

No More "Beef and Beer", As Athletic Records Fall

EDITOR'S NOTE:

Lawson Robertson is without question one of the greatest writers since the American break. He not only has covered many famous runners and weight men, but he also was a weight athlete himself, competing in the Olympics at St. Louis in 1904 at Athens in 1906 and at London in 1908. He was trainer and coach of the American Olympic team in 1912, '20, '24, and '28. In view of his wide experience, it is hardly surprising that he has done so well in the present day athletic field. Surely no one is better qualified to speak authoritatively.

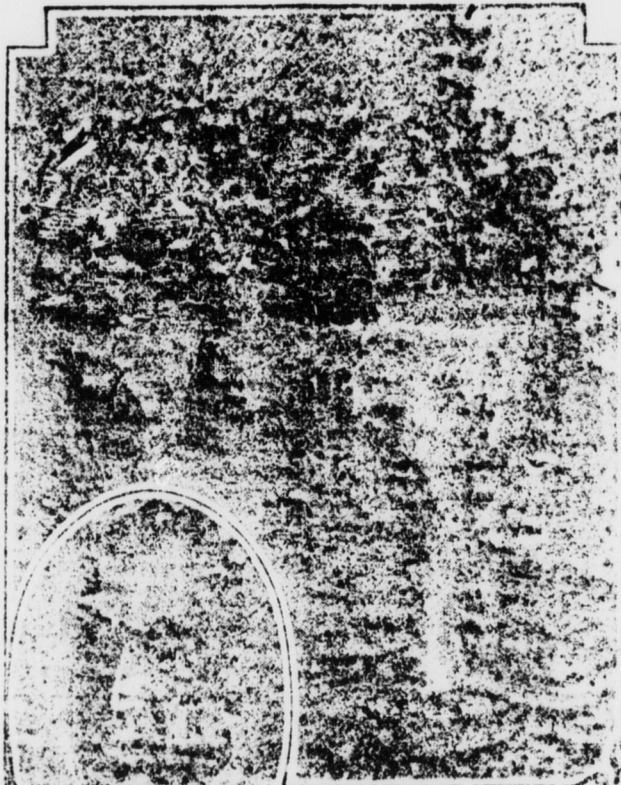
By Lawson Robertson

(Writes much of the material of Danbury Reformer, and features of American and European sports.)

THIS believed that now is so common in the training of the American athlete that I doubt if many of the present day track enthusiasts care to consider how comparatively few the present system really is. We take it more or less for granted that runners, jumpers and weight men invariably follow their meat and other protein foods with certain cereals and fruits as a necessary part of their diet. While this is a very healthy habit because of its smoothness and volume of bulk, it is not necessarily the best for the athlete. Many of the best athletes in the world are found regularly on a diet of plain, unadorned, whole wheat bread, butter and eggs. But let us see how this differs from the way things were done only a few brief years ago.

Beef and beer—believe it or not—were the mainstay of many an athlete in the past. It is just as surprising to show signs of gray. The reason for this is that we were working off with plenty of pure and unadorned bread. Today, of course, we know that this is neither a normal nor a healthy way of providing necessary energy. We now know that the best bread is made of whole wheat flour, and that the best butter is made of cream, and that the best eggs are those of the hen. With the ingredients of a diet furnished by such foods, the athlete of the past would have been a very different man from the athlete of today.

Only a few years ago too I remember that milk was heated on a stove over a fire. It is really a good thing to have a hot drink, but then even the best of us are not a bit of a bit of



LAWSON ROBERTSON

that the intake just equals the output. Balancing our meat with plenty of fruit and cereal or vegetable cellulose—both in other words—will do it, and at the same time help keep the weight normal for those whose lives are active. Don't misunderstand me, however. I don't advocate putting a lot of fish in on certain foods, as a matter of fact, I let my own eat pretty much what they like, so long as they keep a proper balance of roughage in their diet.

When we consider the almost complete revolution in the diet habits of our present day athletes, it is not hard to understand why competitors go right on breaking records. The men of today are the super-builds that some authorities would have us believe. They simply are keeping their bodies in better shape through "beef and beer," and they maintain their bodies in fairly good condition the year round, all of which naturally makes the trainer's task much simpler.

Everything considered, it is my belief that a sane, balanced diet is mainly responsible for sweeping up to the record those records of the "beef and beer" days. After all, most athletes are made—not born. They win with their stomachs, and not by spite of them.



IT'S difficult to time watches accurately without the use of a time-piece, and watching the hands of a watch is tedious to conversation. An egg timer will solve the problem. The three minutes is just about right for the average watch from, and it's easy to watch the running sand without too much concentration.

Fruit dishes with the most cereals add a distinctive and doubly welcome touch now that appetites are sharpened by brisk autumn days. Prepare sweetened butter and fry in deep fat exactly as doughnuts are cooked. The fat should be hot enough to brown a piece of bread in 30 seconds. Drain on clean brown paper and sprinkle with powdered sugar just before serving.



ARTICHOKEES deserve a more frequent place on our menus. They are easy to prepare and add a note of real distinction to the meal. Cook in cold salted water for five minutes. Drain, place compactly in pot and cook slowly in boiling salted water until tender. Serve as vegetable or salad with mayonnaise dressing.

Keeping comfortably warm when the mercury persistently lingers in the lower half of the thermometer is a matter of diet as well as of proper clothing and close attention to the furnace. The carbohydrates, particularly sugar, are nature's great fuel foods, providing the body with internal warmth.

Melvin Koontz, 17, is an animal handler and trainer at the Los Angeles Zoo, where he drives his pet lion "Jackie" hitched to a small wagon. Boys over 9 years of age may now become affiliated with the Boy Scouts as "Cubs," and become full-fledged Scouts upon reaching the age of 12.

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Small sewing machines having only 35 working parts are being manufactured in Germany.

The same shaving brush has been used for 24 years by Fred A. Noel of Whitman, Mass., who says it is good for ten years more.

Girla and Elizabeth Klantsch, aged 4 and 6, respectively, traveled from Chicago to visit their grandmother in Berlin, Germany.

Caught in the act of burglary, James Morin of Chicago lost one of his eyes, put out while he was resisting arrest.

The Massachusetts governor's safety committee has recommended that radios be not permitted on automobiles in that state.

Nancy Roper of Leeds, Eng., has had three books published although she is only 17 years of age.

The largest tuna fish ever taken with red and reel weighed 758 pounds and was caught by Zane Grey, the novelist, who has also landed the largest dolphin, striped marlin and yellow-tail.

Sally Lane, 14-year-old California girl, spends her summer vacations as a sailor on her father's whaling ship in the north Pacific ocean.



THE smart shops of New York are abloom with the new Spring fashions. "Ableem" is a good word, by the way, for they look like nothing so much as an English garden. Fashion favors gay flowered chiffon for summer wear. Gowns in the new feminine mode feature longer skirts for afternoon wear or trail the floor for evening. Some have adorable little puff sleeves, some are entirely sleeveless. Long sleeves are conspicuous by their absence. Irene Eordon was caught in the act of trying on a dozen or so of these gay little frocks. "Aren't they just too adorable?" she asked. "They make us really feminine again!" Yes, the chiffon frocks are adorable and zipping the arms will be a favorite indoor pastime for some months to come.

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