

Foods For the Dieters Hit Big-Business Class

Washington, July 16, (NANA) — People who must lose weight, people with food allergies, heart patients and diabetics — 30,000,000 of them in the United States — are causing a big stir in the food industry these days. Changing Times, the Kiplinger Magazine, points out.

With their special problems, they are demanding and getting drinks without sugar, bread without wheat, milk without fat, vegetables without salt, desserts without calories. They require palatable substitutes for basic foods banned by their diets, and science is scrambling to supply them. They want and are being given chemical analyses on everything from loaves of bread to ice cream mixes.

They are causing such an uproar, in fact, that health foods have been taken out of the food classification, have had their name changed to dietetic foods, and have been moved right onto the supermarket shelves. All of this had been going on for some time, but last year the trend became a landslide.

The food industry — still struggling to catch up — realizes that this is what has happened.

Since the '30's, a handful of health-food stores over the country have been catering to 5,000,000 or more persons suffering from diabetes, heart conditions and food allergies, as well as to all the vegetarians and people who like the so-called nature foods.

Then, a few years ago, life insurance companies found that 25,000,000 adults were overweight and labelled obesity the

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Happenings of The Week

Mr. and Mrs. Harold L. Milligan entertained at their home in Summerside on Wednesday at a dinner party honoring Mrs. A. W. Milligan of Tyne Valley on the occasion of her birthday.

Mr. and Mrs. Kenneth Walker of Summerside have had, as their guests, Mr. and Mrs. Ronald Whidden of Toronto.

Mrs. Ferno Rogers and Mrs. Donald Baker were co-hostesses at the home of the former in Summerside at the tea hour on Tuesday, in honor of Mrs. Ralph Emery, who is leaving in the near future for Goose Bay, Labrador.

Mr. and Mrs. H. F. Lee of Summerside, have as their guest, Mrs. Ralph Rogers of Charlottetown.

Mr. and Mrs. D. R. Morrison of Summerside, entertained at the summer cottage in Cavendish at the dinner hour on Wednesday honoring Mr. and Mrs. Theron D. Morrison on the 30th anniversary of their wedding.

Mrs. W. H. Whitten of Halifax, N. S., spent last week in Summerside guest of Mr. and Mrs. Firth Bowditch.

Mr. and Mrs. William Hayward of Summerside, have as their guests the latter's sister-in-law, Mrs. Sydney Elliott and daughter, Sydney Ann; also her sister, Mrs. James Peet with her daughters, Mrs. Gordon Garland, and Miss Judy Peet, of St. John's, Newfoundland.

Mr. and Mrs. W. G. Gillis have as their guests at their summer home in O'Leary, with their children, Mrs. Orville Page with her children, Karen and Billy, of Guelph, Ontario.

Miss Dorothy Ellis left Summerside Wednesday by plane for Montreal, where she will be joined by Miss Dean Cheshire on a trip to Mexico.

Mrs. Earle Smith entertained at her apartment in Summerside on Friday at the tea hour, honoring Mrs. G. A. B. Watson (Edith Dods) and Mrs. Eville Gorham (Ada MacLeod).

Mrs. Louis Dystant of Summerside, has as her guests, her daughter, Mrs. Claude Cook, with her children, Corrie and Charles, of Waterville, N. S.

Mrs. S. C. Thompson entertained at her home at 131 Hillsboro St. on Monday at a tea for Mrs. G. H. Barbour and her guest Mrs. Alec MacLure of Victoria, B. C. Silver and cut flowers adorned the table at which Mrs. C. C. Baker presided over the tea cups. Assisting Mrs. Thompson in serving were her daughters, Carol, Min, Sheldon, Duncan, Mrs. Wendell Barbour, Mrs. Heath Mayhew, Mrs. Leaman Caseley and Mrs. Morris Caseley.

That Body of Yours

By James W. Barton, M. D.

"Neurosis (plural neuroses) has been defined as a disorder of the nervous system for which no cause can be found. There are various types of neuroses with one or another of which we are all familiar.

Many of us suffer with some form of the "compulsion" neurosis, in which the patient, actually against his wish, has to think certain thoughts, or perform certain actions. Thus he may have the fear that the gas jet is not turned off, or he may have "religious" obsessions such as going to hell and missing heaven. These persons know that their thoughts or actions are foolish but are often unable to control them. They are often above the average intellectually.

Another neurosis is called "traumatic" neurosis (from trauma meaning injury) and this occurs in individuals who have been injured at their work, wounded in war, injured in a motor accident. Even after the injured part has recovered or the wound completely healed, they suffer in their mind from the shock of the injury that they are unfitted for some time to do any physical work even when there is no physical disability. So real is traumatic neurosis to the individual that compensation boards, pension boards, judges and juries now award compensation, pension or damages not merely for the physical injury but for the damage done to the nervous system which renders these individuals, for a considerable time, unable to earn their usual salary or wages.

Another common neurosis is the "heart" (from "cardia" meaning heart). You can hardly blame a person for thinking he has heart trouble if his heart is beating 90 times a minute instead of 72-76, if the beating is irregular, if the heart seems to stop for a second, or if he has a pain in the region of the heart but there is actually no real heart disease present.

