

"YOU OUGHT TO SEE BOBBY NOW!"



"You know how the little tike looked a month ago—thin as a matchstick!... Well, you should see him now. He's put on weight and acts like a different boy. I'm proud of him!"



Mother's proud, and she should be. Bobby's drinking COCOMALT, and getting vitamins A, B₁ and D—plus calcium, phosphorus and iron—the vitamins and minerals that help build sound bodies. And Bobby's pleased because COCOMALT has the most wonderful chocolate malt flavor! Serve it hot or cold, to your family!

Energy

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much exercise. And I've stopped being apologetic and on the defensive, and seem to have a most lovely time everywhere I go. My clothes are size twelve again.

This is how I did it. But there might be three better ways for you to do it. If you are a high-blood-pressure person, not a low-blood-pressure person like me, you shouldn't have so much black coffee, for instance. And there might be special things about your metabolism that would necessitate less meat and more salads.

Any good doctor can give you a reducing menu, and will, if he thinks you mean it. You should drop in to be weighed and examined by him once a fortnight as you go along too.

However, here's mine:

One day a week liquid diet, for four weeks at least. Liquid diet means not more than twenty-eight ounces of liquid. (An ounce is two tablespoons.) Every two hours two ounces of liquid chosen from tomato juice, grapefruit juice, bouillon, skim milk and black coffee. First two ounces of one, then of another, as you choose.

If you begin at eight in the morning and go on until ten at night, you will have had sixteen ounces of mixed liquids. The rest can be sips of water or black coffee when you feel you can't bear it.

Yes, you are slightly thirsty that day. But you have given up salt forever among other things (salt retains water in the system and hence has a tendency to keep weight high) and you aren't too thirsty, especially if you meditate on the woman whose figure you most admire.

Six days a week like this:

Breakfast: Two ounces of grapefruit juice. A big cup of black coffee.

Luncheon: One egg without salt, boiled or scrambled in as little butter as will scramble it, or poached (not on buttered toast; you never eat buttered toast any more). Two graham crackers or one slice of dry whole-wheat toast very thin and brown. Stewed fruit. About four slices of pears, peaches, or two slices of pineapple, or four prunes cooked without sugar, or two sliced oranges or a half grapefruit served without sugar. A cup of coffee.

ovarian secretions are subnormal may have difficulty in bringing a child to term. Doctor Walters considered this so strong a possibility that he ordered a "basal-metabolism" test for Mary on the following day. She was instructed to come to the office without breakfast, or even a drink of water, for a simple procedure to test the efficiency of her thyroid gland.

The doctor's next suggestion gave Mary a surprise. He asked her to tell John to come to town for a few tests to be made by a physician specializing in genitourinary ailments. Why? Because, Doctor Walters told her, recent research suggests that sometimes, when miscarriage occurs, it is in the husband, and not in the wife, that the seat of the disorder

Dinner: Consommé or bouillon or clear chicken soup, all without salt. One third pound (yes, it's the day's treat) of lean beef, lamb, steak, the white meat of chicken or turkey, or a broiled white-fish. One large helping of a green vegetable like string beans, spinach, broccoli or asparagus cooked without any butter, any salt and no vestige of a sauce. One fourth head of lettuce, if you like (you don't have to eat it; I seldom did), with a French dressing in which mineral oil is substituted for olive oil. Dessert: Two slices of stewed fruit without sugar, or a good-sized dish of lemon gelatin. One cup of coffee.

After-theater supper (meaning when you think at eleven at night you'll not sleep unless you have something to eat): One glass (eight ounces) of skim milk with an egg beaten up in it. And one graham cracker.

All the time when you're thirsty, have a tablespoon of water at a time, not a pint. What do you do when you dine out? When cream soup is served, meats with sauces, vegetables with butter, and a dessert with whipped cream? You play with the soup, drinking not more than a tablespoon. You help yourself to as small portions of the meat and the vegetables as you can, then you eat half of what you put on your plate, and the next day you cut your regular diet in half, ruthlessly.

The kind of friends who say "A little piece of this won't hurt you" are the greatest problem. The best solution is to be mysterious and say "My doctor was so firm about it, darling," and if they decide you're suffering from some obscure disease, they'll learn differently, after all.

Don't exercise to tire yourself out. My special hate in this world is calisthenics. Nothing I've ever known is so boring as to touch one's toes with one's hands when one's not putting on stockings. But one has to exercise somewhat to lose inches faster. The best thing is to do whatever suits your life.

I don't have time to run to a gymnasium three hours a day, so I got myself a little electric horse and I ride him ten minutes in the morning and ten at night, very faithfully.

SAVING THE UNBORN

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test. His general condition was inquired into and special treatment—including a period of rest—was ordered, when it was found that he was tired and below par.

While this was being done, Mary continued to learn more of the complex causes of miscarriage. She underwent a simple surgical procedure, known as an "endometrial biopsy," which sought to discover whether the lining of her uterus was in any way unsuitable for the normal development of the fetus. Vaginal smears were taken to study possible irregularities in her periodic ovulation, and these were repeated, at intervals, throughout the month. Urine assays and blood tests were taken to establish what Doctor Walters called the "hormone levels."

John returned to his home after only a

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