## lorie Needs Depend on Age

About 1,300 a Day Required by Average Person.

By EDITH M. BARBER

er of calories, depending upon and occupation, to preserve care ago when cutrition as a was in the infency we judged diment entirely by the calorie value. We gave them another for the protein, that is to make building content. We did no particularly about the minant we did not even know the vitamina existed. Now wo have the counts is less talk about the calorie but its importance utill re-

average person needs twelvericen hondred calories c day
be exist. This is known as the
requirement and to this must
ded more for all the exercise
its. A man doing itsnyy labor
use up 4,000 to 0,000 calories,
na who lend sedentary lives,
vor. may get along on 2,000 to.
calories a day.
The overest, the foods which are
used up will be deposited as
a our timpes. It is true that
nitrated foods of high calories,
such as fats, sugars and
has provide a comparatively
number of calories and for
reason the sedentary person
as a oversupply of these so
i teating foods. The person
uses this term, however, I find
by refers to cooked cereals and
eat, which is actually first of
or tissue building. The term
flug foods to old-fashloned and
by dates us.

Codfish Cakes.
The mait codfish

p salt codfish cates, or collish cates, or collish cates, or cates

Late Fashion Offering



that ties Ascor fash. back adds youthful glamor front and cascades to the in gown of dazzling white, e. It is a trock that floor all around. From

Fruseo Macaroon Cream Cake. Line a refrigerator tray with whipped cream. Arrange macaroons in rows, spread a layer of whipped cream and arrange more rows of macaroons. Cover with whipped cream and freeze three to four hours.

Cornstarch Pudding.
416 tablespoons cornstarch,
316 cups milk
2 eggs
Salt

% cup sugar 1 teaspoon vanilla

Scald three cups of milk. Mix the cornstarch with the remainder of the cold milk and add to the scaldthe cold milk and add to the scald-ed milk in the double boiler, stir-ring, constantly until the mixture thickens. Cover and cook for st-least 20 minutes, Beat the eggs and add the augar and sait. Pour some of the hot mixture slowly over the mixed egg and sugar, stirring con-stantly, add to the mixture in the double boiler, Cook three minutes, add vanilla and pour into molds to cool. To make a light, fluffy pudding the yolks and the whites may be beaten separately, the yolke mixed with the sugar and the whites folded in after the pudding has been removed from the fire. For chocolate pudding my form the life. olate pudding mis four table-

Nature's Greatest Experiment

This picture, made ten years ago by R. H. Beck, and given out by courtesy of the American Museum of Natural History, shows one of the homes on Pitcairn Island, 3,000 miles west of the coast of Chile, and the master and mistress of it. Over 200 persons reside on the island, speaking a mixture of English and Tahitian. They are descendants of the nine British seamen and the twelve Tahitian women who landed on the island from H. M. S. Beunty 146 years ago. Each of the 200 persons is a descendant of the original 21. Although each person is related to each other, as a result of this close inbreeding, no ill effects can be detected, every man, woman and child being perfectly healthy. Outside help has never been asked by the islanders, they being content to live off the land. A new museum expedition is now returning to the island, after making new finds.

spoons of cocoa with the cornstarch, or scald one and one-half squares of chocolate with the milk and beat well. The eggs may be omitted.

Grandmother's Shoofly Pie. Line a pie pan with pastry rolled a little thicker than usual. Sprinkle plentifully with brown sugar, dot with butter and bake in a hot oven. 450 degrees, about 15 minutes. Cinnamon may be added.

& Bell Syndicate-WNU Bervice.

or a table. Or again the color of the candles may decide the color

One attractive plan of this sort uses satin ribbon the same color as

the candles to lay across a table from centerpiece to candlesticks. The ribbon forms one or more bows

at the centerplece and the long

ends extend to the candlesticks. One

homemaker keeps sets of candles and ribbons to match, pink, blue,

To increase the longevity of can-dles out them in the refrigerator for some hours before lighting.

ber that three candles should not burn on a table. There may be two, four or any other number, but three

Windows may be quickly and easily cleaned if rubbed with a woolen cloth that has been wrung out of hot water and moistened with kerosene. Polish after a few minutes

Left-ever holled rice can be sea-oned, rolled in egg and crumbs, haped into cakes and when rowned in a little fat they make

a tasty food to serve as a potato

Never hang a fur coat which has een worn in a rainstorm near a adiator. Intense beat injures the

ene. Ponsh

cheme for table decorations.

The Tousehold

A Smart Table Decoration of Colored Candles and Matching Ribbons.

from their illuminating excellence, the candles themselves can be orna-

mental. Colors can be caught in them that are wanted to be ac-

### Oliver Wendell Holmes

LEONARD A. BARRETT Another great statesman-soldler-

jurist-friend has passed on. Oliver Wendell Holmes, son of the dis-tinguished poet whose name he bore, was born in Boston in 1841. He won his A. B. degree from Harvard university and from the same institution received the LL. D. degree. Yale, William, the Universities of Ber-

lin and Oxford, conferred upon him the same de gree. In 1872 he married the daughter of a very influential family in Cambridge, Mass., Miss Panny Dix-well. She died in 1929. They had no children.

Justice Holmes began his career in law in 1867, was made professor of law in Harvard, later became justice of the Massachusetts Supreme court and in 1902 was made associate justice of the Supreme Court of the United States. In 1932 be resigned. In point of years he was the oldest man who ever sat on the beach of the Supreme court.

