

That Body Of Yours

By James W. Barton, M.D.

REDUCING FOOD INTAKE IS ALWAYS NECESSARY TO REDUCE WEIGHT

Physicians today are receiving a large amount of literature about new drugs, not only the sulfa drugs and penicillin, cortisone and ACTH, but about the new antihistamines to enable patients to withstand the various allergies — food, furs, feathers, pollen, house dust, street dust hay fever, asthma and many others. Then there are the new drugs to control, not to cure, high blood pressure, which help patients physically, mentally and emotionally by "quieting" their nerves and muscles.

However, some of the literature arriving in these "nervous" days gives helpful advice on keeping fit and free from symptoms by using common sense in their daily health habits as to rest, food, and sleep. For instance, one drug manufacturer, with an excellent product in the treatment of overweight, tells of the dangers to health and life itself by allowing one's self to become and remain overweight. Thus, instead of immediately describing the value of his product from the standpoint of cutting down the desire for food and increasing the rate at which the body processes work (thereby creating more heat to burn up the excess fat), he states: "Overweight is caused by overeating. Psychological, emotional, traumatic (injury) and other factors may contribute to stimulation of appetite, but fat can come only from food. There are no magic drugs that can satisfactorily bring about loss of weight." The chief feature in the correction of obesity (overweight), therefore, is the reducing diet; all other treatment is subordinate to the reducing diet. "Such a diet must be low in calories, high in protein—meat, eggs, fish—moderately low in starches—sugar, potatoes, bread—very low in fat; sufficient in bulk to satisfy hunger and adequate in vitamins and minerals."

The amount and kinds of food eaten must be adjusted to the individual's general condition, the calculation of energy output as regards his work or occupation and finally, the rate at which it is desired to reduce his weight — 18 days, 18 weeks, 18 months.

While admitting that thyroid extract and perhaps other gland extracts may be needed to partly help reduce weight, even where gland extracts are needed and used, reducing the food intake is still absolutely necessary. As so often said, you can't get fat on food you do not eat.

A Country Garden

By Mrs. Gordon MacMillan

Lo! sweeten'd with the summer light,
The full juic'd apple, waxing
over-mellow,
Drops in a silent autumn night.
—Tennyson.

Country gardens are filled with fruit and vegetables at this season of the year and it is a busy task gathering and storing for the months ahead.

The rain has helped the small seedlings in the field and they will make the garden more lovely for another year. Transplanting and dividing perennials is being done here and in other gardens at this time, and the moisture helps out so they hardly know they have been moved.

Delphinium was cut down after blooming and it is now covered with lovely very blue flowers; with the carnations and roses they make a bright corner. September is the month that I wish there were more annuals, orange marigolds and in many varieties—bedding, tall marigolds suitable for cutting, and the dwarf and compact for edging. In autumn when many bedding and other plants are past their prime, marigolds afford a wealth of color that is simply invaluable. The combinations of mahogany and golden yellow are especially effective and more must be planted next year.

The tuberous begonias planted outside have been lovely for weeks and it will be a sorry day when the frost comes and spoils them for this year.

Michaelmas Daisies are lovely autumn-flowering perennials and are now coming into bloom, they will continue for weeks. There are large varieties and a beautiful large mauve has grown in this garden for years now many divisions have been planted. There is also a very good blue with golden centres and a fine white variety. In England large sunny borders are filled with these feathery colorful late flowers and the bees keep very busy. Tall varieties can be edged with some new cushion types that are perfect for edging and they come in all colors. Beautiful autumn gardens can be made of these fall asters alone and I hope to try one some day soon.

At Morning

"The day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help to perform them with laughter and kind face let cheerfulness abound with industry. Give us to go blithely on our business all this day, bring us to our resting beds weary and content and undehonored, and grant us in the end the gift of sleep."
—Robert Louis Stevenson.

Modern Etiquette

By Roberta Lee

Q. What are the duties of the maid of honor while the marriage ceremony is taking place?
A. She stands next the bride, takes her bouquet or prayer book while the ring is being put on, returning them at the proper time, and arranges the bride's train when she turns from the altar to proceed up the aisle after the ceremony.
Q. Is it the man's or the woman's place to make the move to stop for conversation when they meet each other on the street?
A. The man's.
Q. Should the water glasses be



MISS MILKMAID — Eileen Butter of Ancaster, Ont., carried the title "Miss Milkmaid of 1952" at the Ancaster fall fair. She said she intended to use her \$50 prize money to pay repair costs on her father's car which was damaged in a collision with a milk truck. (CP Photo)

Cook's Corner

BAKED STUFFED SUMMER SQUASH

Cut washed summer squashes (small ones) in halves, scoop out seed center. Place on baking dish and score with a knife and sprinkle with a little white sugar or drizzle with a little honey — about 2 teaspoons to each half. Dot with butter, sprinkle with salt and paprika. Add about 2 tablespoons partially cooked yellow or green beans chopped or lima mixed with sour cream or rich top milk and some chopped chives. Sprinkle with salt and paprika again and dot sparingly with butter. Add ¼ inch hot water to bottom of dish and bake at about 400 degrees F. for 40 minutes or until squash is tender when tried with fork.

