

Timely Notes On Nutrition

By Marjorie G. HUB

FRUIT

Fruit — eat one serving of citrus fruit or tomatoes or their juices and one serving of other fruit every day.

Most of us are well acquainted with the stories of the early explorers and the records which reveal how many of them died of a disease called Scurvy.

In the late nineteenth century scientists proved that Scurvy was caused by lack of a substance in our diet called vitamin C.

Fruits have a very important place in our diet. As we mentioned above, they supply our bodies with vitamin C which is necessary for the prevention of the actual disease — scurvy — and all its latent or hidden signs which occur in both children, and adults who do not eat proper food.

Fruits have other important factors besides their vitamin C content which should influence us to make more frequent use of them. They are our most delicious natural food product.

Fruits contain some indigestible residue which adds bulk to our diets and thus promotes good intestinal hygiene. Fruits have been found to be very efficient in reducing slight acidity of the body.

As the vitamin C found in fruits is soluble in water, easily destroyed by heat, long periods of storage and exposure to light, it is best to eat fruit raw and fresh whenever possible.

Perhaps we could recall the old slogan here to remind us of the importance of eating fruit — "An apple a day keeps the doctor away" — and it takes eight apples to make up the vitamin C content of one orange.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "I appreciate you telling me about this, but I've got to go now."
2. What is the correct pronunciation of "coral"?
3. Which one of these words is misspelled? Terrestrial, ethereal, immemorial, ministerial.
4. What does the word "distorted" mean?
5. What is a word beginning with ce that means "a formal act or series of acts"?

ANSWERS

- 1. Say, "I appreciate your telling me about this, but I have to go now."
2. Pronounce kor-al, o as in on, not as in or.
3. Ethereal, a as in on, not as in or.
4. Twisted aside mentally or morally.
5. Ceremony.

Household Scrapbook

By Roberta Lee

Skinning Tomatoes

Tomatoes can be skinned very easily by placing them in a basin, pouring boiling water over them, and letting them stand for a minute. You will then find that the skin can be removed without any trouble.

The Hands

Immediately after dishwashing, drop a little lemon juice into the palms and rub well over the hands to keep them soft and white. This also removes such odors as fish or onion.

Bleaching Linens

White linens may be bleached by covering with lemon juice and laying them in the sun for a day. Wash out in warm water and soap suds.

The Stars Say

By Genevieve Kemble

For Thursday, May 18

A SUDDEN and quite unpredictable development, thrilling and perhaps revolutionary in its import and dynamic turn, may precipitate an unlooked-for climax to plans and objectives growing out of new ways and means, creative or inventive ability or skills.

Those whose birthday it is are on the eve of a surprising development built upon a special talent, a creative urge or clever invention, with originality and daring calling for the dependable cooperation of capital, political influence or aid from high places.

A child born on this day should be endowed with inventive skills, ingenuity, originality and exceptional talents. It may count upon little aid from high places.

ELLEN'S DIARY

By An Island Farmer's Wife

A shower today interrupted for a time the clearing that continues in the stump-field where now the remnants of great trees remain in untidy upheaval. Never more there, shall wild strawberries red-den against ferny banks nor rasp-berries garnet-red, be gathered from that area to provide a filling for one of James' favorite pies.

Along the fields touched by waves of green by a small rippling breeze, or perhaps quietly dreaming in the lazy heat of the Summer day lay the rooftops of home. And from the summit of the rise, as one ranged a bit higher for pickings, the spire of the old Kirk at the corner could be old Kirk at the corner could be seen set prettily against the sky.

Not that there ever was any scarcity of fuel-wood at the buildings, but that there was a rare fascination in lighting this, scented and sun-filled and tinder-dry from the woodlands. This stump has been mouldering to decay for ages, yet may lightings have been carried home during our tenure of office at Alderlea.

After classes, and through a shower, Jamie came along the fields between, to watch the miracle of stumping and it was his good fortune to be allowed to ride the machine briefly, an incident which we fancy will be long remembered.

Reckon, Ellen, James hangs up his cap at close of day, "we may as well get that off corner done too!" Then adds at our inquiring look, "stumped, Ellen!"

DOROTHY DIX SAYS -

"Bad Sport"

Should Wife Drink, Frequent Dives, To Please Husband?

DEAR MISS DIX: How can I be a good sport and still be a good and decent mother? My husband runs with a wild crowd and wants me to do as the others do, go to cheap joints and drink until 2 or 3 o'clock in the morning.

ANSWER: Being a good mother is a lot more important than being a good sport, if your sportsmanship is measured by the amount of liquor you can drink.

DON'T BE TOO PRUDISH

Of course, it doesn't do for a woman who has a gay, pleasure-loving husband to be too puritanical. He must have his fling and as long as that consists of innocent fun his wife should go along with him.

