

Favors Milk To Pop for More Energy

By Dr. WILLIAM BRADY
Probably very few readers would change their thinking or their way of living even if they have faith in the soundness of my health advice, just because I say more milk and less pop for Young America. If I leave it at that a great many readers will merely wonder what the writer has against pop.

The answer to that is nothing. Pop does no harm, so far as I know. This goes for any and all kinds of pop. Indeed, I wish people who attend cocktail parties would get the habit of taking a glass of pop and nursing it so they won't be urged to have another.

Milk is the best beverage for growing child or youth. Not merely because it supplies calcium, in which the refined American diet is more often deficient than in any other element, but because milk is the most nearly perfect food for work, play, athletic achievement, growth and life.

Milk Gives Energy
A glass of milk gives the youngster not only the quick energy derived from the sugar (lactose, milk sugar) in it—for a brief spurt of activity followed immediately by loss of interest and enthusiasm for further play—but the refreshment that lasts for hours, derived from the protein and fat in the milk, plus the build-up of vitamins and minerals the body needs.

A glassful of milk contains approximately a third of the amount of calcium that is essential to prevent manifestations of nutritional deficiency disease for a day.

A glassful of milk contains more calcium (lime) than a glassful of freshly prepared lime water.

Nutrition authorities estimate the minimum daily requirement of calcium—that is, the least that will prevent manifestations of deficiency disease—a little less than a gram (15 grains) for a sedentary adult or 1 1/2 grams, about 18 grains for an expectant mother or a growing child or a youth engaged in athletic training.

Signed letters, not more than one page or 100 words long, pertaining to personal health and hygiene, not to disease, diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed, etc. Mail to: Dr. William Brady, 265 South, El Camino, Beverly Hills, Calif.

Dust Ant Nests With Chlordane

Control ants about the home and garden if you would avoid annoyance from these active little pests, advised Dr. George F. Knowlton, Utah State Agricultural college extension entomologist.

Chlordane 40% or 50% powder, placed on and about the entrances to the nests at the rate of a tablespoonful per entrance, will give a lot of relief from ants. This treatment should be repeated in two or three weeks, wherever any ants still are using the nest.

Use of chlordane or DDT dust or spray around the foundations of all buildings and around trees and shrubs for earwig control also will temporarily ease the ant situation. However, ant control always should reach the ant nest, whenever the nests can be located.

Nurses to Celebrate 25th Anniversary And Honor House Mother of 1927 Class

The 1927 graduating class of the Thomas D. Dee hospital School of Nursing will celebrate its 25th anniversary Saturday with open house at the home of Mrs. Gilbert M. Wheelwright, 1361 Lake St.

The event also will honor Mrs. Caroline Myers Anderson, house mother for the group, who just recently celebrated her 79th birthday anniversary. Receiving hours will be between 3 and 5 p. m. Any member of the class, their friends and friends of Mrs. Anderson are invited to call.

In Charge of Event
Mrs. Wheelwright (Irene Newey) Mrs. Al (Lucille Taylor) Bruerton, Mrs. A. E. (Lucille Williams) Brown and Miss Frances Gillette will be in charge of the event.

Other classmates are Elinor Linford Schaefer, Winifred Parker Powers, Lillian Hayes Felt, Nina Watkins Hullett, Mary Staker Hipwell, Ada Burrows DeSmet, Sarah Ogden Reeves, Ruth Barrett Ree-

der, Louise Winnill Jones, Alice Gail Hoffman, Clara Putnam Howard, Hila Clifford Parkison and Angelina MacLellan MacDonald. It is expected that a number from out of town will attend.

To Honor "Mother" Myers
Mrs. Anderson, who was affectionately known as "Mother" Myers by the group, is a native of Morgan county.

She served as house mother at the hospital from 1922 to 1937 at which time she left to be married to David Anderson, who was killed two months later in an automobile accident.

Mrs. Anderson gained the love of the student nurses and inspired them to carry on when things looked discouraging. She now resides at 540 1st St.

She is the mother of five sons and daughters, nine grandchildren and 10 great-grandchildren. She is an active member of the L. D. S. church.

On Friday, the previous day, the classmates will hold a dinner at Fullmer's Dining house at Riverdale and as a special feature will tour the Dee and St. Benedict's hospitals.

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Sugar Browened to Color Gravy

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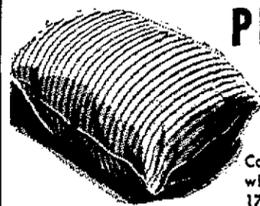
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