

"I'll go to a doctor," said Bill, "tonight. Provided you'll go with me and get a special license. Also tonight."

"A license?" she asked. "For what?"

"For to get married!" Bill told her.

"Now that's what I call sense!" burst from Pop, in the rumble seat. "She's got long hair and little feet, like you said your wife would have to have, Bill! And if I had brought my gal up I wouldn't ask no better for her than to marry Bill Stoddard!"

"Nerve!" gasped Betty.

"Didn't you tell me you'd never desert me?" demanded Bill, with indignation; and in spite of the rib he managed to raise his left arm as high as the back of the seat. "Didn't you?"

"But—I meant—"

"Miss Morgan," began Pop earnestly, "if my gal—"

"POP!" She had not yet started the car and she turned on him. "Now see here! You're an old fraud! You know your girl is right here now!"

"What? Me know—who?" he sputtered. "I don't know what you're talking about, Miss Morgan!"

"Why do you suppose I got a job up

here? I wanted to find you, after Mother died! I'm Marie Elizabeth Labarge, and you know it!"

"Well, I'll be—" began Stoddard.

"No, sir!" yelled Pop. "You ain't no relation to a miserable old critter like me!"

"So that's what made you so wild about getting me up here, Pop!" cried Bill.

"Admit it!" laughed Betty. "Come on, Pop!"

"Betty!" Pop Labarge choked. "Betty—jest like your ma at your age—knowed you the minute I set eyes on you!"

"You old darling!" exclaimed Betty, in a very gentle voice. "To get Bill—and everything!"

"I was figgering on you young'uns falling in love," admitted Pop, with a chuckle. "Knowed you would!"

"And a special license tonight!" said Big Bill firmly.

"Well—if you'll get that rib bandaged—maybe I'll—"

But Bill did not wait to hear the rest. He drew her head down upon his shoulder and, regardless of Pop Labarge, and the headlights of an oncoming car, and the laughing stars, he kissed her for the third time.

THE END.

Do You Eat a Balanced Diet?

Continued from page 63

and less active than the man and so will find 2500 calories a generous allowance in most cases. Children may require more to eat than men because of the greater activity.

Whoever the person, the maintenance of a good figure, neither fat nor thin, is the best test of the proper number of calories. The present tendency is for men and especially women under thirty to be much too thin and for those over forty to somewhat exceed the ideal figure.

How much food does it take to provide 3000 calories? That depends on the food. It would take about three-quarters of a pound of butter or olive oil and about thirty pounds of spinach. Since there is such a wide variation, a rough classification of foods will be useful. One pound of bacon or shelled nuts will give just about the 3000 calories, while butter, lard, and the vegetable oils may go up to 4000. These are by far the richest energy foods.

The second class of foods from the energy standpoint run from about 1000 up to 2000 calories to the pound according as the presence of fat runs the value up or water runs it down. In this class are the meats, different kinds of cheese, dried beans, bread, cake, cereal products in general and honey, candy and the other sweet foods. Moderately lean meats as usually eaten are in the 1000 neighborhood while dry crackers, sweet cakes and sugar are nearer 2000. Eggs are best classed here although they give only 650 calories.

Most fruits and vegetables, because of their high water content, have relatively low energy values. They are nearly all found between 200 and 500 calories to the pound. Milk with 314 calories to

the pound is included in this class also.

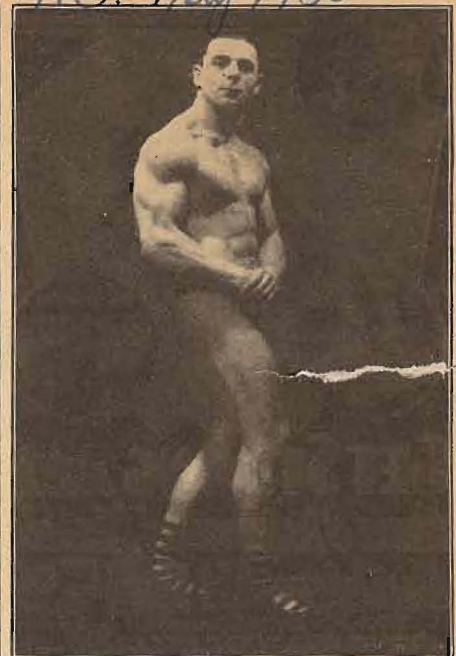
A few foods furnish about 100 calories or less. These are chiefly the leaf and fruit vegetables. Celery, cucumbers, lettuce, spinach and tomatoes illustrate the class.

This rough grouping of foods into four classes as regards their energy content is very useful because it is accurate enough for general purposes and not difficult to remember. It is the basis of diets for gaining or losing weight. It is easier to control one's weight by the proper selection of food than it is by regulating the amount eaten at a meal or by the number of meals a day. If daughter is too thin, see that she gets more butter, bread, nuts, meat, cheese or ice cream. If father is much overweight, he should leave these things to daughter and devote his energies to the lower lists or spend some time on a golf course or digging in a garden.

So much has been said about the matter of calories that we do not need to discuss them further. For those who must eat in restaurants it would be a great convenience if the menu carried the caloric value of each order. Many of the patrons would like to eat a light lunch if they knew how to choose one. And a light lunch resolves itself into a low calorie lunch. Simply that and nothing more.

Popular conversation has reached only to the calorie stage of dietetics with occasional allusions to vitamins. The all-essential protein has not come in for its share of discussion. An overindulgence in protein does not register in one's figure unless the calories are also too high and the lack of it is not as apparent as a starved look. But protein is none the less important. Muscles are protein and

P.C. May 1930



Let Siegmund Klein Give YOU a Real He-Man's Physique

A Few Simple Exercises, A Few Minutes a Day!

Study this photograph—see what training did for Klein! In this pose, note the broad shoulders and exceptionally well developed abdominal muscles, the extraordinary muscles of the arm and the shapely, well developed legs.

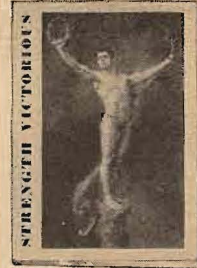
Strength Plus Symmetry

All in all there is harmony and symmetry throughout; there is absolutely no weak spot or undeveloped part of the body of this well-known athlete. This is uniform strength, a body that means health, that keeps your brain fresh and keen to solve the many problems of business. The Klein system is based on the sound principles of the ancient Greeks. This system was brought to its highest efficiency by the leading German Physical Culturists and adapted by Siegmund Klein, after years of experiments, to the needs of present day men.

The Klein home course will develop your body and keep you physically fit with a few simple exercises that require but a few minutes a day. It will give you a body that is a MAN'S body in a bathing suit as well as in a business suit. Siegmund Klein has developed many of the finest athletes and strong men. He can develop YOU! Klein method is designed both for the athlete and for the man with little or no development. By use of the "Klein-Bell", the simple laws of nature will build up the under-weight and trim down the overweight. It is not a patent apparatus; there are no springs, no pulleys, nothing to disfigure your home.

If you are in the vicinity, stop in and see my large, well-equipped sky-light studio, where such famous athletes as Otto Arco, trained and where Henry F. Steinborn is now training. I'll be glad to explain my system personally.

Write for my book "Strength Victorious", that explains my system in detail.



SIEGMUND KLEIN

717 Seventh Ave., New York City

Enclosed find 10c (stamps or coin) to cover cost of mailing me your book "STRENGTH VICTORIOUS."

Name.....
 Address.....
 City..... State.....