

# YOUR FIGURE, MADAME!

By Ida Jean Kain

Too many women alternately starve or stuff. They fight off 10 pounds or 20 on a diet, then promptly return to over-eating and gain them all back. Eventually this means another bout with the pounds.

But lately I have had any number of requests for a plan of eating that will keep weight at normal. I take that as a healthy sign. You can eat to keep your weight right where it should be and you don't have to diet, either.

Almost all of you want to know how many calories you need. If you want the scientific facts, the average woman in sedentary work requires 2,100 calories a day, and in moderately active work, 2,500 a day. Frankly, I think the 2,500 calorie allowance is a bit liberal. But, at any rate, it isn't necessary to add up columns of figures on calories every day to keep the pounds in check. The easiest and best plan is to have a food pattern to go by.

The foods which furnish the most in the way of nutrition also help you to keep your weight at normal so it is just plain commonsense to build your menus around these foods.

Milk is a food we all need. It furnishes protein, vitamins and phosphorus along with calcium and most of us don't get enough calcium. You don't have to drink milk. You can have it in soups, on cereals, in milk beverages like cocoa, or in milk desserts. Your food pattern should include either a pint of milk a day or one-half pint and an ounce of cheese.

Try to have an egg every day. Eggs give you protein, vitamins and other things, iron helps to keep the disposition sweet. They say women particularly need it.

Be sure to have a green leafy vegetable of some kind every day. This is a very necessary food in your pattern for good nutrition and normal weight. It furnishes an abundance of iron and vitamins and is low in calories.

In general, here is what you should have, every day: Three vegetables, two fruits, whole grains in cereal and bread, milk, an egg, plus meat, fish or fowl. Or, in place of the meat, have beans, soybeans, or extra cheese.

Many of the overweights who insist they don't eat much skip their protective foods, especially milk, cheese, eggs and greens. They stick to a high starch and sugar diet and pile on pounds without gaining in vitality. And that's the wrong food pattern.

# The Gentler Sex

By Malcina Lindsay

## The Cliche Girls Discuss the War

"What on earth's become of Gracie Gadd?"

"I understand she's giving her all to the war effort."

"The last time I saw her she was doing her bit at home."

"But now she's taken a war job to release a man for the fighting front."

"What kind of a job?"

"She's toiling long hours as a woman welder."

"Just for the duration, I suppose?"

"Yes—just, till the boys come home again."

"Did you know Marjorie Flitt had been a victory gardener all summer?"

"No! What did she raise?"

"Nothing. Nature was against her."

"What's she doing now?"

"I think she's actively engaged in postwar planning."

"How fascinating!"

"Yes, she feels strongly that more should be done for the Little People in the World of Tomorrow."

"That's true—if we expect to win both the war and the peace."

"Well, I never see anybody—since I've been operating on a wartime schedule."

"I've put my life on a complete wartime basis—for the duration."

"I think everybody on the home front should."

"Absolutely! We should all work harder than we ever have before."

"Yes, and buy more bonds than we possibly can."

"That's right. It's the only way to back the attack."

"What do you think of inflation?"

"I think it's getting out of hand."

"Yes, I'm doing a little duration shopping."

"So am I. Of course, I don't believe in hoarding. I'm just buying what I need."

"Oh, so am I—just what I need. You have to do that much to keep up morale."

"Yes, both at home and abroad."

"Have you any postwar plans?"

"Yes, I think we should cooperate with other nations in the new world order that lies ahead."

"Yes, but no entangling alliances."

"Oh, no. We must preserve the American way of life."

"Yes, and at the same avert further bloodshed."

"Yes, and insure a peaceful

world for our children's children."

"Oh, definitely."

"When do you think the war will be over?"

"Well, anything's likely to happen before we're through."

"I understand informed observers say it will last at least until 1945."

"Yet I heard from authoritative sources that Germany might collapse unexpectedly."

"Of course, a lot of that's propaganda. Military and naval experts don't give credence to such reports."

"Still—history always repeats itself."

"The radio said that official Washington expected a long war and warned against overoptimism."

"A lot of that might be propaganda."

"Authentic sources of information discount an early ending to the war."

"Yet a spokesman for high authorities was quoted recently as saying total victory was in sight. I understand the Balkans are seething with rumors."

"You have to take those rumors with a grain of salt. Most students of strategy predict hard going ahead."

"But usually reliable sources say the unexpected may happen."

"Well, I suppose at any rate things will go on as they are for the duration."

"Yes, definitely! At least for the duration of the duration."

## Market Report

You may not want a pineapple "dynamite bomb," but you'll probably be interested in the real fruit. It's still scarce, but obtainable. Other fresh fruits and vegetables which the War Food Administration found on yesterday morning's retail market are listed below.

**Plentiful**—Sweet potatoes, white potatoes, squash, tomatoes, snap beans, sweet peppers, cauliflower, kale, collards, rape, mustard greens, turnip greens, apples, cantaloupes, avocados, limes, lemons, honeydew melons and Western grapes (including white Malagas, Tokays and Ribiers).

**Moderate**—Broccoli, cabbage, beets, turnips, rutabaga, celery, carrots, mushrooms, acorn squash, Hubbard squash, onions and lettuce.

**Light**—Brussels sprouts, lima beans, cucumbers, chicory, escarole, eggplant, salsify, corn, celery cabbage, persnips, parsley, okra, radishes, pumpkins, oranges, pears, plums, prunes, peaches, Eastern grapes, Cranshaw melons, casabas, Persian melons, Oriental persimmons and pineapples.