Woman's Realm..

That Body Of Yours

By James W. Barton, M.D.

THE METABOLISM RATE OF THE BODY

Many hospitals and also many physicians today are establishing metabolism clinics to make sure that the overweight patient is not overweight because of underactivity of one or more of the glands of the body, particularly the thyroid gland in the neck, the overactivity of which is called goiter or Grave's disease.

Metabolism is the rate or measure of the working processes of the body—heart beat, respiration, circulation of the blood. What is called the basal metabolism rate (B. M. R.) is the rate at a resting state, meaning mental, physical and emotional rest with no digestion or absorption of food going on in the body. A person lying motionless and relaxed, 12 to 14 hours after the last meal, at ordinary room temperature, is considered to be in a resting state. While he is lying quietly, the amount of oxygen he is using to keep the body processes going is measured.

It has been found that for each liter (about one quart) of oxygen he breathes into his lungs he has manufactured heat equal to the burning of 4.8 salories of food. By measuring the amount of oxygen used or breathed in for a few minutes in this resting state, the amount used during the entire 24 hours can be calculated.

Naturally a man weighing 200 pounds or a woman weighing 150 pounds will require more oxygen than a man of 150 pounds or a woman of 120 pounds. Also a boy of 16 might require more than a girl of 16. The amount of oxygen needed depends upon the size or skin surface of the body. The heat production per square meter (a little more than a square yard) is accepted as the measure of the resting heat production of an individual. It is called the basal (lowest) metabolism.

By estimating the amount of body surface, the physician knows by the amount of oxygen used whether the individual has a normal rate. Taking the normal rate at 100, if rate is more than 115 or less than 85 (plus or minus 15) he tries to find the reason. If over 115, he will look for disturbance of thyroid gland (goiter) or infection of some kind. If under 85, he expects to find that the thyroid is underactive.

However, if the physician feels that the patient is not completely relaxed, is upset in mind when test is made, he will have one or two further tests made.

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Household Scrapbook

By Roberta Lee

Leftover Mashed Potatoes

Roll the leftover mashed potatoes into patties immediately upon taking them from the table. Place the patties in the refrigerator and use at the next meal by rolling in flour and cooking slowly in the frying pan with three tablespoonfuls of drippings.

Cleaning the Hands

When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

New Baking Tin

The new baking tin will give much better service if it is heated until blue in the oven before being used.

Cook's Corner

BASIC SPONGE CAKE

One cup sifted cake flour, 5 eggs, separated, teaspoon grated lemon juice, ½ teaspoon cream of tartar, ¼ teaspoon salt, cup sugar. Sift flour 3 times. Beat egg yolks until thick and lemon-colored; add lemon rind and juice and continue beating until very thick. Beat egg whites with cream of tartar until frothy, sprinkle salt over top and continue beating until stiff enough to form peaks but not dry. Gradually beat in sugar, adding about 2 tablespoons at a time. Fold in well-beaten egg yolks, then gradually fold in flour, sifting about ¼ cup at a time over the surface. Turn into ungreased 9-inch tube pan and bake in slow oven (325 deg. F.) about 1 hour. Invert pan on a rack until cake is cold, or about 1 hour. Gently remove from pan. Yield: 8 portions.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE mentality is keyed to high purpose, with important matters coming up for decision, perhaps with new contracts or agreements to be carefully considered. Change, travel, also writings and all pertaining to publishing and commercial deals, thrive. However, under an expansive and experimental mood it is quite probable that over-acting, jumping at conclusions, or other extravagances or over-optimistic outlook, could beget hazard or downright loss. It might be well to keep the brakes on, lest funds, ideas, or plans be imperiled.

For the Birthday

Those whose birthday it is, may find their minds keyed to high ambitions and aspirations with much versatility and eagerness to make changes, undertake expansive contracts, make commitments, but possibly with hazardous denouements. With a keen urge toward the extravagant, prodigal and over-expansive, its zeal could finally spell loss. It would be wise to pause for due study of all angles or proposals from important sources.

A child born on this day should have an alert and keen mentality with inclinations to expansive and optimistic nature. This may beget financial involvements.

Strange But True

By F. H. MacArthur

There's a singular system in France relative to the adoption of children. A family who has none, adopts as their own a child belonging to a friend, or perhaps some poor family. The adoption is recorded by civil authorities and the child becomes heir-at-law to the property of its new parents and they are bound to support as though it was their own flesh and blood.

There are 5½ million T. V. sets in the U. S. A. The Skylark is one of the most powerful single engine planes (5,500 H. P.) Armed with rockets, torpedo guns, etc., it is a dangerous war baby. If you would offend your friends give them advise.

