

Watch Your Calories And Reduce Slowly



By Marie Ann Best

What is a Calorie?—Article 4
A calorie is a heat unit, and is the amount of heat necessary to raise one pound of water four degrees on the Fahrenheit thermometer. This is ascertained by the use of an apparatus especially made to find out the heat values which the different kinds of food possess.

So a calorie is not heat. It is not food. It is simply a unit of measure. We want to know then, how many calories of food we should have each day to bring on this reduction in weight.

In next week's article we will explain more fully how many calories are allowable and still reduce. Just now it is enough to know that 1200 calories per day should reduce the average person about 2 pounds each week. If it causes more loss of weight than two pounds add a few calories, and if you do not reduce on 1200 try 1000 calories.

Do not try to reduce any more than two, or at the very most three pounds per week, under a doctor's care.

This does not apply to the first week or so, when you may note a drop of 4 or 5 lbs. or even 6 lbs. This is the easiest fat to get rid of since it is not quite formed as yet and is watery in texture. As you progress you will find yourself reduce about two pounds per week.

All foods have calories, some kinds having many more calories than others. We over-weights want to know how we can eat only 1200 calories a day and still not have to endure the gnawing pangs of hunger which break down our resolutions to reduce.

There is a way. But first there are two important principles to remember when trying to reduce.

1. We must cut down on the calories of food we usually eat. The number of calories must be decreased until it supplies less than the amount of energy fuel needed.

2. We must increase the energy expenditure by exercise, but (and this is important), we must not eat more calories with the increased exercise.

The reward comes when we find the reducing is accomplished because we refrained from eating enough high caloric foods to provide for that exercise, so the body draws on the surplus fat for fuel to supply the energy and heat needed. We took longer walks, perhaps, or worked harder in our homes, but when we were hungry we ate something satisfying but low in calories.

Perhaps we ate a big lettuce and vegetable salad with one slice of bread and butter instead of two or three. But remember, one is very necessary. It is important to eat some of all the main foods whether high or low in calories. Although fruit is a little high in calories, it is very beneficial for it teems with vitamins and mineral matter. One secures more good out of a large sliced orange, which counts 100 calories, and a piece of light cake, which counts about 200 calories, than out of a piece of pie with two crusts, which counts 350 calories. If you are still hungry, have a bigger salad. Tea and coffee have no calories, but the cream and sugar have. Learn to take it clear if you can. I have gradually grown to be very fond of coffee with no sugar. One can do without certain things quite nicely if one is allowed to choose one's own way of what to cut down on.

We will now discuss calories of food. If foods you like are not listed, judge its value by something like it whose food value you have ascertained. Observe the following:

1. After every meal do not fail to count up your calories in your handy note book and add them up at the end of the day. If you overate your allotted quantity of 1200 calories per day

you will need to make up for it the next day, but be sure to eat your three meals.

2. It is a good custom to save about 50 calories for half a cup of warm skim milk, a cupful of beverli, or a couple of crackers before you retire at night. An empty stomach is hard to sleep on.

3. As the foods appear with their calories in the different menus of average helpings, copy them out under their proper headings for future and easy reference. These comprise meats, fish, vegetables, fruits, dairy products, breads, breakfast foods, candy, pastries, sauces, nuts. Measurements are only approximate, but you will reduce on them.

Suggested Menu of 1200 Calories Daily

On arising drink not one, but two glasses of cold water. It acts as a tonic to the stomach if taken first thing in the morning.

If necessary for free elimination drink two cups more of hot water just before breakfast.

(For the term average helping the initials a.h. will be used).

Breakfast

	Calories
1/2 large grapefruit or 1 large orange	100
1 teaspoonful white sugar	25
2 slices melba toast 3 in. by 4 1/2 in. or 1 slice white or brown bread	100
Butter, 1/2 tbsp.	50
Coffee, clear	00

Drink freely between meals. Get the habit. A glass of water, preferably warm, takes away the hungry feeling.

