

# 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:

1 egg.....	70 calories
yolk of egg.....	56 calories
1 teaspoon sugar.....	20 calories
1 cup of milk.....	170 calories
1 baking powder biscuit.....	100 calories
1 pat of butter.....	100 calories
1 strip of bacon.....	25 calories
1 orange.....	100 calories
1 olive.....	20 calories
1 potato.....	125 calories
1 piece of lemon pie.....	300 calories

*Photoplay - Nov. 1925*  
By Agnes Smith

**N**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 choked 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 thin.

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 get thrown out.

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 has 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 (mentioning 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 height. 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 pineapple?"

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 *passee*. 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

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