

Reduce Calories To Trim Weight

Counting calories is a favorite pastime among those of us who want to lose weight. The term "calorie" is used as a unit in expressing the energy-producing value of food. When we say that a tablespoon of honey contains about 100 calories, it means that the honey, when utilized by the tissues of the body, will release that amount of energy to be expended in bodily activity.

THE USUAL weight reduction goal of one or two pounds loss per week is achieved by a daily intake of 500 to 1,000 calories less than the intake needed to maintain the weight

at which reducing was begun. The American Medical Association's home health book, "Today's Health Guide," points out that 1,000 calories represent the smallest practical intake that can provide the recommended daily allowances of essential minerals and vitamins through usual food sources.

For children, the minimum figure on which to lose weight is close to 1,600 calories, with 1,800 often recommended to ensure a margin of safety.

But all of us are different, and caloric needs are an individual affair. They should be worked out in consultation with your physician. He can help

you arrive at a reasonable figure, permitting you to lose weight steadily and gradually, and at the same time maintain good health and not go hungry.

LIQUID FORMULA diets unquestionably have helped many persons to lose weight. Although some of these preparations combine the merits of economy, acceptability and nutritional balance, they lend themselves to short-term, incentive weight loss. This only postpones the day of reckoning when the dieter must return to usual foodstuffs.

Calorie charts will help guide you in determining what you can eat, and in what quantity, to maintain your desired daily intake.

Some diet specialists now recommend five or six small meals a day, rather than two or three large ones. Others favor periods of complete fasting at the onset of the diet for an excessively overweight person.

Whatever program your physician prescribes for you, there is one important thing to remember—calories do count. To lose weight, we must expend more energy than we take in.



PERMA-PREST® Sleepwear Sale

Feminine No-iron Pima Charm Shift Gowns and Sleepcoats

Regular \$6
3⁹⁹ each

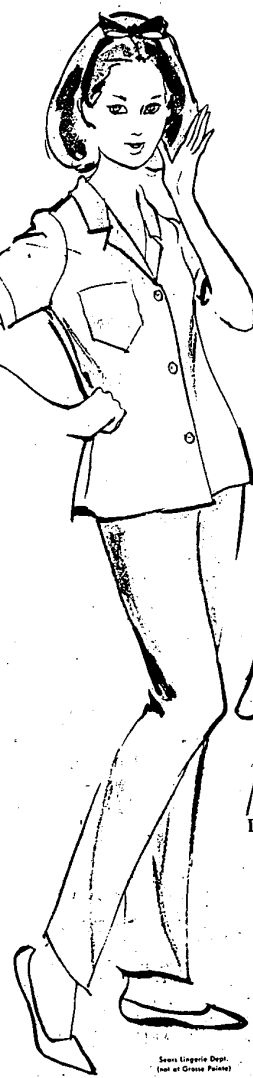
Delightfully feminine styles made for dreaming, not ironing—just machine wash, tumble dry. Sears own Pima Charm blend of polyester and pima cotton stays fresh and pretty as new. With dainty eyelid embroidery trim; sizes small to large.

Use your convenient Sears Charge

Dacron® and Cotton No-iron Jamarettes

Regular \$5
2⁹⁹

PERMA-PREST... just machine wash, tumble dry and wear. Flawlessly tailored in a soft, light blend of Dacron's polyester and cotton. Comfortable elastic waistband. In a rhapsody of springtime hues. Sizes 32-40.



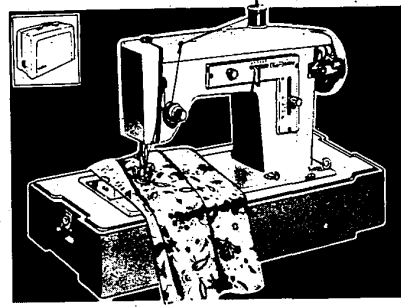
Sears Linenry Dept. (not at Grace Palace)

Sears 3-Day SALE

Sale Ends Saturday

Sears ZIG-ZAG Portable

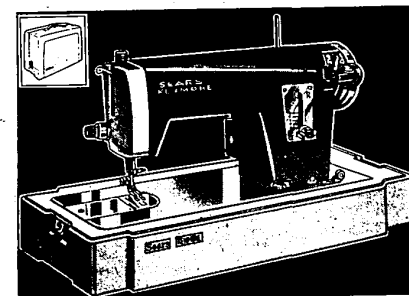
Complete With Carrying Case
\$59
No Money Down



- Sew zig-zag or straight stitches in forward or reverse
- Mend, darn, baste, monogram, sew on buttons
- Does all your household mending and darning quickly and easily
- Has thread cutter, seam guides on needle plate and round bobbin

Best Straight Stitch Portable

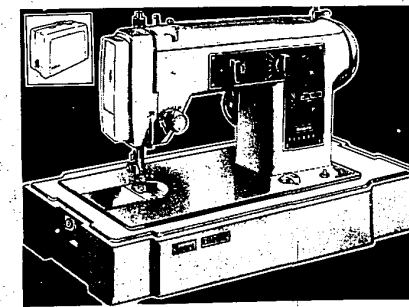
Complete With Carrying Case
\$69
No Money Down



- Adjustable stitch length regulator
- Bobbin winder with automatic cutoff
- Built-in sewing light
- Seam guides on needle plate
- Double lock stitch
- Sew forward and reverse
- Accessories include 5 needles, 4 bobbins

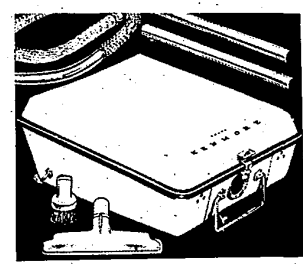
Deluxe ZIG-ZAG Portable

Complete With Carrying Case
\$89
No Money Down



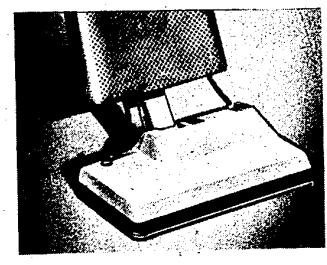
- Built-in blind bender
- Round bobbin gives smooth action at all sewing speeds
- Bobbin winder has a convenient automatic shut-off
- Built-in light allows you to see detail work easier
- Sew forward and reverse without turning the fabric

Sale! Kenmore Vacuums



Canister Vac with Set of Attachments

Canister compact size is easy to store on shelf. Cleans rugs, bare floors, patios. Includes set of cleaning attachments, disposable dust bags, 3-non-mar wheels. Protective vinyl bumper.



Lightweight Upright Vacuum

Low silhouette design glides under furniture. High speed revolving brush sweeps up dirt. Protective vinyl bumper. Throw-away dust bag. Cord stores on handle.

Your Choice
\$26
Use Your Sears Charge

Sears Vacuum Dept. (all stores)