

Off the Editor's Chest

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New York 20), and the Continental Oil Company (Continental Oil Bldg., Denver, Colorado). The *Touraide* maps put out by the latter are especially interesting in that they give brief descriptions and pictures of the points of interest in the various sections of the country. The Automobile Association of America (National Headquarters, Penn. Ave. at 17th St., Washington 6, D. C.) also gets out a series of Tour Books for various sections which are available from local AAA clubs at \$2 each. It should be noted that these maps are of pre-war origin and there may in some cases be important changes in routes since they were prepared. For Eastern travelers, Esso Road News (Room 601, 21 West St., New York 6) will resume publication this summer of information about detours on specific routes and supply notes on points of interest. Esso Touring Service (30 Rockefeller Plaza, New York 20) is prepared to make individual routings and supply maps to any point in the United States or Canada.

After the general line of direction of the trip has been laid out, decide whether to stop at hotels, tourist camps, or tourist homes. For a guide to hotels and some tourist homes, consult *Lodging for a Night* (\$1.50, from Duncan Hines, P. O. Box 548, Bowling Green, Kentucky). Free directories of motor courts are put out by United Motor Courts, Inc., (2728 Neptune Road, Houston, Texas) and Shell Touring Service (50 W. 50 St., New York 20). The AAA also puts out a Directory of Motor Courts and Cottages. Keeping in mind the fact that all signs point to the fact that nearly every family whose car still runs with reasonable reliability will take a vacation trip this summer, it will be well to schedule stops on long journeys as far in advance as possible and make reservations, whether you plan to stay overnight in a hotel or in a motor court. Those who do not like to take potluck with restaurants will find *Adventures in Good Eating* (\$1.50, also from Duncan Hines) helpful in locating

the more desirable places to eat, although those whose taste runs to hearty fare will find Mr. Hines' taste a bit on the chicken and waffles and super-desserts side.

Information about accommodations and facilities in the National Parks may be obtained from National Park Service, Department of the Interior, Washington, D. C. Have the family car thoroughly checked by a competent service station or garageman before starting out.

At best you must expect to spend a lot more for accommodations and food this year than in pre-war days; perhaps some can properly be charged off the family budget as necessary health insurance. The experts say that rest alone is not usually sufficient to overcome long-continued strain and fatigue. Often a complete change of scenery, new activity, and new environment are required. California, Arizona, New Mexico, Michigan, Wisconsin, New England, here we come!

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† indicates that listings of names or brands	
are included.	

Rati

THIS section aims to give a digest of opinion from a wide picture reviews, including the press, leading newspapers and different periodicals in all. The ratings which follow thus do judgment of a single person, but analysis of critics' reviews.

The sources of the reviews are:

Box Office, Chicago Daily Tribune, The Christian (N.Y.), The Exhibitor, Harrison's Reports, The Herald, National Legion of Decency List, The Tribune, New York Times, Parents' Magazine, View Committee, Successful Farming, Time, Variety, Opinions of Current Motion Pictures, which include Federation of Women's Clubs, the American Film Music Council, and others

The figures preceding the title indicate the number of critics who rate the film A (recommended) and C (not recommended).

Audience suitability is indicated by "A" for adults, "Y" for young people (12 and under), and "C" for children, at the end of each line.

Descriptive abbreviations are:

adt—adventure	hist—historical
biog—biography	mel—melodrama
c—in color (Technicolor, Cine-color, or Magnacolor)	mus—musical
car—cartoon	mys—mystery
com—comedy	rom—romance
cri—crime and capture of criminals	soc—social
doc—documentary	trav—travel
dr—drama	war—war
fan—fantasy	in w—in western

A	B	C	
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—	3	1	Bandits of the Badlands
—	1	3	Barge-Keeper's Daughter
1	5	1	Battle for Music
—	7	7	Because of Him
—	2	3	Behind City Lights
—	4	5	Behind Green Lights
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—	3	3	Black Market Babies
—	1	4	Blazing the Western Trail
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—	1	3	Blonde Alibi
1	6	1	Blue Dahlia, The
—	1	6	Border Badmen
—	3	2	Both Barrels Blazing
—	10	2	Breakfast in Hollywood
—	2	3	Bride Wore Boots, The
4	2	—	Burma Victory
—	3	—	California Gold Rush
—	7	9	Captain Kidd
—	2	5	Captain Tugboat Annie
—	1	4	Castle of Crimes
—	1	8	Catman of Paris, The
—	1	8	Cinderella Jones
—	1	7	Close Call for Boston Black

The Consumers' Observation Post

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was finally disposed of by the discovery that bran was too rough for the human digestive tract and that an organic phosphorus compound, known as phytin, in whole wheat bread combined with the calcium and iron of the food eaten with the bread to form insoluble, and hence unavailable, calcium and iron phytates during the digestive process. All in all, the people who just didn't take to whole wheat bread and refused to eat it regardless of its much touted virtues were the ones who were right, not those who assured one and all of the exceptional merits of the whole grain products.

* * *

DERMATITIS OF THE FEET is not always what the layman calls "athlete's foot." Studies by two physicians and their colleagues reported in the Journal of the American Medical Association, February 2, 1946, indicated that out of 400 dermatologic patients 40 percent showed sensitization or irritation from the assortment of tinctures, lotions, salves, and powders used for treatment of "athlete's foot." Some 35 percent reacted unfavorably to one of the organic mercurials commonly used in such preparations. Other substances in medicaments causing difficulty were merthiolate, phenol (carbolic acid), and benzocaine. The researchers found that the average number of preparations that had been used by a patient was four, but in cases where the dermatitis was recurrent or of long duration, the number might run from ten to twenty, or even more. The conclusion to be drawn seems to be to let your feet alone, or consult a dermatologist.

"An affirmation of what a lot of hearty eaters and common-sense men and women have believed and practiced through the centuries"

"Meat three times a day? Well, why not? Here, with a rich marshaling of material, is the gist of the case for the world's meat eaters. . . . Here's to Schlink and Phillips, the bringers of light, and to a thick, juicy steak under every broiler."

—Stanley Walker
N. Y. Herald Tribune

"There is a book publisher in New York named Richard R. Smith who has sent me, an involuntary vegetarian, a tome with a magnificent full-color picture of a beefsteak on the front entitled 'Meat Three Times a Day'."

Mr. Smith, are you crazy? Why didn't you send me a piece of meat?

This is a fine time to be torturing people with books about what elegant stuff meat is, how it keeps you from catching colds, and makes your wife work harder. In my house, the only meat is phony, made of soybeans."

—Frederick C. Othman
N. Y. World Telegram

"A lot of thought, for example, went into the writing of Meat Three Times a Day, and a lot of additional controversy has come out of it. Vegetarians bristled at its title and criticized its claims, chief among which was that the United States wants and needs more chops and steaks, more liver and game and lean pork."

—The Philadelphia Inquirer

Meat Three Times A Day

by
F. J. Schlink and M. C. Phillips

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Next Page.**

"The old menus they have resurrected are something to make a mouth water and to sigh for a return of the days when one might follow a venison steak with a dozen stewed oysters, in the best hotel in town, for a total cost of 75 cents." — N. Y. Sun