Women's realm

That Body Of Yours

By James W. Barton, M.D.

HEREDITARY OBESITY

Many physicians do not like to believe that obesity (great overweight) runs in some families, although the figures from all authoritative sources definitely show that where one or both parents are overweight some, if not all, of the children are overweight or become overweight as they become adults. These physicians point out that the habits of the parents are handed down to the children in so far as food and eating are concerned and these habits (eating rich foods) cause obesity.

Because the digestive system of the mouse closely resembles that of a human being, experiments on mice with the usual foods eaten by human beings give valuable information for research workers in diets and foods.

An editorial in The Journal of the American Medical Association reports the experiments of Drs. A. M. Ingalls, M. M. Dickie and G. D. Snell. The production of a hereditarily obese strain of mice has recently been reported by Dr. Ingalls and associates. "Whereas the weights of young adult normal mice are in the range of 16 to 26 gm., the young adult obese mice weight 38 to 56 gm." A study of the nutritional and metabolic (building up and tearing down of the body cells) abnormalities of these animals is currently reported by Drs. J. Mayer, M. M. Dickie, M. W. Bates and J. J. Vitale, of Harvard University and Jackson Memorial Laboratory, Bar Harbor, Maine.

Ten obese and seven non-obese mice were placed in individual cages and given a free choice of three diets; each diet consisted of a mixture of fat, starch and protein, enriched with minerals and vitamins. In one diet 90 per cent of the total calorie content was in the form of protein. The second diet contained 90 per cent carbohydrates (starch) and the third, 90 per cent fats. These research workers first found that obese mice ate on an average five calories more per day than the non-obese mice (controls), sufficient to give a 16 gm. increase in body weight by the end of 30 days. Research workers in humans report that obese men and women also eat more food on an average than do those of normal weight.

The next point noted was that the obese mice also selected proportionally more fat and less protein and carbohydrate. This also is in line with the food habits of obese men and women who eat more fats and less protein than do those of normal weight. Obese humans, however, eat more starch foods also.

The lesson is that the overweights should eat more proteins (meat, eggs, fish) and less fats and starches in order to reduce weight.

Household Scrapbook

By Roberta Lee

Dyeing

When dyeing red over yellow, the final shade will be orange; blue over red will be purple; green over blue gives a blue-green. Light colors may be dyed darker, but dark colors can not be dyed a lighter shade unless a dye remover is used. Always remember that the original color plus the dye used equals the final shade.

Cracks In Laundry Tubs

For repairing cracks in laundry tubs, use litharge-glycerine paste. This paste is made by mixing enough glycerine with a quantity of litharge so that it can be applied as a plastic cement.

Flattened Nap

If the nap of the rug has been flattened from furniture, dampen a chamois, fold it several times and place over the mark. Allow to remain for several hours and the mark will disappear.

How Can I ! ! !

By Anne Ashley

Q. How can I prevent pastry from shrinking in the pie pan?

A. This will usually happen if one tries to stretch pastry to cover the pie pan; this only makes it shrink farther in the baking. If the pastry does not reach roll it out a little thinner, and then replace it in the pan.

Q. How can I remove ink spots from paper?

A. Apply a solution of muriate of tin with a soft brush. When the stain disappears, rinse and then dry the paper carefully.

Q. How can I remove old varnish from furniture before revarnishing?

A. Use three tablespoonfuls of washing soda to one quart of water, applying with a rough cloth.

Modern Etiquette

By Roberta Lee

Q. What are the occasions when sending flowers is really obligatory?

A. To the funeral of a friend, or a member of an intimate friend's family. To an intimate friend who is—or has been—seriously ill. To a debutante on her coming out. To neighbors who give an anniversary party. To a guest speaker, when we are the hostess.

Q. I have heard that a man should light his own cigarette first, before offering his woman companion a light, so that she won't taste the sulphur of the match. Is this correct?