Dinner

	Calories
Beef roast (no fat) a.h. 4 oz. or fish lean, halibut or cod, 4 oz.	150
1 medium size potato	100
Large chunk of twenty minute boiled cabbage or 4 tbsps. carrots	20
Lemon Juice on cabbage is good.	20
1 scant tsp. butter	125
1 baked banana or 1 glass junket	50
Tea—1 tbsp. thin cream, 25; sugar	50

Supper

	Calories
Salad	
Lettuce 1/2 solid head, 20c; asparagus 3 stalks, 15c; celery, 4 stalks, 10c	45
Salad dressing, 1/2 tbsp.	50
1 slice brown or white bread	50
1/2 tbsp. butter	50
One stewed apple, 50c; with one tbsp. sugar, 25c or one medium canned peach, with juice	75
Plain sugar or oatmeal cookie	75
Coffee, cream, 1 tbsp, 50; 1 tsp. sugar, 25	75
Before retiring 1/2 glass hot skim milk, 40c; or soda cracker, 25	40

Total for the day 1200c

A few common baking ingredients in calories are: 1 cup sugar 340; 1 cup whole milk 100; 1 cup flour, graham or white, 460.

Recipes

Baked Bananas, 750 Calories—1-6—125c.
(Bananas baked are very easily digested).

6 bananas 1tsp. brown sugar
1 tbsp. butter 2 tbsp. water
Peel bananas and place whole on greased flat dish. Spread with rest of butter, sprinkle with sugar, add water and bake 30 minutes, till they are brown. A little lemon juice is good.
If baked in skins do not add anything else. The skins pop open. Serve skins and all.

Melba Toast, 1 Slice, 50c
(Very digestible, which counts less than bread).

Cut bread quite thin, lay slices in fairly hot oven, dry out and allow to become a delicate brown. Burns easily. This can be kept and warmed up just before using.

Uncooked Salad Dressing

(1 medium tbsp.—100 calories)
1 can sweetened condensed milk 1600
1 egg 80
1 tsp. mustard or more 0
Salt 0
Mineral Oil, 1/2 cup 0
1 tbsp. vinegar 30
Juice of 1 lemon 30

Put vinegar lemon juice and mustard smoothed in juice into sealer. Add slightly beaten egg and condensed milk and as much mineral oil as you wish, also seasoning, and close jar tight. Shake till well mixed. When using add cream if desired. Will keep indefinitely in cool place.

Sunday School Lesson

August 31. Lesson IX—Amos (A Herdsman Called to Be a Prophet)—Amos 1: 1; 7: 10-15; 2: 11; 2: 12; 7: 8. Golden Text—I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.—Isaiah 6: 8.

ANALYSIS

I. AMOS THE MAN, 1: 1; 3: 1-9; 7: 10-15.
II. HIS MESSAGE TO THE NATIONS, 1: 2 to 2: 16.
III. HIS PLEADING WITH ISRAEL, 4: 4-13; 5: 1-27.

INTRODUCTION—The home of Amos was south of Jerusalem in the kingdom of Judah, in the wild moorlands bordering closely upon that rugged Judean wilderness which drops steeply down to the western shore of the Dead Sea. There in the eighth century before Christ, in the reign of Jeroboam II. of Israel, and Uzziah of Judah (2 Kings 14: 23; 15: 7), he spent the early years of his life.

Whatever wealth he had came from his flocks of fine-wooled sheep and from the coarse fruit of his sycamore orchards (1: 1; 7: 14). His education he must have received from the visits of itinerant prophets who taught the people on new moon days and sabbaths (compare 2 Kings 4: 22-23). In one famous passage of his book he speaks of the prophets as raised up by God (2: 11), and in another he compares the taking away of their teaching with a famine (8: 11-13). But much of the preparation of mind and heart by which he was equipped and fitted for his task came, open air life of his calling. His book abounds in references to that life, and in figures drawn from the surroundings of his country home in "Telok."

The lion's roar, the bear, the serpent, the invading bands of robbers from the neighboring wilderness, the warning trumpet blast from the walls of the town summoning the people in the fields to their safe shelter, the shepherd's care for his flock, the fowler, the fisherman, the occasional draught and consequent famine, the locust swarm, and the river in flood in the rainy season.

I. AMOS THE MAN, 1: 1; 3: 1-9; 7: 10-15.

Very little is told us of the prophet's early life. The historical situation is that of the first half of the eighth century, about B.C. 760-750.

