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Dr. Moss' Weekly Health Hints

THE FOOD WE SHOULD EAT

The question of what to eat, according to a recent statement by the U. S. Public Health Service, is one of our daily problems that, too frequently, is decided on the basis of convenience instead of logical thinking and accurate knowledge.

The food we eat has much to do with whether we shall have a healthy body or a sick one, and improper food selection often leads to conditions that can be corrected only by long periods of proper food adjustment. A little too much fat or carbohydrate in the diet may eventually result in obesity, which is frequently improperly corrected. An insufficient amount of certain of the vitamins may produce serious disease, permanent deformity, and sometimes death, if not corrected in time. It is indeed fortunate for our well being that the selection of the proper foods is not difficult. The foods we should eat can be determined without the aid of a dietician, and are available in every American city.

In addition to water there are five groups of substances that must be present in our diet if we are to remain healthy. These are as follows: (1) Vitamins. (2) Minerals. (3) Proteins. (4) Fats. (5) Carbohydrates. We now know of several different vitamins, all of which must be present in the diet if health is to be maintained.

These can be considered in three classes:

First, those obtained with fats, such as butter, cream and fish liver oils; second, those which are destroyed by cooking and which are

obtained from fresh uncooked vegetables and fruits, such as lettuce, cabbage, tomatoes, oranges, etc.; and third, the vitamins not harmed by cooking, and obtained principally with lean meats and milk.

An attractive table of well prepared food tends to increase food consumption. The diet may also be planned so that there will be no feeling of hunger at the end of the meal. Certain foods are known to have a greater satisfying value than others. Meats of various kinds are most important in this respect. Butter and other fats and soups containing meat extractives are also valuable; and a dessert, or other sweet food taken at the end of the meal, increases its satisfying effect. I will state that a meal consisting of first, a soup containing meat extractives; second, meat and potatoes, to which may be added starchy vegetables, then a salad with an oil dressing, and ending with a dessert, gives the greatest degree of satisfaction.

Some of the leading nutrition experts in the country have summarized a man's normal dietary needs, in order to enjoy health, as follows: One quart of milk, two salads, two liberal helpings of the leafy portion of green vegetables, one helping of any meat, and two eggs.

It should be remembered, however, that if we eat more food than we need, the body stores up part of the excess as fat, and continued over eating leads to unsightly deposits of fat in the body. On the other hand, an insufficient amount of food leads to emaciation.

We must, therefore, watch the quantity as well as the quality of the food we eat.

Thinker's Rambling Thoughts

By Rev. I. B. Smith

The Rambler is again starting on one of his mental trips, and invites you to accompany him and note the things worth while as we journey.

Dividends

There are several kinds of dividends. We, however, are interested in only two kinds, deferred and cumulative. Both are based on earnings from an investment, of either money or labor, and may be either material or spiritual. You, my friends, have made an investment of both money and labor, and are entitled to your dividends. Are you receiving them?

The Test of a Man

(From an Australian news letter)
 "The place to take the true measure of a man is not the forum or the field; not in the market place or in the amen-corner, but at his own fire-side. There he lays aside his mask, and you may judge whether he is imp or angel; king or cur; hero or humbug.

"I care not what the world says of him; whether it crown him with a laurel wreath, or pelt him with bad eggs; I care never a copper what his reputation or religion may be; if his babes dread his homecoming, and his better half has to swallow her heart every time she has to ask him for a five dollar bill, he's a fraud of the first water; even though he prays night and morn till he's black in the face, and howls hallelujah till he shakes the eternal hills.
 "But if his children rush to meet him at the front door, and love's own sunshine illuminates the face of his wife when she hears his footfall, you may take it for granted that he is true gold; for home's a heaven to him, and the humbug never gets that near to the great white throne or God.

"I can forgive much in that fellow mortal who would rather make men swear, than women weep; who would rather have the hate of the whole world, than the contempt of

In the January ranking of professional fighters we notice that John Henry Lewis, Phoenix, colored high school boy is ranked in third place among the light-heavyweights of the world. He is only 18 years old, has never been so much as knocked down, and has only lost one decision, and that was a very close

his wife; who would rather call anger to the eyes of a king, then fear the face of a child."

What is Your Measure?