Justice Holmes had an unusually large capacity for friendship. He was frequently in company with his close friend, Justice Brandels, with whom he was often seen walking arm in arm. It was said that the two friends were inseparable. Much Holmes' philosophy of life. Among the most salient points are, "a man must face the loneliness of original work." How true this is only those know who are sacrificially engaged in research and in specialized lines of altruistic work. Another maxim was that, "no man's work is done so long as there remains power to do the work." He had no desire for early retirement, preferring the life of active service to one of ease. Another guiding principle was that, "no gold, sliver, orchid, etc. The ini-gold sliver, orchid, etc. The ini-tial cost is the chief expense, as one set of tail candles generally does for more than one dinner. tank was great in itself. It became great when conducted with a great spirit." In a letter to a friend he wrote, "Life is a romantic business. It is painting a picture; not doing a for some hours before lighting. They will burn longer, as the wax is chilled and does not melt readily, but keeps the wicks well oiled. This is not only a thrifty measure, but a sightly one, as the drip from melting candles does not increase their beauty. By the way, remembers about a standard so sum, but you have to make the ro mance." That sentence seems to express the spirit of the great mance."

6. Western Newspaper Union

#### Another Lenglen?



The eyes of Europe's tennis fans are on Gem Hoahing who is pletured in action at Cannes. At the age of thirteen the girl is a veritable "gem" of the tennis courts, holding her own with such stars as Bunny Austin, Von Cramm and Brugaou. She is said to be better than Susanne Lenglen when Susanne Lenglen when Susanne was the "child wonder" of the

# PROVIDING FOR

Statistician's Figures Show Enormity of Task.

On a subject which at the momen is engaging the attention of thinkers and economists everywhere, the following analysis, from the New York Times, will be of interest:

"Realizing that no old-age pension legislation can ignore the progress that science has made in prolonging human life, the administration reanested the Committee on Econom ic Security to present figures to show what the country must face if it is to support those who attain the age of sixty-five and who are unable to support themselves in gainful occu-

"Since 1900 the number of the suerannuated (by which term those who are sixty-five and over are meant) has been steadily increasing. Then it was 4,000,000, or a little more than 4 per cent of the population; now it is 7,500,000, or 5,4 per cent; by 1970 it will be 15,000,000, or 10

"The obvious remedy is to save for the proverbial rainy day. But how? The committee makes the point that a man of sixty-five may expect to live until he is seventy-six or seven ty-seven. He should have saved about \$3,500 to enjoy an income of only \$25 a menth for his declining years. But ten and a half million families, the best earners in the United States, save in their whole tives a total of only \$71 out of parnings that lie somewhere between \$1,000 and \$2,000 a year. If \$3,500 is the capital that a man of sixty-five needs to maintain himself on \$25 a month-how it can be done on that allowance the committee does not reveal-we must find over two billions a year to support him and his kind. And this is only a beginning.

"Old age yields to youth in industry. It is not hard-heartedness or inability to appreciate the ability, experience and ripe judgment of forty-five or fifty that makes it so much easier for a man to win a place while his hair is still brown or black, but the exigencies of a corporation pension system. If an employee is to retire at sixty-five at the expense of his employer he must have behind nim at least twenty years of service. and out of work are not likely to

THOSE OVER 65

It may be thus this presentation of the case is too black. The syldence is strong that a population tends to occure stationary. At some future date, which may be only a half centered death, which may be only a half centered death and deather will be a single and tury hence, births and deaths will bal-ance each other. If technological unemployment is but a passing phenomenon, it follows that there will be more and more old workers and that the good jobs will not all be filled by

#### BOTH HUMOR AND POETRY EVINCED IN PLACE NAMES

The southern mountaineer's whim sical humor is seen not only in some of his songs and hoe-downs but in place names commemorating some est, some episode more or less grimly comical or tragic—Broke-Jug creek, Tear-Breeches ridge, Chunky-Gal mountain, Seldom-Seen hollow. Rep-Shin ridge-ouch! How vividiy that recalls certain scrambles through stony thickets-Burnt-Shirt mountain, Jerk 'Em Tight, Hanging Dog reek, Headforemost mountain, Bore

Auger creek, Piery-Glamed the Devil's Courthouse, and so In Comberland county, Ten-two beautiful brawling stream whose names are No Business and How Come You creek. doubtedly, there is a story ha each name.

each name.

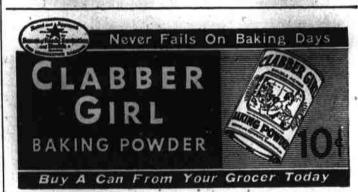
But the mountaineer in after peetic, too, and gracefully descriptive in his place names. The tonch of melancholy in his nature is evidenced by the frequent recurrence of such names as Lonesome and Troublesome. Desolation, Defeated, Poor Fork, Kingdom Come, Falling Water and Lost creek are significant names of streams. Craggy Doma, Balsom Cone, the Black Brothers. Lone Bald Thunderhead, Little Snowbird, Grandfather; Hawkshill; Snowbird, Grandfather; Hawksbill; Graybeard and Wine Spring Bald are all mountains lyrically and descriptively named.

I asked a mountain man in North Carolina whether a certain bold promontory had a name, and I have a pleasant memory of the slow lift of his eyes to where it towered 1,000 feet above us, and the soft drawl of his mellow, low-pitched voice as he answered: "Yas, hit's called the Winter Star."-Alvin F. Harlow in the Saturday Evening Post.

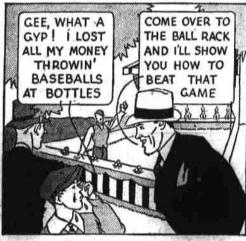
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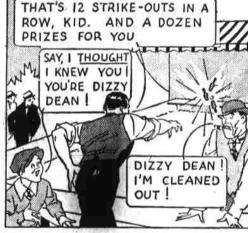


## DIZZY DEAN warms up











GEE, I WISH I WAS

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AND I CAN GIVE YOU A



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