

Ask the Doctor



SUGAR FOOD VALUE

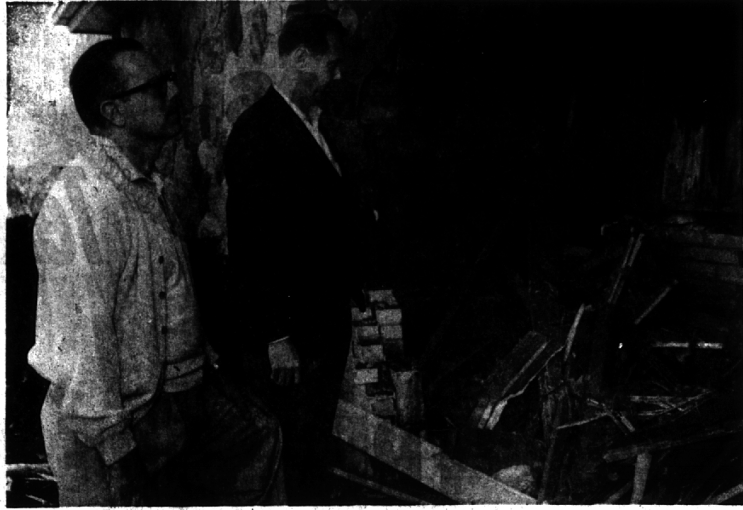
Q—What food value is there in sugar?
 A—White sugar provides only calories, which, of course, are a very important part of total nourishment. Dark brown sugars and molasses contain a number of minerals and mainly iron and calcium, and small amounts of the B vitamins.
 Sugar serves many important functions. It improves the flavor of food and beverages and permits us to enjoy many foods that otherwise would be fairly unpalatable. Sugar is also a good preservative when used in jams, jellies, and candied fruits.

DIET FOR TRACK STAR?

Q—My 15-year-old son is on his high school track team. He has some rather strange ideas about how he should eat to prepare for a track meet. Since I have to prepare his "training table," will you give me some general advice?
 A—Trainers and coaches, as well as athletes themselves, have long been interested in developing the best diet for athletes in training. A variation in diet is known to have been made for the specific purpose of bettering athletic performance as long ago as the fifth century, B.C. Ever since, the search for the "optimum" diet for athletes has continued.
 Today, dietary regimens are an accepted part of athletic training. Now and then interest may be focused on food fads or on new products designed to achieve or sustain top physical condition, but generally, the problem of feeding athletes is approached in the light of the scientific investigations that have been made of the effects of nutrition and diet on athletic performance.

PROVIDING THREE MEALS a day for athletes is probably good practice, although more frequent, lighter meals may be substituted. The last meal before a contest should be eaten well enough in advance of the event to allow sufficient digestion of the meal before any emotional or nervous reaction of the athlete to his performance sets in.
 The composition of meals should be based on the individual athlete's nutritional needs for growth and maintenance, as well as those imposed by his activity. In general, it is true that any well-balanced diet is satisfactory for athletes.

BECAUSE PROTEINS are needed for tissue repair and for tissue building, such as occurs during training when muscle mass is increased, inclusion of excess proteins in the diet in the form of meat and milk may be of value. And a diet high in carbohydrate may be beneficial to athletes participating in contests of long duration.



Bomb Rips Township Restaurant In '63

Wenzell Hartge (left) and Jack Bedell, co-owners of Bedell's Restaurant, 2395 N. Woodward, Bloomfield Township, survey the damage caused by a bomb during the early morning hours of Oct. 16. The explosion did \$8,000 damage

to the eating place, but it was open for business the next day. Police have not yet discovered a motive for the bombing.

Ford's Expansions To Benefit State

Ford Motor Company expects to add approximately 1,425,000 square feet of floor space to its network of U.S. production facilities during 1964.

In addition to the new floor space, the company also will put its new basic oxygen steel furnaces into operation and break ground for a new taconite (iron ore) plant in Minnesota.
 The company said that next year's building and expansion program would add to car-truck assembly capacity, as well as provide more facilities for needed parts and raw materials support for the growth in vehicle assembly capacity.

IN A YEAR END statement made by Henry Ford II, chairman of the board, said that Ford Motor Company planned to spend \$230 million in the U.S. during 1964 for expansion, replacement and modernization of facilities, and to increase production capacity and flexibility. The U.S. facilities spending in 1964 will be more than 50 per cent higher than in 1963 (\$150 million) and the highest since 1957.
 Upwards of \$75 million of the company's U.S. capital expenditures next year have been allocated for the state of Michigan.

SOME OF the company's 1964 expansion plans for Michigan include:

- Largest is the basic oxygen steelmaking facility scheduled for completion early in 1964. The new plant is adjacent to Ford's present open hearth facilities in the Rouge area, and will introduce the latest technology in making high quality steel for use in the company's passenger cars and trucks. The plant will be equipped with one of the largest dust collectors ever built to clean air escaping from the stacks.
- Also under way and scheduled for completion in January is a new Michigan Truck Plant. Builders are adding 125,000 square feet to the former Wayne Station Wagon Plant, unused for production work since 1959, and converting the facility for the production of trucks. The new plant will employ approximately 750 people.

• A NEW AUTOMOTIVE performance and reliability testing laboratory at the Dearborn Engi-

neering Center will be completed in May. This new 104,000-square-foot laboratory will be equipped with a variety of instruments for testing more than 15,000 parts that make up a modern automobile.

• A 39,700 square-foot addition to Ford's Automotive Assembly Division office building will be completed in April, and this month a 44,000-square-foot addition to its Dearborn Assembly Plant will be finished. The plant addition will permit revision of assembly lines.

• Additions of 54,000 square feet to Ford's Rawsonville, Mich., plant and 77,000 square feet to its Ypsilanti plant will be completed in Jan. in both manufacturing plants, the areas will be used for warehousing and to increase manufacturing space.

• A 91,800-square-foot warehousing addition to the Monroe Plant will be completed this month. A new major press line was installed at Monroe this year and another will be added in 1964.

Outside Michigan, Ford in 1964 will complete additions of 34,000 square feet to its Chicago Assembly Plant, 57,600 square feet to its Atlanta Assembly Plant, 235,600 square feet to its Kansas City Assembly Plant, 202,100 square feet to its Norfolk Assembly Plant, 24,000 square feet to its Sharonville, Ohio, Transmission Plant, 192,000 square feet to its Buffalo Stamping Plant, and 65,000 square feet to its Nashville Glass Plant.

In the spring, Ford and Oglebay-Norton Company plan to break ground for a taconite pelletizing plant near Evelet, Minn. A major portion of the pellet production concentration of low-grade iron

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Get Set To Hoot!

A hootenanny, open to both teen-agers and adults, will begin at 7:30 p.m. Saturday at the Birmingham YMCA, on W. Lincoln at Grant.
 No admission will be charged and anyone can sing, says Skip Arthur, chairman of the affair. The hootenannies were held regularly during the summer, but attendance dwindled when school started.

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Winner in Kirkwood

Mr. and Mrs. Lynn Halstead of 5519 Kingsmill Drive captured first prize of a combination polisher-scrubber-ring cleaner in Kirkwood's first annual outdoor Christmas decoration contest. In second and third places were the Edward Russells of 5758 Raven Road and the Ed Mielocks of 4739 Quarton Road. The Russells won a portable

transistor radio and the Mielocks a cordless seven-brush electric toothbrush. Thompson-Brown Co., developers of the subdivision, sponsored the contest. A preliminary screening of the approximately 100 homes was made Dec. 16 with a final selection by three judges on Dec. 17.

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