## There Is No Magic To Reducing

THE FAT BOY'S DIET:

## Watch Calories, Is Elmer's Advice

Warns Against Overeating Even If Content Is Low

By ELMER WHEELER

pound. It got to be a game—one of the most satisfying games ever played.

at was a scientific approach that was doing it. I repeat, before dieting always see your docdiets for me.

stepped the starch. I short-cir cuited the sugar. I ate wisely. I ate easily. I ate

HERE IS AN example of my homemade, self-prescribed diet, the reason fatties so often say, "I eat like a bird, yet look at

This is a fine example of how to eat light and stay heavy by concentrating on high-calorie



foods that put on weight as they keep you hungry. THIS WON'T reduce you:

Breakfast: Double orange juice calories 3 slices of any bread

Coffee, cream and sugar 100 Dab of jelly

Sandwich, most Ice cream, chocolate

Afternoon snack: Twenty peanuts Soft drink Coffee, sugar, cream

Two more for gravy Some Brazil nuts (50 Two after dinner

DEPENDING on how often be Fatty-operating under his home-

Cigars or cigarets

Forty-nine hundred calories! Look at the Fat Boy's Slide

Rule! That's enough for "Ath-

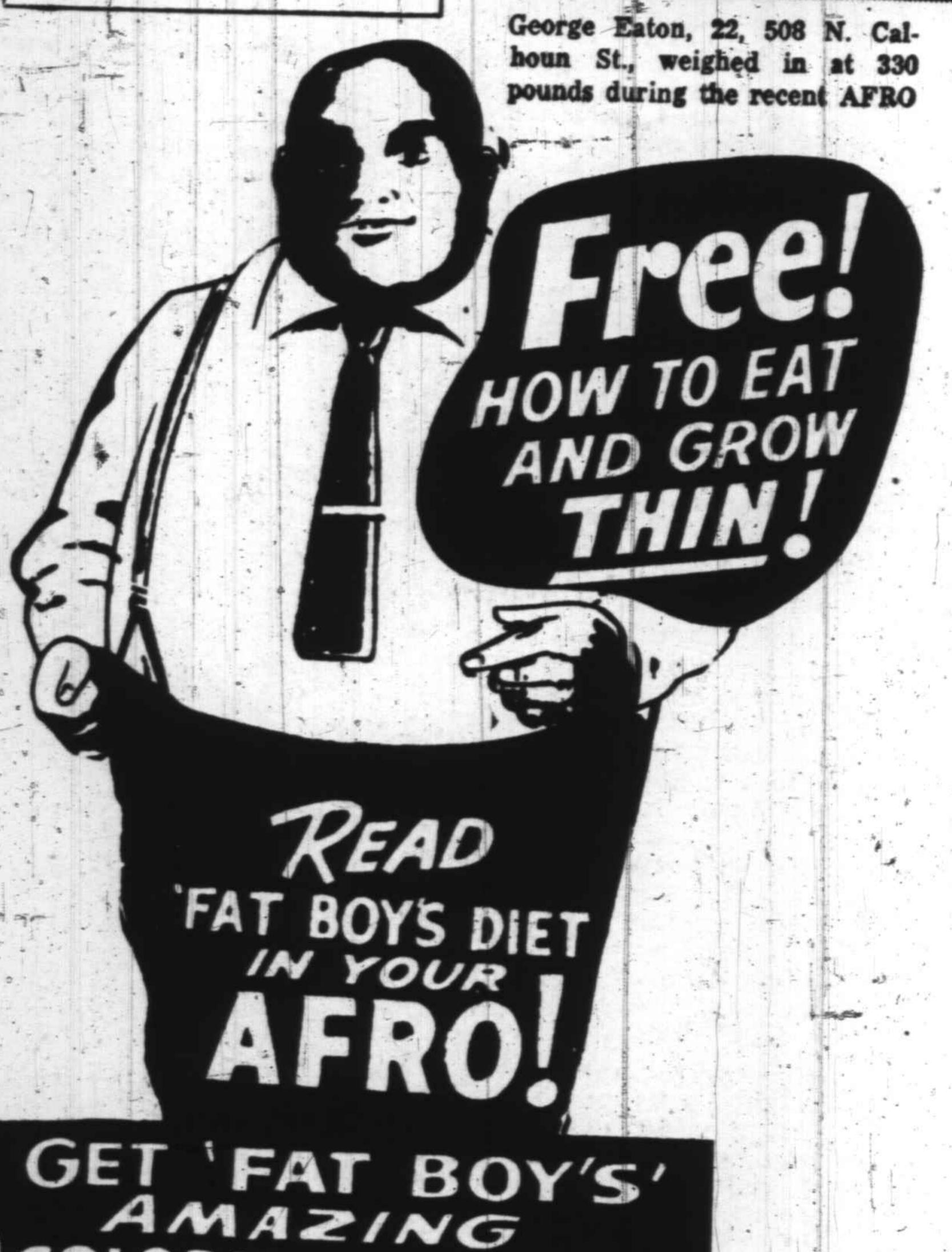
Hyperthyroid Gos-

Why, that's enough for a family! On his so-called "diet" he has consumed twice or three times what a normal man should have! No wonder he tells his doc, like I did, "I eat like a bird, and look A buzzard!

Condensed from "The Fat Boy's Book" by Elmer Wheeler. Pub. Prentice-Hall. Copr. General Features Corp. (Next time: A diet that WILL

## Content Fish 150 Fruit 100

. . . . . . . . . . . 400



more. According to the weight for-age charts he is 180 pounds A breakdown his daily food intake shows the he favors food with high calorie content. There are 675 calories

in his breakfast; 625 in his

His Daily Intake Totals 4, 090 Calories

lunch; 1,800 in his dinner, and 1,000 in his between meal snacks. His total daily intake is 4,090 calories. A regular read er of the AFRO who favors news, works as a dry cleaner.

## leaner

At 22, George Eaton, a Balti more dry cleaner weighing 330 two men.

Normal weight for a man feet, 9 inches tall at 22 years age is 150 pounds.

cause the foods he eats are high in calorie content.

eating two doughnuts, he had scribed diet and was losing weight calories each. Cream and sugar his coffee gave him 275 more cal-

His two sandwiches and a soft drink for lunch, gave him 625 more calories. When he took other soft drink and ate a pint ice cream between meals he added another 300 calories.

A couple of drinks at the bar on the way home sent his calorie intake up another 400 points

potatoes, two vegetables and five or six slices of bread made Mr. Eaton's calorie intake for dinner alone total 1,800 units.

With a "special weakness" for milk, he added 300 calories before