The ancient Peruvians had a unique method of expressing their thoughts, namely, by using knotted ribbons of different colors, which they called "Quipoes". The ribbons were used in place of writing. This ad is copied from an island newspaper. Date Jan 1, 1846 . . "We have superb cashmere, lime, printed cotton, fine flavored and strong Jamacia and Demerara rum, Russian indigo, real Scotch whiskey, candy, herrings, molasses, bricks, ladies lace mits, etc." That's my idea of a general store.

The American cents minted in 1787 bore this motto: "Mind your own business." All 20 cent pieces were discontinued in 1878 ... Persons unable to read have no vote in the state of Connecticut. The world's largest libraries: Biliotheque National, Paris 3,000,000, vols.

British Museum, London. 2,000,000 vols.

Imperial Library, St. Petersburg 1,500,000 vols.

Library of Congress, Washington 1,000,000 vols.

Valid marriages were once performed in the garden of the gulf by schoolteachers. . .A combination of the letters Ough, is pronounced in seven different ways, O, UF, OF, UP, OW, OO, OCK. . .Monkeys have fewer parasites than most animals. Salt exudes from the pores of their skin and alheres to the hair and it is for these that the animals are continually searching. The first Almanac published in this province came from the printing office of James D. Hazard. Date 1827, Charlotetown used to be spelled thusly: Charlotte Town ... The dandelion received its name from the lion-shaped teeth of its leaves. It is a Native of Europe ... Before the Civil War a buffalo was called a boss and a bullalo calf a bossy. The latin word for ox is bos, and quite likely the first person to coin the word "bossy" had a sense of humour..

Better English

By B. C. Williams

1. What is wrong with this sentence? "The condition of his affairs were deplorable, and he was soon completely surrounded by creditors."
2. What is the correct pronunciation of "residue"?
3. Which one of these words is misspelled? Califlower, calisthenics, calculator, calumny.
4. What does the word "presentiment" mean?
5. What is a word beginning with ig means "dishonorable"?

ANSWERS

1. Say, "The condition of his affairs was deplorable, and he was soon (omit completely) surrounded by creditors." 2. ronounce rez-i-du, i as in it unstressed, u as in use, accent first syllable. 3. Cauliflower. 4.A feeling that something will happen. 'The woman had a presentiment that all was not well with her husband." 5. Ignominious.

DOROTHY DIX SAYS—

Girl Or Boy?

Prospective Foster Parents Ask Which Costs More To Bring Up

DEAR MISS DIX: My husband and I are considering adopting a child, but we do not know which sex to choose. Which costs the most to rear, a girl or a boy?

BETTY LOU

ANSWER: If there are any statistics on this subject, I have never seen them, but I should not think that there would be a ha'penny worth of difference in the cost. So don't let that influence you in your decision.

In former times, when boys were given a more elaborate education than girls, a boy may have been a more expensive luxury than a girl, but nowadays girls go to college also, so that item of expense is the same for both sexes. As for food and clothes and cars and what youngsters now consider the necessities of life, it is six of one and a half a dozen of the other so far as the dollars go.

YOU HAVE YOUR CHOICE

Of course, one of the advantages of adopting a child is that you can see beforehand what you are getting and pick out the sex and the color of hair and eyes you want, instead of having to take what the stork leaves on your doorstep. You literally pay your money and get your choice, and whichever you choose it is going to be an expensive luxury. So there isn't any use in haggling over the price and taking a girl when you want a boy or a boy when you want a girl, because you think the upkeep of one will be a little cheaper than the other.

Of course, the kind of baby you prefer is purely a matter of taste. People who have their own almost always ask for boys. Great is the rejoicing when one condescends to come to a family.

At least that has been the attitude in the past, but of late from having been a drug on the market the girl baby stock has gone up. Before the emancipation of women and their entrance into the commercial world, daughters were a burden on their parents because they had to be supported until some man came along and relieved the family of its load.

The modern girl has changed all this. She gets a job and becomes self-sustaining quite as early as her brother does, and in the matter of helping the family she is far more reliable than he is. And it is the girls that Father and Mother look to, to take care of them in their old age. There are far more men supporting their wives' fathers and mothers than are supporting their own.

Furthermore, a girl baby stands twice the chance of bringing distinction on her parents and gratifying their ambition that a boy does because she may get into the spotlight herself by making a success in some particular line, and if she doesn't she may marry some man who does.

