

# Woman's Realm / Social and Personal / Fashions / Literature

## That Body Of Yours

By James W. Barton, M. D.  
**MEAT (PROTEIN) FOR BRIEF FAST PREVENTS FATIGUE**

In a large airplane factory during World War II it was found that many of the employees had to have some food between 10 and 11 A. M. or they were unable to do a full morning's work until noon. It was found in practically every case of collapse or weakness that the employee had eaten only a light breakfast and little or no animal protein—meat, eggs, or fish. Where meat, eggs or fish were added to the breakfast, the employee was able to continue work until noon.

While many may smile at the idea of eating meat for breakfast, a careful 10-year study of 36 persons ranging in age from 4 to 82 years has proved that protein for breakfast gives and maintains health and strength. This study, made by Dr. H. V. Soper, is recorded in "Arizona Medicine," Phoenix.

In those not eating meat or other proteins for breakfast, there was loss of appetite, a need for 8 to 12 hours of sleep, a drowsiness from arising until coffee or a cold shower had been taken. They hurried to work and felt well until 9.30 or 10 o'clock when a liddown occurred and a snack was needed. Lunch eaten in a hurry maintained strength until 2 P. M. when again a liddown occurred.

Dr. Soper insists on a large protein serving for breakfast. It was found that any kind of lean meat (not just choice cuts), fish or fowl, ham, pork chops, mutton, chicken, fish, rabbit, turkey, liver or ground meats, roasts or cold meats, if eaten in large enough amounts, will furnish the needed protein.

"The use of large quantities of meat protein, a serving of about one-quarter pound, especially for breakfast, can do far more for the general health and strength of these patients than prolonged treatment with vitamins, iron, liver, minerals and such."

Where heavy work is being done, meat or other protein should be eaten not less than twice a day. In fact, hard physical workers really require twice as much food of all kinds—proteins, starches and fats—as do white collar workers and housewives.

The idea of meat for breakfast may not appeal to some but a 10-year study of the strength-giving effects of meat at breakfast time on all ages and sexes tells its own story.

**EATING YOUR WAY TO HEALTH**  
Be sure you are getting the proper all-round diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." Just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station C, New York 19, N. Y., and ask for your copy.

**SYDNEY, Australia**—(CP)—A Sydney store is displaying mail-trays for desk use. Instead of the usual "inward" and "outward" signs, the mail-trays are marked: "Too hard" and "Left for tomorrow."

## Ellen's Diary

By an Island Farmer's Wife

And so all in good season as James had forecast, sufficient snow had fallen by wayward flurry and gentle brief fall of it, to assure our farmers the first of the hauling home of the fuel-wood today. "And how was it?" I overheard James say to the younger fellow, inquiring about the condition of the road when he had returned from an early trip along the fields to the woodlands this morning. And the reply was: "Not bad at all—though it would be the better of a little more snow." Only sandwiched between other work that appeared, the wood-hauling was, to have a comforting heap of it packed in the yard by dusk. For this fresh day of the week proved also to be "just the one for us to get more of that bedding-straw home from the other farm" the two agreed.

And grand-daughter, making her careful way through the snow across the lane, stopped in amazement to see her grand-father's cap taken off neatly by a radio wire beneath, which had on top of a stable load of it must pass on the way to the barnyard. More of the horses besides "our own mare" a favorite at the hauling was pressed into service today. Some of those that have led leisurely lives of late—indeed a bored existence, taken up entirely with eating and sleeping and for exercise a brief spell each day in the open, which included a lively canter to the stream to drink. Still as James reminds us, "they had it just hard—all of them at the plowing."

One of them, a shaggy one, hitched to a sleigh yesterday to take James and me "in" the road as far as Rob's. The trip came about after Karolyn had sent us things of "ducks resting in the eye," and an invitation "won't you come in to dinner?" James nodded assent when I turned from the phone, and "we'll walk," he said. He is one who considers a distance of a mile merely a setting out on no journey at all. But Jack over-hearing must drive us thither for two reasons, I decided, out of his kindness of heart and also to have that particular steed, more tractable for the next hitching. Well fed and cared for, and idle they pick up an exuberance of spirits which may be as Jack declares "just play" but could be literally upsetting.