A. Certainly not. It would be exceedingly rude of him to light his own cigarette first.

Q. Is it proper to mail out engraved announcements of an engagement?

A. This is not customary.

Better English

By W. C. Williams

1. What is wrong with this sentence? "The store is handy to our house, and both of my boys patronize it."

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

3. Which one of these words is misspelled? Censor, ceiling, ceremonious, centenial.

4. What does the word "expedient" (adjective) mean?

5. What is a word beginning with inv that means "sacred; holy"?

ANSWERS

1. Say, "The store is nearby our house, and both (omit of) my boys patronize it." 2. Pronounce kaz'm, one syllable, and not kaz-um. 3. Centennial. 4. Fit or suitable to the end in view. "It is expedient for us to go." 5. Inviolable.

Morning Smile

Good Deed

"Do you realize my dear, that you have never done anything to save your fellow-man any suffering?"

"Didn't I marry you?"

Valuable

"Fancy a woman getting a thousand dollars damages for the loss of a thumb," said Mrs. Brown. "It seems excessive."

"Perhaps," suggested Perkins, "it was the one she kept her husband under."

Must Be

"Why won't you marry me?" he demanded. "There isn't anyone else, is there?"

"Oh, Edgar," she sighed. "There must be!"

ELLEN'S DIARY

By an Island Farmer's Wife

"Yes" James remarked this evening as though settling satisfactorily some debatable point with himself, "the world has moved pretty fast in the last century — even since the turn of this one! Why Ellen,. who in our grandparents' time could have prophesied the changes that were to take place since then? The progress and improvements in our way of living. Even their broadest imaginings couldn't have pictured a shadow of the things that have since come to pass. We've lived in an age of miracles, Ellen. We've come a long way from the days and the ways they lived—yes sir, a long way." He had been reading the newspaper and now having done with it, was turning to his pipe to enjoy as he says "a few draws."

The King, beloved and respected by his people, is to take a spring voyage south to stay his health — Churchill, venerable "Man of the Hour," is in Washington, joining in confereces there pertaining to his own and other nations weal — An Island—mother's soldier-lad is left to sleep his long sleep in a far-away place and she to mourn his passing — A skipper having survived lonely, fearful watches on the storm-tossed wild Atlantic is riding his battered craft as it is being towed to a sheltering but yet distant port.

* * *

Touching incidents like these we read — those that contrive to make a whole world kin. . . the heartening, the sorrowful and as well the tragic and awful — the hundreds of items gathered from the four corners and bound up together to make up the news.

"You know, one time it took weeks and even longer yes, months for us to hear what was going on in the far places. But now we know of events almost as soon as they take place. It's actually amazing when one considers it! How would you have liked to live say, in our grandparents' day Ellen — set down as they were along some shore or at the edge of a forest to make a living with the barest of equipment and stores? Nothing much but their hands one might say?"

"It would have it's advantages" we returned with a chuckle. "Given a brook or spring close by, an iron pot and a skillet — there would be no scarcity of wood — a housewife could get along! In some ways, James until we got electricity, we hadn't come so very far in those days."

* * *

"Not come far!" he echoed, sitting up straighter in the old armchair, still clutching his pipe. "Not made progress from the days of rude wooden ploughs, and sowing seed by hand between the stumps . . . and sickles and scythes! From the flint and the flail and binding by hand and scarcity and loneliness . . . and on dear. Ellen, how can you say the like when you know better! Just consider not only a scarcity of news from the outside world, but the matter of getting the mail. As recent as in my father's time. the folks hereabouts had to go on foot or ride to the next settlement for theirs, though at length a Post Office was opened at the Corner-store. And there we went for it on foot. riding or driving. Only a mile to be sure, but sometimes I hear grumblings now that it's a long way down to the box at lane's end! And Ellen" he continued "since you mentioned it. how would you like to carry water from the spring on wintry days like these?"

But that clock — how it keeps up with the time!

Until tomorrow — — Diary — — Good-night. . . . . .

Cook's Corner

PEPPERMINT PARTY PUFFS

One-half pound peppermina stick candy, ½ cup light cream, 1/2 tablespoon (1/2 envelope) unflavored gelatine, 1 tablespoon cold water, 1½ cups heavy cream, whipped; 12 cream puff shells.

