

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

That Body Of Yours

By James W. Barton, M. D.

FOOD AND OVERWEIGHT AND UNDERWEIGHT

Although it is true that some thin or underweight individuals have a good appetite and eat more food than those of equal or slightly overweight and build, it is a known fact that most underweights do not have a good appetite, nor do they eat as much food as those of normal weight.

It is true, of course, that where the thyroid gland in the neck is overactive (goiter), the individual may have a good appetite and eat more than one of normal weight. It is because the extra juice manufactured by the thyroid gland buries all the body process and burns or uses up the extra food eaten.

On the other hand, most overweights have a good appetite and actually eat more food than those of normal weight. It is true that where the thyroid gland is underactive, the overweight individual may not eat as much as one of normal weight. He accumulates excess fat because there is not enough thyroid juice being manufactured to use or burn up the fat eaten, and it gets stored in the body.

Another interesting fact about overweight and underweight is that notwithstanding the excess fat in overweight which would appear to be a reservoir or depot of energy, they need more food when they are resting to maintain heat and energy than do those who are of average weight. On the other hand, when the underweight individual is resting he or she does not need



Delicious!

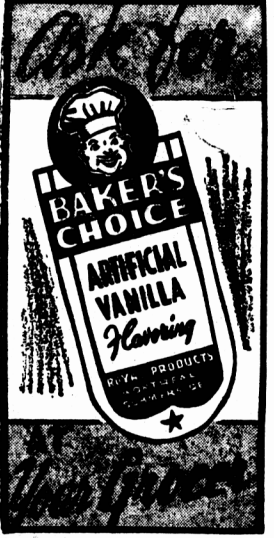
KING COLE TEA AND COFFEE

as much food to maintain body heat and energy—hence, less desire for food and so less food eaten. Thus, it has been found that when the individual or normal weight is at complete rest, his daily food requirements is about 2,700 calories, whereas the daily food need of the underweight at complete rest is only 2,000 calories.

The thought, then, is that notwithstanding all the conditions affecting overweight and underweight in regard to gland conditions, exercise, rest, and sleep, in all cases of overweight less food should be eaten. This is because all food or calories needed by the body for energy can be obtained from excess fat on the body. Similarly, more food must be eaten daily by the underweight if weight is to be increased.

OVERWEIGHT AND UNDERWEIGHT

It has been well said that weight is one of the clearest methods of knowing one's health. Send today for Dr. Barton's booklet entitled "Overweight and Underweight," enclosing 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 96, Station C, New York 18, N. Y.



Cook's Corner

CRANBERRY ORANGE RELISH

4 cups cranberries
1 1/2 oranges
2 cups sugar
METHOD: Wash and pick over the cranberries and then put through the food chopper, using a fine blade.
Now grate the rind from the oranges and squeeze out the juice. Add the grated rind and the orange juice to the chopped cranberries, along with the sugar. Mix thoroughly.
Fill sterilized jars with the relish and seal tightly. Store in a cool place until to be used.

Dorothy Dix Says—

Parental Curbs

Girl of 12 Complains of Mother Deciding Mode of Dress

DEAR MISS DIX: I am 12 years old and in the eighth grade. I get along very nicely with everybody except my mother. She makes me very unhappy because she tries to make me different from the other girls when I want to be just like them. I want to dress just like the other girls do but she makes me wear things that she calls "individual."



She has my hair bobbed with a wave to the end, while every girl of my age has a hair-do that comes down to her shoulders with big, thick curls. She makes me wear oxfords, while the other girls wear bobby-soxers and loafers. All the girls in my class have those navy blue short coats with a white collar, or a black and white check short coat, but my mother insists that I wear the upper part of a snow suit, which looks awful.

My parents are not intentionally unkind. They love to have a new dress like the other girls have. I beg my mother to see my point, but she won't do it. She says I am sinful and wicked and begins to cry when I talk to her. What can I do?

