Each Activity Calls For A Certain Number of Calories

The Farmer Needs 475 Calories An Hour—While a Typist Requires Only 120 For the Same Length of Time

Calories Needed For Different Kinds of Work.

By Anne Best

We will now suppose that you have gained your coveted normal weight. However, if your desires are not fully realized as yet keep on with your 1200 calories per day until you get there for daylight is ahead. But after you have arrived the next question will be, "How do I stay like this?" You will find this easier than you think because your scale will warn you immediately and in a day you can go back to your proper weight.

Now that you have gained normality you will be able to go on to a maintenance diet. Just think your average amount per day will take a jump to around 2000 to to 2500 calories of food instead of 1200. Your meals will seem like banquets. It is interesting to note just how an average day counts for a normal person.

The male seems to require more calories than the female sex and it is a fact that children need more food according to their weight than either parents because they are making bone and tissue. Old people need least of all because they are through growing and are not so active.

Following is a table of calories showing the number needed for the different common activities. (If your line of work is not on the list select the one which is most like it. From it you can make up your day. This applies to the average person whose normal weight is around 150 pounds. If your frame is larger a few more calories are necessary, if smaller less are needed. The following are a few facts from the writings on the subject by that competent authority, Dr. Fishbein which shows us what the body needs for different activities.

Activity	No. of Calories Needed per hour
Sleeping	60 C
Awke, lying still	75 C
Sitting at rest	100 C
Writing or standing relaxed	105 C
Reading aloud	105 C
Sewing handwork	115 C
Standing attention or knitting	115 C
Dressing, singing, typewriting (per min., 50 words)	120 C
Rapid typing, ironing, sewing on machine	145 C
Book-binding, woman	160 C
Book-binding, man	170 C
Light exercise, housework, easy walking	170 C
Heavy housework, mail carrier, painting	250C—300C
Stone working, farmer, fast walking	400C—475C
Running 5 miles per hour, lumberman or very hard work	600C or more

Thus an office girl whose normal weight is about 150 pounds, would need for the 24 hours in her average day activities about 2600 calories of food.

So an average day for an office girl would count up something like this:

	Calories
Sleeping—8 hours at 60 C	480
Awake—lying sill—1 hour at 75 C	300
Dressing, eating meals 2½ hrs. 120 C	300
Going to business, walking slowly 1½ hours, 170 C	255 C
Working in office, typing rapidly 7 hours at 145 C	1015
Reading aloud—2 hours at 105C per day	210
Light exercise, ½ hour at 170 C per day	85
Writing letters and reading 1½ hours at 105C	157
Total calories per day	2577

For such a day this would indicate the office girl would need 2577 calories of food to keep her normal.

So if I am enjoying a holiday and using up the hours in resting, my meals should be light, but if I am a farmerette a lot of fuel is necessary and 1000 calories should be added of good nourishing food.

If I want to reduce it is very plain that the way to do it is to work hard. then eat less than the type of work demands so my body will call on its body fat for fuel.

Suggested Menu for 2500 Calories Per Day

Breakfast

	Calories
1 orange or ½ grapefruit	100
Cornflakes, 1 cup, or boiled porridge 3 tblsps.	100
Top milk, scant ½ cup	100
Toast, 1 slice and 1 tblsp. butter	200
Honey, 1 teasp.	25
Coffee, clear	00

Lunch

	Calories
Mushrooms, on toast	250
1 tomato on lettuce with dressing	100
1 slice bread and butter	200
Fresh berries or canned fruit	100
Tea with thin cream and sugar	50
Cinnamon roll	100

Dinner

	Calories
Chicken casserole	600
1 potato	100
One stewed apple	125
1-6 piece of two-crust pie	350
Tea(clear	00

Recipes

Chicken en Casserole

5 lbs. chicken—5670 calories

1 fowl	1 small clove garlic
4 ripe olives	½ bay leaf
1 pimento	½ can tomatoes
½ green pepper	flour
4 stalks celery	3 strips bacon
1 small onion	salt and pepper

Choose a good roasting fowl, cut it up and roll each piece well in flour, then lay in casserole, chop olives, pimento, pepper, celery and onion fine and mix in bowl. Stew a handful over each layer of chicken. Dredge each layer with extra flour. Put bay leaf in centre, pour over heated tomatoes and add hot water until an inch of the top. Put on cover and place in hot oven. In 20 minutes, reduce heat and let chicken cook slowly a long time. The tougher the longer.