Crush candy; add light cream and heat in double boiler until candy dissolves. Add gelatine softened in cold water. Chill until partially set. Fold in whipped cream. Fill cream puff shells. Top with Hot Chocolate Sauce: Combine ¼ cup light corn syrup, 1/2 cup sugar and ½ cup water. Cook to soft ball stage (236 degrees F). Remove from heat; add 1½ 1-ounce squares unsweetened chocolate. Stir until chocolate melts. Add ½ teaspoon vanilla. Slowly stir in 1/2 cup evaporated milk. Serves 12.

Drowning Claims Lives Of Two English Children In Canada Only 3 Weeks

The beginning of what could have ben a new life for an English couple in Canada was quickly ended with the death of their two children, Sheila and Terry Amos. The youngsters, in Canada only three weeks with their parents were playing on thin ice covering Lake St. Clair, within a few yards of their lakefront home at Windsor, Ont., when ice crumpled and they disappeared into deep water. Despite rescue attempts of a neighbor, Mrs. Jeanne La Fonde, she only managed to pull Sheila out, as Terry had disappeared under the ice. However, Sheila later succumbed when artificial respiration failed to revive her

Surprising Trends In Stocking Styles

PARIS — (Reuters — Shaded-all-over stockings make top fashion news for 1952.

Solid dark tones at the back run into light, neutral colors at the front. Black is well handled this way, with dark heel and seam. The black cast evolves into a light honey shade for the toe and front of the stocking.

Fancy hosiery with embroidered or jewelled clocks is also gaining in popularity. Light appliqued motifs lend high lights to simple, formal clothes.

One pair of stockings has a velvet tuft running up the side of the leg. Another features a tilted champagne glass, emitting a series of tiny jewelled bubbles.

Contrasts obtained by shaded heels and seams are particularly slimming for legs and ankles. Christian Dior is showing this version in burnt toast and brown shades for day wear, with darker-toned trims.

For the evening, he tends to the light colored stockings stressed in cobwebby sheer sandal styles.

The Experts Say

By Kay Rex

Canadian Press Staff Writer

Thousands of Canadians, particularly the 29,000 Ukrainians who have come to this country since the war, still are celebrating Christmas and New Year's.

At midnight Jan. 13, the new year of the Julian calendar is ushered in with gay celebrations and dances. The holiday season continues until Jordan Day, Jan. 19.

It is a season of church services, special observances and traditional foods. Many national dishes will be served including borsch or beet soup, cabbage rolls and pyrohy, a type of dumpling stuffed with a cheese mixture.

To make pyrohy you need: One cup of flour, three-quarters cup lukewarm water; pinch of salt.

Sift flour and salt and add enough lukewarm water to make a fairly soft dough. Let stand covered in a warm place for about 10 minutes and then roll out thin as pie crust.

Cut into small squares (about 1 1-2 or 2 inches) and place a little of the filling in each. Fold over like a triangle and pinch the edges together. Drop into boiling salted water and boil steadily for four or five minutes. Serve sprinkled with buttered bread crumbs or sour cream.

Filling: One-half pound dry cottage cheese, one egg, salt and pepper.

Try to get uncreamed cheese for this. Mix with beaten egg and seasoning. Place small spoonful of this on each square of the dough.

Borsch or Beet Soup

Ingredients: Four medium size red beets; one small onion; diced parsley; one cup shredded cabbage; one cup diced celery; two cups chopped mushrooms; two cups tomato juice; two tablespoons butter.

Slice beets thinly. Cover with cold water and cook one-half hour. Chop onion and parsley. Add to beets, salt to taste and cook until vegetables are done. Add chopped celery and cabbage. Boil 20 minutes. Add tomato juice and bring to boil.

Melt two tablespoons butter. Add two tablespoons flour, let brown. Add two cups beet juice and mix well. Boil until smooth and add to borsch.

Boil mushrooms and onions separately for about 20 minutes. Pour juice into boiling beets. Brown chopped onion and chopped mushrooms in butter. Salt and pepper to taste. Prepare some dough as for pyrohy. Roll and cut into tiny squares. Put into square some of the prepared mushrooms. Paste together as pyrohy. Cook in boiling water. Serve a few in each bowl of borsch.

Cabbage roll is an easy dish for anyone to make. The ingredients: One pound ground pork; one cup rice; salt and pepper to taste; one onion fried with bacon; one head fresh cabbage.