DEAR MISS DIX: I am a girl of 14, but mature for my age. My parents won't let me go out with boys. There is a boy of 18, who is very nice to me, that I like as a friend. The other day he asked me to go for a ride with him. I knew if I asked to go I would be forbidden, so I said I was going to a girl's house to see her. I didn't get home at the appointed time and my father was so angry he threatened to send me to a reform school. I didn't do anything wrong and I don't want to do anything wrong, but I'd like to have a little pleasure like the other girls have. Shall I run away from home where I am not wanted? Please tell me the right thing to do.

R. V. W.

ANSWER: At 14 you are still a child, R. V. W., and you must submit to your parents even when you think their restrictions are unfair. Don't think of such a thing as running away from home, because that will put a blot on your name that you would never live down.

Of course, at 14 it is natural that you should want to go about with boys, but even if your parents deny you that now, you've got a long, long time to enjoy yourself stretching out before you.

But I could weep over the mistake that your parents, and all other overly strict parents, make when they try to drive youngsters with too tight a rein. It is far, far better to let even a young girl meet nice boys in her own home than it is to force her to meet boys on the street or in a corner drug store and go with them heaven knows where.

And I wish I could make all parents understand what a crime they commit when they scar a young girl's mind with the threat of sending her to a reform school. Of course, the parents don't mean what they say, but it burns in a young girl's soul. It alienates her from her parents and sometimes the suggestion makes her live up to their accusation.

DEAR MISS DIX: My husband is always telling me that I am not worth killing, that he is going to trade me off for a dog and then kill the dog. He also tells me he would be glad if I would leave him so he can marry a rich woman because he is tired of working. Do you think he is tired of me and wants me to go?

E. P. F.

ANSWER: I should gather as much from his remarks. He certainly gives no earmarks of being a kind and loving husband, and it seems to me that the best thing you can do is to walk out on him. You have nothing to lose by going.

DOROTHY DIX cannot personally reply to readers, but will answer letters of general interest through her column.

ELLEN'S DIARY

By An Island Farmer's Wife

And so, helping us out in more than one direction, yesterday we added items of buying to our linen closet. This we may say bears no resemblance at all either in space or quantity stored, to those belonging in story to the lovely mansions of the south, and kept under lock and key. We recall that from those well-stocked shelves, the squire's lady selected her daily requirements of beautiful lavendered sheets, her towels and pillow-slips, her coverlets and "shams," with the willing assistance of course, of one or more colored "Aunties" or "Mammies" . . . and dear, dear, we suppose lint on occasion. Our stock of linens is adequate but neither large nor select. Nor do we own any pieces marked: "His" or "Hers" or initialled with a "J" or an "E." Ours is made up of a mixture, the better and the humble. House-cleaning time discloses that we still have a remnant of that which to linger over is to sigh. These are of the ever esteemed variety we "brought from home." To speak of them in the hearing of granddaughter is to bring forth such questions as: "When was that, Nanna?—Were you ever a girl? — What color then was your hair?" And "What was gran'daddy then? A boy, You only a girl and he just a boy? Isn't that very funny!"

• • •

We added sheets and pillow slips to maintain our supply at a head, a soft blanket or two of the flannelette kind and an Indian one to replace one aged and thinning but full of history. It is indeed "passing strange" and touching, the story a bit of rag can tell, the fond memories a piece of silk or print can bring back to mind from the years. A patchwork quilt, only a collection of this and that and pieced at random can hold more fascinating tales in its folds than a library shelf. How we have enjoyed listening to these in our day! A finger pointing, a tremulous voice pausing while fading eyes looked away beyond us and into a past we knew nothing of — A bit of a loved ones "appearing-out" gown — and she "dead now and gone!" A scrap of velvet, "Her first Sunday dress!" A piece of plaid "That was one of my own — and right bonny it was, when the new was on it!" "And that? Ah, I mind that as though it were yesterday —and himself now years in his grave. It's a bit of his wedding-coat. Ay, that's what that is."

• • •

Our blanket now faded and thin —what tales of its service and all, we can recall on a dour January night like this, with the wind high in the chimney and flurries of snow against these old windows! It is on just such a night as this, and we snug by the fire together, that we can best remember the past. We can see that flock of ducks as clearly now as we did the gulls that hovered above our fields this morning, though the former are only in mind. Noisy happy hungry fowls they were, waddling about the yards or breaking water in fetching ripples on the placid mill-pond. They were so pretty, the ducks more plainly garbed but plump and matronly among the rest, decked out in more resplendant plumage. We were loath to part with them when the season of marketing appeared and the last offering of grain we carried them was not a pleasant duty to fulfill . . . But out of the returns, meagre in those days to be sure, we made a purchase to keep that summer evergreen. "Do you know, gran'-daddy how Nanna bought this old blanket?" granddaughter drew his attention to both old and new today. James shook his head. "She bought it with some duck-money!" the small one beamed merrily "yes —she grew a flock of ducks!"

