glitter.

—Children's gifts are brightened with faces of clowns and Santas, or made to look like railroad cars. Make cars for the train by using flat packages of chewing gum covered with colored paper. Use single life-savers for wheels and a whole package wrapped in red and white striped gift wrapping paper for the engine.

—Tall, slender gifts such as bottles of perfume, can be made to look like burning candles, or like child's party snappers, when the ends are fringed and tied.

—For a very striking effect, cut out a poinsettia from red and green foil gift wrapping and place it on a package decorated with gold and white stripes.

Chandeliers Swinging Into Favor

CHICAGO (UPI) — Chandeliers, a symbol of past elegant eras, are swinging into favor again.

Some of the most imaginative ones come from Italy, where great attention has been focused on materials and new ways of using conventional materials.

Probably the largest choice of chandeliers is still in the popular tear-drop style. But there is a great variety of metal trimmed chandeliers with decorative ceramic flowers. Plastic fixtures substitute a matte surface for the sheen of glass but provide a break-resistant, malleable substance.

Part of the revived popularity of chandeliers is credited to wider varieties of use. No longer confined solely to gracing entrance halls and dining rooms, many can be found suspended over end tables and night tables in place of the more conventional table lamp.

This clears the table surface for other accessories and adds an unexpectedly interesting object beside a couch, chair or bed.

Selecting A Chandelier

To select a chandelier, first study the room in which it is to be placed. A note should be made of room size and of the size of the table over which the fixture will be suspended in order to insure proper scale. Bulkiness, the number of arms of the fixture and their placing contribute to the lightness or heaviness of its effect.

Generally speaking, a transparent or crystal look is more elegant while an opaque effect, such as found in a globe style, will be more casual.

A simpler fixture is, of course, more flexible and can be more readily moved to other rooms or other homes. A neutral color offers greater flexibility also.

Other sources of light in a room and placement of sockets are factors, too. Bulbs that are too bright, as sometimes happens if the chandelier is the sole lighting medium, can overwhelm a delicate fixture.

Food Supply Still Ample

STANFORD, Calif. (UPI) — Whatever other problems the population explosion may cause mankind, it shouldn't be the cause of hunger—at least not for a while.

In fact, man probably will gain some ground in his battle against hunger around the world between now and 1984, according to Emeritus Director Merrill K. Bennett of the Stanford University Food Research Institute.

"Continued shrinkage rather than expansion of hunger situations in the world seems to me in reasonable prospect," he writes in the current issue of Food Research Institute Studies.

"A billion mouths are accompanied by a billion pairs of hands and a billion brains."

Barring widespread warfare, there should be a continuance of the trends toward increased urbanization, better transportation and communication networks and more widespread land cultivation, Bennett said.

Vast amounts of well-watered land are still unsettled in the tropics, he said, and much more existing acreage can be irrigated, even without desalted sea water.

More swamps can be drained, and existing farmlands can be made to yield two crops.

And crops should get bigger with greater use of fertilizers, better pest control, improved soil management and better seeds.



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Holland Windmills Are Priced To Sell

United Press International (UPI) — If you're in the market for a windmill, Holland is the place to get one.

The price is right — you can get one for as little as one Dutch guilder (about 25 cents) — but there is one catch: you have to sign an agreement obliging you to pay for the restoration and upkeep of the mill. This could run the price up to about 20,000 guilders (\$5,000).

It costs about 40,000 guilders (\$10,000) to repair a windmill. But since no one in Holland feels like spending so much on a broken-down windmill, the government, local authorities and a special society that has pledged to keep mills going in The Netherlands are willing to pay 50 per cent of the cost.

The government also offers new owners of windmills an annual stipend of 500 guilders (\$125).

No one wants to let the windmills of Holland fall apart and that is the reason for these schemes.

In 1923, there were 3,000 windmills in operation throughout The Netherlands. There are 977 left, most of them run-down, damaged by fire or just standing there and coming apart at the seams.

An average of 50 mills has been demolished annually during the past five years. The ministry of Education, Arts and Sciences has put a stop to this, but no man making a living by milling corn or sawing wood is in a position today to pay for extensive repairs. In fact, they are trying to sell out.

Of the 977 windmills, about 400 are used for storing building materials, wood and other goods. The rest serve as living or working space, stand idle or are in daily operation for corn milling, wood sawing or draining polders, the tracts of low land reclaimed from the sea, or other body of water, by dikes and dams.

Many windmills have historical importance and Holland would not be what it is today if there had been no mills.

Dutch authorities are determined to keep the windmills 20-

ing — even if it costs you your last guilder.



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