IF YOU'RE TOO FAT HERE'S WAY TO REDUCE

FIVE RULES OFFERED BY WOMAN WHO HAS HELPED MANY

NEW YORK.—A woman has reduced the weight of the nation four and a half million pounds! That's equivalent to 30,000 persons of 150 pounds each.

She is Dr. Lulu Hunt Peters of Los Angeles. Many pounds overweight, she set out to come down to normal. She succeeded, wrote a book and passed the secret on to 150,000 others, who lost an average of 30 pounds.

Would you like to reduce this summer? Then read the following article.

By DR. LULU HUNT PETERS
(Author of "Diet and Health With Key to the Calories.")

Do you want to reduce?

Then remember—

Over-eating is the cause of overweight 999 times out of 1000.

We are too fond of food—particularly sweets. We have not known food values. As a result—

Three-quarters of the adult population of this country are too fat!

Some of them have taken to dieting—without results.

I know I did when I was a little girl. I was fat and hated it. So I decided to cut down on my eating. I would go without supper, taking instead—

An ice cream soda—more fattening than the meal!

Yet that is the way many persons diet. No wonder they can't reduce.

But anybody—no matter how fat he may be—can lose weight by going at it scientifically. It's simple.

FIRST: Find your ideal weight. To do this, take your height in bare feet, multiply the number of inches over five feet by 5½ and add to 110.

SECOND: Shrink your stomach. Fast for a day or two. Drink nothing but water. If you feel that is starting off too suddenly, take a few glasses of skimmed milk, buttermilk or fruit juice.

THIRD: Exercise. Ten or 15 minutes a day of vigorous setting-up exercises are necessary—besides brisk walking, stair-climbing and active work.

FOURTH: Take a cold bath every day—if you react well.

FIFTH: Keep busy. If your stomach tries to remind you that you are hungry—just drink some water.

SIXTH: Reduce while you sleep. Always retire with your stomach fairly empty.

SEVENTH: Count your calories! It's simple. Here's a list of poular foods which have 100 calories each:

One large slice of bread, ½ inch thick.
One pat of butter.
One large egg.
One moderate size potato.
Two ounces lean meat.
Three ounces lean fish.
Three cubes of sugar.
One pound watery vegetables—lettuce, cabbage, radishes, etc.
One large apple, orange or pear.
One quart consomme—without fat.
Three ounces of cream soups.

DR. LULU HUNT PETERS AND SOME OF HER ANTIFAT HINTS.

One and one-eighth-inch cube of cheese.
Five ounces milk.
Ten ounces skimmed or fat-free buttermilk.
Ten peanuts.
Four walnuts.

But remember this: One ordinary slice of pie has 300 to 400 calories; one ice cream soda 500 to 600 calories; one pound of chocolates 2500 calories.

EIGHTH: Balance your diet. See that you get your calories from—

1. Some carbohydrates and fats for the fuel foods. Cut these down, but not out.

2. Many vegetables, especially of the leafy type. Scrub clean and eat raw. Do the same with fruit.

3. Protective foods—milk, and its products, and leafy vegetables on account of their vitamines and essential salts.

4. Enough protein to supply your repair needs.

NINTH: Chew as you never chewed before. Prolonged chewing reduces the appetite and is beneficial in many ways.

If you want to reduce one-quarter of a pound a day, cut down 1000 calories of food under your maintenance allowance. The fat of the body will make up the deficit, and you will be reducing.

No reduction would be more rapid than a pound or two a week—after the first week.

At first the loss will probably be much greater—10 or 12 pounds perhaps.

But don't get scared. Stick to it.

Follow these rules and you are bound to reduce not only your weight but living costs, too.

One man and wife who followed these instructions lost 50 pounds between them and reported a saving of more than $30 a month on the butcher's and grocer's bill.

Count your calories!

And become a past member of the F. F. F.—Fuming Fat Fraternity!

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STRIKE AREA OF COLORADO QUIET

Nine Guard Companies and State Rangers Await Orders to Advance

DENVER, June 30.—Quiet prevailed in the Colorado coal fields during Thursday night, according to reports received by the Associated Press this morning from the sheriffs' offices at Boulder, Freemont, Huerfano and Las Animas counties, comprising the principal coal mining areas in the state.

Nine companies of national guardsmen and the force of state rangers were mobilized today at seven towns in the mining area following disturbances Wednesday night in which two bridges and two mine tipples were burned.

Colonel Patrick J. Hamrock, state adjutant general, announced today that the state would immediately conduct an investigation of the burning of the bridges and instances where the men working in the mines, it is alleged, have been threatened by strikers.

LAW AGAINST PICKETING

Picketing has been going on in the Colorado fields for some time, according to Colonel Hamrock. He added that it was being carried out in such a way that the alleged picketers "were able to dodge arrest."

There is a state law in Colorado against intimidation of workers and picketing, Colonel Hamrock pointed out.

Colonel Hamrock declared that he expects several arrests would be made soon in connection with the burning of the bridges in Huerfano county.

Troops today were stationed at Longmont, Boulder, Fort Collins, Brighton, Greeley, Canyon City and Denver.

The troops are merely held in readiness in case of emergency, according to Hamrock, who said he believed the situation throughout the mining areas was well in hand since the assembling of troops. Unless disturbances arise no guardsmen will go on duty in the coal mine fields, the colonel asserted.

DISORDERS BRING POLICE

PUNXSATAWNEY, Pa., June 30.—A detail of the state police arrived here today to take over the coal strike situation after a night of disorder in the mining district around here. Marching men, estimated by the authorities to number fully 300 destroyed a scale house and scales, wrecked a motor truck carrying coal and cut the tires from another truck. The march was finally broken up by the troopers who rode through the crowd. There were no casualties.

GUARD CALLED OUT

CHARLESTON, W. Va., June 30.—Two companies of the national guard were sent into the Cabin creek and Paint creek districts early today to break up an incipient march against mines on Cabin creek which had been operating on an open shop basis. The troops were mobilized and dispatched on order of Governor Morgan after he had received reports that bodies of men were gathering on Paint creek and marching toward Dry branch, Cabin creek.

BISHOP STARTLES METHODIST MEETING

CHICAGO, June 29.—Bishop Fred B. Fish of Lucknow, India, startled the meeting of the council boards of benevolence of the Methodist Episcopal church today when he declared that the Christian churches of the west must immediately put themselves in line with the progressive movements that are sweeping the world, or that new religious leaders would rise out of Buddhism or Moslemism or other sources.

"I have just returned to this country after two years in the midst of these great tides that are to be felt in the east," he said. "And when I got back into the religious atmosphere of America I felt as though I was being taken from the crest of the billows of the ocean and dropped into a teacup.

"There are spiritual forces at work in other parts of the world that may prove their ability to set the religious leadership of the world if we in the west remain indifferent, selfish, and occupied with our own little affairs."

WOMAN, 80 YEARS, IS BEAUTY QUEEN

LIEGE, Belgium, June 30.—Liege set a new fashion in its annual beauty contest this year, crowning as "queen of queens" neither a young blonde nor a brunette, but a white-haired woman. The new queen is Mlle Picard, aged 80 years, the mother of five children, and several grandchildren.

Some of the malaria-carrying mosquitoes themselves die of malaria.

There are 332 parks and squares in Paris.

"The Man's Out!"

That's the way you put it in baseball "lingo." Lots of men who don't play baseball feel "out" on account of the hot weather.

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They have a refreshing grace. A cool artistry that challenges discomfort.

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