

## That Body Of Yours

By James W. Barton, M.D.

### PROTEIN IS KING OF THE FOODS

From the standpoint of use to the body, the most important organ is the liver because of the many jobs it does. This is the reason that about 25 per cent of all the liver-storing sugar, making bile (nature's purgative), clearing poisons and harmful substances from the blood, helping to form the blood. The liver is thus named the king of the organs.

Similarly with the foodstuffs, protein is the king of all foods. The principal protein foods are—meats, fish, eggs, milk. While protein gives energy, as do other foods, its chief value in the body is to maintain the muscle tissue throughout the body and repair cell structure. Fortunately the more muscle tissue is used by work or exercise the greater their increase in size.

The muscles, instead of being used up or consumed, are in such a healthy condition as a result of the regular or habitual exercise and that they take on new firmness and are actually built up somewhat in size.

A certain amount of protein food is needed and used directly for the building and repair of tissues and is withdrawn from the bloodstream for that purpose. This is all the protein needed by the body, but any excess of protein must be burned up as energy or thrown out of the body by the work of the kidneys.

The important point about protein, greatly needed daily by the body because of the amino acids present in protein, is that it cannot be stored in the body, as can fats and carbohydrates (sugar), so that sufficient for the day's need is all that should be eaten, but it "must" be eaten, even if other foods are not eaten.

How can we be sure we are getting at least enough proteins? For the average adult sufficient protein of excellent quality will be insured if the following foods are included in the dietary every day:—two glasses of milk, 1 egg, 1 serving of meat.

Where hard physical work or strenuous exercise is taken, two servings of meat or two eggs should be taken daily along with the various other foodstuffs—fats, starches, minerals and vitamins.

For children, a full quart of milk daily is suggested by Dr. H. C. Sherman in his book, *Chemistry of Food and Nutrition*.

Remember, not enough protein lessens the stamina, causes thin blood, prevents proper growth. Too much protein causes putrefaction in intestine and is a strain on kidneys.

## How Can I...

By Anne Ashley

Q. How can I remove oil stains from the garage floor?

A. Oil and grease stains on the cement floor of the garage are very unsightly. They can be removed by scouring with naphtha and a vigorous brushing with the broom.

Q. How can I prevent the skin of apples from bursting when baking?

A. Run a knife around the core of the apple before placing in the oven to bake and the skin will not burst.

Q. How can I clean rhinestones?

A. Soak the rhinestones, article in gasoline for a few minutes; then dry, and polish with a soft cloth. It will look like new.

## Better English

By V. C. Williams

1. What is wrong with this sentence? "I know a sight of people who will attend the inauguration."

2. What is the correct pronunciation of "concomer"?

3. Which one of these words is misspelled? Eventually, evening, evanescent.

4. What does the word "late-scent" mean?

5. What is a word beginning with "ins" that means "to urge forward; provoke; incite"?

ANSWERS  
1. Say, "I know a great many people." 2. Pronounce kop-no-men first o as in cone, second o as in noble as in men, accent second syllable. 3. Evenness. 4. Becoming concealed; withdraw from view or knowledge; as, "A latescent meaning." 5. Instigate.

## Household Scrapbook

By Roberta Lee

### Feathers

To remove feathers from wild ducks, dip them into boiling water and then wrap in a thick cloth. The feathers are steamed loose and the "pins" will give very little or no trouble.

### Preserving Flowers

If one wishes to preserve some flowers, dip it entirely into a solution of gum dammar in alcohol. The alcohol evaporates readily, which leaves the gum, and this is almost transparent.

### Fudge

A teaspoonful of cornstarch added to the fudge will greatly improve its texture and flavor.

## Morning Smile

Seconding The Motion

Boasted Sam: "I have what is known as the laziest rooster in the world."  
Zake: "Just how lazy is he, Sam?"  
Sam: "Well, he ain't never crowed in his life. He just waits for another rooster to crow — and then he nods his head."

