

How those fast food calories measure up

DUNKIN' DONUTS	
Cake and chocolate cake donuts (includes rings, sticks, crullers, etc.)	240
Fancies (includes coffee rolls, danish, etc.)	215
Add 40 to 50 calories per donut for filling and topping combined.	215
Munchkins:	
Cake and chocolate cake	66
Yeast raised	26
Yeast raised donuts	160
Bounty Burger	570
Cake cones-regular Chocolate	260
-vanilla	250
Sugar cones-regular Chocolate	310
-vanilla	290
Fish	340
French fries	125
Fribble-chocolate	470
-vanilla	420
Ham and cheese	400
Hamburger	260
Sundae-fudge vanilla	420

HARDEES	
Apple turnover	282
Big Twin	447
Cheeseburger	335
Deluxe	675
Double cheeseburger	495
Fish sandwich	468
French fries-large	381
Small	239
Hamburger	305
Hot dog	346
Milk shake	391
Roast beef sandwich	390

MCDONALD'S	
Apple pie	300
'Big Mac	541
Cheeseburger	306
Cherry pie	298
Chocolate shake	364
Egg McMuffin	352
English muffin, buttered	186
Fillet 'O Fish	402
French fries	211
Hamburger	257
Hot cakes with butter and syrup	472
McDonaldland cookies	294
Quarter pounder	418
Quarter pounder with cheese	518
Sausage, pork	184
Scrambled eggs	162
Strawberry shake	345
Vanilla shake	323

PIZZA HUT	
Standard-cheese-thin crispy	180
-thick chewy	208
Standard-pepperoni-thin crispy	202
-thick chewy	224
Super supreme-thin crispy	266
-thick chewy	300
Superstyle, cheese-thin crispy	213
-thick chewy	235
Superstyle, pepperoni-thin crispy	233
-thick chewy	244
Supreme-thin crispy	216
-thick chewy	244

These data are computed for one slice of a medium pizza, which consists of eight slices.

BURGER KING	
Cheeseburger	305
French fries	214
Hamburger	252
Hot dog	291
Vanilla shake	332
Whaler	486
Whopper	606

KENTUCKY FRIED CHICKEN	
Drumstick	136
Rib	241
Thigh	275
Wing	151
Chicken dinner	830
Chicken dinner, extra crispy	950

WENDY'S	
Cheeseburger	580
-double cheese	800
Chili	230
French fries	330
Frosty	390
Hamburger	470
-double	670
-triple	850

Calorie listing is excerpted from *The Fast Food Restaurant Calorie Guide* (Gabriel Books, 1980).

Campus Paperback Bestsellers

- The Official Preppy Handbook**, edited by Lisa Birnbach. (Workman, \$3.95.) Making the grade: humor.
- The Next Whole Earth Catalog**, edited by Stewart Brand. (Point/Random House, \$12.50.) Ideas for the 80's.
- Godel, Escher, Bach**, by Douglas R. Hofstadter. (Vintage, \$8.95.) Computer scientist's theory of reality.
- Still Life with Woodpecker**, by Tom Robbins. (Bantam, \$6.95.) A sort of love story: fiction.
- A Field Guide to Birds East of the Rockies**, by Roger Tory Peterson. (Houghton Mifflin, \$9.95.) Revised classic.
- Garfield at Large**, by Jim Davis. (Ballantine, \$4.95.) Wit and wisdom of comic strip cat.
- Jailbird**, by Kurt Vonnegut. (Dell, \$2.95.) One man's life from Harvard through Watergate: fiction.
- Smiley's People**, by John le Carré. (Bantam, \$3.50.) British masterspy versus Russian counterpart: fiction.
- The Dead Zone**, by Stephen King. (NAL/Signet, \$3.50.) Terror tale of a man who sees into the future: fiction.
- Executioner's Song**, by Norman Mailer. (Warner, \$2.95.) A true-life novel about Gary Gilmore.

Compiled by *The Chronicle of Higher Education* from information supplied by college stores throughout the country, February 2, 1981.

New & Recommended

- MacDoodle Street**, by Mark Alan Stamaty. (Congdon & Latès, \$6.95.) Cartoon strip about a bohemian poet.
- Problems and Other Stories**, by John Updike. (Fawcett Crest, \$2.95.) Twenty-three stories about middle-age.
- The Brethren**, by Bob Woodward and Scott Armstrong. (Avon, \$3.50.) Behind-the-scenes at the Supreme Court.

Association of American Publishers

Snowdays

On snow days please follow this procedure:

1. If you have an 8:00 a.m. class, call your professor at home to find out if the class has been cancelled. Or make previous arrangements with your professor about his-her procedure for snow days.

2. If you have a class later than 8:00 a.m., you may do the following:

8:00-8:30 a.m.: Professors will call the switchboard (721-2600) with information if a class has been called off.

8:30-9:00 a.m.: Students may call the switchboard to see if class has been cancelled.

PLEASE DO NOT CALL THE SWITCHBOARD UNLESS YOU ABSOLUTELY MUST! Many off-campus and CE students have to call the switchboard to avoid a hazardous drive to campus, and they can't get through to the operator if we clog the lines.



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Alumnae Phonathon

The fourth annual Salem Phonathon will be held February 23 to March 12, 1981. The College will call alumnae the weeks of February 23-26 and March 9-12, while the Academy will call the week of March 2-5.

Laura Esleeck, Director of Annual Giving, will organize the Phonathon, assisted by the student Alumnae-Development Committee.

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