Importance Of Proper Food

By HERMAN N. BUNDESEN, M.D.

THE more we learn of the body and its functions, the more clearly we see the importance of proper food to health. Give the body enough of the tools it needs in the form of proteins, vitamins, and minerals, and it will use them to build a state of robust health. Deprive it of these things and it not only fails to function as it should during the period of privation but may even suffer permanent damage which can never be made good.

This is particularly true of the liver, largest of the body's vital organs, and one of the most complex. During the recent research which has centered around this organ, it has been found that certain substances in every well-balanced diet play a signal role in keeping the liver healthy. They are called lipotropic factors because they aid in the body's use of fats.

Amino Acids

Among these health-building lipotropic substances are choline, a part of that powerful bundle of vitamins known as the B-complex and the amino acid called methionine. The amino acids are the building block of the protein found principally and abundantly in such foods as meat, milk and eggs.

When a diet which does not contain enough of these lipotropic factors is given to animals, a great amount of fat is deposited in the liver with the gradual formation of non-functioning scar tissue in place of working liver cells. Ultimately, large areas of the liver are hardened in this way and the condition known as cirrhosis is produced. Not only can these changes be brought about in animals by withholding choline and methionine, but the first step in this process which is the deposit of fat in the liver can be reversed by adding them once again to the diet. Naturally, the scar tissue already formed will remain permanently, but the giving of choline and methionine will cause a rapid disappearance of fat from the liver and a regeneration of cells which have been injured rather than killed.

Liver Damage

A number of other observations seem to show the relation between the absence of these lipotropic factors and the development of liver damage.

For example, in such countries as India, Syria and China, where the diet is poor in vitamins and proteins, a great deal of cirrhosis develops. In a certain area in South Africa, the natives live, for the most part, on starchy foods, principally ground meal, and only very small amounts of milk. Meat is rarely eaten. Thus, the diet of these natives is greatly deficient in proteins and vitamins. In these people, it has been found that cirrhosis of the liver was present in four out of five of the men who died and were examined after death.

There has also been some suggestion that the liver damage may be due to the use of alcoholic beverages, but it has not been possible to show that alcoholism by itself can produce cirrhosis of the liver. It is likely that a food deficiency develops because such people are too busy drinking to eat. Modern research indicates that too little food rather than too much drink is the basic cause of the liver damage so often found among alcoholics.

QUESTIONS AND ANSWERS

J. B.: If a child has an enlarged heart, can it be brought back to normal?

Answer: It is not likely that the enlarged heart can be brought back to normal. However, with proper care, strain on the heart can be prevented so that further enlargement will not occur.

A. L.: Due to arthritis, I have been unable to walk for two years. My knees have become stiff and I cannot straighten out my legs. What do you advise?

Answer: It is possible that with operative treatment the knees can be straightened.

An orthopedic specialist should be consulted concerning this matter.

India has established a policy of training Indian workers to replace foreign experts in industry as rapidly as possible.

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CUTIES ... By E. Simms Campbell

"He held me close—told me to close my eyes—and then WHAM! Smacked a mosquito on my forehead!"

LITERARY GUIDEPOST

By W. G. ROGERS

MYSELF WHEN YOUNG, by Henry Handel Richardson (Norton)

Henry Handel Richardson died in 1946 just as this autobiography reached the moment of her marriage, in Dublin in 1895 to J. G. Robertson. It will be welcomed heartily by two kinds of people: Those who rank her "Maurice Guest" and the three-volume "The Fortunes of Richard Mahony" among their most treasured literary experiences and also those who think merely that they were good novels, who cannot accept Robertson's exalted estimate as expressed here in a concluding essay.

There can be no disputing the rich charm and warmth of these recollections. To students of letters it is helpful to learn authoritatively of the connection between some of the novels and the young girl's experiences in Australia, where she was born, and in Leipzig and Munich where she took music lessons. But to students of life it is particularly fascinating to watch the child grow excitingly into the woman, and to see this development recorded in a beautifully appropriate style.

Born Ethel F. Lindesay, she was brought up in half a dozen Australian towns and cities as her doctor-father's fortune waxed and waned. She was a diligent reader, a tomboy, a good swimmer, endowed by her mother with an "exceptionally passionate temper" and "always on the watch for slights or patronage." While little more than a child, she fell in love with a handsome vicar much too old for her, and with a girl classmate.

For a time her mother earned their living. Then she sold some property and, after the admirable fashion of English people who believe in spending their capital on such risky intangibles as travel and education, took her two daughters to England and Germany. It was in Leipzig that H. H. Richardson met the young student of German whom she married at about the same time that she switched from music to letters, trying her hand first at translations from the Danish.