### Meet Again

Two mosquitoes were perched on Robinson Crusoe's arm.  
"Well, I'm going now," said one.  
"O. K.," replied the other. "I'll see you on Friday."

## Green-Reeves Nuptials At Freetown



From left to right, back row, are Mr. Alexander Green, best man; Mr. and Mrs. Sydney Green; Messrs. William Calbeck and Heustis Paynter, ushers. Front row, left to right, Grant Francis, ring bearer; Miss Shirley Lewis, bridesmaid; Miss Wane Reeves, flower girl; and Miss Kay Reeves, maid of honour.

The Freetown United Church was the scene of a quiet and pretty wedding on Wednesday, September 10, at 5 P. M., when Phyllis George, daughter of Mr. and Mrs. Edgar Reeves, was united in marriage to Sidney Charles, son of Mr. and Mrs. Charles Green, Central Bedouque. The ceremony was performed by the Rev. Kenneth Campbell, assisted by the Rev. C. A. Britton.

The church was beautifully decorated for the occasion with large bouquets of gladioli and mixed cut flowers. Sweet peas and maiden hair fern tied with white satin ribbon marked the guest seats. To the strains of the Wedding March, played by the organist, Miss Mary Cairns, the bride party took their places beneath a beautiful arch of evergreen and white.

The bride, who was given in marriage by her father, was lovely in a blush satin gown en train, fashioned on princess lines, with Peter Pan collar and lily point sleeves. Her fingertip veil was of tulle illusion, in matching shade, arranged from a jeweled crown, and she carried a bouquet of natural English roses.

The bride was attended by her sister, Miss Kay Reeves, as maid of honour, and a close friend, Miss Shirley Lewis, as bridesmaid. The attendants wore similar gowns of heavenly blue and maize, fashioned and broadened satin bolero. They wore matching veils and mitts, and carried nosegays of pink and American Beauty roses.

Wane Reeves, little sister of the bride, as flower girl, was charming in a floor length gown of pink satin, fitted at the waist with full and veil, and carried a basket of yellow roses and maiden-hair fern.

Mr. Alexander Green was groomsmen and Mr. Eustace Paynter and Mr. William Calbeck were ushers. The ring bearer was Grant Francis, young cousin of the bride. During the signing of the register, Miss Elizabeth Green, sister of the groom, sang very sweetly, "I'll Walk Beside You."

The bride's mother wore a gown of plum tulle with winter white accessories, and a corsage of yellow roses. The groom's mother chose navy with white, with matching accessories and a corsage of red roses.

Immediately after the ceremony a reception was held at Mulberry

Lodge for fifty-five guests. The toast to the bride was proposed by the Rev. C. A. Britton and the groom replied.  
The young couple left following the reception on a honeymoon to Niagara and Toronto. The bride's going away suit was dawn grey with navy accessories and a corsage of pink roses. On their return, they will reside in Central Bedouque.

The bride was tendered a miscellaneous shower the week previous to her marriage, when she received many lovely gifts. To the strains of "Here Comes the Bride," played by Mr. Alexander Green, Phyllis was escorted to a nicely decorated seat of honour by her cousin, Miss Jean Francis. The baskets were carried in by the Misses Muriel Hatfield, Fern Reeves, Elsie MacFadyen, and George Johnson. The gifts were opened by Mrs. Robert MacMurdo and Miss Rose Reeves while Miss Marion Schurman and Miss Elizabeth Green read the names.

Wanda Francis arranged the gifts on the table. After thanking one and all, and inviting everyone to visit her in her new home, "She's a Jolly Good Fellow" was sung.

The remainder of the evening was pleasantly spent in a sing song with Miss Marion Schurman and Mrs. Walter Reeves at the piano. Lunch was served by the hostess assisted by aunts of the bride.

The first self-binding machine to be operated in the Canadian west appeared on farms in 1884.