The point is that while there may be no real or organic reason for watching finances. There is a possibility that you will be approached on the subject of speculation, but such ventures would be risky for you during that period. Be on guard, too, against tendencies toward extravagance, tension and emotionalism during the same period. And watch health!

There is a possibility that you may have to shoulder some extra responsibility during November, but, by year's end, you should find both business and personal matters in a most satisfactory state.

Honor Guard For Princess Margaret in Germany



Princess Margaret is seen as she inspected a guard of honor at the 33rd Armored Brigade group base in Sennelager during her recent four-day visit to West Germany to inspect units of the British Army and Air Force. She is the first member of the royal family to visit Germany since the war.

DOROTHY DIX

Fiance's Plans Irk Her

DEAR MISS DIX: I have been going steady for a year with Roger, who is a college junior. We got along well until the other evening when I mentioned marriage. Then he came up with this problem. When he finishes college, and starts to work, he feels he should pay back to his parents the money they spent on his tuition, etc. He worked for part of the expenses. I feel he's not considerate in this matter. His people aren't wealthy and it did take sacrifices to put him through school, but I intend that the future belongs to him and me.

Sarah D.

SELFISH ATTITUDE

ANSWER: That's a selfish way of looking at things. Your idea is that the young man should be considerate—but only to you. After all, Sarah, you brought up the subject of marriage, not Roger. Perhaps he had an agreement with his family to pay back some of the money spent on him or perhaps he just feels the moral obligation to help those who helped him.

In general, I don't think young people should be expected to return money invested in their education. Most parents are quite satisfied to see the results of their efforts. However, in some cases the sacrifice has been so great that parents have deprived themselves of necessities to pay for schooling. In those instances, common decency would exact some return. Your young man has many years to earn a living for a wife. Don't begrudge two or three years spent in helping his folks.

BROOKFIELD W. I.

The regular meeting of the Brookfield W. I., was held at the home of Mrs. Wendell Rodd on July 6, with 10 members and three visitors present.

In the absence of the president, Mrs. Wilbert Stetson took charge of the meeting. Meeting opened by repeating Creed in unison. A letter was read by the secretary from the Red Cross thanking the Institute for their donation. The sick committee reported making calls and taking fruit. Mrs. Wilbert Stetson thanked the members for fruit. A bill of \$10.00 for flowers was paid.

Mrs. Robert Andrews, Phyllis Campbell and Margaret Wood are going to collect for the Salvation Army. Mrs. Robert Andrews invited the members to her home for next meeting. Meeting closed with the Lord's Prayer; and lunch was served by the hostesses.

IN THE HOME

WORKSHOP

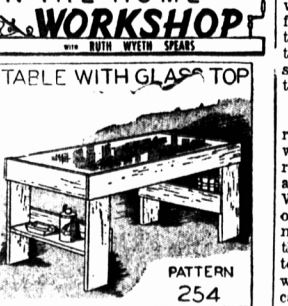


TABLE WITH GLASS TOP

This coffee table has colorful embroidered material under a piece of ordinary window glass. This idea may be used to display and preserve pictures or maps of special interest and value. Flower prints and other designs cut out and pasted on square pieces of white paper give an effect of tiles when placed under glass. The sides of the table hold the glass firmly in place. The simplicity of construction adds a sturdy charm to the whole piece and highlights the interest of the top. The pattern for this table is included in the packet of Useful Tables and Stands which will be postpaid for \$1.50 or the table pattern may be ordered separately for 35c. Address order to the Workshop Dept., The Guardian.

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The Stars Say

By Estrellita

For Tomorrow

Sunday's horoscope promises a most enjoyable day if leisure hours are spent with those whose interests and tastes are similar to your own. Hospitality and a show of friendship to a business associate could prove most valuable in the future.

Your desire to get away for a short trip is a commendable one, and you should have a pleasant time but check your budget first. A trip may prove costlier than you anticipate. Be cautious, too, in dealing with strangers you may meet along the way.

Contract Bridge

By Josephine Culbertson

THE BEST LINE OF PLAY

A correspondent writes: "I was South in the following deal, and was accused by my partner of booting the slam contract. I would appreciate your comments."

North dealer. East-West vulnerable.

♠ A J ♠ 10
♥ A Q ♥ J 10 7
♦ A Q 8 7 5 3 2 ♦ 4 2
♣ 10 ♣ K J 9

♠ K Q 8 6 5 4 2
♥ 8
♦ 6 4
♣ A J

The bidding:

North	East	South	West
1♠	Pass	1♠	Pass
2♠	Pass	4♠	Pass
4NT	Pass	5♠	Pass
5NT	Pass	6♠	Pass
6♠	Pass	Pass	Pass

For Tomorrow

Follow this program meticulously, regardless of minor obstacles. You may have a tendency to break away from routine and monotony now, but do not yield to the temptation. Your success this year will depend largely on your own effort and industry.