Put boiling water over cabbage to soften leaves. Cut off centre mix uncooked rice, which has been well washed, with pork, onions, salt and pepper. If the cabbage leaves are large, cut in half or in three parts. Line pot with cabbage which cannot be used for rolls. Put spoonful rice mixture to each roll. Spread evenly and roll. Lay them loose in pot as the rice must expand. Pour over this one tin of tomatoes, little salt, boiling water to cover. Cook until they are done on top of stove or in oven for two hours.

Ladylike Look For Leap Year

NEW YORK, — (AP) — New York designers previewing spring styles for the visiting fashion press, have arrived at a happy medium this season.

There are no contorted convolutions of the silhouette to confuse the shopper and amaze the beholder. There are no drastic changes to make the 1952 wardrobe obsolete.

Clothes for spring generally follow the same lines as those of last fall, with modification of the more extreme full skirts and with a general tendency toward greater wearability.

Most fashionable color for spring suits will be, as usual, navy blue, with yarn-dyed beiges and greys also high on the preference chart.

Suits will be softly feminine, some with flaring bell skirts, others slim in line, with walking ease assured by discreet fullness placed low at the back of the skirt, or achieved by suitable handling of trouser pleats at the waistline.

Fabrics are handsomer and more varied than in many seasons, most of the woollens being feather-light in weight but with much texture interest. Tweeds are soft as chiffon, yet manage to retain their tweedy characteristics. New smooth suitings include a handsome shantung weave that looks like silk, while many of the rich new silk fabrics have the look of wool.

These trends were demonstrated today at showings by three New York houses—Originala Coats Hannah Troy and Ben Zuckerman, all of whom pointed up the importance of the ladylike look for leap year.

DOROTHY DIX SAYS—

Big Town Glamour

City Life Is Not All The Movies Suggest

DEAR MISS DIX: The entire 19 years of my life have been spent in this small town. I'm an ambitious boy, and would like to see the night life of a big city, and meet new people. My parents, however, refuse to move. My 14-year-old brother and I are in favor of going to a large city, but our parents are set in their ways, and won't leave our home town. How can we convince them of the advantages we could gain by living in a metropolis?

J. C. R.

ANSWER: Big cities are wonderful places, it's true, but they can be mighty unfriendly to a stranger—as hundreds of letters on my desk can attest. The glamorous life of the theatre and swank restaurants does not carry the accent for city dwellers that one might suppose from a perusal of magazines and books.

It's paradoxical that while country folk yearn for the bright lights of Broadway or State Street or Market Street, city dwellers are beset with a desire for "a place in the country." Currently, there are many more books depicting the trials, tribulations and ultimate triumph of the businessman who chucks finance in high places for the placid existence of a farmer than there are tomes extolling the smash success of a farmer in Wall Street.

LEAVE FAMILY ALONE

You are very wrong to try to move your family. Since they are content with small-town life, that's where they should stay.

Suppose you just continue with your schoolwork, or studying on the side, for another few years, then you can brave the big city alone. Don't try it unless you have some definite objective in mind, with enough knowledge and practical information to give you confidence. While working in a city, trying to make friends, trying to get ahead in business among total strangers, your greatest asset will be the assurance that mom and pop are back home guarding you with their prayers, guiding you with their familiar homilies, and—most of all—ready to welcome you home should the big town fail to offer all you hoped for.

DEAR MISS DIX: I'm a young man of 19, in the air force. I am very much in love with a girl 18, but I don't think she knows it. Do you think I should write and tell her I love her, or wait for a while?

JACK

ANSWER: Why not wait at least until you're home for a visit, then tell her? A declaration of love is much too important to be trusted to a letter.

DEAR DOROTHY DIX: I have been married twice and have children by both husbands. Neither marriage was happy. My children are raised and I'm able to go to work and have things I have always wanted. Now my mother wants me to break up my home, give up my job and go take care of her. I have begged her to come live with me but she refuses. I'm very unhappy about it.

