Nutrition Courses Interest 10,000 Bell Telephone Women

Photo courtesy Bell Telephone Quarterly.

Telephone operators' sitting room showing Christmas tree with presents for underprivileged children.

Nutrition courses for women employees of the associated Bell System telephone companies have totaled about 1,000 classes with an enrollment of over 10,000 students, according to R. A. Steelman in the Bell Telephone Quarterly. This is an optional course coming in the category of special activities in dining rooms of the telephone companies where the students carry out the various details of dining service by planning menus, purchase, preparation and service of food.

Classes Prepare Meals

Kitchen facilities in telephone buildings are used by the students, the dining service employees of the companies cooperating in the work and assisting the instructors in practical features of the course. At the termination of each course the nutrition classes prepare and serve meals in a telephone company dining room to the students, instructors and various other employee guests.

All of the varied details of the dining service job, the planning of layouts, buying of equipment, hiring of employees, planning of menus, purchase, preparation and service of food, plus other necessary tasks represent an extensive enterprise comparable with the operation of a large chain of cafeterias in all its many phases. The whole project is a fundamental working plan that takes its place with numerous other activities of importance in the proper functioning of the Bell System as a whole.

Sitting Rooms Provided

The facilities provided for the female operating personnel do not stop with the furnishing of dining rooms. About the time the latter were installed, sitting rooms were provided for the operators to use during the remainder of their meal periods after they had eaten, while on their fifteen minute morning and afternoon relief, and at such other times as they are in the building and off duty. These rooms are provided in all but the very small offices. A visit to one of the large sitting rooms usually shows some of the employees reading, knitting or in small groups "just chatting." Others are seen playing bridge, listening to the radio or telephoning.

Birds in Travel

Different species of birds have their own characteristics of travel when migrating, says F. L. DuMond in the Detroit Free Press. Some keep to themselves such as nighthawks, swifts, crossbills, waxwings, crows, bobolinks and kingbirds; others congregate with other species in close formation, as shorebirds, blackbirds, warwings, longspurs and snow buntings. Others travel loosely, as turkey vultures, bluejays, warblers and bluebirds. Still others go alone, as the greathorned, owl, winter wren, shrike and kindfisher, flocking only for abundant food.

Criminal Law of England

The criminal law of England, unlike that of the United States, does not permit a prosecutor to prejudice a jury with a record of the past convictions of the man on trial, except under unusual circumstances such as when there are previous convictions for the same offense and when the accused himself raises the issue of his good character.—Collier's Weekly.

Arizona's Temperature

Arizona has a wide range of temperature owing to differences in altitude between the northern and southern portions of the state. The mean temperature is 45 degrees in the north and 69 degrees in the south. The sandy plains of the southwest attain a temperature of 120 degrees and heavy snows occur in the mountains of the north.

Tinfoil Long Used

It is not known definitely when tinfoil was first made. The word tinfoil—meaning tin in thin sheets—appeared in the English language as early as 1467, and was subsequently used in the sense of backing for mirrors. In 1676 tinfoil is mentioned as a wrapping for medicines. At that time it was an alloy of tin and lead.

Measuring Intelligence

Prof. Louis L. Thurstone of the Psychology Department of the University of Chicago gives seven abilities that must be considered in weighing mental endowment: Number factor, word fluency, visualizing, memory, perceptual speed, induction and verbal reasoning.

Robinson Crusoe Memorial

Alexander Selkirk, the original Robinson Crusoe, has a permanent memorial. The government of Chile made an island in the Juan Fernandez group where the Scotch sea captain was marooned for four years, into a national park.

Charcoal for Hens

Charcoal has long been a stock recommendation as a part of the poultry ration, but apparently has lost much of its popularity, says a writer in the Rural New-Yorker. The reason usually given for its use has been that it is an "absorbent" and purifier, but what it absorbs, other than water, and what it purifies and how it does, remains unexplained. Charcoal tablets for human consumption have also been advocated.

Color Guide to Laying

In yellow-skinned breeds of hens the amount of yellow color in the eyelids, earlobes, vent, beak, legs, and toes serves as a good indicator of the number of eggs a bird has laid in the past. The time required for the yellow color to bleach out will vary with certain feed and management practices. A ration containing a large amount of yellow corn or other yellow pigment-forming feeds tends to retard the bleaching process.

Kola Trees Imported

Kola nuts, containing caffeine, largely used as a stimulant in tropical Africa, comes from a tree which has been introduced into the New World.

Greedy for Money

Jud Tunkins says counterfeiting would be less profitable if it weren't for folks so greedy for money that they grab it without looking twice.

That's Too Long

On Ibza, one of the small Spanish Baleric islands, a youth has six minutes in public to impress the girl he is courting.

High Falls in Yosemite

Yosemite National Park has eight waterfalls more than 300 feet, the greatest being Ribbon Falls, 1,612 feet high.

LABOR DEMANDS

a hundred thousand trucking companies to deal with. Many so-called "companies" are merely one man with a truck, but under the law, one truck doing business between two states has the same standing as a company with the I. C. C. as the Northern Pacific Railroad. By that same token that same truck and driver has to be just as meticulous with respect to its reports to the I. C. C. as the Northern Pacific or any other road. Neither the truckers, the I. C. C., nor most of the lawyers of the country quite understood what was happening when congress placed the trucking business in the I. C. C.'s lap.

Every trucker doing interstate business must have a permit. Those who were in business before the motor carrier law passed could continue trucking for four months, but then had to secure a permit and justify its existence. New ventures must come to the I. C. C. and prove the trucking business they propose to do is a necessary aid to the transportation business of the community.

Each truck company must submit its rates on paper. The other day I went down to the I. C. C. to find out something about rates, and the man in charge of truck rates nearly fainted when I asked to see the papers. When he recovered he showed me a room about the size of a larger city moving picture theater. There, stacked from floor to ceiling, with narrow pathways between the piles, were the letters and papers which had been submitted on rates by the various truck drivers of the entire forty-eight states in the Union. It will be months before they can even classify those tons and tons of rate sheets.

KNOTTY PROBLEM.

There has been a great to-do from time to time about changing the Constitution. Now comes a knotty problem in Washington as to where the Constitution will finally rest. The sacred old document now is placed in the Library of Congress, along with the Declaration of Independence where they attract literally millions of visitors annually. But there has just been completed a wonderful shrine known as the Hall of Archives, in which the government's records are to be kept—and the architect and all government officials (except one or two) opined that naturally the Declaration and the Constitution would be archives numbers one and two respectively. Therefore the Archives hall has for its central shrine a domed chamber as great as St. Peter's cathedral specially designed and lighted to retain these two great documents.

But the Library of Congress, now containing these papers, is the ward of congress, which may not want to let the Constitution get away from it. Many a time the congress has forgotten all about the contents of the Constitution until rapped over the knuckles by the supreme court; but as to the personal care of the old document, along with the Declaration—congress is likely to want to know whether or not the public wants the change to be made. In fact the government as a whole seems to be waiting for public sentiment to crystallize on this matter.

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