Calories and Contours

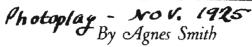


Choose the right food if you want the right figure, suggests Nita Naldi

How the Calories Add Up

A calorie is the measure of heat producing value in food. All that you do not consume in heat, energy and muscular exertion goes to produce fat. Here are some samples of how they get in their deadly work:

l egg 70 calories
yolk of egg 56 calories
1 teaspoon sugar 20 calories
1 cup of milk 170 calories
I baking powder bis-
cuit 100 calories
1 pat of butter 100 calories
1 strip of bacon 25 calories
l orange 100 calories
1 olive 20 calories
1 potato125 calories
I piece of lemon ple, 300 calories





ITA NALDI was a little put out. It's always that way with Nita's interviews. For years and years she has been in the movies and has been interviewed hundreds of times and nobody has ever asked her to talk about her Art. Nita is all chocked up with things she'd like to say about Art, and if somebody doesn't ask to interview her about Art, she'll retire from the screen.

But no, it's always the same old thing: How To Keep Thin. Or, better yet, how to be thin when you're naturally-well, not

There you are! Nita hates the subject, but it's the curse of being an authority. Nobody asks John McGraw to discuss the plans for the Metropolitan opera season and nobody asks Coolidge to talk about the newest fashions at Deauville. No, it's always baseball and politics with them just as it's always

reducing with Nita. It makes her good and mad.

Nita sat in her dressing room at the studio, all made up in an eighteenth century costume. And unless you've forgotten every single thing you ever knew about the eighteenth century, you will know that the ladies in those days wore their skirts very full. Something like the fancy dolls they give away for souvenirs in cabarets if you are a good boy or girl, and don't

Anyway, in spite of the full skirt and the hour-glass figure, Miss Naldi looked extremely slim and unusually well. You'd never think she had been reducing because she didn't have that

"size 44 skin in a size 36 face" look.

Getting right down to personal stuff, I told Miss Naldi that there was a rumor all over Broadway and in some sections of Park Avenue and the Bronx that she had reduced from 145 pounds to exactly 118 pounds in an extremely short space of time.

Miss Naldi admitted it, but looked slightly injured. "It's all

the fault of the camera," she explained; "you see, the camera bas a way of making you look twice as fat as you are. I'd like to weigh 145 pounds—that's my correct and natural weight. But when I get in front of the camera, it makes me look all out of proportion.

"The sad part of that is," she went on, "that some stars (men-tioning no names) who are all out of proportion in real life, look wonderful on the screen. It isn't fair; it's all a camera trick.

"But that's a point I want to make before I say anything about reducing. If women read that a star is five feet, five inches tall and weighs 100 pounds, they mustn't accept that as an exact standard of weight for their beight. You have to be thinner and smaller on the screen to photograph well than you should be in real life. So when you make up your mind to have a figure like any movie star, allow a few pounds leeway in weight. They say that the camera doesn't lie. Well, it may

not lie outright, but it exaggerates in lots of cases."
"But what's the secret of the diet?" I insisted, in order to take Miss Naldi's mind off philosophy. "Is it lamb chops and

pincapple?"

Miss Naldi let out a noise that was something between a hiss and a scream.

"Never, never!" she cried, "that's last year's diet. It's all out of style. It's passe. In fact, it is really bad form to order lamb chops and pineapple any more. I believe I was credited with starting it. Well, it was all right for a time and then it all

went wrong."
"How?" I asked.

"To be horribly frank, it created gas on the stomach. All those trick diets are like that. They'll kill you if you keep them up. The skim milk diet—bah! The milk and baked potato diet-awful! Women take | CONTINUED ON PAGE 130 |





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[CONTINUED FROM PACE 58]

them up because they are too lazy to use their

"Ah, ha!" I cried. "That's the secret!"

"Ah, ha!" I cried. "That's the secret!"

"Yes," said Nita, "calories. Now here's a good diet. And it's easy, too, once you get trained to it. Eat plenty of fresh, green vegetables. And plenty of salads."

"How about the dressing for salads and vegetables?"

"If you cook vegetables properly, you don't need cream or butter to make them taste right. Nor do you need rich Hollandaise and Mayonnaise. You can make a good salad dressing without olive oil. Fix it up with mustard, paprika and Worcestershire sauce. Vance Thompson gives soft mutton jelly as a substitute for olive oil. Olive oil—just one tablespoonful contains 100 calories.

"Of course, you can't get away from calories entirely. A glass of orange juice contains about 100 of the little demons. Women who are reducing ought to stay under 1,000 calories a day and women who are trying to get lat can go up

to 3,000 and over.
"Vegetables are the safest for reducing. You can eat nearly all of them and, besides, it's good for you. If you want to have a good skin, vegetables are your beauty cream. Some meat is fattening, but most fish is all right, especially fish like shad, trout, mackerel, tuna fish, sardines, lobster, oysters, clams and salmon. After all, that ought to be a wide enough selec-

tion of fish for anyone.

"Just to be on the safe side, I might as well mention the vegetables. You can eat asparagus, cabbage, tomatoes, celery, spinach, string beans, beets, peas and artichoke. I suppose, just to be contrary, after that nice list most women will insist on having corn on the

cob. But corn is taboo.
"White bread is bad, and potatoes are dreadful. And sugar in any form is just a pound a spoonful."

"How about sugar with tea or coffee?"
"Worse yet," answered Nita.
"Do you use saccharine?" I asked.
"Have some iced tea?" volunteered Nita. And she poured a large glass from a thermos

bottle.
"Is it good?" she asked.

It was, it was delicious.
"It's made without any sweetening," she explained, "but it has plenty of lemon. I really like it better without either sugar or sac charine.

"A Sa matter of fact, successful dieting means good cooking. And good cooking does not mean rich cream foods not greasy fried foods. It means plenty of variety and good taste. It doesn't mean every meal should be a Thanksgiving dinner or that you ought to sit down and eat as though you were never going to see food again.
"A light luncheon is not only good for keep-

ing thin but it's good for your general health, unless you are ill or very underweight. And eating between meals is a bad habit for any-

body.
"Too much exercise is worse than none at all, if you're trying to reduce. A little is all m, u you re trying to reduce. A little is all right, just to keep in trim, but don't overdo. Women who exercise to get thin only harden the muscles and when the fat creeps on again, they're lost. They never get it ofi."

"This is fine," I said, as I thanked Miss Naldi. "If you ever get another system, will you let me know?"

"This " research Nite." "it the feel water.

"This," answered Nita, "is the final system and the one good one. I know. I've tried them all. All you have to do is to make up your mind to choose between calories and con--and then go to it!"

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