There was little money on which to marry; the boy was prudent, the girl impatient, and she had her way. The secret we'd like so much to learn is not betrayed. "How I overcame his scruples is my own affair."

PLAYGROUND FINALISTS TO COMPETE FOR TITLES

Final competitions to determine the city-wide playground quoits and checkers champions will be conducted Wednesday at 1:30 p.m. at Seaside park playground, when winners of the elimination tournaments conducted at the various playgrounds will meet.

Finalists in the Senior division (14 and 15 years of age) and Junior division (11, 12 and 13 years of age) will represent the following playgrounds: Seaside Park, Lafayette, Old Mill, Roosevelt, West End, Beechwood, Waltersville, Svihra, Black Rock, Jesup, West and Staples.

Bustle-Bow Sash!

By ANNE ADAMS

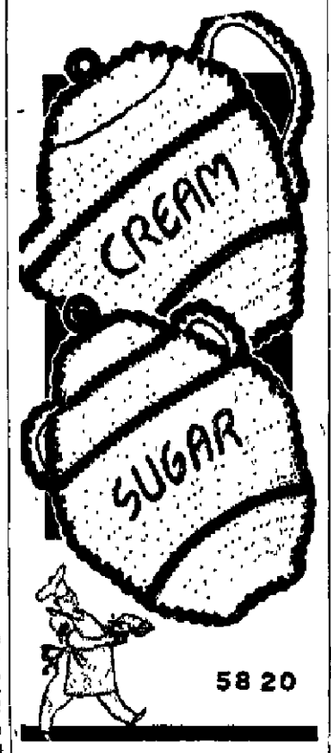
Everybody's in love with you in this! Pattern 4646 is the answer to a maiden's prayer for that new, smooth, swish silhouette! And sew-easy, why the skirt's in one piece!

This pattern, easy to use, simple to sew, is tested for fit. Includes complete illustrated instructions. Pattern 4646 come in Jr. Miss sizes 11, 13, 15, 17. Size 13 takes 31-8 yards, 39-in.; 3-4 yd. contrast.

Send twenty-five cents in coins for this pattern to (The Bridgeport Telegram), 21 Pattern Dept., 243 West 17th St., New York 11, N. Y. Print plainly name, address, with zone, size and style number.

Junior! Add to your charms, multiply your dates! Sew the gay clothes in our Anne Adams Summer Pattern Book! Ideas to double your wardrobe, halve your budget. Fifteen cents more brings you this fascinating catalog plus a free pattern printed in the book: a sunsuit halter with built-in bra.

Pot Luck



By MRS. ANNE CABOT

Attractive and useful sugar and creamer potholders you can crochet easily and quickly. The pair illustrated were made of white cotton, trimmed with a bright blue, but use your kitchen color scheme as your inspiration. Wonderful "little gifts" for old and new brides.

To obtain complete crocheting instructions and stitch illustrations for crocheting and embroidering letters for Pot Luck Holders (Pattern No. 5820) send 15 cents in coin plus 1 cent postage. Your name, address and the Pattern number to Anne Cabot, (Bridgeport Telegram) 1150 Avenue of Americas, New York 19, N. Y.

Camp Manners For Children

By ANGELO PATRI

FATHERS and mothers send their boys and girls to summer camp in the hope of strengthening them and stimulating their growth of mind and body. They hope that the camp experience will enrich their children's thinking and add beauty to their behavior.

That is what a good camping summer should accomplish. But the campers must work to that end. The head of the camp cannot bestow grace and skill of deportment. Nor can the counsellor, fine though he, too, may be. The camper himself must work to secure any degree of growth. He must discipline himself so that growth becomes possible.

By disciplining himself I mean that he must take stock of himself, compare his ability, his manners and character traits with the boys and girls around him. He should prean himself over his superiorities but see where he needs to strengthen himself and so gain something of value in skill, behavior and understanding.

To learn, a camper must be willing to obey directions, to always do his full share in whatever activity is scheduled. He must watch, listen and try his very best to follow the leader. Should he not quite succeed in his effort, he is never to discount his failure and say, "Pooh. I could do that and not half try. I wouldn't be bothered." That is a confession of weakness, and a hint of something less than high intelligence.

The thing to feel and say is, "I didn't do so well. Please show me again and give me another chance at it. Maybe I can do better." A little humility is becoming to us all, particularly to learners.

There is, too, a personal discipline to be exerted by every camper in considering the comfort, the happiness of everybody about him. This means unselfishness carried into every phase of camp life. Don't take the most comfortable place before anybody else can get a chance at it. Don't take the lion's share of anything, ever. Don't belittle anyone else's efforts. Be generous with applause and praise. Never, never blame someone else for your failure. Look to yourself for any cause of error and correct it. And don't write home to complain when you lose the race or the honor in sport. Just tell the simple facts straightforwardly.