ANSWER: If it is any comfort to you, Ann, there are just seeds of other girls of your age who have mothers just like yours, who are determined to dress their daughters up according to their taste. Instead of the poor little bobby-soxers' own. I know because I was one of 'em, and to this day I remember how I longed and begged for a ruffled white apron with lace on it like all the other girls in my class had, and how I never got it because my mother didn't think that such a fancy garment was suitable for school wear.

WANT TO BE IN SWIM

I think that mothers make a terrible mistake when they do not realize that all children are copycats and they don't want to be in expensive, or picturesque, or have clothes that are cheaper or more expensive than the other kids have. They just want to be rubber stamps of Mary and Sally and Susie. And Mother should gratify their desire. Mother may be right. Maybe her taste is better than Sally's. But as long as she can make a little girl happy by giving her a hair-cut like Jamie's or the same width ribbon to wear on her hair that Gladys does, why not do it?

DEAR DOROTHY DIX: My wife and I have been married for ten years and have been so happy that I would like to tell the young men especially some of the things that I have done to make such a success. First, I consider my wife in everything we do, and we do everything together. My work keeps me pretty busy, so I do not have much time to be with her, but whatever happens I take one evening off each week to be either with her at home, if she prefers it, or to go to some place of amusement. And I spend every Sunday with her.

I keep my worries to myself and try to be very gay and cheerful at home and to show her the best of times when we go out together. When I find out that a cannot be home for meals I telephone her so she can plan her work accordingly, or go out somewhere if she wants to. I find that my wife feels very grateful to me for all the consideration I show her and that she appreciates very much my little attentions. I also show her that I am proud of her and that pleases her. I believe if more husbands followed these rules there would not be so many dissatisfied wives.

ANSWER: Well, Bab, I do not wonder that your wife is a happy and contented one with a husband who treats her as if she were a Lady Love, instead of just a household convenience. Any woman with such a husband would feel that she had drawn a prize in the matrimonial lottery.

Your rules for keeping a wife eating out of your hand, are so good that I am printing them in full in the hope that they will inspire other young husbands to follow them.

DEAR DOROTHY DIX: How can I break my fiancé from taking me for granted? We have been engaged for two years, with no prospects of getting married soon due to the lack of an apartment. He makes me so furious that all I can think of is that if he takes me for granted before we are married, what am I to expect after we are married? I know the situation will not improve. Rather, it will become worse.

ANSWER: A long engagement is very apt to get on the nerves of both parties when there is no wedding day in sight. Evidently both you and your fiancé are suffering from the suspense. But inasmuch as you cannot conjure an apartment out of the air, don't you think the wise thing for you to do is to get a grip on your own conduct and try to use some common sense and courage in meeting the situation? You can control your temper if you try hard enough.

Modern Etiquette

By Roberta Lee

Q. Would it be all right for a girl to allow her fiancé to pay for part of her trousseau, when he is wealthy and she is not?
A. No; she should insist upon paying for all her trousseau.
Q. Shouldn't a saleswoman, to be efficient, advise a customer what she should choose?
A. Not if the customer seems capable of making her own decision. When the customer seems timid, doubtful, or uncertain, a pleasant suggestion now and then is all right.
Q. What is the best way for a man to ask a girl for a dance?
A. "May I have the next dance?"
Outdoor work shoes or children's shoes which have hardened after getting wet may be softened by rubbing with warm—not hot—neat's foot oil, castor oil or tallow.

Greetings TO YOU! one and ALL

THE SEASON'S HEARTIEST COMPLIMENTS

A Merry, Merry Christmas! Old Saint Nick is about to buzz around with his sleigh-load of holiday cheer, and so we're on the wire with a wish of happiness for everyone.

The FASHION SHOPPE

Ellen's Diary

By an Island Farmer's Wife

The Garbage Can

The garbage can will not be so conspicuous if it is painted the same color as the outside of the house. It will also prolong the life of the can if painted on the inside as well as the outside.

Hot Water Bottle

To mend a leak or torn place in the rubber hot water bottle, apply a gasoline patch, such as is used for repairing the inner tubes of an automobile.

