

That Body Of Yours

By James W. Barton, M.D.

FATIGUE AND ALLERGY

Physicians are finding that while pain stands first as cause for consulting a physician, fatigue (tiredness) is now a leading reason for visits to, or from, the physician.

The whole world seems to be tired. In "Annals of Allergy," Dr. M. G. Mayer, Michigan City, Indiana, states that three per cent of all new patients seen over a year's period offered fatigue as their sole reason for seeking medical attention.

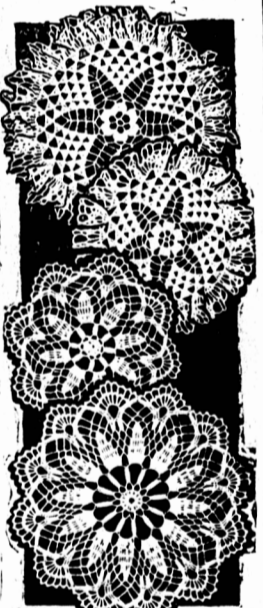
"Surprising results were obtained when the offending factors or substances, generally foods, were omitted or removed," writes Dr. Mayer. "Forty-eight per cent became well of fatigue in the group with organic disease not deemed sufficient to cause fatigue symptoms, and 60 per cent became well of fatigue in the group in whom no organic disease was found."

Physicians have long known that allergy is more prevalent among schoolteachers than among any other one group. And those well acquainted with the duties of teachers are the first to agree that it is a most exhausting profession and that schoolteachers as a class deserve and need the lengthy summer holidays granted them.

When undue fatigue is present, and removed if possible, as the search for allergy should be made above figures presented by Dr. Mayer tell their own story.

Friedrich Wilhelm Bessel, German astronomer who died in 1846, published a catalogue of 3,222 stars.

Alice Brooks Designs



7226 by Alice Brooks

Morning Smile

Agreed

Father: "When I was a boy, I thought nothing of a ten-mile walk."

Son, a little tired of hearing about the good old days: "Well, I don't think so much of it myself."

Not Their Fault

Aunt Jerusha — "Bildad, do you know that tomorrow will be the twenty-fifth anniversary of our wedding?"

Uncle Bildad — "Ye don't say so. What about it?"

Jerusha — "I thought maybe we ought to kill them two Rhode Island Red chickens."

Bildad — "How in tunket can you blame them two chickens for what happened twenty-five years ago?"

Just Like a Man

"Harold is awfully obstinate" "In what way?"

"It's the hardest thing in the world to make him admit I'm right when he knows I'm wrong."

The Stars Say

By Genevieve Kemble

EXCELLENT auguries for attaining the goal of heart's desire are found in today's astrological aspects. Fondest hopes and wishes are in sight for the reaching forth, with confidence ability and the tangible aid of those in high places.

For the Birthday Those whose birthday it is have concrete and tangible assurance of putting over their major objectives, with happy fulfillment of the fondest hopes and wishes.

It is desirable to exercise a subtle and gracious approach rather than a bold effort to force issues. Tact, friendliness, sociability, should go far in securing all sorts of benefits in business as well as purely personal aspirations.

A child born on this day is bounteously blessed with those talents, abilities and aspirations for attaining an important place in life, inspired by its feelings, emotions, intuitions.

DOUBLE VALUE

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Cook's Corner

CHERRY PIE

Graham cracker cherry pie — 2 cups graham crackers, rolled fine (15 crackers), 1/2 cup medium butter. Add butter to graham cracker crumbs and mix thoroughly. Line a 9-inch pie in with 1 1/2 cups of this mixture, passing into the shell with the following mixture: 2 1/2 cups drained, unsweetened cherries, 1/4 cup water, 2 tablespoons flour. Beat the cherries and juice, add mixed flour and sugar. Cook one minute after it has thickened.

ELLEN'S DIARY

By An Island Farmer's Wife

July sets her deep shades now in the bit of flower-border, in the tangle of which and unbeknownst to the children, a turkey is stealing her nest — and in the continued good weather the haying at Alderlea is progressing towards an early close. The acres which remain now to be mowed may be reckoned on the fingers of one hand. Some cutting is to be deferred, since harkening back to our earlier years of farming, a stand is to be reserved for timothy seed. But if the work continued to progress, we remember now that days presented exasperating if only temporary delays...

And once abruptly penetrating that calm which gives our farmers to the field, the spirited take-off of the truck down the driveway, there had been a sudden breaking in machinery, necessitating a trip to town for a replacement. Those were the days — and the family chuckle over these, when James commented in a carrying voice: "If you had just taken time to do this and so, it wouldn't have happened! If I don't see, myself, to all the details, there'd be nothing done around here. No, I doubt it, there'd be so much as one loft full yet... I declare, without a word of a lie I don't know what will become of all of you when I'm gone! But then" and this brings broad smiles to his sons, with whom he mostly sees eye to eye "you won't be needing much hay for a cow and a horse!"