## What you can believe about "sales"

When you buy something at a "sale", are you really getting extra value? Can you save by shopping in "Bargain Basements"? Is it safe to look for "irregulars"? Are "Preseason Sales" on the level?

In November Reader's Digest, read the fascinating, behind-the-scenes story of department store merchandising that tells how department stores (large and small) can manage to run "sales" day after day — and still offer real bargains to their customers.

(Condensed from *Cosmopolitan*)  
Get your November Reader's Digest today: 43 articles of lasting interest, condensed from leading magazines, current books.

## Modern Etiquette

By Roberta Lee

Q. How does a woman introduce her husband?

A. To friends, as "John," and to acquaintances as "my husband." The two names of safety are "my husband" and "my wife," since they are proper no matter to whom you are talking. In business, "Mr. Johnson" and "Mrs. Johnson" are quite correct.

Q. Is it permissible for a dinner guest to mention any particular preference in foods?

A. No. He should accept what is offered, and not make reference to any other kind of dish he particularly likes.

Q. When one has illness in the family, and a friend says, "I am sorry, etc." what should one's response be?

A. "Thank you" is sufficient.

## Cook's Corner

SUGARLESS CAKE

This cake is especially for diabetic patients.  
Two cups stirred but not sifted flour (or 1½ cups flour and ½ cup soy flour), 3½ teaspoons baking powder, ½ teaspoon salt, 6 or 8 sucaryl tablets, 1 cup milk, 1 egg, 3 tablespoons butter, and, if desired or allowed, ¼ cup each raisins and currants or raisins and dried apricots or dates.

If these fruits are allowed and used steam them for 10 minutes, then dry them before adding to the batter. Mix and sift the flour, baking powder and salt. In ¼ cup of the milk dissolve the sucaryl tablets over hot water. Beat egg and add the remaining ¼ cup milk to it and mix. Make a depression in the flour, pour in the egg and milk, then the melted butter, and the sucaryl and milk mixture. Stir as quickly as possible—just enough to mix.

Turn into 2 very small buttered loaf pans or into buttered muffin tins. Bake at 375 deg. or 400 deg. Fahr. for about 25 to 30 minutes. If small loaves bake at 375 for 30 minutes; if muffins bake at 400 for nearly 25 minutes.

## The Stars Say

By Genevieve Kemble

### For Tomorrow

ACCORDING to stellar indications, there may be a slowing down of tempo into channels more sedate and practical. Father Saturn arrives with a precautionary but friendly "big stick," with injunction to "cut the capers" and seek some sort of serious and workaday outlets. With Saturn in the sign of the balance, he is disposed to preach temperance and moderation in all things, perhaps to encourage a let-down over the week-end. "Let Patience have its perfect work."

### For the Birthday

Those whose birthday it is are advised to slow down the tempo for a weekend of relaxation and rest for the nerves, possibly to find release from the excitement and excessive programs of the earlier days of the week in which the young and giddy have had their fling. A change of vibration might be in order, perhaps in some domestic chores, tidying up the place or other escape, with concentration on things of the spirit or mind. Study may give relief from some perplexing anxiety.

A child born on this day may be seriously inclined, given to introspection and meditation.

### PIONEER STEAMER

The Accommodation, first steamboat on the St. Lawrence, made her maiden trip from Montreal to Quebec in 1809.



## ELLEN'S DIARY

By An Island Farmer's Wife

This evening James put down the current issue of magazine he had been reading, removed his glasses and settled himself in the armchair in a manner which signals to his weaker half: "Let's chat!" "It must have taken no small amount of courage for our forebears to leave the Old Land, Ellen," he commented, breaking the prevailing silence... Play-fully by their spells of work and wear the two boys had retired, and Rob was away to the city.