Your personal relationships should be most stimulating during August and, socially, you should find yourself in a whirlwind of activity during the same period. Domestic matters, courtship, romance and travel are favored for many months to come, but try to avoid nervous tension during September and December.

A child born on this day will be endowed with a magnetic personality and the gift of salesmanship.

The Day After Tomorrow

Business and personal relationships should prosper on Monday, and your ability for leadership may be put to an unusual test. Show that you can handle additional prestige and accompanying financial reward will make your efforts well worthwhile.

Where household matters are concerned, confine yourself to routine duties since the configurations do not favor new enterprises. Completion of programs already under way is favored, but plan every move in detail and make no snap decisions.

For the Birthday

If Monday is your birthday, you should find the next two months exceptionally stimulating. Your horoscope indicates a wealth of new and original ideas and, with your innate gifts of persistence, you should be able to put them over in fine fashion.

During the fall, you may have the individual to believe he has heart, kidney, lung or other trouble the fact that he has the belief makes him less fit to do his work properly and less able to face life's problems.

The treatment consists in making a thorough examination so that both patient and physician know that no real organic ailments exist. If there is no organic ailment, an attempt is made to locate the cause or causes of why the patient believes he has an ailment and why he behaves as he does. This means just as thorough an examination and searching as was made to locate any organic trouble.

JELL-O

Family of Red Letter Desserts

announces

THE WINNERS

in the

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First Prize: Mrs. D. G. James, 1321 - 17th Avenue West, Apartment 4, Calgary, Alberta

Second Prize: Mme. Beatrice Bouthillier, Ste. - Martine, Co. Chateaugay, Quebec

For complete list of prize winners, send your request, accompanied by a stamped, self-addressed envelope to General Foods, Limited, 330 University Ave., Toronto

Perfection ICE CREAM

IN BULK

GALLONS HALF GALLONS

Alice Brooks Designs

FABRIC SAVER

You need little more than a yard of 36-inch fabric for this cool tie-shoulder halter! Tops everything — skirts, shorts, slacks. Trim with easy flower embroidery.

Pattern 7064: Sizes Small (10, 12); Medium (14, 16); Large (18, 20). Tissue pattern and embroidery transfer. State size.

Send twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

BRAND - NEW, beautiful — the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

7064 SIZES 10-12 M 14-16 L 18-20 by Alice Brooks

Salad Tips

Keep salad greens in refrigerator or as cold a place as your storage facilities afford for crisp, cool salads.

Always tear salad greens lightly. Cutting bruises leafy vegetables and hastens wilting.

To peel tomatoes, dip for a minute in boiling water then in cold. The skin will slide off easily.

Use a double-edged slotted vegetable peeler to prepare carrot curls easily. Place the paper thin strips in ice cold water and they will curl prettily.

For flavourful surprises in your salads try the tender-top leaves of spinach, tiny chopped nasturtium leaves, or chives.

For hearty main dish salads with diced ham, salmon or tuna fish try adding a package of crisp potato chips along with the lettuce and mix lightly so as not to crush them. They provide another crisp yet hearty ingredient and stretch meat or fish ingredients to serve a crowd.

FEET SCALY?

No matter how sore, sore, scaly and miserably tired, burning or swollen your feet may be, BUCKLEY guarantees you relief—in seconds — with BUCKLEY'S Stainless WHITE RUB. This pleasant, highly medicated vanishing cream cools, relieves, refreshes—wonderfully! 50¢ at druggists. Satisfaction or money back.

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Anne Adams Patterns

MOLDED PRINCESS

This fashion was designed for you who are 5' 4" in height and under! It's the silhouette that's most flattering to your slim figure. Note the beautifully shaped bodice above a whirling skirt! Sew this in a summer fabric with cap or three-quarter sleeves.

Pattern 4537: For Misses 5'4" and under. Sizes 10, 12, 14, 16, 18. Size 16 takes 4 1/2 yards 39-inch.

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, c/o The Guardian, 60 Front Street West, Toronto.

Household Scrapbook

By Robert Lee

Freckles

A freckle solution can be made by mixing 1 ounce lactic acid, 1 ounce glycerine, and 1 ounce rosewater. Or try putting the juice of one lemon in half a cup of water and applying twice daily.

Waxed Paper

The waxed paper that comes from around bread is excellent for wiping off the gas range after each meal, for it polishes as well as cleans.

Peach Stains

Often times if a peach stain is rubbed with glycerine a few days before washing, the stain will disappear.

74537 10-17 by Anne Adams

Perfection ICE CREAM

IN BULK

GALLONS HALF GALLONS

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DIAL 7387

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OFFICE CLOSED 9th to 13th Inclusive. Open on 14th for Accepting CLEANING & PICK UP SERVICE

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We would ask our many patrons to co-operate in planning our holiday season, so that we may give our staff a well-earned rest.

If you have clothes awaiting cleaning, have us collect them immediately and so AVOID DISAPPOINTMENT

THURSDAY, AUGUST 5th

is the latest date on which we can accept cleaning and promise DELIVERY BEFORE VACATION