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 maximum amount of minerals and mostly iron and calcium, and small amount of vitamin A.

Sugar serves many important functions. It improves the flavor of foods and beverages and permits us to enjoy many foods that otherwise would be fairly inedible. Sugar is also a good preservative when used in jams, jellies, and candied fruits.

DESK FOR TRACK STAR?
Q. My 17-year-old son is on his high school track team. He has been given an average raise in his per-mile performance. A training desk may be felt for him. Is there any other special 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 as the fifth century B.C. Ever since, the search for the "optimum" diet for athletic performance has continued.

Today, dietary regimens are an accepted part of athletic training. New food interest may be focused on the use or on new foods designed to achieve or sustain the physical condition. But presently, the problem of finding a diet that fosters athletic performance is less complex than it was a few years ago. Nutrition experts have concluded that the "optimum" diet for athletes is a balanced diet of carbohydrates, proteins, and fats. A diet rich in vitamins and minerals is also necessary for good health.

PROVIDING THREE MEALS A DAY FOR AN athlete is absolutely necessary, although more frequent, smaller meals may be satisfactory. The last meal before a contest should be eaten well in advance of the event to allow sufficient digestion of the food before any emotional or physical exertion of the athlete to the performance area.

Because of the growth and development of athletes, their metabolism is faster than that of adults. Therefore, their diet should be high in protein to meet their daily protein needs. The protein content of the diet is important for athletes, as well as those imposed by their activity. In general, it is true that a well-balanced diet is satisfactory for athletes.

Because proteins are needed for tissue repair and for muscle building, athletes should be encouraged to eat enough high-quality proteins. When muscle mass is increased, inclusion of excess proteins in the diet is necessary to maintain the required muscle mass and strength. Athletes should eat a high-protein diet, and the diet should be rich in carbohydrates, which may be beneficial to athletes participating in events of long duration.

Bomb Rips Township Restaurant In '63

Wynn Ellis (left) and Jack Bollman, operators of the township's new restaurant, recently opened by a bomb during the early morning hours of Oct. 16. The explosion did $5,000 damage.

Ford's Expansions To Benefit State

Ford Motor Company expects to add approximately 1,500,000 square feet of floor space to its network of U.S. production facilities during the next five years. The additions will increase the company's annual production capacity by 1.5 million vehicles.

In addition to the new four-mover, the company also will put in new basic piano steel furnaces. To increase productivity, new tanks for new basic steel and parts will be installed. The company's annual production capacity will be increased from 1.5 million vehicles to 1.8 million vehicles by the end of 1964. The company will invest $250 million in new equipment.

The new plant, which will be completed in May, will be the largest in the United States. The new plant is expected to start production in the second quarter of 1964. The company plans to build a new steel plant, which will be completed in 1965. The new plant will be the largest in the United States.

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