

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

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

NEW YORK'S HEALTH

According to the Health Commissioner of New York, John Levi Rice, that city spends only 76 cents per head per year in defending the health of its citizens, yet has a very good record. In 1939, out of a total population of 7,500,000 the death rate for the city ever recorded. (lowest, 1938.) There were large decreases in maternal and infant mortality; in deaths from scarlet fever, diphtheria, typhoid, pneumonia, measles and meningitis.

In the past six years the department of health built eleven health centres and a laboratory. (New York had the first public health laboratory in the United States, established in 1862, just 3 years later than the Ontario public health laboratory, established 1890.) Last year 140,000 persons were X-rayed for tuberculosis and hundreds of new cases were discovered. The department helped to diagnose, treat and prevent such diseases as syphilis, gonorrhoea, tuberculosis, pneumonia, typhoid and diphtheria and private practitioners make ample use, just as they do here) of the Department's laboratory service in the diagnosis of rare diseases. The Department is now analyzing 25,000 records of heart cases keeping close tabs on the youngsters with rheumatic heart disease, the number-one killer of school children. "The next big problem," says Charles Bolduan, M. D., director of Health Education is the control of diabetes. Over 75,000 New Yorkers are diabetics.

Lenten Meditations

Ever Blessed God, whose word is "peace, peace to him that is far off and to him that is near," fulfil Thy promise to Thy servant for whom we pray. Rescue him from the misery of groundless fears and restless anxieties. Take him more and more out of himself, that duty may be no longer a drudgery but a delight. Lead him into the secret of Thy peace which quiets every misgiving and fills the heart with joy and confidence. Save him from the shame and emptiness of a hurried life. Grant him to possess his soul in patience. Amid the storms and stress of life, let him hear a deeper voice assuring him that Thou livest and that all is well. Strengthen him to do his daily work in quietness and confidence, fearing no tomorrow, nor the evil that it brings, for Thou art with him. And this we ask for Jesus Christ's sake. Amen.—Samuel McComb.

O God, who has in mercy taught us how good it is to follow the holy desires which Thou manifoldly puttest into our hearts, and how bitter is the grief of falling short of what ever beauty our minds behold, strengthen us, we beseech Thee, to walk steadfastly throughout life in the better path which our hearts once chose; and give us wisdom to tread it prudently in Thy fear, as well as cheerfully in Thy love, so that, having been faithful to Thee all the days of our life here, we may be able hopefully to resign ourselves into Thy hands hereafter. Amen.—Rowland Williams (1818-1870).

CHILDREN'S SOCKS

When knitting children's socks, run three or four lines of rounded elastic under the turnovers, so making them self-supporting. This makes them much better than socks which are always being lost.

MAGIC

ALWAYS GIVES LIGHT, TENDER TEXTURE



Costs less than 1¢ per average baking

THE COOK'S CORNER

OATMEAL BROWNIES BISCUITS

Two and a half ozs. flour, 3 1-2 ozs. medium oatmeal, 2 czs. dripping, 1-2 eggs, 1-4 teaspoon baking powder, 1-2 teaspoon sugar, 1-2 teaspoon of salt.

PINEAPPLE SEVEN-MINUTE FROSTING

Two egg-whites, 1 1-2 cups granulated sugar, 6 tablespoons canned, strained pineapple juice. Combine all ingredients in top of double boiler and stir until sugar is dissolved. Beat constantly with rotary eggbeater over rapidly boiling water until frosting is firm and will hold its shape—about seven minutes. Remove from hot water, and beat until almost cool, then spread between layers, and on top of cake.

COCONUT SHORTBREAD

Eight tablespoons of flour; 1 tablespoon sugar; 2 ozs margarine; 1-2 teaspoon baking powder; yolk of an egg; 4 tablespoons desiccated coconut. Cream the butter and sugar, add the flour, baking powder, and coconut, then mix well; next stir in the beaten yolk of egg if needed, add a very little milk, but the mixture should be only just thick enough to handle. Knead well. Roll out on a floured board to 1-2 inch thick. Sprinkle lightly with sugar, cut into fancy shapes, bake on a sheet of grease-proof paper for twenty minutes in a moderate oven.