Mushrooms on toast

660 calories without toast

1 lb. mushrooms	½ cup cream
1½ tblsp. butter	6 pieces of toast

Brush mushrooms well, scrape stems, peel caps. Put them in boiling water, enough to just cover and cook 10 minutes. Drain, saving water and put them in butter in the pan, season, brown on both sides, add cream and thin with water, cook a little longer. Place mushrooms on toast, thicken a little more if desired by cooking longer and pour over mushrooms.

(The End).

Pansies Planted in Fall Blooms Best in Spring

New Brnnswick, N.J.,—Gardeners who desire large pansies next spring should set their plants in a rich bed of soil before November 1, according to A. C. McLean, of the New Jersey Agricultural Extension Service. He said that pansies planted in the fall and left undisturbed in the spring produce more and better flowers than plants which have been moved.

"Do not wait until spring to buy plants if the best pansies are desired," Mr. McLean said. "The pansy is very easily transplanted at this time of the year, and is practically winter hardy if given slight protection to keep the ground from freezing and thawing. The chief precaution should be to plant them in a soil that is well drained. Then when the ground starts to freeze, cover with some straw and then with leaves. If you have not plants of your own, buy some of the best of such large-flowering strains as Steele's, Roggli giants, or some of the better foreign families"

A movie photographer has gone to Africa solely for the purpose of filming giraffes. It's neck or nothing with him.

"Every great advance in transportation has forecast a greater unity in world government." — Colonel Lindbergh.

Canadian Viscountess

After visit to her home town, Ottawa, former Margot Fleming and her husband, Viscount Hardinge, former A.D.C. to Lord Willingdon, are seen here about to sail for England.

Sunday School Lesson

October 26. Lesson IV—World's Temperance Sunday (Spiritual Weapons in a World War)—Galatians 5: 13-26. Golden Text—Every man that striveth for the mastery is temperate in all things.—1 Cor. 9: 25.

ANALYSIS.

I. THE RIGHT USE OF FREEDOM, 13-18.
II. FLESH AND SPIRIT, 19-26.

INTRODUCTION—The country of Galatia in the north central part of Asia Minor was held, in Paul's time, by invaders from the west, Gauls, who, in the fourth and third centuries B.C., overran Italy, entered Greece, and passed over the straits into Asia. Under Roman rule the name was extended southward to cover a Roman province which included those cities of Asia Minor which Paul visited on his first, second and third missionary journeys, Antioch of Pisidia, Iconium, Lystra, and Derbe. It was to the Christian people of these cities, converts of his first great missionary enterprise, and very dear to him, that Paul wrote this letter.

During his absence, Jewish teachers from Jerusalem professing to be Christians had come in and caused much unrest and trouble. Paul had preached a gospel of freedom; demanded obedience to the Jewish law. Paul had promised a full salvation from sin and its bitter consequences through faith in and faithfulness to the Lord Jesus Christ. This meant that the customs and practices of the law were not necessary to entrance into the kingdom of God. The Jew might continue to observe these customs of the old religion; sacrifice, and vows, and purifications, and holy days, and circumcision, as Paul himself did and might find them helpful, but he would not force them upon the Gentile converts to the Christian faith. These Jewish teachers who followed Paul, like those spoken of in Acts 15: 1 insisted on the law in every particular as necessary to salvation, and turned many of the Galatian converts to their way of thinking. Hearing of this Paul was greatly distressed. To him the difference was vital, and affected the very essence of the gospel which he preached. This Epistle to the Galatian churches is his defence of Christian freedom. It is most weighty and authoritative.

I. THE RIGHT USE OF FREEDOM, 13-18.

The Jewish teachers who opposed themselves to Paul, and who, he says, are troubling the Galatian people and "would pervert the gospel of Christ" (1: 7), were endeavoring to bring these new believers in Christ into "the yoke of bondage" of Jewish law and custom, 5: 1. Paul reminds those to whom he writes that they have found an all-sufficient salvation in and by "the faith of Jesus Christ" (2: 16), and exhorts them to stand fast in that liberty wherewith Christ had made them free, 5: 1. But in this teaching of Christian liberty there lay the possibility of a serious misunderstanding, and some of Paul's converts had erred in thinking that liberty meant lawlessness, indifference to moral conduct. They confounded liberty with license, as some misguided people do even in our own day.