M. O. G.

ANSWER: After all your unhappiness and trouble, I think you are entitled to a little happiness and peace of mind. If you give up your job now, it will be much more difficult to resume when your responsibilities to mother end. If she won't come to live with you, try to get someone else to care for her. Readjustment now, and then again later on if your mother passes away, will be much too difficult.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

MUCH may be accomplished on this day, with every indication of putting solid plans and purposes on a lasting and substantial basis. While shrewd insight, hard work and clever management may be responsible for this promising condition, the purely personal talents, right approach and good intentions have genuine worth. There are undertones of the intuitional, inspirational, with feelings and emotions playing a vital role in all achievements.

For the Birthday

Those whose birthday it is are assured a period of solid growth, a creative and clear program of enduring worth with long-range benefit. Employment, possessions, tangible assets and lofty ambitions may reach rich fruition through shrewd management, and a happy adjustment of personal influence and contacts. There may be subtlety, intuitive leads, perhaps peculiar urges or insight to cap the climax of very objective efforts. Grace and charm may have real worth as assets.

A child born on this day has an attractive and gracious personality, backed up by unusual or shrewd vision as well as dependable talents.

Tailored Bag of Felt

Would you like this trim shoulder bag to complete your tailored ensemble? One way to extend your accessory wardrobe without increasing its cost is to make your own handbags. This style requires only a half yard of felt and a square metal buckle, yet is roomy, sturdy and attractive. Double thickness of felt is used throughout and all seams are topstitched with double rows of stitching. For your direction leaflet, FELT SHOULDER BAG, send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. E-1054.

Brother of Missing Montreal Girl Uncovers Important Clue

Florida police are following up every clue in effort to solve mysterious case of disappearance of Mrs. Huguette Lemay, 21-year-old Montreal glamour girl, left missing since Jan. 4 while on a fishing trip with her husband in Florida Keys. Her 26-year-old, real estate husband, George Lemay, became hysterical when he realized that his wife may have met with foul play. Lemay and his wife are seen at right in Florida during vacation.

Raymond Daoust, brother of missing beauty, flew to Miami upon hearing news of his sister. Daoust, a Montreal lawyer, found evidence that girl was seen about 25 miles of Miami. Police said this important new clue has uncovered other clues which they hope will lead to discovery of missing girl. George Lemay, husband of Huguette, is seen with Raymond Daoust right.

Alice Brooks Designs

NEWS! SHELL DOILY!

New fashions! Set your table with shell-shaped doilies! Extra-handsome if they're each in a different color. You can use them as a chair-set or for buffet!

You'll love your new doilies! Pattern 7224; crochet directions for large and small doily.

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 and Pattern Number.

ERRONEOUS REPORT

NEW YORK, Jan. 13 —(AP)— Gloria Vanderbilt Stokowski, 27-year-old heiress wife of Conductor Leopold Stokowski, who is 69. was in a hospital Thursday. a friend said she is expecting a baby shortly.

Earlier reports that Mrs. Stokowski was seriously ill, based on cancellation of a Friday night Minneapolis concert by her husband apparently were erroneous.

TORONTO, Jan. 13— (CP) — Some residents of Melrose Avenue in Suburban North York Township have been ordered from their homes when a "major leak" in an illuminating gas line developed in the area.

YOU CAN FIX THAT COUGH AND COLD SO QUICKLY, EASILY WITH Sanguen

This formula of six active ingredients quickly relieves stubborn coughs or colds, bronchitis and hoarseness. Sanguen goes to work at the first spoonful . . . pleasant to taste and will not upset the stomach . . . children like it. Try a bottle (3 oz. 69c) from your druggist now: *Ask for "San-Gwen".*

Available at Reddin Brothers; The Jenkins Pharmacy; Johnson & Johnson; Hughes Drug Co. Ltd., Charlottetown; Semple's Drug Store, Kensington; Larter's Pharmacy, Souris; Jamieson's Drug Store, Montague, and other Druggists.

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An amazing newly enlarged 44-page book entitled "Rheumatism" will be sent free to anyone who will write for it.

It reveals why drugs and medicines give only temporary relief and fail to remove the causes of the trouble; explains a specialized non-surgical, non-medical treatment which has proven successful for the past 33 years.

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Anne Adams Patterns

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