James described our outing through yesterday's wintry morning, that was so clean and sparkling with the sun on the new-fallen snow to Karolyn when we arrived there. "Ellen sat through it quite calmly, not realizing the danger she was in. You see the horse, having been in a bit idle of late was anxious to go, and confound that fellow—he should have known better than to take him on the road without a shoe on a foot! And you know how shaded that road is? and usually icy—well, if there's any about at all, you can usually expect it there. He might easily have lost his footing and fallen—and how would we get Ellen out of the sleigh?"

"And where were you all the time?" Karolyn laughed. "I was standing in back, in a place where I could get out in a hurry, if needed." That part of our outing ended abruptly with "Well, if you were when we came to the end of Rob's lane, to foot the space between (Continued on Page 3)

## MacFarlane-MacKay Wedding



Mr. and Mrs. Ralph Stewart, MacFarlane following their wedding on New Year's Eve photograph with their attendants. Left to right—usher, Mr. James MacKay; groomsmen, Mr. Wm. MacLean; Mr. and Mrs. MacFarlane; Miss Gwen MacKay, bridesmaid, Miss Joan Stewart, the bride was formerly Miss Doreene MacKay, daughter of Mr. and Mrs. John B. MacKay, Fitzroy Street. The marriage ceremony was at the bride's home. —Photo Ed Garnham.

## Better English

D. C. Williams

1. What is wrong with this sentence? "She is a saleslady in a department store."
2. What is the correct pronunciation of "credence"?
3. Which one of these words is misspelled? Fuseage, fulkrum, fusillade.
4. What does the word "dogmatize" mean?

## Morning Smile

FAR FROM HOME

The managing director caught sight of the map hanging on the office wall. Little flags were pinned on it, showing the position of each of the company's salesmen at the moment. The flags were clustered round the Metropolis, as the company operated only in the Home Counties.

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## DOROTHY DIX SAYS—

### Same Old Problem

#### Lonesome Mother Foists Self On Son's Home

DEAR MISS DIX: I am a man of 26. Have been married three years which were very happy ones until Mother came to live with us. Since then my wife and I have had quite a lot of trouble. My wife says that before we go so far as to get a divorce she would like very much for us to try to live by ourselves again and see if things are not better, as we have a baby and would like to make a success of our marriage.

### Modern Etiquette

By Roberta Lee

Q. When the wedding invitations have been sent out and there is a sudden death in one of the families, should the wedding be postponed?  
A. Not necessarily, although usually, if an elaborate wedding has been planned, the arrangements are changed to a quiet wedding recalling all invitations excepting those to members of the immediate families.

### Household Scrapbook

By Roberta Lee

Paint spots  
To remove a paint spot from a woolen garment, even if it has become hard and dry, use equal parts of ammonia and turpentine, well diluted with water. Wet the spot thoroughly several times, then wash with soapuds.

### The Stars Say—

By Genevieve Kemble

For Tuesday, February 1  
EXCELLENT auguries encourage a very adroit, sagacious and shrewdly organized campaign for reaching towards advanced levels in position, influence, career, finances and public esteem. The social and romantic as well as domestic fulfillments are to coincide happily and with unusual pleasure. There are subtle elements to be manipulated, promising unforeseen promotion, popularity, change and rewards to climax high aspirations and sound judgments as well as clever strategies or diplomacy.

### Cook's Corner

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### How Can I!!!

By Anne Ashley

Q. How can I realize an Aaminster rug?  
A. Stretch the rug tight and

## Legends Of P. E. Island

By Uncle Joe

### THE RING OF DEATH

Tradition says that before Hector MacDonald booked passage for Prince Edward Island aboard the Polly there was given to him a silver ring supposed to have been worn by one of Scotland's famous wizards.

Now, if Hector had known the story behind the simple band of silver—namely, that all who placed it upon their fingers would die a violent death—he never would have accepted the evil thing in the first place.

But not knowing anything about its history, MacDonald took the proffered gift and placed it upon the third finger of his left hand.

When about halfway across the Atlantic, "Big Mac" as he was best known to his fellow passengers, suddenly was seized by a terrible pain which brought about his death and he was buried at sea in the course of a few days from the time he was stricken.