To be a really good camper, to get the most out of camp just remember that he who gives the most receives the most.

McKENNEY ON BRIDGE

HOLDING BACK CLUBS MAKES THIS SLAM

North: ♠ K J 8 5 2 ♥ K Q 7 5 2 ♦ 6 ♣ A 9

West: ♠ 10 6 4 3 ♥ 8 6 4 ♦ Q J 10 7 3 ♣ 4

East: ♠ A Q 8 7 ♥ 3 ♦ K 8 4 ♣ J 8 5 3 2

South: ♠ None ♥ A J 10 9 ♦ A 9 5 2 ♣ K Q 10 8 7

Dealer: North. Tournament—Neither vul.

South	West	North	East
1 ♣	Pass	1 ♠	Pass
2 ♥	Pass	4 ♥	Pass
5 ♠	Pass	6 ♠	Pass
6 ♥	Pass	Pass	Pass

Opening—♦ Q 16

By WILLIAM E. McKENNEY

A great many people think that the taking over of the United States by Texas is a joke, but so far as bridge is concerned, I can tell you that the Texas players think they are the best in the world. The last time I was in Dallas, I had a talk with Col. H. A. Cole, who takes time out from his motion picture business to run the Texas Bridge Association. He said, "Mac, the greatest bridge players in the world are going to come from Texas."

At the summer session of the national championships tournament, starting at the end of this week at the Hotel Stevens in Chicago, the Texans will be on hand.

Colonel Cole said that the play in today's hand is just an ordinary one in Texas. But I think he exaggerated a little, as it is one of the greatest hands I have seen South's two-heart bid was a bit light but the bidding shown is the way it happened.

The opening lead of the diamond queen was won by declarer with the ace, and a diamond trumped in dummy with the deuce of hearts. A small heart was returned and won with the nine. The five of diamonds was trumped in dummy with the queen of hearts, the seven of hearts was led back, East showed out and South won the trick with the ten. The nine of diamonds was trumped with the king of hearts.

Seeing all of the hands makes it easier for us than it was for the declarer when the hand was played in Texas. If he had cashed the ace of clubs at this point and led a club back, West would have trumped and South still would have had to lose a club trick.

But South led the nine of clubs from dummy and won with the queen. The jack of hearts picked up West's eight-spot and the ace of clubs was discarded from dummy. Now declarer conceded a club trick to East, and he still had a trump to get back in and cash the balance of the tricks.

Burma's road from Rangoon to Mandalay, heavily bombed and in disrepair, is now reported as usable at low speeds, but causing excessive wear and tear on cars.

TODAY'S RADIO PROGRAM

Note: (*) indicates program is heard on WJZ and WELI.

DIAL SETTINGS

WNAB—1450	WMCA—570
WLIZ—1300	WELI—950
WICC—600	WINS—1010
WNBC—660	WTIC—1080
WOR—710	WNEW—1130
WJZ—770	WAVZ—1260
WLAD—800	WNHC—1340
WNYC—830	WNLK—1350
WCBS—880	WSTC—1400
WHN—1050	WQXR—1560

Daytime Features

6:15 A.M.—Post Telegram local news roundup.—WNAB.

8:15—"Breakfast with Dorothy and Dick," Babe Ruth, guest—WOR.

8:30—"Hi, Jinx!" with Audie Murphy, most decorated GI of World War II, guest—WNBC.

9:00—Waterworks, Vienna Philharmonic ensemble, plays Beethoven's Symphony No. 7 in A Major—WNYC.

10:15—Martha Deane, with Andre Wolff, Luxembourg's commissioner of information in U.S., guest—WOR.

12:40—Post-Telegram local news roundup—WNAB.

12:45—Highway Safety Commission—WICC.

1:15—Nancy Craig, with Lillian Lanfiorty, author of "Marlene," guest—WLZ.

2:05—Symphonic Matinee, Bruckner's Symphony No. 8.

Sports

6:35—Baseball: Dodgers vs Giants, WMCA, WHN.

10:00—"Fishing and Hunting Club," Elizabeth Gregg, fisherwoman, guest—WICC.

10:45—Harness Races at Roosevelt Raceway: Clem McCarthy—WHN.

Evening Highlights

6:15 P.M.—In My Opinion, Mrs. O. Brooks Fry, Institute of Family Relations, and Mrs. Dorothy Preble, model agency owner, on "Do We Over-emphasize Glamor?"—WCBS.

7:05—The Concert Stage, Gregor Piatigorsky, cellist—WQXR.

7:30—"Fair Land and Mine," Monty J. Taylor from Oak Ridge—WICC.

8:00—"The Falcon," solves "New Look" murder—WICC.

