

Cut Down
Count of
Calories

By JOYCE TOTTON

Are you one of those nice, friendly folks who love life and get a lot of fun out of it? That is, until you started putting on a few pesky pounds and helping yourselves to some weighty worries.

You need to keep an eye on your mirrors and scales. They say the magic number is 25. Your ideal weight at the age 25 is the best weight for the rest of your life. Doctors warn that every extra pound you put on over your ideal weight invites trouble... and a short, but not so merry life.

No one food makes you fat. It's the sum of all foods eaten during the day that puts on pounds, or takes them off. All foods have calories.

And what is a calorie? A calorie is a measure of the amount of heat (energy) which the body can get from certain amounts of foods. Take in more calories than you spend in energy and the extra ones store up in bumps and bulges. Take in less than you spend and you draw on the stored up fat for energy—and fat vanishes.

Cut those calories! One simple way is to substitute low-calorie foods for high ones.

That doesn't mean you can't have your cake and eat it too. You can... by choosing an unfrosted cupcake (130 calories) instead of a frosted delight (160 calories); a fresh peach for dessert (35 calories) instead of a lemon meringue pie (300 calories). Take vanilla ice cream (145 calories) instead of a fancy sundae (375 calories).

The Three B's are also an aid in dieting. They are Bake, Boil and Broil—instead of fry. Just look what the skillet can do. A serving of fried fish counts 305 calories. If baked, it's 195 calories.

Hints for successful dieting.

• Breakfast is a very important meal. Don't skip it.

• Really taste your food. Instead of gulping it down. Eat slowly.

• Convince yourself that you will be able to like what you have to eat, even though it may not be a favorite now.

• Don't cheat yourself. Be honest.

• Don't let your friends tempt you "just this once."

• Lose a small amount each week.

• Promise yourself a reward when you lose the first 10 pounds—a new smaller size dress or a celebration out.

Beware of fad diets. They come and go like fads in dress. They are not suitable for long periods. They are dangerous if they consist of foods which do not contain nutrients the body needs.

Vitamin-mineral supplements can not take the place of food, and fad diets don't help form good food habits. As soon as the fad is abandoned the inclination is to go back to the old way of eating. A good reducing diet contains the foods essential for energy, growth and maintenance. It also is a sensible way of eating that can be maintained, if necessary, throughout life.

DIETERS' DELIGHT

1 can (10½ ounces) condensed beef broth

2 T. chili sauce or ketchup

2 T. vinegar

1 T. grated onion

1 ounce crumbled blue cheese, if desired.

Learn Washer's Capacity

Do you know the water capacity of your washing machine? This information is necessary, so you can accurately measure and add the amount of soap or detergent required per load to turn out a really clean wash.

LONDON, Eng.—A British court sentenced a pastry-cook to five years imprisonment for smuggling Swiss watches into the country, many of them hidden in some sort of pastry. The cook was a member of a gang credited with bringing 4,700 Swiss watches worth over \$1.5 million.

FILL YOUR FREEZER



U.S. CHOICE CHUCK STEAK 59¢ LB.

U.S. CHOICE SWISS STEAK 69¢ LB.

AVONDALE WHOLE UNPEELED NEW PACK APRICOTS 5 1/1

30% OFF LABEL SUNSHINE RINSE 97¢

5 FLAVORS HI-C DRINKS 25¢

EMBASSY FROZEN FRENCH FRIES 5 59¢

13 VARIETIES KROGER BREAD 4 89¢

ELSIE BORDEN'S TWIN POPS 12 39¢

50 TOP VALUE STAMPS ANY TWO POUNDS COUNTRY CLUB SKINLESS WIENERS 50 TOP VALUE STAMPS ANY TWO JARS KROGER OLIVES

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Tenderay Steak U.S. GOVERNMENT GRADED CHOICE ROUND SIRLOIN STEAK 89¢ 99¢ LB.

U.S. CHOICE TENDERAY T-BONE STEAK 1 09¢ LB.

U.S. CHOICE BLADE CENTER CUT CHUCK ROAST 59¢ LB.

COUNTRY CLUB WIENERS 59¢ LB.

FRESH LEAN PORK 69¢ LB.

GORDON'S ROLL PORK SAUSAGE 2 99¢ ROLL.

KROGER BRAND CANNED MILK 7 1/1 FL. OZ. PKG.

KROGER GELATINS OR PUDDINGS 7 1/1 FL. OZ. PKG.

AUNT NELLIES ORANGE DRINK 2 QTS. 39¢

KROGER BRAND PORK AND BEANS 1 10¢

MUSSELMAN BRAND APPLESauce 1 28¢

BEECH-NUT STRAINED BABY FOOD 7 1/1 FL. OZ. PKG.

KANDU BRAND GALLON BLEACH 36¢

ASSORTED COLORS-AURORA BRAND IN 2 ROLL PACKS TOILET TISSUE 8 89¢

KRAFT SALAD DRESSING MIRACLE WHIP 48¢

KROGER WHITE GRADE 'A' LARGE EGGS 2 DOZ 89¢

SUMMER BLONDE LADY CLAIROL HAIR SPRAY 12 FL. OZ. CAN 49¢

PURE GRANULATED PIONEER SUGAR 5 LB BAG 49¢

DRY BREAKFAST CHERIOS CEREAL 15 OZ. MT. PKG. 41¢

MORTON FROZEN CREAM PIES 1 25¢

COUNTRY CLUB SALTED ROLL BUTTER 1 69¢

EATMORE BRAND ROLL MARGARINE 1 15¢

KROGER BRAND SOUR CREAM 39¢

KROGER HOMOGENIZED FRESH 1/2 GALLON MILK 47¢

WISHBONE SALAD ITALIAN DRESSING 37¢

5¢ OFF LABEL TOOTHPASTE COLGATE 43¢

RED RIPE STRAWBERRIES 59¢ QUART

BUY 'EM BY THE DOZEN

FRESH FRYER LEGS OR BREASTS 59¢ LB.

CENTER CUT RIB PORK CHOPS 89¢ LB.

U.S. CHOICE TENDERAY BEEF RIB ROAST 4TH & 5TH RIBS 79¢

COUNTRY CLUB POINT CUT CORNED BEEF 69¢

SERVE N' SAVE SLICED BACON 69¢

WHOLE OR HALF Semi-Boneless HAM 69¢

FRESH PICNIC STYLE PORK ROAST 39¢ LB.

VALUABLE COUPON WITH THIS COUPON AND \$5 PURCHASE LIMIT ONE COUPON LIGHTLY SALTED LAND O' LAKES BUTTER 59¢ SAVE 16¢

VALUABLE COUPON WITH THIS COUPON AND \$5 PURCHASE LIMIT ONE COUPON YOUR CHOICE 3-LB. COFFEE 1 59¢ 1 69¢

MELLOW GOLDEN RIPE BANANAS 14¢ LB.

TENDER FRESH GREEN BEANS 2 29¢

JUNIO 27 SIZE CANTALOUPE 3 1

RED RIPE WATERMELONS 99¢