DEAR MISS DIX: I am 23 and have been engaged to a boy for nearly five years. He has a fairly good job and does everything possible for me.

ANSWER: I think that you are just fed up on each other's society, and that if you would see each other for one night a week instead of four you would find that your appetite for each other had returned.

DEAR MISS DIX: I am 21. The girl is 20. We think we are deeply in love with each other, but our friends say we are not because we both have other dates.

ANSWER: I think that young people are very foolish to cut themselves off from all association with other boys and girls until they are definitely engaged and the wedding day set.

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

Cook's Corner

SPANISH EGGS

Ingredients: six eggs; two strips bacon; one small onion (chopped); one tablespoon flour; two cups canned tomatoes; one green pepper (chopped); one cup chopped celery; salt and pepper.

Modern Etiquette

By Roberta Lee

Q. What seats are occupied by the family of the bride and bridegroom at a church wedding?
A. Those on the left hand side of the center aisle in front are for the bride's family; those on the right are reserved for the bridegroom's family.

How Can I!!!

By Anne Ashley

Q. What is a good substitute for mullage, when one finds that the only stamp available has no mullage on it?
A. All necessary is to moisten the mullage flap of another envelope, run the stamp quickly over the dampened part, then place on the letter to be mailed.

OWN-PHONE SYSTEM

The city of Edmonton owns and operates its own automatic telephone system, with over 7,000 telephones in use.

the TANG of... REAL LEMON JUICE

Here's lemon pie that really makes your mouth water. So smooth and delicate! So rich with the tang of real lemon juice!



SHIRRIFF'S LEMON PIE FILLING

That Body Of Yours

By James W. Barton, M.D.

MORE ABOUT LOW BACK PAIN AND SCIATICA

There are many thousands of men and women suffering with severe low back pain who could be relieved of pain and disability by use of a supporting brace, and in severe cases by operation.

I write about this crushed disk often because so many are suffering from this low back pain and intense sciatica, taking treatment for rheumatism when the removal of this crushed disk could give immediate relief from pain, and enable the patient to recover his strength of nerves and muscles.

In the "Journal of Surgery," Stockholm, Dr. S. Lindgren reports 500 cases of ruptured intervertebral disks, in all except six of which he performed the operation of removing the disk.

Morning Smile

NO PRIVACY

As was often the case, the newspaper in the little range town of Belleville, Ill., had committed a typographical error, and reported: "Miguel Gomez, local sheepman, was among those chipping in town on Saturday last."

Reading the paper at his ranch a few days later, Miguel swore violently, and said to his startled wife: "One's life is not his own with these men of the newspapers snooping about. Why, when I fought with that drunken Juan Peron behind the saloon, I could have sworn no one saw me almost chop his ear off with my knife!"

straightens out the curve in small of back. In practically all cases it is the disks (fourth and fifth lumbar) at the lower end of the spinal column that have been crushed.

After his experience with 500 cases, in all of which except six he performed the operation, Dr. Lindgren states that patients considering a disk operation can be assured that there is an 80 to 95 per cent chance of cure and no danger that the condition will be worse.

CHRONIC RHEUMATISM AND ARTHRITIS Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage and other aids in Dr. Barton's booklet entitled "Chronic

Rheumatism and Arthritis." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y.



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Dependable, tested recipes like our Swans Down recipes... the choicest ingredients you can use are the things that make cake-making a real joy!

Don't be an "oven-peeper". But if you are not sure that your oven is heating accurately and evenly, the door may be opened after the first 10 minutes of baking.

Smooth butter cake batters into corners of pan, making batter slightly higher at the sides.

Delicious Recipes for cakes, frostings, cookies, pastries... in the book LEARN TO BAKE - YOU'LL LOVE IT! Send 20¢ in coins, with your name and address, to General Foods, Limited, Cobourg, Ontario.

Eggnog Sponge Cake

- 1 cup sifted Swans Down Cake Flour
1 teaspoon Calumet Baking Powder
1/4 teaspoon salt
1/4 teaspoon mace
2 eggs, unbeaten
3/4 cup sugar
2 tablespoons shortening
1/2 cup hot milk
1/2 teaspoon grated lemon rind

Sift flour once, measure, add baking powder, salt, and mace. Sift together 3 times. Beat eggs with rotary egg beater until foamy throughout. Add sugar gradually, beating constantly until very thick and light.

Swans Down CAKE FLOUR

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"Joan, you're beautiful!"



JOAN CAULFIELD as she plays opposite WILLIAM HOLDEN in Paramount Pictures' "DEAR WIFE"

"I'm a Lux Girl" says JOAN CAULFIELD

It's thrilling—the softer, smoother look this daily care will give your skin! In recent tests by skin specialists, actually three out of four complexions improved in a short time.



9 out of 10 Screen Stars use Lux Toilet Soap