• • •

What service it has rendered! We can see James at this moment, a younger man it is true, tuck its folds about Jamie on the sitting-room couch when sleep had overtaken him while left to our care. And wrap it about him carefully when later undisturbed he would be lifted and borne off to car or sleigh, and home . . . So, new linens to our closet . . . gulls over the morning-fields . . . wind in the night-chimney and snow-flurries against the panes.

Until tomorow — Diary—Good-night . . . .

LONG-LASTING

Oak trees are said to have 300 years of growth, 300 years of maturity and 300 years of old age.

SHORT FORM

The shortest will preserved at Somerset House, London, written by a clerk on an envelope, says "All to mother."

Mrs. Willard Prowse, Brackley, P.E.I., achieves prize-winning results with Fleishmann's Yeast.

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Her mantelpiece is adorned with silver trophies for home beautification and flower gardens. But it's her *baking* that has made Mrs. Willard Prowse famous all over the Island! At the 1950 Provincial Fair at Charlottetown she carried off top honors. An authority on yeast-raised baking—she uses 18 yeast cakes a week!—Mrs. Prowse gets her superb prize-winning results with Fleischmann's Yeast.

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Modern Etiquette

By Roberta Lee

Q. Is it good taste for a man to have his fingernails highly polished?

A. There is quite a difference of opinion on this subject. While many men do, some authorities maintain that it is not in good taste. Clean, well-kept nails and hands are all that is really necessary.

Q. When, for any reason, the hostess of a dance cannot or does not dance, should the men guests ask her to dance anyway?

A. It isn't necessary to ask her to dance, but each man should sit out" at least one dance with her.

Q. When entering a dining car on the train, should one find a seat for himself, or wait to be shown a seat?

A. Stand at the entrance until the steward approaches and conducts you to a seat.

MONTREAL, Jan. 17 — (CP) — Leon Gerin, writer of monographies on social and economic life in Canada and a former president of the Royal Society of Canada, died today. He was 87.

How Can I!!!

By Anne Ashley

Q. How can I simplify the task of measuring dark or light brown sugar?

A. Heat the sugar in the oven and measure it quickly while soft. If the sugar is kept in the refrigerator or breadbox, it will remain soft.

Q. How can I return tatting to a good clear color when it has become very soiled?

A. The best plan is to wet the tatting and soap it well. Then brush it gently with a hand brush. This will clean it beautifully without harming it.

Q. How can I make an emergency paste

A. Tapioca, soaked in warm water, will make a satisfactory paste in an emergency.

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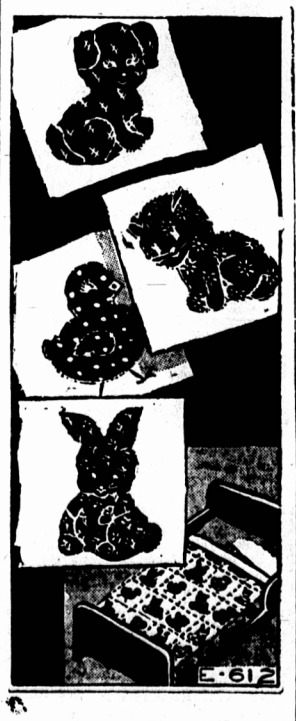

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NO BLITZ

A four-year campaign from 1531 to 1535 was needed for Francisco Pizzaro to conquer Peru for Spain.

Morning Smile

Glass Eater

A man walked into a pub and asked for a double whisky in a long-stemmed glass. When the drink was handed to him he poured the whisky on the floor, ate all the glass except the bit at the bottom, and walked out of the place.

The barman stared after him in amazement. Then, turning to a customer leaning against the bar, he remarked: "Funny man, that!"

"He must be," replied the customer. He's left the best bit."

IT'S A CONTINENT

The area of the mainland of Australia is estimated at 2,948,366 miles.

Got Cold Feet?

And we do mean cold feet! . . . the kind of cold feet you get after a day on the ski slopes in mid-winter. If you're looking for a pair of cosy foot-warmers look no further. For here they are! Knitted in warm double knitting wool with the Fair Isle pattern in a contrasting color, these after-ski socks are then attached to a pair of slipper soles which are easily removed for laundering purposes. For directions for knitting these AFTER SKI-SOCKS simply send a stamped, self-addressed envelope to the Needlework Dept. of this paper asking for Leaflet No. CW-10.

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