8:00—Sound Off with "Mississippi" march, by William Grant Still; Jessie Taylor singing "Gold."—WNAB*

8:00—First Piano Quartet: Chopin's "Rondino," Prelude, "Ritual Fire Dance," "Arkansas Traveler."—WNBC.

8:00—"Inner Sanctum," starring Everett Sloane in "Murder Takes a Honeymoon."—WCBS.

8:35—Eileen Farrell, soprano, Howard Barlow conducting—WNBC.

9:00—"You Can Lose Your Shirt," novel quiz program—WNEW.

9:00—Telephone Hour: Marilyn Cotlow, Felix Stosko, Mary Davenport and others, Donald Voorhees conducting—WNBC.

9:00—(Tomorrow's Tops), Tommy Dix and Lois Butler, stylists; Maige Whiteman, emcee—WNAB*.

9:35—"Quiet, Please" with Ernest Chappell as "The Man Who Stole a Planet."—WICC, WOR.

9:40—"The Amazing Mr. Tutt," lawyer defends "needy burglar"—WCBS.

10:00—Contented Hour, Buddy Clark, singing emcee—WNBC.

10:30—Symphonette Mikhal Fissire conducting—WOR.

10:30—PREMIERE—Jacques Fray, "classical disc jockey"—WNBC.

10:30—"Romance," with Lee Tremayne, Linda Watkins in "Cocktail Reporter"—WCBS.

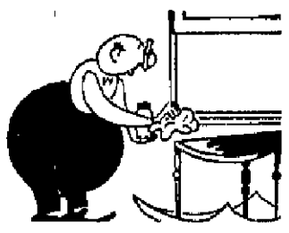
10:30—Dr. Gilbert Murray, British classical scholar and author, in address on Olympian Festival.—WNAB*.

11:00—Post-Telegram Local News Roundup—WNAB.

Fix It Yourself

By HUBBARD COBB (The Handy Man)

TIPS ON LIQUID PAINT REMOVERS



Science has made such tremendous progress in the last few years that most of us will never quite catch up and will always remain more or less confused at the whole business. This is probably the reason why a lot of people have trouble using a simple modern invention like a liquid paint and varnish remover.

These removers, as we may at may not have said before, are solvents and aside from softening up the paint or varnish, they burn easily and quickly. For this reason be sure that you use a remover only in well ventilated rooms where there is no open flame. Another point, don't breathe in the fumes of these removers. Fresh air is better for you. One of the big troubles with old fashion chemical removers was that they evaporated too quickly. Someone had the happy notion of adding wax to the remover, the idea being that the wax would float on the top and slow down the evaporation. And allow the remover to work on the paint. This character was very smart because that's exactly what happens. The only hitch is that after the paint is off some of the wax will remain, and this must be removed if the new finish is going to stick to the wood. Denatured alcohol is pretty good for removing this wax.

No matter how careful you are there is a very good chance when using a chemical remover of getting some of it on paint you don't want removed at this time. For this reason have plenty of old papers under the article you're working on to protect the floor and be very careful not to get any of the remover on nearby wood trim.

MEMORIAL TO FLIERS

BERLIN, July 25 — (AP) — A group of German girls scattered flowers today on the spot where an American plane carrying food into blockaded Berlin crashed last night in a Berlin street. By nightfall, however, neighborhood children had run off with the flowers.

TELEVISION PROGRAM

5:30—Music, news, preview, weather.
5:45—Film shorts.
7:15—"Face the Music."
7:30—News.
7:45—"Pictos, Pictos."
8:00—Sportsman's Quiz, film shorts.
8:15—Sports Album, Dennis Janes.
8:20—Baseball, Dodgers vs. Giants.
11:01—Newsreel.

WNBT—Channel 4
7:40—Musical Almanac; News.
8:00—"Dress Rehearsals."
8:30—"Americana," Ben Grauer.
9:00—Newsreel.
9:10—"Village Barn."

WABD—Channel 4
8:00—Teletunes.
8:00—Small Fry Club.
8:10—Russ Hodges Scoreboard.
8:15—Film Shorts.
7:00—Doorway to Fame.
7:30—Camera Headlines.
7:45—Film Shorts.
8:30—Swing Into Sports.
9:00—Film Shorts.
9:30—Court of Current Issues.

WNBC-TV—Channel 4
5:30—Teletunes.
6:00—Same as WABD until Sign Off.

WPIX—Channel 11
4:00—News, music.
4:45—Comics Dennis Welsh.
7:00—News, Record Rendezvous.
7:30—Talent Scouts.
7:40—Exploring The USA (Netherlands).
8:15—Dwelling Night Activities, Dave Roth.
Movie Premiere.
8:00—News.
9:05—Boxing, Queensboro Arena.

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