There had been a period of comparative peace after the long drawn out Syrian wars of the previous century, and the two little kingdoms of Israel and Judah were fairly prosperous. Israel had never before been so rich and powerful. But with growing wealth went pride and cruelty, drunkenness and crime, oppression and enslavement of the poor. All this Amos saw and hated. Though a man of Judah, he carried his stirring messages of warning and denunciation to the people of the northern kingdom.

To the great sanctuaries of Bethel and Samaria with their throngs of holiday makers and worshippers. Very simply he makes it clear, in a number of challenging questions (3: 1-8), that his right to speak comes to him from the compelling voice of God. "The lion hath roared, who will not fear? The Lord God hath spoken, who can but prophesy?" Compare 7: 14-15.

II. HIS MESSAGE TO THE NATIONS, 1: 2 to 2: 16.

We may imagine this first speech of Amos to have been delivered at Bethel, and quite possibly all his speeches at the same sanctuary. Under the patronage of the king, the sanctuary at Bethel became rich, and its priests, bold and powerful, but corrupt. It was a dangerous place in which to speak boldly against the evils of the time. Amos began tactfully by denouncing the crimes of the nations round about—Damascus, the Syrian capital; Gaza, chief city of the Philistines; Tyre, mistress of the western sea; the slave trading Edomites, with their never-reasing enmity against the kinsfolk of Judah and Israel; and Ammon and Moab, guilty of revolting and horrible barbarities in war. All these he accuses of crimes against the common laws of humanity, and warns that a terrible punishment is coming from the Lord which will not turn away from them.

In particular and at greater length he dwells upon the sins of the people to whom he is speaking—their heartless enslaving of the poor, their crimes against justice as well as against common decency, their disregard of the ancient laws. For a paltry debt, a piece of silver or the price of a pair

15-Mile Birthday Swim



Mrs. Anna Van Skike, Venice, Calif., famous swimming grandmother, whose annual birthday exploit is 15-mile swim, prepares here for 70th anniversary and 20th aquatic marathon.

of sandals, a man is sold into slavery. The cloak taken in pledge is not returned at nightfall as the humane laws of Israel required. There was drunkenness and prostitution at the very altars of God. The prophet reminds the people of the great things which the Lord had done for them in the past, in giving them victory over their enemies and possession of the land, and in raising up prophets to teach by precept and Nazirites by clean living. But they had forbidden the prophets to teach and had tempted the Nazirites to break their vow. Israel, like every other nation, will surely pay the penalty of continued wrong-doing, 2: 6-16. For Amos declared, Israel's peculiar privilege and honor as chosen people involved a heavier obligation and a certain visitation of punishment, see 3: 1-2, and compare 9: 7.

III. HIS PLEADING WITH ISRAEL, 4: 4-13; 5: 1-27.

Amos has seen the elaborate ceremonial of worship at Bethel and how little it has to do with righteousness. Ironically he bids the people to "come to Bethel and transgress; to Gilgal and multiply transgression." He recalls tragic events of the recent past which should have led them to repentance, but by which they have not profited. A greater calamity is coming in which they will meet their offended God. But even yet destruction may be averted. He pleads with them to turn from iniquity and to seek the passages of prophesy he represents the Lord as rejecting the ritual of sacrifice, feast, and song, and as saying, "Let justice roll down as waters, and righteousness as a mighty stream."

The Horse's Prayer

To thee, my master, I offer my prayer:

Feed me, water and care for me, and when the day's work is done provide me with shelter, a clear, dry bed, and a stall wide enough for me to lie down in comfort. Talk to me—your voice often means as much to me as the reins. Pet me sometimes, that I may serve you the more gladly and learn to love you. Do not jerk the reins, and do not whip me when going up hill; never strike, beat or kick me when I do not understand what you mean, but give me a chance to understand you. Watch me, and if I fail to do your bidding see if something is not wrong with my harness or feet. Examine my teeth when I do not eat; I may have an ulcerated tooth, and that, you know, is very painful. Do not tie my head in an unnatural position, or take away my best defense against flies or mosquitoes by cutting off my tail. And finally, O, my master, when my useful strength is gone, do not turn me out to starve and freeze or sell me to some cruel owner to be slowly tortured and starved to death, but do thou, my master, take my life in the kindest way, and your God will reward you here and hereafter. You may not consider me irreverent if I ask you this in the name of Him who was born in a stable. Amen.—Humane Pleader.