Paul would have those who "have been called unto liberty" make right use of that precious gift—not for an occasion to self-indulgence, but as an opportunity for loving service. For the freedom of the Christian is freedom to serve. It involves a higher obligation, obedience to the law of love. Those who misuse their liberty, who "bite and devour one another," or, as Moffatt renders, who "snap at each other and prey upon each other," are in danger of a deadlier bondage than that from which they think they have escaped. There is no meaner slave than he who is possessed and governed by his own selfish appetites and passions.

Paul's counsel is "Walk in the Spirit," or in Moffatt's translation "lead the life of the Spirit." It is only where the higher nature of man has control, where flesh is obedient to spirit, that there is perfect freedom. If, on the other hand, flesh, man's lower nature, with its appetites and passions, has control, the whole of life is debased and corrupted. True manhood in that case is lost—the man becomes no better than a slave. The body controlled by man's spiritual nature is good, as God made it. In such controlled life there is no bondage. The opposite is equally true.

II. FLESH AND SPIRIT, 19-26.

"The work of the flesh,' not under control of mans spiritual nature, are evil. This would not be true if there were no spiritual nature, if man were simply one of the beasts. But the real man is spirit, not flesh. God made him in his own image, after his own likeness. His virtue, his health of body and mind, his true life, lie in obedience to that godlike spirit instructed by the Spirit of God.

"But the fruit of the Spirit" is in all that is beautiful and good, in all that makes for man's highest well being, in every virtue and grace of life by which his likeness to God is made manifest. Moffatt's rendering of verses 22-23 is as follows: "But the harvest of the Spirit is love, joy, peace, good temper, kindliness, generosity, fidelity, gentleness, self-control: there is no law against those who practice such things."

Paul would have Christian people remember that they belong to Christ. The Spirit of Christ must rule in them (see Romans 8: 9). It will be as though "the flesh with its affections and lusts" were dead in them, and they now walk in the way of the Spirit by which they live. Compare 2: 20 and Romans 8: 1-17.

Two-In-One

New winter footgear makes a habit of using a couple of materials, fancy skin and plain or leather fabric. The one-sided trim is new and desirable.

Prehistoric Housewives Were No Fools With Rounded Pots

The reason why almost all of the cooking pots and similar household utensils made by prehistoric men have round bottoms and will not stand upright on a table, something which seems extremely inconvenient to a modern housewife, has been much debated by experts. Some have maintained that the round bottoms were made purposely as being less easily broken. Other prehistorians imagine that the ancient potters may not have known how to shape pot bottoms into flat form without leaving weaknesses at the corners so that cracks would appear in firing. Still other experts suspect that the first pots may have been made in imitation of the round bottom shape of natural gourds and that no prehistoric potter was original enough to change this convential model. It has remained, however, for an unnamed correspondent of Captain O. G. S. Crawford,editor of the London Review, Antiquity, to suggest a more sensible reason for the round-pot habit, one more flattering to the ancient potter's intelligence. His shape was chosen, this correspondent imagines, so that the pot would rest low and firmly on three stones or other supports when placed on the fire. Flat tables or floors were unknown articles in prehistoric times. Cooking was done over a fire, as by modern campers Three stones, three lumps of earth, or even three pegs of green wood stuck into the ground, will hold a round-bottomed pot firmly and will seat its bottom well down into a small fire, whereas every modern camper knows how hard it is to keep a flat-bottomed coffee-pot or similar utensil o the fire at all without either smothering the fire underneath it or tipping over the pot.

