

The advice to "fuel up" for the job, Dr. Heiser points out, also means women must forget "foolish ideas of slenderizing and dieting."

A slightly overweight woman is a better worker than one slightly underweight, he insists.

It doesn't matter so much what you eat at a meal, he explained, as long as these five essentials are in the daily fare:

Whole-wheat or enriched bread.

Eggs or meat.

Milk.

Yellow and leafy vegetables.

Citrus fruit.

NO NEED OF COFFEE.

Stick to this daily line-up of food, he said, and forget about the half-pound sugar ration a week, for sweets will not be craved. Common colds, one of the major bugaboos of keeping workers on the job, will be reduced. Although there is no objection to coffee, one gets along very nicely without this stimulant, he says—he doesn't drink coffee.

Reversing the meals of the day would be an excellent idea, Dr. Heiser advocates—eat what you like for dinner at breakfast, follow up with a reasonable luncheon and a light evening breakfast. Roast beef, salad, soup, vegetables, dessert—that's just the trick for breakfast if that's your dinner preference, then toast, cereal, orange juice and so on for dinner—just so you keep to the five essentials.

"A half grapefruit and a glass of milk," he told the waitress at breakfast this morning at the Union Sta-

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