Those whose birthday it is have concrete and tangible assurance of putting over their major objectives, with happy fulfillment of the fondest hopes and wishes. Persons or institutions of major importance may be called on for cooperation in funds or influence. It is desirable to exercise a subtle and gracious approach rather than a bold effort to force issues.

These are the days we most enjoy... the planning, busy days when the work progresses merrily and a charm lies over the place. This has been such a one... most satisfying in work accomplished, when July set her deep shades in the bit of flower-border, in the tangle of which, and secretly, a turkey banked the fourth egg of a belated hatching in a leafy flowering sanctuary there.

Until tomorrow — Diary — Good-night, . . . Sprinkle remaining crumbs over filling and bake in moderate oven until nicely browned, about half-hour.

FRUITED GINGERBREAD

1 package gingerbread mix, 1/3 cup seedless raisins, 1/3 cup chopped mixed candied fruit peel, 1/4 cup chopped almonds, 1 3-ounce package cream cheese pinch of salt, 1/2 cup confectioners' sugar, green food coloring. Prepare gingerbread according to directions given on the package. Add raisins, fruit peel and almonds. Pour into greased pan; bake according to directions on package. When cool, cover top with: Tinted frosting; Mash the cream cheese with a fork; add salt and sugar, blending well. Add enough green coloring to give a delicate color. If topping is too thick to spread, add a little milk.

Sorrey - Robertson Wedding



Mr. and Mrs. Alfred George Sorrey, shown above after their wedding which took place at the Presbyterian Manse, Montague, on July 27 to August 4th to stimulate interest in salad foods and remedy this situation.

DOROTHY DIX SAYS—

Take It Easy

Twice-Divorced Woman Should Not Rush Into New Romance

DEAR DOROTHY DIX: I am 28, the mother of two children, and have been married for twelve years. I loved my husband very much, but it was soon apparent that he was a heavy drinker and his cruelty drove us apart. We were divorced in 1949. He came back, said he was through drinking and promised things would be different so we were re-married. In three weeks the old regime began all over, and I had to leave him again. The children and I are now living with my family.

Now I have met another man. He is 28, too, is single and in the service. He knows of my previous marital experience. We have never dated, but I write to him. He knows I like him, but not that I love him—which I do. He is going overseas and has asked me to wait for him. He is the bashful type, and I usually have to make the first move. Should I tell him I love him, or let things stand as they are until he comes home? I am planning to get my second divorce this summer.

ANSWER: To avoid making a bad situation worse, postpone the new romance until the old one is at least cleared off the books. You have jumped into two bad marriages. Better be careful lest you make a habit of it.

YOU'VE LEARNED SOMETHING

You have at least discovered that few things are as putting as a drunkard's promises of reformation. By no means is it impossible, as witness the marvelous work of Alcoholics Anonymous, but even they can only succeed with a man of character who honestly wants to amend his ways. Most habitual drinkers are thoroughly content with their way of life, and though they make rash promises to win the point, the backsliding is almost inevitable.

Write to your new Romeo, if you wish, but keep the letters friendly rather than romantic until he returns. Let him make the declaration of love. That's a male prerogative, and though it is occasionally pre-empted by women, I think you're in too much of a hurry to be on with the new love before you're finished with the old.

DEAR MISS DIX: How can a girl know when a boy is feeding her a line? I'm 17 years old and have been keeping rather steady company since January. Recently I met another boy who asked me if he might call me. I said he could, but haven't heard from him. I met him on the street the other day and he claimed he had tried to call me but received no answer. I don't know whether he means it or not. How can I tell?

ANSWER: The gift of divining a man's sincerity should have Continued on pag 16.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The papers were fastened together with wire clips." 2. What is the correct pronunciation of "ascetic"? 3. Which one of these words is misspelled? Necessary, obseques, attornies, pianos. 4. What does the word "morbid" mean? 5. What is a word beginning with ca that means "a fantastic notion"?

ANSWERS 1. Omit together, which is redundant. 2. Pronounce a-set-ik, e as in set, accent second syllable. 3. Attornies. 4. Not second and healthful; taking an excessive interest in matters of a gruesome or unwholesome nature. "His was a morbid tale of the slums." 5. Caprice.

NEW STADIUM

ST. JOHN'S Nfld.—(CP)—The Newfoundland capital's new sport stadium with a seating capacity of 3,500 is expected to be ready for operation by November.

NOW—She Laughs at age

Springtime in her heart again! New-found gaiety, peppy energy! A new, alive woman—sparkling eyes, fresh, calm youthfulness — has replaced the worn, tired look. No wonder life has taken on new interest. Yes, thousands of once faded women, weary from blood-iron poverty, have blossomed anew with the Dr. Williams' Pink Pills. Try Dr. Williams' Pink Pills yourself for 30 days! Enjoy new health, pep and energy. Start today! Get back "in the pink" with

DR. WILLIAMS' PINK PILLS

Canadians Eat Less Salads Than Americans

While Mrs. Jack Canuck, a typical Canadian housewife is twiddling over a kitchen stove these days cooking a steaming hot meal for the family, her counterpart in the United States is probably dishing up a cool salad chock full of appetizing fruits and vegetables.