"A courage born mostly of necessity," we offered. "There was little choice. Times were hard and..." "Aye," James agreed. "But be that as it may, Ellen, it nevertheless takes a stout heart to rise to necessity, initiative too; and hope for better tomorrows and faith to accept what the future in a strange land should bring. How lonely they must have often been—those pioneer settlers! Countries were so widely separated then—even months apart. It's so different now: folks may breakfast at home, dine in the breaks and sleep in a room hundreds of miles away from their point of departure."

"The English of us would miss the beauty and ordered ways of the homeland," he continued, and their lonely moors and mist-topped hills," we offered. "The Irish would be longing for the scent of peat fire and the green loveliness of the Ould Sod—the laughter and romance of it... would be listening for call of leprechauns through the woodlands and remembering all the magic and bewitchment of Erin's Isle."

"And the Scottish folk, Ellen," James said. "The Lowlanders used to their crofts and their simple ways and farings, and the stern Highland folk—but I suppose, Ellen, they wouldn't shed a tear at parting. I've just been reading Beverly Baxter's London Letter... It's good, Ellen, quite interesting to read. The heading is: 'My Heart's in the Highlands.' It describes a motor trip from London to Dornoch at the top of Scotland which took his wife and himself to spend a holiday there... Let me read this, I'm sure you'll like it too!"

"... and soon we had entered the land of magic—the Highlands of Scotland. Is there in all the world such a feast of color?—the senses are ravished by their beauty! Mountain streams rush on their way, white, billowing clouds flit with the noon-day sun; black-faced sheep nibble the grass with complete disdain for the passing car; the lonely cottage snugly against the hillside. Can't you fairly see it, Ellen?" James asked.

"And in closing he writes: 'But when autumn comes to London and the gray sodden skies rest all most upon the roofs of the houses, my mind will return to the Highlands with its yellow gorse and purple heather and I will hear again the enchantment of the Scottish voice with its music and cadence and argumentativeness... And in my mind's eye I shall see the granite villages with their memories, their grim courages and their solitude set in the hills.' Night sets her quiet enchantment now on island hills: in the farmhouses about lights are out. Another day's end has given folks to their rest. Until tomorrow... Diary... Good-night..."

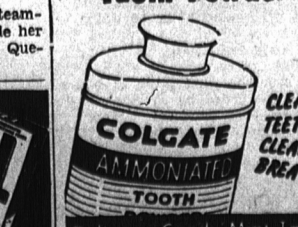
### HISTORIC LAKE

Before the coming of the railways, Lake Champlain was the principal route between Canada and New York.

## STOP PAYING FANCY PRICES for Floor Wax!



Dental Research Indicates You Can Help Prevent Tooth Decay WITH COLGATE AMMONIATED Tooth Powder



## DOROTHY DIX'S COLUMN

### Different Faiths

#### Couple Fear Religion Will Be Problem In Marriage

DEAR MISS DIX: My young man and I have been going together for four years, and he is everything I ever hoped to find. Our only problem is religion. We are of different faiths and realize that there will be problems arising, especially if we have children. We have discussed the matter with our parents, who love us and want us to be happy. They feel we should do what we think best. Could you help us?



PATRICIA A. ANSWER: Since the situation, up to now, has been amicably met and handled, it should proceed along the same lines. The best thing for you both to do is see your respective clergymen, together, and after a heart-to-heart talk with each, you will be in a better position to make your decisions.

TIGHTWAD BEAU DEAR MISS DIX: I have a very nice boy friend who phones me regularly, and comes to the house quite often, but he never spends a cent on me. If we go anywhere I pay my own way. It isn't that he doesn't have the money because he has a good job.

R. P. ANSWER: Are you sure he doesn't give all his money home? That's rather a far-fetched conclusion, but it is possible. If he really does have spending money, no matter how little, and consistently refuses to pay your way into movies, etc., it's time you gave him up. A tightwad, whether teen-ager or older, is no social asset.