The Rambler placed the above in his mental travels, and asks what is your measure, using the above as the mental yardstick. The carrying of an over abundant supply of little bricks, labeled variously, "I heard," "they say," etc. Do we always carry them with us to shatter the windows of another's "Home, Sweet Home?" What is your answer?

In concluding this mental journey, let me call your attention to the following which has caught the eye of the Rambler:

Freeborn

SAMUEL HAYES—In loving remembrance for faithful service; this stone is erected by the desire of his master. He was loved, honored and trusted by three generations.
 So reads the inscription on a tombstone in the graveyard in Lexington, Va. In that same cemetery lies the remains of Gen. Thomas Jonathan (Stonewall) Jackson (1824-1863) of Civil War fame.

The above item is given while we think racially that our labors of love go unnoticed. But nothing in this world goes without the notice of our Heavenly Father. What we sow, we also reap. Be careful of your words, either spoken or written. I think Solomon of old spoke of speech as silver, but silence was golden.

Let us put aside our habiliments of travel and to the quiet of study let us meditate upon that which we have seen and read on this trip. Our Savior said in a parable:

"And about the ELEVENTH hour he went out, and found others standing idle, and he saith unto them, Why stand you here all the day idle?"

We complain about discrimination, and segregation; why stand ye idle? The solution is in cooperation; help each other, and to use a common phrase, "get busy."

I breathe a benediction on all who have gone with us on our journey.

one to Maxie Rosenbloom, the recognized world champion.

Young Peter Jackson, the California lightweight champion has made plans to tour Mexico and France since he can not seem to get any more fights with men rated in his class.

AS OTHERS SEE IT

Conducted by Mr. Gaitha Pegg, 1942

Vine Street, Lincoln

Dear Sir:

I am writing this as a message to the young folks.

Young people I was at Quinn Chapel Church last Sunday when the Semper Fidelis Club gave its program. I thought that you young people were having too much pleasure these days to be getting anything into your heads, but that wonderful program Sunday evening changed my mind. I thought it was splendid and showed that the young people are able.

That was a good start, and I am going to look for more of it. We older people are always glad to be on hand when you are displaying your education.

AN ELDER

To the Editors:

I would like to tender my compliments to you for the work which you have done and are doing. The usual thing for an editor to receive seems to be criticism, but I think your work and that of your staff merits commendation.

I believe the last issue of the paper was undoubtedly the best so far in arrangement of material and content that has been published, and I sincerely hope that you will continue to improve and to serve as you are doing.

Yours truly,
 JOHN NEWBY

LINCOLN METEORS BEATEN
 28 to 24 BY WAVERLY HIGH

On their third trip away from home, Coach Arnold Walker's Meteors went down under the fast Waverly High quintet to the tune of 28 to 24. However, the Meteors came within two points of Waverly near the end of the game, making it pretty well anybody's game.

Bent on winning the game Coach Walker and his aggregation of eight men left late last Friday evening to match wit and skill with the highly touted Waverly High. Arriving about 30 minutes prior to the game his team quickly suited and warmed up during the remaining fifteen minutes.

The players, practically all new men, were naturally uneasy being away from home, and were even more handicapped by the procedure the pep squad went thru for Waverly. Due to this fact I contribute the reason for the poor showing on the part of the Meteors during the first half of the game. As the half ended the score was 20 to 4 in Waverly's favor. These four points were distributed between Beck and Walker.

After vowing, promising and you know what else goes on in a locker room between halves, the Meteors came out with repossessed power. The half started off with a bang as acting skipper Clyde Walton made three successive shots via one hand from the free throw lane, and came back later with a body bend to shoot from under two men, making the ball "take" off the backboard into the basket like it had eyes—and the spectators rose from their seats in astonishment. After bringing the team within counting distance and giving them renewed enthusiasm, Buckner Denny, tall versatile center began plunging them in from all angles of the court with precision-like rythm to cop scoring honors. He scored 12 of the team's 24 points. Walker, seeing the team's fault in a bad defense drafted himself in a guard's position and there he held. Evidently saying to himself "They shall not pass" he, with the fast and shifty R. Beck, played a stellar game, holding the opposing team down to four baskets in the last half, as compared to ten in the first half. A. Ray, who played forward with Walton also figured in the game, as did J. Noles and Sherman.

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 Pork Chops, 3 lbs.....25c
 Crackers, 2 lb. box 19c
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 Beef Steak, tender, 2 lbs.....25c
 Potatoes, per peck 10c

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