

WOMEN

KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

BUILD SLIMNESS — LOSE FAT — SHORE UP SAGGING TISSUES

Doubt lessens chances of success. Confidence in the diet can keep you happily on the slimming course. The friendly, morale lifting letters passed along by triumphant reducers can banish doubts and stimulate enthusiasm.

"After trying all sorts of diets and not succeeding, I tried your diet plan which includes a protein at each meal. It works. I am a saleslady and on my feet all day long, plus housework. The protein diet is perfect and I have lost 40 pounds. When I feel hungry late afternoons I have a hard cooked egg or a piece of cheese as suggested or a glass of buttermilk. I lost 2 pounds a week and have kept my weight normal."

The scientific way to reduce is to build slimness. Eat . . . not starve. The most significant nutrition research which supplies to reducing is this protein angle. The emphasis is on when the protein is eaten. Science has found there is a more effective carry-over of energy and better hunger control when complete protein is included at each of the three meals. That's good news, for the toughest part of reducing is that all gone feeling which results from hunger.

Including an egg, lean meat or milk in the morning meal results in stepped-up energy all day long. One dieter claims that lean meat and two eggs at breakfast keeps her feeling energetic all day even when lunch is light.

Build lunch round a serving of cheese, lean meat or fish, plus a glass of skim milk or soup made with skim milk. Those who carry their lunch should have a thick filling of lean meat, egg, chicken or cheese, and use thinly sliced, high protein bread, with mustard. Zero hour for many dieters, particularly working wives, comes in the late afternoon. That's the time to have a protein pick-up: a wedge of cheese with a cup of hot tea; a hard cooked egg or glass of buttermilk. Working wives find it amazingly helpful to have this pick-up on arriving home, before starting preparations for dinner. This keeps them from nibbling while

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Continued from page 10

Forgives Husbands

case histories, the doctor briefly and clearly analyzes the emotional crisis common to most men at some point in their forties or fifties — when they feel tempted to choose between their long-time wife and some "sympathetic younger woman." He is interpreting the situation to both husbands and wives, to prepare them for riding out the storm.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Tension Often Causes Terrible Headaches

Got a headache? Well, if you don't have one this very minute, chances are you had one yesterday, or will have one in the very near future. Most people have a lot of needless headaches. I think I can give you some suggestions on how to avoid some of them, and how to bring fairly quick relief when you do get one.

Simple Variety

Now I am speaking about the simple headaches, and not those caused by some disease such as brain tumor or abscess, or inflammation of the scalp nerves.

A great many of you, I'm sure, can blame your headaches on tension. If you're nervous and tense, or upset emotionally, you can expect frequent attacks. Busy executives are often victims of tension headaches.

Pressure in Head

You actually have a feeling of tension in your head during such an attack. You feel pressure within your head and a tight band seems to be binding it. Frequently, your muscles will also feel tense

and sore. Migraine headaches, caused by enlargement of the head's blood vessels, may also often be laid directly to worry and nervousness. The remedies? They are really quite simple.

Take It Easy

You've just got to relax more. Take it easy; don't get upset over little things. Try not to be quite so perfect in everything you do. Look at the bright side of things. Remember, whatever worries you may have today won't seem so bad tomorrow.

There are a few other things you've got to do, too. Avoid eye-strain. Have your eyes examined at least every two years.

Get Enough Sleep

Keep regular hours and get plenty of sleep. Maintain a normal bowel movement. I'll have more to say about this in another column soon.

Migraine might also be caused by some sensitivity to food or to some substance in your environment. So keep a written record of your headaches, and check to see whether they are related to any specific food or activities. Sometimes, however, "migraine" is inherited from your parents.

What can you do to relieve a headache when you do get one? I'll tell you tomorrow.

L. W.: My 19-year-old niece has albumin in her urine. Could you prescribe a diet she can follow to get rid of it? Answer: It is advisable for your niece to have a careful study made by a physician to determine just why the albumin is present. It might be due to some inflammation of the kidneys or bladder. It might also be due to a disorder known as nephrosis. Sometimes albumin may be present without any organic disturbance. Once the cause is found proper treatment can be prescribed.

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Measure into large bowl, ½ cup lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well. Scald 1 c. milk and stir in 5 tbs. granulated sugar, ¼ tsp. salt; cool to lukewarm. Add to yeast mixture and stir in ½ c. lukewarm water. Beat in 3 c. once-sifted bread flour; beat well. Beat in 4 tbs. melted shortening. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl; grease top and let rise again until nearly doubled. Punch down dough and roll out to ½" thickness. Cut into rounds with 3" cutter; brush with melted butter or shortening. Crease rounds deeply with dull side of knife, a little to one side of centre; fold larger half over smaller half and press along fold. Place, touching each other, on greased pans. Grease tops. Cover and let rise until doubled in bulk. Bake in hot oven, 400°, about 15 minutes.



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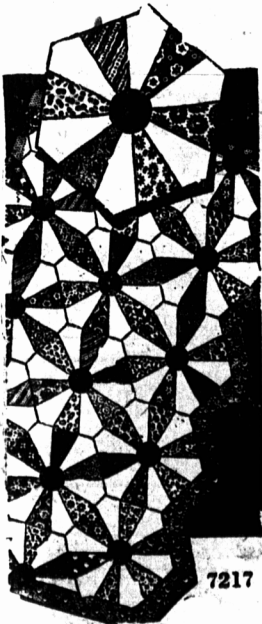
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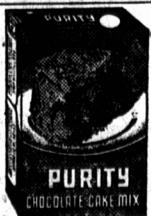


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