Americans are much more salad conscious than Canadians and the Canadian Horticultural Council is sponsoring Salad Week from July 27 to August 4th to stimulate interest in salad foods and remedy this situation.

Dr. L. B. Pett, Chief of the Department of National Health and Welfare's Nutrition Division has just returned from a two weeks visit to Syracuse and Cornell Universities and offers some very good reasons for the difference in the salad eating habits of Canadians and Americans.

Custom plays an important part in eating habits according to Dr. Pett, and Americans have become more accustomed to eating salads than Canadians. During his two weeks stay south of the border, Dr. Pett says he was served some kind of salad either as an accompaniment to the main course or a main dish for every meal except breakfast.

Then too, Dr. Pett suggests that availability is another reason. "Right now is the peak production period for fruits and vegetables in Canada. During the winter months, we have to rely on a few vegetables that can be stored and on imported varieties which are more expensive in different parts of the United States, the growing season extends practically over the entire year."

Statistics show that Canadians consume only about half as much fruits and vegetables per capita as their neighbours in the United States. Even more striking is the fact revealed by a recent Department of National Health and Welfare survey that Canadians are only eating about half as much fruits and vegetables as they should.

As Dr. Pett points out, "Canada's Food Rules recommend at least two servings a day of fruits and vegetables but our survey shows that most Canadians are only getting about one serving a day."

Consequently, any increase in the consumption of fruits and vegetables as a result of Salad Week is almost certain to contribute to the better health of Canadians," Dr. Pett adds.

In the words of Dr. Pett, Canadians are inclined to take fruits and vegetables for granted. From a nutritional standpoint we could select from a much greater variety than we do and thereby benefit our health. Our national health would certainly improve if every Canadian followed Canada's Food Rules, and surveys have shown that "a little boost is needed to encourage Canadians to eat more salad foods."

Dr. Pett believes that "eating should be a healthful pleasure and not a laboratory experiment," but he adds that enough curiosity to investigate the "texture, flavor and nutritional value of fruits and vegetables not commonly used would be desirable from a nutritional standpoint."

For example, ounce for ounce, dandelion greens have 20 per cent more vitamin "A" than carrots. A greenpepper contains 50 per cent more vitamin "C" than an orange the same size and cauliflower, shredded spinach, cabbage and tomatoes, along with cheese and fish are all salad ingredients high in nutritional value.

Serve Salads Chill. Garnish with a spring of mint or green cherry.

Unpleasant Job When the frying pan has been used for onions or fish and you do not relish cleaning it, soak during the meal with a strong solution of ammonia and water. It will take away the odor, and the pan will wash readily.

Wilted Vegetables Wilted vegetables can be revived by soaking them in cold water containing a little salt for a short time before using.

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How Can I!!!

By Anne Ashley

Q. How can I prevent candies or sauces from boiling over?

A. When making candies or sauces that are apt to boil over, rub the inside of the top of the kettle well with butter down about an inch from the top. The contents will not pass this line.

Q. How can I clean whisk brooms and clothes brushes?

A. They can be easily cleaned by whipping them up and down in warm water, to which a little soda has been added. Dry in the sun.

Q. How can I quickly dry lettuce which is too wet?

A. Fold the lettuce in a cloth and shake for a few minutes. The cloth will absorb the moisture.

Modern Etiquette

By Roberta Lee

Q. Is it correct for an employer to introduce his secretary to a caller by saying, "Mr. Jones, this is my secretary, Miss Brown," or shouldn't he give the woman's name first, "Miss Brown, this is

Mr. Jones?" A. In the business world, the most important person is mentioned first, regardless of sex.

Q. Is it good usage to speak merely of wearing a "white tie" or a "black tie," instead of referring to "full evening dress" or a "dinner coat"?

A. Yes; these terms are popularly used in good society.

Q. To whom should wedding announcements be mailed?

A. Only to those people who did not receive invitations to the wedding.



4602

12-20

by Anne Adams

Ring up another for MAGIC!

GINGERBREAD DESSERT RING

Mix and sift 3 times, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 2 tsp. Magic Baking Powder, 1/2 tsp. baking soda, 1/2 tsp. salt, 3/4 tsp. ground cinnamon, 1/2 tsp. ground ginger, 1/4 tsp. grated nutmeg, Cream 1/2 c. butter or margarine and blend in 1/2 c. lightly-packed brown sugar; gradually beat in 1 well-beaten egg and 1/2 c. molasses. Combine 1/2 c. buttermilk and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture alternately with liquids and spread batter in greased 8" angel cake pan. Bake in rather slow oven, 325°, about 50 mins. Serve with hard sauce which has been flavored with grated orange rind. Yield: 6 servings.



WEEK-END SALE

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The GLORIA

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BRING YOUR OWN PIANO — Musicians who like Music Merchants in Chicago. On left, above, Patricia Deagan shows how the instrument can be carried like a piece of luggage. At right, with the portable model, Gage unveiled his invention, a secret of five years, at the convention of National

to the satisfaction of Inventor Gage.



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