SMALL HANDS TIPPED WITH RICH COLOR

Dark and handsome—that's the way your nails will look this spring when they're at their smartest. It's new, it's fun, it's sophisticated, it's the latest in darkening nail polish. It's called "Rich Color" and it's the only one that gives you a rich, dark, glossy finish. It's the only one that's so easy to apply. It's the only one that's so long-lasting. It's the only one that's so rich in color. It's the only one that's so beautiful. It's the only one that's so perfect. It's the only one that's so great. It's the only one that's so wonderful. It's the only one that's so amazing. It's the only one that's so incredible. It's the only one that's so unbelievable. It's the only one that's so extraordinary. It's the only one that's so phenomenal. It's the only one that's so remarkable. It's the only one that's so outstanding. It's the only one that's so exceptional. It's the only one that's so unique. It's the only one that's so special. It's the only one that's so rare. It's the only one that's so precious. It's the only one that's so valuable. It's the only one that's so priceless. It's the only one that's so priceless.

Way to Lose Ten Pounds—Cut Calories Five Weeks

High-Calorie Foods Made Her Fat

"Heavens, is that fat woman ME?" When the mirror shows you're not just "pleasingly plump" any more—what do you do?

Diet, everyone says. And diet is right. It's the scientific way to lose one. Skipping courses won't do it for its calories, not quantities that build fat.

You might think it fattening to eat "whole" meals! But you can lose on them if they're low-calorie foods. A lamb chop has only 100 calories, a baked potato 100, 3 stalks of asparagus 20, two cookies 100. A real lunch—only 320 calories!

You can even eat delicious sweet desserts! Only you'll choose date graham pudding (100 a serving), not Brown Betty (500); lemon ice (100), not a chocolate walnut sundae (425)!

But if you don't know your calories what damage you can do with ONE dish. A serving of lamb stew with dumplings has 440 calories. Two buttered waffles are 600! So get yourself a calory chart as a diet guide. Be good, don't falter, and you'll lose two pounds a week!

Our 32-page booklet gives a calory chart, 3-day liquid diet to start reducing, and 42 tasty low-calory menus.

Send 20c in coins for your copy of The New Way To A Yummy Figure to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____ Street Address _____ City _____ Province _____

Dorothy Dix Says—

LOVE CAN ME MADE INTO A PERMANENT BLESSING

It Can Be Lasting In Married Life If The Husband And Wife Know When To Overlook Shortcomings In The Other

A man writes: "In a realistic world, why do people still insist that there is such a thing as permanent love between one man and one woman? It is a beautiful sentiment, originated by the poets, but it has no basis of truth to rest on. Every time we fall in love we imagine that it is real love and that it will last forever. Those are the twin characteristics of the love insanity. But in a year or two we recover from it and note with surprise and consternation that we are legally married. Nature has played her trick of making us believe that a temporary emotion was an eternal passion and the law has sealed it, so there we are. And we might get along fairly well except that the other character comes along and we fall for him or her. As far as I can see, the old notion about there being anything wrong in husbands and wives phylandering was cut from the same piece of cloth that our skirts were made of."

To which I might retort that, after all, there is something to be said for long skirts, physically and morally. True, they cramp the style of those who love to be free and untrammelled in their movements, but they are warmer and made of better material and lasted longer than the half yard of chiffon out of which modern knes-length skirts are made.

But one can be to cynical as well as too trusting. It is just as foolish to have no faith in the higher nature of our fellow creatures as it is to be a Pollyanna, going around proclaiming that every one is an angelic world. So when you say that there can be no permanent love between a man and a woman you are just as far from the truth as you would be if you contended that every case of calf love is the grand passion.

Love Not Always Fleeting

In the face of divorce statistics one cannot deny that many people who think they are in love diagnose their love as one incorrectly and mistake a slight rise in temperature as an indication that they have chronic inflammation of the heart.

But that isn't love, it is merely sex attraction, and when that is over they wake up from their little dream of romance and wonder why they made them think they cared for each other.

Perhaps these little passing loves, this flash of tinsel in a tin pan that flares up for a minute and then dies down into a pinch of ashes, is all of which the great majority of people are capable. Not every one is made for marriage with gift for lovers, any more than he or she is with a talent for writing, or painting, or singing.

The Cord That Binds

But for all that there are great lovers, men and women whose hearts cling to each other and whose affection is as enduring as the eternal rocks. I know many couples like this who have been married 30, 40, 50 years and who are far more devoted to each other, far more necessary to each other's happiness than that they were on their wedding day.