DEAR MISS DIX: I am very fond of a boy in the neighborhood. I see him almost every day and he calls me with a smile and a wave. I have heard that he frequently gets girls on the phone, makes a date, then never keeps it. He has made one date with me, then called me up to break it. I would like very much to make him interested in me. How can I do it?

J. T. ANSWER: Why bother? A girl who is seriously interested in attracting a boy for a companionable escort seeks dependability, consideration and loyalty from him. The boy you describe apparently isn't equipped with any of this material. He is most undependable, to apparently very conceited and most certainly completely callous to other people's feelings. Surely your neighborhood can produce something better than that.

DEAR MISS DIX: Many girls might think I'm lucky, but I have a problem. A senior in my school has asked me to go steady. My parents approve of him, as he is a fine boy. I have had other chances to go steady but as soon as I see a boy I like me I lose all liking for him. Am I just spoiled?

J. S. M. ANSWER: Could be, but more likely you just have a heavy streak of feminine contrariness. Better try to get over it before boys think you're too stuck-up.

## Anne Adams Patterns

EASY! SEE DIAGRAM!

ONE YARD 35-inch fabric for the small size! That's all you need for the tailored version of this apron! So inexpensive—use remnants or feed-bags! Make flocks of these for hostess and birthday gifts. Other version is gay for parties with dainty ruffled hemline. Pattern 4522 comes in Misses' Sizes small 14-16; medium 18-20; large 40-42.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

## Finds Fast Way To Relieve SCIATIC PAIN

"For a long time I was just about useless from sharp sciatic pain in my right hip and thigh," writes Mr. Kenneth Dauphinee, 32 Atlantic Ave., Halifax, N.S. "Despite all the things I tried, I showed no improvement. Then my wife got me some T-R-C's and from the first dose I got longed-for relief. After taking T-R-C's for a short time, I no longer needed them and have not had an attack for years."

This welcome relief from nagging pain can be yours. Don't suffer another day from Sciatic, Rheumatic, Arthritic, or Neuritic pain. Get Templeton's T-R-C's—Canada's LARGEST-SELLING proprietary medicine for quick relief from such pain. Only 65c. \$1.35 at druggists. T-846



SMALL SIZE ONE YARD 35" 4522 S-14-16 M-18-20, L-40-42 by Anne Adams



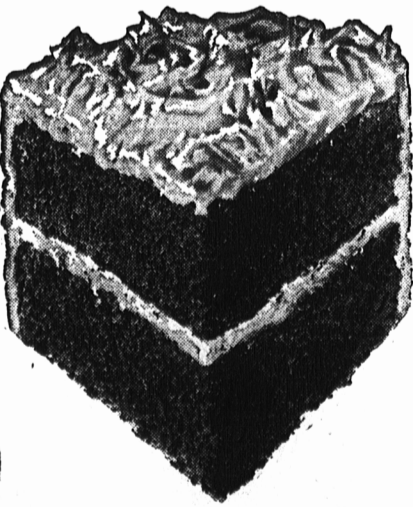
"Fleischmann's Yeast never lets you down," says Mrs. G. Arthur MacDonald, Pictou, N.S.

## Repeats Baking Successes at 1952 Pictou Fair

With a fresh batch of awards for her prize-winning baking at the 1952 Pictou County Fair, Mrs. G. Arthur MacDonald is rated tops in turning out home-made bread.

Talking shop with her husband (he's a baker by trade), Mrs. MacDonald attributes much of her success to her care in selecting ingredients. "Ingredients are so important," she says. "For instance, you have to use an extra-good yeast—one with plenty of pep and action—for the best results. I personally never use any yeast but Fleischmann's, because I know from experience how fast and peppy it is."

Right to the point! Across the Maritimes Fleischmann's Yeast is the favorite with prize-winning bakers because they've proved it's so dependable.



# Now Better cakes

easier—New Domestic blends smoothly, easily with your other ingredients. No pre-creaming is necessary.

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no better shortening at any price