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HEDY'S CORNER

The first instalment from my mother's cookbook "How to Gain Weight" seems to have set up the natural reaction: "I'd rather Hedy had written about reducing". And so be it. Let's start at the deep end:—

CALORIES COUNT

Foods	Amnt.	Cal.	Foods	Amnt.	Cal.
Parsley	—	0	Cabbage	4oz.	20
Radishes	2oz.	2	Brussels Sprouts	4oz.	20
Mushrooms	2oz.	2	Cauliflower	4oz.	20
Celery	2oz.	2	Spinach	4oz.	20
Endive	2oz.	5	Tomatoes, fresh	4oz.	20
Peppers	1oz.	10	Beans Butter, boiled	1oz.	25
Marrow	4oz.	10	Onions	4oz.	25
Cucumbers	2oz.	10	Peas, tinned	4oz.	25
Lettuce	2oz.	10	Tomato Juice	4oz.	25
Asparagus	6stks	10	Parsnips	4oz.	35
Broad Beans	1oz.	15	Turnips	4oz.	40
French/Runner Beans	4oz.	15	Beans, harricot dried	1oz.	70
Beetroot	2oz.	15	Peas, fresh	4oz.	75
Broccoli	4oz.	15	Peas dried	1oz.	85
Carrots	2oz.	15	Potatoes, boiled	4oz.	95
Leeks	4oz.	15	Beans, baked	4oz.	100
			Potatoes fried	4oz.	270

Apples, fresh	4oz.	40	Grapefruit	4oz.	25
Apricots fresh	4oz.	30	Grapes	4oz.	60
Blackberries, fresh	2oz.	15	Lemons	3oz.	30
Cherries, fresh	4oz.	45	Loganberries, fresh	4oz.	20
Gooseberries, fresh	4oz.	40	Oranges	6oz.	40
Pears, fresh	6oz.	50	Peaches, fresh	4oz.	30
Pineapple, fresh	6oz.	65	Plums, fresh	4oz.	30
Raspberries, fresh	4oz.	25	Rhubarb	4oz.	5
Strawberries, fresh	4oz.	30	Tangerines	2sm.	40
Bananas	4oz.	50			

All other fruit (tinned) and all dried fruit are high in calories.

Milk skim	1cup	70	Cream light	1oz.	55
Milk fresh	1cup	135	Cream, heavy	1oz.	100
Margarine	¼oz.	55	Butter	¼oz.	65
Cottage Cheese	1oz.	50	Chocolate, dark/milk	1oz.	150

Oils Salad	¼oz.	60	Beers:		
Ice Cream, vanilla	2oz.	115	Mild	½pt.	130
Coffee, black	—	0	Stout	½pt.	150
Coffee, milk, sugar	1cup	30	Strong	½pt.	210
Fruit Juices, diluted	1gl	100	Artificial Soft Drinks	1gl	100
Malted Drinks	1cup	205	Tea, milk, sugar	1cup	75
Port Wine	2oz.	90	Table Wine, dry	4oz.	70
Sherry	2oz.	90	Table Wine, sweet	4oz.	90

Lean meat, fish, eggs, cheese and poultry are rich in protein. Although high in calories they are less prone to cause excess weight.

All sugars, chocolates, cocoa, cereals and foods made from flour are dangerously high in calories except "Energen' Rolls" (one roll 18 cal.). Nuts are also high in calories.

This calories counting can get you down. Your doctor's suggestions will fit you yourself, but it takes will-power to stick to the routine. The weight watchers' club will probably suit you best. Regular meetings are held, you feel supervised and gain stickability through having company in your uphill fight.

An approximate guide line is from about 800 to 1000 calories daily.

SWISS KNOW-HOW IN THAILAND

Inventa Co. Ltd. (Zurich, Switzerland), a company belonging to the Ems Works group, is to deliver a complete plant for the production of polyester to the Thailand Oriental Fiber Co. Ltd. (Bangkok). The new plant will be set up in Bangkok and will have an annual capacity of output of 2,500 tons of continuous polyester yarn. According to the terms of the contract, Inventa will supply the manufacturing process and technique; the Swiss firm will also provide the necessary engineers and be responsible for the supervision of the mounting and starting up of the plant, as well as the training of the personnel. Production is expected to start at the beginning of 1976. (SODT).



Beachwalk Restaurant

Proprietress: Mrs M. Stuckert

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