And why shouldn't this be the case? The cord that binds a man and woman together is woven of many strands. Through it must run the red thread of passion, but it is not the only thing that holds them together. It will break. The tie that binds them so closely together that they are literally one is made up of memories that have shared together, of the battles they have fought out shoulder to shoulder, of the crises they have been over and the confidences they have swept over together.

Where Contentment Rules

The passing loves may have their own kick and thrill, but they do not give the happiness that permanent love does. Look about among your acquaintances. Who are the contented ones, those who get married and are happy for those who are always figuring in the divorce courts?

Look at the ravaged face of the woman who has had many lovers and has not had the happiness of a husband or her own. Whom do you envy? Lothario, who isn't so gay when he is 70, sitting lonely in his room trying to remember the days when he was young and has loved, or Darby with his faithful old Joan at his side?

Oh, yes, there is such a thing as lasting love between men and women. There is a love that can make a perfect companionship between a husband and wife so that they never weary of each other's society, or take note of time or the fading of youth and beauty.

Let us thank God for married love and wish there were more of it. **DOROTHY DIX**

Amateur Glamour Girl

(By JOSEPH CHADWICK)

CHAPTER VII

Tonia rode on and on. Finally, she realized that she was very tired. She looked at Sally, who was dozing.

Up ahead was a group of buildings, which she had seen in a restaurant, and a dozen small frame houses. An illuminated sign read, "Tourist Cabins."

"Sally, she said, 'I'm sorry, but I'm a librarian, and it's not easy to find a place for me. Can't you help me?' Sally said, 'I suppose I'll have to.' Sally said, 'I'm sorry, but I'm a librarian, and it's not easy to find a place for me. Can't you help me?' Sally said, 'I suppose I'll have to.'

KISS YOUR TIRED FEELING GOODBYE!

Peppless Many Suffer Low Blood Count—And Don't Know It.

The baffling thing about low blood count is that you can weigh about as much as you ever did—even look healthy and strong, yet you can feel as if you had lead in your legs, dopey, tired and peepless. Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry the oxygen to the tissues throughout your body. And just as it takes oxygen to explode gasoline in your car, so it takes the oxygen to burn the tissues. You must have plenty of oxygen to explode the energy in your body and give you going power.

Get Dr. Williams' Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red corpuscles. Then with your blood count up, you'll feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams' Pink Pills today.

SELLING STOCKINGS ALL DAY IS SO TIRING—BUT NO REAL EXERCISE—YET I KEEP FIT!



DO YOU COME HOME all tired out, "headsachy" after a day's work feeling all run-down and listless? Then watch your habits closely. Indoor workers especially need to guard against delayed elimination. So get enough "bulk" in your diet to make the food wastes promptly! And be sure to take this bulk in a form you'll enjoy, every morning through the year.

Join the happy thousands who do this very thing by eating delicious Kellogg's Bran Flakes every day. Gently laxative in a natural way, Kellogg's Bran Flakes With-Other-Parts-of-Wheat supply body-building proteins, too. Start the Kellogg's Bran Flakes way tomorrow—and keep at top form!

FOLLOW THESE TWO RULES OF HEALTH

1. To get well, see your doctor
2. To keep well, watch your habits

For a keen mind, a healthy body, a clear complexion, guard against incomplete elimination. Get enough "bulk" in your diet—and add this bulk in a form so delicious you'll want to make it a daily habit. That means Kellogg's Bran Flakes! Made only by Kellogg's in London, Canada.

TRY MY WAY...NO HARSH CATHARTICS! INSTEAD I EAT DELICIOUS KELLOGG'S BRAN FLAKES EVERY MORNING, EVERY MONTH!

And they taste so good, too!

Just try the choice, mellow flavour of crisp, palatable Kellogg's Bran Flakes. Eat a bowlful every morning for a month. See if you don't feel more fit. Order the big golden-yellow package today. When you eat out, ask for the individual package, now wax-wrapped for extra freshness!

Your Individual HOROSCOPE

By Frances Drake

For Friday, March 28th

MARCH 21 to APRIL 20 (Aries)—Favorable for major projects and subjects as for minor matters. Personal and general interests should equally share your attention. Put the full weight of your capability into your job; don't neglect any duties. Unusual news indicated.

APRIL 21 to MAY 20 (Taurus)—Especially favorable for improving personal habits; extending your interests to include other branches of industry or art; research, remodeling, renovating, buying, hospitalization; discovering new improved methods.