As he remembers it, he first showed excess weight in high At one time he was on a pre-

but couldn't keep up, he says, beof gnawing hunger Sold on Elmer Wheeler's Diet. being serialized in the AFRO, Mr. Eaton declares that with the calorie chart available free to all readers he is now selecting foods

ing as much as he pleases. You, too, can eat and laugh away the pounds if you follow Mr

with low calorie content and eat-

"Bring The Girl Up Right"

Washington's busiest woman, who will be 89 next month and who started her career by running away from home to work-

Meet one of the Nation's Most Distinguished Women Still Active

By JOHN JASPER "Bring the girl up right" was Grandpa Church's order to his son when the old man saw the child for the first time.

Grandpa was accustomed to giving orders because he owned fleet of steamboats with theihome port at Memphis.

That grandpa was white made no difference in those days. Southern families were well mixed Son Church was purchasing agent for his dad and Mary Church Men's Course

There she found a two - year course for "ladies" and a four-"gentlemen. Mary Church took, the gentle-

Oberlin, founded in 1833, was the first college to admit women. Mary Church was in Oberlin's 51st graduating class and earned her AB degree in 1834 and her master's degree in 1889. Later her school called her back to honor her as one of its 100 most illustrious graduates.

In those days Father Church thought his daughter ought not work. So while some girls run away to marry, Mary Church ran away to Wilberforce and became a school teacher.

Promptly she got a letter from her father disinheriting her com-

He stayed angry for a year, then they flew into each other's arms. 4 became complete when Father Church took Mary to Europe for three years where she studied in France, Italy and Switzerland. Later her mother and her older brother Thomas joined them Tom Church learned his law in the office of the celebrated orator and atheist Robert S. Ingersoll. His son, Thomas Jr., practices law today in Washington

Mary Church came East with two other Oberlin graduates, Ida Gibbs and Anna J. Cooper, at a time when Washington schools ur der Dr. John Francis were looking for college graduates as teachers Miss Church was assigned as assistant to Robert H. Terrell, teacher of Latin at M Street and an honor graduate of Harvard. She Married The Boss

She married him and he rose rapidly to principal, civil magistrate, and judge of the municipal The two brilliant college young

people made friends, and their home was the meeting place of the younger set. Mary Church, now Mary Terrell had much to do besides raise two children, Mrs. Phyllis T. Langstor of D.C. and Mrs. Mary Beaudreau

of Los Angeles. She was an ardent worker for women's suffrage and the leaders saw to it that she was the first colored woman appointed to the City Board of Education.