Cheese

Try cutting the cheese into chunks, putting it in a covered fruit jar and then placing in the refrigerator. This will keep the cheese fresh for a long time.

Household

By Robert Lee

Better English

D. C. Williams

1. What is wrong with this sentence? "He is an ugly fellow to associate with."
2. What is the correct pronunciation of "quain"?
3. Which one of these words is misspelled? Assassin, athlete, au revoir.
4. What does the word "implacable" mean?
5. What is a word beginning with rec that means "a reappearance"?

ANSWERS

1. Say, "He is a quarrelsome (irritable, 'vicious') fellow." The primary meaning of ugly is offensive to the sight.
2. Pronounce kwan, a shin ah. 3. Athlete. 4. Not capable of being pacified. (Pronounce second syllable play). "An object of implacable enmity."—Macaulay. 5. Recurrence.

Happily for all, colds continue to clear away both here and at the house across the lane where grand-daughter, rather unsteadily at first, returned to the charm of her playthings. Through today's high wind I came at times to visit her—not in my erstwhile official role, which was most unwelcome, and often from a window, I saw James go along the path leading thither. We, so James said, laid the foundation for a happy Christmas.

(Continued on Page 9)

GOOD BREAD

That low cost nourishing food helps balance the Family Budget.

"Always Good"

Butter-Nut Bread

Eastern Bakeries

How Can I!!!

By Anne Ashley

Q. How can I make maple candy?
A. Take a pint of rich milk and a pound of maple sugar. Cook until a soft ball is formed when dropped in water; flavor with vanilla, add a cup of pecans, or other nuts, and pour out on a greased pan to cool. Mark off in squares before it becomes too hard.

Q. How can I make a lotion for a red nose?
A. Mix two grams each of precipitate of sulphur, cherry laurel water, glycerine, precipitated chalk and eau de cologne.

Q. How can I make hard after being stored too long a time?
A. Place in a warm oven until the sugar melts.

The Stars Say--

By Genevieve Kemble

For Thursday, December 25

BRILLIANT prospects, moving to vivid and satisfactory crises under high pressure and clever manipulation may be suddenly arrested, defeated, or quite "smashed" by an error of judgment, unwise decision, confused ideas, unwittingly incited by undue emotions or impulse, in which strife, enmity, jealousy might be the cause. Unusual factors seem involved, with loss of regret and dire penalties following erratic or vindictive compulsions.

For the Birthday

Those whose birthday it is have power to make or mar a year of exceptional progress, production and pleasant relations, in which brilliant prospects move under great pressure toward desired goals. A sudden urge to "do the wrong thing" to attain a jealous or vindictive climax, through wild impulse, fury, or emotional excitement, in which the judgment is chaotic or blinded, may upset all prior sound and serious work, with unhappy and far reaching effect. Curb all wild tendencies and rash ideas. A child born on this day has excellent chances and equipment for a constructive, honored and brilliant career and happy life, but an erratic, jealous or curious streak or emotional behavior may bring its definite undoing.

Soap will last longer if the wrapper is removed and the soap allowed to dry and harden before being used.

Morning Smile

POOR JOB

The small boy went into the lounge to see a visitor who was with his father.
"Well, my little man," said his father's friend, "why are you looking at me so hard?"
"Why," replied the boy, "Daddy told me you were a self-made man, and I wanted to see what you look like."
"Quite right," said the gratified guest. "I am a self-made man."
"But why did you make yours? If like that?" asked the boy with surprise.

HOME GIFTS

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ATTRACTIVE — INEXPENSIVE
MODERN

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LATEST from ENGLAND

93 PIECE DINNER SETS
SERVICE FOR 12
VERY LOW PRICE

The ROGERS HARDWARE Co. Ltd.

A JOYOUS SEASON

With many good wishes for your health and happiness.

May your Christmas be the brightest ever and may the coming year of 1948 be filled with the very best for—

The Sport Togger

Christmas Greetings

We take pleasure in offering you the compliments of the season and truly hope you have a very happy holiday.

"The GLORIA"

"Where Smarter Women Shoppe"