Insect Will Save Coffee Industry

An epic battle between two insects, with the entire coffee industry of India for a prize, is about to begin. One of the insects contenders is looked to as the only possible help to mankind in saving this industry, for its enemy is an insect that invades and destroys the coffee berries on the bushes while man's ally is another insect that attacks and kills this destructive one. The harmful one commonly called the coffee berry borer beetle, has been known, for some time in the coffee plantations of Java. It is a tiny creature, less than an eighth of an inch long but exceedingly prolific. More than a hundred insects have been bred, it is reported, from eggs inside a single coffee berry. Recently this borer beetle was discovered in India. Inspection of the plantations has showed it to be present in about one-fifth of the fields. Wide spread of the pest probably would mean destruction of the coffee industry, or at least such enormous losses as would make world competition impossible. Energetic steps have been taken to combat and restrict the invasion. An appropriation of approximately $140,000 has been invoked empowering Government agents to take over and operate coffee plantations which do not co-operate fully in the campaign. Chief reliance is placed, however, in the parasite of the borer beetle discovered in Java by Dr. Kunhi Kannan, entomologist in charge of the protective campaign in Mysore. It is planned to breed enormous numbers of this parasite insect and liberate them in the infected plantations.

Try Tomatoes!

A tomato eaten raw at breakfast is a wonderful skin tonic, clearing the complexion and removing spots.

For whitening the skin, there is no bleach more successful than a raw tomato. Rub a cut tomato over the face, neck, and arms, and note the result!

For greasy skins, tomato juice combined with a few drops of lemon juice, is a good, mild astringent, and it is also an excellent remedy for enlarged pores. It should be mixed and bottled, and dabbed on with the fingers, especially round the nose and the cheekbones.

Red Lights and Psychology

A line of red electric lights mounted flush with the roadway has been found more effective in stopving automobilists to permit passage of cross traffic at intersections than the usual red light suspended overhead, according to British experimenters. When traffic is to be stopped these lights flash on, making a vivid red line across the street.

Psychologists who have studied this odd human reaction assert that it requires more mental effort to determine to cross this line of red than it does to ignore the overhead light in the absence of a traffic officer. For this reason they contend that installation of such a system would result in a saving of life.

Kitty: And did you let him kiss you? Betty: Let him? I had to help him.

Scientists Criticize Modern Parents

"Parents Should Be Seen and Not Heard," Doctor Declares

Modern parents were criticized by Dr. W. E. Blatz, of Toronto at the recent British Association meeting. He said:—

"Few parents know how to bring up children, and it is difficult for them to learn. There are no university courses for the mothers, and very few good books. So mothers go for advice to their own mothers, and consequently we have such doctrines perpetrated as "Spare the rod and spoil the child"—one of the most diabolical rules ever introduced into child training.

"We have such rules as 'Children should be seen not heard.' The reverse should be the case. Parents should be seen and not heard. They should get out of the way of their children."

Talking about abnormal grown-ups Dr. J. A. Hadfield, of London said:—

"Adult fears of life and death, of travelling, fears of the future and the past, are simply a revival of infantile fears.

Character in the Making

"A child who feels that he is being left out will go to his mother and say he is not feeling well, in order to get sympathy. That child is a potential case of hysteria."

Most parents, Dr. Hadfield said, laid down certain objective ideals, such as obedience, consideration for others truthfulness; but these ideals had their drawbacks.

Between the ages of four and six a child was developing its own personality. It was not natural for it to be considerate to other people, and to try to force consideration upon it was liable to do violence to its character.

There was in children a natural tendency to self-assertiveness, particularly at the age of one and a half and two. A child of two was generally a self-wiled character. That self-will was the raw material of its character. If it was rightly developed it would grow into a strong-willed adult. But to crush that will at the age of two was apt to lead to disaster. The child would develop into a perfectly good but also a perfectly futile adult.

Even worse was when the attempt was made to crush a tendency which had actually developed.

Rusty Curtain Hooks

Rusty curtain hooks can be made like new if left for half an hour in cloudy ammonia. Ink stains can be easily removed from the hands by rubbing with the inside of a bananaskin. To remove grease from leather, apply white of egg to the spot and dry in the sun. Half a cupful of flour and salt in equal parts, rubbed into hair brushes will make them clean as new.

The prediction is made that civilization will continue for 50,000 years. This is a reassuring thought to have with you on those week-end parties where it seems to be all over except the shouting.

MUTT AND JEFF— By BUD FISHER

The Two Planters Discuss Gardening.