Two days before the Polly docked, Mayor Macpherson was seized by a violent pain and passed away in the arms of his wife.

The ring was removed from the corpse and placed among Mrs. Macpherson's personal belongings to await the time when their only child, Malcolm, would be old enough to wear it.

Mrs. Macpherson lived for a time at Belfast, but the year her Malcolm was eighteen she presented him with his father's ring before they removed to Argyle Shore.

Months afterward, when Malcolm's mother spied the silver band on the finger of Sandy, she was suddenly fired by the thought that the innocent-looking ring might be the cause of the three deaths she had just been talking about.

At last it all came clearly before her mind's eye. The story of the wizard's ring was first published in an old Edinburgh newspaper. Later it was placed among a group of folkloric stories which appeared under the caption, "With Scotland's Wizards."

Now that Mrs. Macpherson recalled the yarn, she was immediately sold on the theory that the ring which had brought death to her husband and son was none other than the one she had read about years before.

But to her words of warning Sandy MacRae only laughed. "I'll be wearing this ring for a long time, Mrs. Macpherson. What could a simple little band of silver have to do with violent deaths? Nonsense! That sort of talk just don't go over with Sandy MacRae."

Time marched on. One decade later the body of MacRae was recovered from the waters of the South Shore. Those who saw the man jump from his small fishing vessel knew that he had taken his own life. Today he sleeps in an unmarked grave, and mingled with his ashes is the ring of evil memories.

The next story: Lucy Became a Fairy.  
Q. How can I realize an Aaminster rug?  
A. Stretch the rug tight and

## Living & Leisure THE WOMAN'S REALM

### CHICKEN HAWK

A silent, hungry hawk soars by. I feel my pulses quicken. And thank the gods that I am I. And not a chicken!

### EVERY HOUSEWIFE SHOULD KNOW

To bleach unfinished wooden surfaces. Scrub stained breadboards or chopping block with hot soapy water. Then make a solution of 3 tablespoons chlorine bleach to 1 quart water. Sponge surface liberally and let stand for about 20 minutes. Finally, rinse well.

### RACKET-SAVER

Preserve strings of tennis rackets and fishing tackle by coating them with colorless nail polish.

### FULL-BACK BOLERO WITH SWIM SUIT

New York — Full-back boleros, a kind of cropped version of the Portuguese fisherman's jacket, ensemble gaily with pretty little full-pleated bathing suits. Done in such romantic colors as earthy Venetian red, in lovely purple-pink shades of crushed grape, and in the melting greens of seaweed, these things are sure to look forward on our own broad, sandy beaches.

### REALLY CLEANSING SHAMPOO

A really cleansing shampoo, very beneficial for neglected hair, is made this way. Mix equal parts of hot olive oil and liquid tar soap. Massage on the scalp, then use warm water to rinse out all oil, gradually adding cool water.

### FUR TRIMMING IN HIGH FAVOR

Fur trimmings are important on winter coats with both the loose and fitted silhouettes. Collars range from little bands of fur at the neck to wide cape effects that cover shoulders. Fur also trims cuffs, pockets and occasionally hemlines too.

If you're buying a fur-trimmed suit or coat this year, look for an outfit that is as practical as it is pretty. Iowa State College clothing specialists point out that good quality fur outlasts a fabric garment which if it gets proper care. Through a fur collar or other fur trim adds quite a bit to the cost of any garment, remember that it may be restyled and used again when the suit or coat wears out.

Of course, fur details on a fabric garment must be removable if it's to last. Dry cleaning takes the oil out of fur and makes it stiff. The experts suggest that you get separate fur accessories, such as muff, detachable collars and trimmed hems.

Friction is an enemy of fur. Therefore, fur used at the neckline or at the bottom of the cuff, where it gets constant rubbing, should be a durable kind of fur. Most common among the low-cost

lack face down on a floor. Sprinkle with a solution made by dissolving 1/2-pound of flake glue in 1/2-gallon of water. Allow rug to dry at least one day. Care should be taken not to put on so much glue that it will show on the right side.

Q. How can I clean Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address Pattern Department The Charlottetown Guardian, Pattern No. 2842

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Address Pattern Department The Charlottetown Guardian, Pattern No. 2842

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