MAY 21 to JUNE 21 (Gemini)—While today may not be counted tonight for finances, it should be fine for progress in industrial and mechanical lines as well as selling, advertising, getting ahead in important issues.

JUNE 22 to JULY 23 (Cancer)—Much is up to you and what your schedule demands. The more cooperative and eager you are to succeed, the surer and greater will be your advancement. Keep in touch with progress.

JULY 24 to AUGUST 22 (Leo)—Mixed vibrations. Exercise extreme care in weighty matters. If you've trained yourself to meet emergencies as they arise you'll have no trouble conquering this time day. Recreation interest favored.

AUGUST 23 to SEPTEMBER 23 (Virgo)—A new twist here and there and a will acquire yourself creditably, especially if you go all out with your fine mental equipment and gracious understanding and patience.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Minor routine matters, work with which you are familiar, selling, shopping, finishing incomplete items, wholesome recreation and a whole, domestic life favored.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—What does your program call for? How much depends up to your output? These are the questions that must be conscientiously answered in your efforts.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Today can be a money-maker if you choose it to be so. It's up to you, your own management and intelligence. Many good aspects emanating. Don't hesitate where duty calls.

DECEMBER 23 to JANUARY 21 (Capricorn)—Important issues and essential activities are favored in a mild way. With extra effort and efficiency you can make better headway. Don't minimize the value of steady, if not showy, advancement.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Mechanics, builders, you handling fabrics, carpenters, plumbers, draughtmen, technicians of all kinds, clerks and laboratory workers, are sponsored under benefic stars. All Aquarians can, and should achieve something of value today.

FEBRUARY 21 to MARCH 20 (Pisces)—Have no quarrels about that which you know you can handle. The will to do plus your intuition and a sound common sense will see you safely through problems. Have faith.

A CHILD BORN ON THIS DAY Alert, keen in mind and quick in action. Sometimes too self-assured for the good of its popularity and advancement. Can admirably hold a position of importance once it learns self-mastery and cultivates a more cooperative spirit.

Living & Leisure

The Woman's Realm

COURAGE

Courage is not just To have one's bosom to the sabre thrust. Al ne in daring.

Courage is to grieve, To bide the hurt and make the world believe You are not caring.

Courage does not die Alone in dying for a cause. To die is only giving.

Courage is to feel The daily daggers of relentless strife And keep on living.

HOUSEHOLD HINTS

Try standing on a cushion for a long stretch of ironing, and your feet won't get either cold or tired.

To flatten an upturned blade of a knife beat the point, and when cool trim it with scissors. Finish it off by filing.

Make a cream with powdered starch and cold water and apply a coat all over a plaster statuette. Let it dry and when brushed off, the statuette will be clean.

Both black and navy blue washing materials look twice as good if they are "blued" after being rinsed and they do like to be hung out to dry without wringing—weather permitting.

Save gas by filling your saucepan lid with potatoes, tie a cloth tightly over them and then return the lid to the saucepan in which your greens or stew is cooking; the potatoes will be perfectly steamed without any trouble.

If your white things—handkerchiefs, towels, etc.—have become a little yellow with time, try this idea. After washing them next time, let them soak overnight in clean cold water with a teaspoonful of cream of tartar allowed to every quart of water. When the clothes are ironed after this treatment you will find them really as white as snow.

Blooming on every costume this spring will be flowers—their lapels, as a waistline or bosom corsage; in the hair, as symmetrical trimming for turbans; and used in unique ways to emphasize dress closings.

BRUSH YOUR HAIR

Brush up and out, brush away from the head, and brush every night. Brush systematically with long, sweeping strokes which go right through the hair, and give it impetus, and stimulation. And do disinfest that brush. How can you expect clean hair when you use a dirty brush?

RICED AND COCONUT MOULD

Four tablespoons of rice; 1 pint of milk; 2 tablespoons of desiccated coconut; 1 teaspoon of sugar; custard. Boil the rice and coconut in the milk until rice is tender. Stir in the sugar. Press into a wet mould when cold turn out; pour over some jam sauce. Sprinkle with coconut, then serve with custard.

Choice YOUNG tea leaves in a new tea ball that FILTERS

At your grocer's—18 or 100 to the package—also Tender Leaf Tea in 7- and 12-oz. packages. Blended and packed in Canada

Name _____ Street Address _____ City _____ Province _____