

Calorie Needs Depend on Age

About 1,300 a Day Required by Average Person.

By EDITH M. BARBER

WE MUST have a certain number of calories, depending upon our age and occupation, to preserve life. Years ago when nutrition was a science, it was in its infancy we judged foods almost entirely by the calorie or fuel value. We gave them another score for the protein, that is to say, muscle building content. We did not care particularly about the minerals, and we did not even know that the vitamins existed. Now we score our foods on all these counts. There is less talk about the calorie value, but its importance still remains.

The average person needs twelve to thirteen hundred calories a day just to exist. This is known as the basal requirement and to this must be added more for all the exercises we take. A man doing heavy labor may use up 4,000 to 6,000 calories. Persons who lead sedentary lives, however, may get along on 2,000 to 3,000 calories a day.

If we overeat, the foods which are not used up will be deposited as fat in our tissues. It is true that concentrated foods of high calorie value such as fats, sugars and starches provide a comparatively large number of calories and for this reason the sedentary person avoids an overabundance of these so-called heating foods. The person who uses this term, however, I find usually refers to cooked cereals and to meat, which is actually first of all for tissue building. The term "heating foods" is old-fashioned and usually dates us.

- Codfish Cakes.**
1 cup salt codfish
2 1/2 cups mashed potatoes
2 tablespoons milk
1/2 teaspoon butter
1/2 teaspoon pepper
1 egg

Late Fashion Offering



A capelet that lies Ascot fashion in back adds youthful glamor to the front and cascades to the floor in gown of dazzling white, Spanish lace. It is a frock that touches the floor all around. From Miss Lichtenstein.

AMAZE A MINUTE

SCIENTIFACTS - BY ARNOLD

MILLIONS TO SEE
THE EYE'S RETINA HAS TEN MILLION CONES AND RODS, WHICH RECORD THE IMAGE SEEN.

THE OCEAN IN GLASSES
IN ONE GLASS OF WATER THERE ARE TWO THOUSAND TIMES AS MANY MOLECULES AS THERE ARE GLASSES OF WATER IN THE OCEAN.

MOLE FOOD!
A MOLE CAN DIG ITS OWN TUNNEL IN 24 HOURS.

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, 8,000 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. Bounty 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.

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Oliver Wendell Holmes

By LEONARD A. BARRETT

Another great statesman-soldier-Jurist-friend has passed on. Oliver Wendell Holmes, son of the distinguished 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 Berlin and Oxford,

conferred upon him the same degree. In 1872 he married the daughter of a very influential family in Cambridge, Mass., Miss Fanny Dixwell. 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 he resigned. In point of years he was the oldest man who ever sat on the bench of the Supreme court.

Justice Holmes had an unusually large capacity for friendship. He was frequently in company with his close friend, Justice Brandeis, with whom he was often seen walking arm in arm. It was said that the two friends were inseparable. Much has been written concerning Justice 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 task 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 sum, but you have to make the romance." That sentence seems to express the spirit of the great Jurist.

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Another Lenglen?



The eyes of Europe's tennis fans are on Gem Hoahing who is pictured 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 Brugnot. She is said to be better than Susanne Lenglen when Susanne was the "child wonder" of the courts.

PROVIDING FOR THOSE OVER 65

Statistician's Figures Show Enormity of Task.

On a subject which at the moment 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 requested the Committee on Economic 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 occupations.

"Since 1900 the number of the superannuated (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 per cent.

"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 seventy-seven. He should have saved about \$3,500 to enjoy an income of only \$25 a month for his declining years. But ten and a half million families, the best earners in the United States, save in their whole lives a total of only \$71 out of earnings 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 him at least twenty years of service. It follows that men who are now fifty and out of work are not likely to

and permanent positions again with large firms that have instituted pension systems.

It may be that this presentation of the case is too black. The evidence is strong that a population tends to become stationary. At some future date, which may be only a half century hence, births and deaths will balance 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 youth."

BOTH HUMOR AND POETRY EVINCED IN PLACE NAMES

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

Auger creek, Fiery-Glimmer creek, the Devil's Courthouse, and so on.

In Cumberland county, Tennessee, two beautiful sprawling streams unto whose names are No Business creek and How Come You creek. Undoubtedly, there is a story back of each name.

But the mountaineer is often poetic, too, and gracefully descriptive in his place names. The touch 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. Crazy Dome, Balsom Cone, the Black Brothers, Lone Bald Thunderhead, Little Snowbird, Grandfather; Hawkbill; 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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KNOCK THE BOTTLES OFF! WIN A PRIZE! THREE BALLS FOR 5¢!

I'LL TAKE A DOLLAR'S WORTH

THERE THEY GO! PICK OUT A PRIZE, BUB, AND WE'LL KNOCK EM' OFF AGAIN

THAT'S 12 STRIKE-OUTS IN A ROW, KID. AND A DOZEN PRIZES FOR YOU

SAY, I THOUGHT I KNEW YOU! YOU'RE DIZZY DEAN!

DIZZY DEAN! I'M CLEANED OUT!

GEE, I WISH I WAS FAMOUS LIKE YOU, DIZZY!

MAYBE YOU WILL BE WHEN YOU GROW UP. THAT DEPENDS ON TWO THINGS—SOME ABILITY AND LOTS OF ENERGY TO BACK IT UP

—AND I CAN GIVE YOU A SWELL TIP ON HOW TO GET PLENTY OF ENERGY EAT GRAPE-NUTS LIKE I DO. IT'S PACKED WITH THE STUFF THAT STICKS BY YOU—EVEN WHEN THE GOIN' IS TOUGH

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