This was 57 years ago. She served 11 years. She is one of the founders of the National Association of Colored Women and its first president She is proud of the constitutional limit of two presidential terms she inserted in its Constitution

89 In September September 23, Mrs. Mary Terrell celebrates her 89th birthday. "How many organizations nearly 60 years old can say their firs'

White-haired and fragile, Mrs Terrell's vigorous voice and actions belie her years. She is cordial and friendly visitors, with a ready good humor

room apartment on the ground floor of the house her family merly occupied in its entirety ?

Starts At 8 A.M. Her day normally starts at about a.m. when she awakens and, as likely as not, pecks out a letter two on her typewriter, "because I Aug. 5, 1952

property originally owned by Frederick Douglass who urged them to

day to get around to it." at the American Veter Then she prepares her ow ans Committee clubhouse which breakfast - always the same: an far from her home. egg, usually soft-boiled, postum Her afternoons are spent on er whole wheat toast, and always gagements — business or person -1 - or in working at sorting By then her telephone has pro the stacks of letters, manuscrir ably started ringing with calland papers which she has promthat range from personal friends

ised to leave to a library (she through business affairs, to ir won't tell which one). quiries from newspaper writers She may spend the evening and other persons with questions reading - but she is just as likely about her current preoccupationturn up in the audience pus, or at a banquet or other func-

tion in the capital. Usually Mrs. Terrell spends " Washington dailies, and "of course For luncheon she'll take some-

summer months at her home Highland Beach, where she swims

usually she dines out

become his neighbors. Hasn't Missed Anythin In more than a half century Washington she has not missed orange juice" because she dines

Three times she has been sent Europe to represent national women's organizations and on one occasion gave her speech in German and French because some foreign delegates complained they

Relaxing And Reading

She is a charter member of the worked with the YW and

A Colored Woman in a White World" in 1941, with a preface by an 1946 she was honored at the

50th jubilee celebration of Nation-Association of Colored Women tor of Letters. In 1948 she received Doctor of Humane Letters degree

was a friend of Mrs. Terrell and



Out To A Social Function

from Oberlin College and from

Mrs. Terrell's celebrated tilt with the Washington branch of the American Association of Universi ty Women started in October, 1946 when she sought to renew b membership with the branch and was turned down because of her

The District Court and the Appellate Court in D.C. upheld " Washington Branch of AAUW iits action, but this jim-crow vic tory was short-lived. Delegates the national convention of AAUW in Seattle in June, 1949, voted admit all qualified women, gardless of race, into the associa-

With the "re-discovery" of the statutes of 1872 and 1873 barring racial discrimination itaurants, a Coordinating Commit laws was organized.

Chairman Terrell Mrs. Terrell became chairman of this committee, and also became one of the chief complain witnesses in the original test case prought in D.C.'s municipal court favorable decision in the munici pal court of appeals and which now awaiting a decision in the U. court of appeals.

But the Coordinating Committee and Mrs. Terrell have not sat idlby and waited for the court's de-

Instead they have carried on an active campaign of picketing and negotiation to get owners of individual restaurants to open them to all races.

Mrs. Terrell has marched in the ences with restaurant owners managers, and addressed scores of meetings in this endeavor.

if Mary Terrell she likes Mary Church Terrell) wanted to live for memories alone, she could. She has had many, and the most dis tinguished Americans and foreign ers have been proud to call her

41. G. Wells wrote an introduction for her book, Carrie Chapman Catt was her guide in suffrage A, Frederick Douglass was her

ter of Frederick Douglass, who "I'd rather keep going than sit around thinking of the past," she

I do not move as fast as I used to but if I get there it's all that



These youngsters shown with Mrs Mary Church Terrell at Highland Beach are, from left: Mary Lou Delaney, daughter of Dr.

On The Pickett Line

know I'll be too busy later in the

Delaney of Newark N.J.; Nettie Douglass, grandof Booker T. Washing

her husband; and Kellean Under

ton and great-great granddaugh-AFRO MAGAZINE SECTION