

Docs Blast School Lunchrooms Temptation Of Candy And Pop

Little Rollo is a sucker for a sucker, and the bubbles of carbonation are the snakes of temptation which he is not constituted to resist.

Medical men making up the American Medical Association's Council of Foods and Nutrition did not say this in so many words. But there it was between the lines of the doctors' blast against the sale and distribution of candy and carbonated beverages in school facilities.

Speaking in the cautious manner of diplomats, the doctors said:

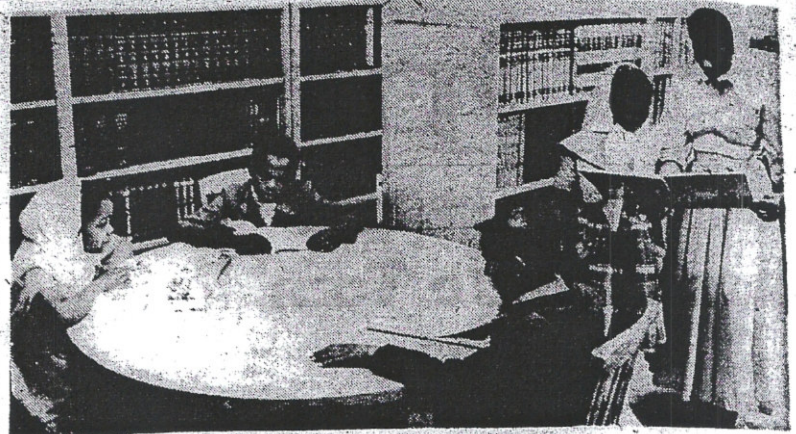
"When given a choice between carbonated beverages and milk, or between candy and fruit, a child may choose the less nutritious."

They buttressed this statement by pointing out that the nutritional benefit of candy and soft drinks is "greatly inferior" to that of milk, fruit and other foods.

They declared further: "One of the functions of a school lunch pro-

gram is to provide training in found food habits. The sale of foods, confections and beverages in lunchrooms, recreation rooms and other school facilities influence directly the food habits of the students. Every effort should be made to encourage students to adopt and enjoy good food habits."

It seems obvious that the sale of not-so-nutritious confections and carbonated beverages must be taking a big lead over milk, fruit and other "good" foods.



UNIVERSITY OF ISLAM'S library facilities shown here were recently among those items in-

spected by invited guests to the only Muslima parochial school in Illinois. Quiet atmosphere and ef-

ficient instructors has become a symbol of the Muslim school.

Good Grooming Goes From Head To Toe, Skin Out and All Around

Good grooming is important to all women, whether a career person or a housewife.

What is good grooming? It is considerably more than clothes and hair styling. Good grooming includes everything from the top of the head to the skin out. Good grooming means: The wise use of make-up.

Helpful Hints

The removal of unsightly face, leg and underarm hair.

The proper care of the feet, including regular pedicures and removal of dead skin tissue. Even if your feet feel and look in the best of health, set up a twice-yearly schedule for seeing your chiropodist or podiatrist.

Keeping the hands soft and the nails manicured.

Smoothing and softening of skin on elbows and knees.

Setting up and adhering to a regular bathing schedule.

The regular use of deodorants, and the judicious application of perfume and cologne.

Figure Control

Short periods of relaxation and plenty of sleep.

Figure control: Fat is more than

just unbecoming. It is unhealthy.

Some form of exercise. It is wise to consult your physician on the type of exercise that is best for you.

Wearing shoes that properly fit the feet. Size of the shoes is all-important.

Hair styling: There are hair styles and hair styles. However, not all of them may be suitable for you. See your beautician and work out a style (or series of styles) customized to YOU.

Becoming wearing apparel: Any competent clerk at your favorite apparel shop should be able to help you choose the proper wardrobe.



THE TRULY successful woman, whether an active career person or a bustling housewife, is the very personification of good grooming from head to toes. Two of the leading factors back of the impeccably-groomed woman are custom hair styling and the intelligent use of make-up.

Sudan Set For Parley In U.S.

KHARTOUM, Sudan—The Sudan will take part in the forthcoming International Congress of Limnology, to be held August 20-25 in the U. S. A., according to a government spokesman.

A leading authority on the subject of animal resources, Syed Mahmoud Ahmad Mahdi, has been designated to represent the Sudan at the conference.

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