

BOND INTEREST HIKES

The President has announced an increase in the interest rate on U. S. Savings Bonds by four-tenths of one percent. The increase from 3.75 per cent to 4.15 per cent is the first increase since 1959.

U THANT AND De GAULLE

U Thant, Secretary-General of the United Nations and Charles de Gaulle, President of France agree on how to bring peace to Vietnam. They share the view that the objectives should be neutral-

ty, independence and non-interference.

MISERY LOVES COMPANY

Late hours, according to a doctor are never good for one. Swell for two, though. — News-Press, Myers, Fla.



Doctor in the Kitchen

by W. W. Bauer, M.D.
Consultant, National Dairy Council

LOW BLOOD SUGAR FROM MISSED MEALS

She was a lovely blonde with big, trusting brown eyes and long golden curls. She sat on my knee and believed every word I told her. She was two years old, and inclined to be a bit chubby.

Later, when she was in high school, she was still blonde and lovely, but she wasn't chubby any more. She was, if anything, a bit inclined to be thin. I asked her one day what she had for breakfast that morning.

"I didn't have any breakfast this morning," she said. "What did you have yesterday morning?"

"I didn't have any breakfast," she answered in a small voice.

"When did you last have breakfast?" "I can't remember," she whispered, giving me a reproachful glance from those lovely brown eyes.

"All right," I said in desperation, "skip breakfast." "That's what I do," she said, and skipped away with a giggle before I could question her further about her dreadful eating habits.

Girls, much more than boys, tend to go without breakfast, though boys are sometimes guilty, too. Skipping breakfast is an easy habit to slip into, and it is not a good one — for that matter, for any member of the family.

The number of meals a day varies with custom and circumstances. In some countries today, five, six or seven meals a day are eaten; these are usually smaller meals than the three — a day customary in this country. The number matters less than does the regularity.

The body requires a regular supply of food in order to maintain the supply of nutrients available to the tissues at an adequate level. This is true especially of the blood sugar (sugar in the blood) which is the immediate source of energy. When the interval between the evening meal and the first meal the next day is as long as 18 hours, as happens when the breakfast is omitted, the blood sugar may fall lower than it should.

Low blood sugar creates late — morning inefficiency, drowsiness, fainting and proneness to accident through ineffective coordination. This is a mild form of the insulin shock which happens to diabetics when they get too

much insulin or exercise, and too little food. It was what happened to one of my secretaries who responded to my buzzer signal by jumping from her desk and starting to enter my office. On the threshold, she collapsed in a faint. She had taken a ballet lesson the night before after her supper, gotten up late and skipped breakfast, and had come to work with, literally, hungry blood.

A good breakfast should include fruit, eggs or bacon or both, enriched bread or rolls, milk, butter and jam or jelly, and a beverage. An 18 time enough to eat without gobbling!

EATING IN RESTAURANTS

"I never know what I want in a restaurant!" "I always get too much or too little in a cafeteria." "There isn't enough choice on the menu."

"Everybody else eats a meal while I play with a salad." Restaurant meals are all the same!

Is that the way you feel about eating in restaurants? I don't mean going out to a good restaurant for a nice dinner with friends or family. That's a party! I mean trying to eat all or most of your meals in a restaurant because you have no time to cook at home, or have no home to cook in.

How can you be sure of getting a nutritious diet at a price you can afford to pay? It may take a little doing, but it can be done.

To begin with, learn to distinguish between good restaurants and poor ones. The good ones are clean, attractive, with varied menus and friendly service. It's a pleasure to eat there, especially as you become acquainted with a pleasant person, or a number of persons, to eat with you some time, it helps to break the monotony, and tends toward better and more leisurely eating.

The main difference between home and restaurant eating is that when you eat out you select your food ready cooked instead of in the raw at the supermarket. The same principles apply. You can, and should, get your quota of each of the four food groups, just as you do at home — meats, fish and poultry or cheese, or eggs; the dairy group of milk and its products, the vegetable and fruit groups, and the enriched flour-cereal-and bakery-goods group.

The restaurant gives you a wider variety than you can have at home, and also allows every member of the party to have his own preferred foods, which he can't

do at home. And there are no dishes to wash.

If you eat regularly in restaurants, try different ones from time to time, since restaurant chefs are just like home cooks — they tend to cook along the same lines more or less.

If you are a homemaker, cooking three meals a day, you should welcome the invitation when somebody says, "Let's eat out."

Behavioral scientists are only now confirming what the airlines learned years ago. Man cannot sit still for more than five minutes without getting a dry throat or a gnawing appetite.

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6.00 x 13 tubeless blackwall	\$16 ⁶⁶
6.50 or 7.00 x 13 tubeless blackwall	\$17 ⁶⁶
7.50 or 7.75 x 14 tubeless blackwall	\$19 ⁹⁹
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6.00 x 13 tubeless blackwall	\$19 ⁶⁶
7.00 x 13 tubeless blackwall	\$21 ⁹⁹
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