A centenarian died the other day after seeing a motor car for the first time. Evidently he didn't see it soon enough.

What New York Is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished With Every Pattern



An unusually smart model of novelty dotted crepe silk in sweet olive green shade.

You'll like the intricacy of the way the circular flare is handled. The back and the side-fronts of the fitted bodice extend into circular fullness. The back hem is slightly dipped.

The flared sleeve are refreshingly youthful.

Style No. 2545 may be had in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

It's perfectly stunning in black and white chiffon.

Printed chiffon voile of blue-violet colouring, coral red crepe de chine, angel blue chiffon and parrot green crepe silk are equally smart ideas for its development.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such pattern as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Britain is to have bigger airships and larger oceangoing liners.

Japanese Girls Doomed at Birth

Superstition Attaching to Year of Horse to be Combated

Tokio.—Marriage. Young University graduate wishes to marry girl born in the Year of the Horse.

This sort of advertisement is becoming more common in the Japanese newspapers. It means that the advertiser wants as his spouse a woman who is deceitful and fickle, and who will send him to an early grave. A girl born in the Year of the Horse brings nothing but woe to her family and her husband—if she is lucky enough to wed.

A society of youths was recently formed in Tokio to combat this superstition, and the members of it could think of no better way of giving the lie to the myth than by being happily married.

But there are many other educated young men who would sooner commit suicide than marry a Horse Woman. And there are many Horse Women who do not commit suicide.

"Cruel Society"

The present year is the Year of the Horse, hence the revival of interest in a new crop of suicides. A girl found on Kanakura Beach, not many yards from the famous huge image of Buddha, had pinned on her kimono a note which said:

"Hinoe-uma may be superstition, but to me it is real. O cruel society! Others like me are destined to go through the same agony."

In Japan the years run in cycles. There is the Year of the Horse, followed by the Years of the Sheep, the Rabbit, the Dragon, the Bird, the Dog, the Rat, the Tiger, the Monkey, the Snake, the Boar, and the Cow.

Every fifth Horse Year—or every sixty years—is Hinoe-uma, the myth which condemns the unlucky girls born in it arising from the legend of a Daimyo's horse which trampled its mates to death.

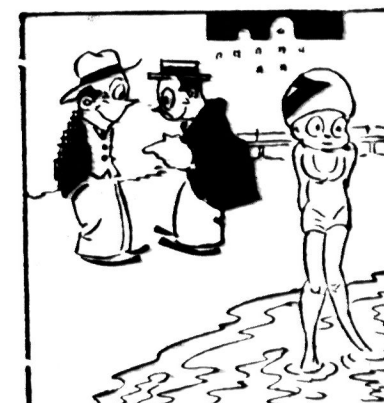
The present generation of Hinoe-uma girls are now turning 25 an age at which they are losing their prospects of marriage. To a Japanese girl marriage is everything; death or retreat to a convent are the only alternatives to the vast majority of Hinoe-uma girls.

Soap Jelly

As a rule, housewives prefer to make their own soap jelly from a recognized good soap, but many do not know the procedure. The following recipe will be found useful.

Cut into thin flakes one pound of yellow soap and turn into a saucepan, pour on a pint of cold water, and put this on the fire to dissolve. Let the soap cook slowly until clear, remembering that if not watched it may boil over very quickly. One pound of this soap jelly will be sufficient to lather between five and six gallons of water.

This is an excellent way of disposing of the odd pieces of soap which accumulate in large households.



"Why do you insist that fancy bathing suits ought to be encouraged?" "Because, they tend to prevent people from going into the water, where they might be drowned."

A woman who did not understand the language of business went into the Bank of England and asked to consult someone about her war loan holding.

The clerk to whom she talked happened to be rather a grave person. He inquired: "Is it a case of conversion or redemption, madam?" "Conversion? Redemption?" faltered the woman. "Er—pardon me, is this the Bank of England or the Church of England?"

The Little Fellow Seems to be Right This Time.

MUTT AND JEFF—By BUD FISHER