GLACED APPLE SLICES

1 cup sugar, 1 cup water, Angostura bitters t o taste, sliced pared apples.
Combine sugar and water and stir over low heat until sugar dissolves. Boil 2 minutes and add Angostura to taste. Have ready sliced pared apples and cook a few at a time in the syrup until transparent. Serve hot or cold topped with ice cream.

Morning Smile

Habit

Dear Old Soul (who has pulled communication cord in express train): "I'm extremely sorry, guard, but you see, I'm so accustomed to travelling on the buses."

Put in Order

One of the witnesses in a case was an old man.
"Did the defendant use improper language when he was beating his wife," asked the lawyer.
"Well, he talk mighty loud, sir," replied the witness.
"Did he indulge in profanity?"
The witness seemed puzzled and the lawyer put the question in another form: "What I want to know is, did he use words that would be proper for your minister to use in a sermon?"
"Oh, yes, sir," the old man replied, "but they'd have to be 'ranged different!'"

filled before the guests are summoned to the table for a luncheon?
A. Yes, the glasses are filled, and the butter is placed on the plates.

DOROTHY DIX'S COLUMN—

Too Much Popularity

Girl Has Nine BeauX — Likes All, Loves None

DEAR MISS DIX: I'm 19 and rather a novice at "playing the field." I've never actually gone steady but never dated more than one or two boys in the same period of time until recently. I'm average in every way except that I'm always very happy and can't help showing it. I have a wonderful time no matter where I go.



Muriel Nissen

Now I think my exuberance has gotten me into trouble. In the past month or so I've dated nine different boys with very different personalities—and they all keep coming back! I like them all, but am in love with none. Somehow I've managed to interest each one of them. I've never kissed any of them or let them become at all familiar. Four, especially, have me perturbed. They seem to be getting too serious, and have suggested that I go steady. That I am not ready for yet. Still, I don't like to keep dating them on the chance that they'll think I'm holding out encouragement. They are too nice to treat lightly.

This letter may sound terribly conceited, but it is all true, and I am just as surprised as anyone at my sudden acquisition of so many boy friends.

ANSWER: Seldom do girls of popularity have problems, but your letter is proof that no state in life, no matter how desirable, is without its thorns. The facts in your letter certainly could have been presented in a most conceited manner, but you write with so much charm that I am sorry indeed that the entire epistle could not have been printed.

NOT YOUR FAULT
There is no way you can prevent boys from being attracted to you if you have the personality to draw them. Naturally, you don't want to cut yourself off from dating altogether, and you are being completely fair with all the boys by letting them know you believe in multiple dates. More you cannot do. If they want to continue dating you for the sake of your friendly companionship and good humor, that's their privilege. It involves no commitments on your part. Just be careful not to make rash promises until you are sure you have found the "one and only."

DEAR MISS DIX: My son is married to a shrew, and my husband and I are heartbroken over him. He hasn't a word to say in his own house and can visit just whom and when she permits.

ANSWER: Unfortunately, there isn't a thing you can do to relieve the situation. If your son hasn't the gumption to stand up for his own rights, no one can give it to him.

DEAR MISS DIX: The other night I had a date with a boy I have admired for a long time. We went on a double date to a movie, and then to the beach. The other couple began petting, and I let the boy kiss me. Now he isn't even friendly to me when we meet. I would like very much to be friends, and win his respect again.

ANSWER: You are learning early that boys can be very contradictory characters. They use all their charm to urge a girl onto a petting spree, then are disappointed because she yielded too easily. It's a wise policy to reserve petting until you meet a boy you really care about. Since you ordinarily don't reach this state on a first date, it's best to save your kisses for later occasions. A girl who yields too easily never earns the respect accorded the lassie who has learned the value of resistance.

Miss Nissen cannot reply personally to readers just will answer problems of general interest through this column.

The Stars Say - -

By Genevieve Kemble

For Tomorrow
A SUDDEN and surprising turn of events may call for astute and profound insight into probable developments at the other end of the line. There is prospect of strange adventures, startling conditions, the materialization of unfamiliar situations queer and unconventional contacts. The entire set-up and experience may be novel, dramatic, unpredictable. Although there may be hazard and complication, by and large the culmination should be promising, stimulating. Progress, excellent performance or experiments should be novel, romantic, thrilling and boundedly rewarding. Dare to venture to enjoy and reap the benefits.

Household Scrapbook

By Roberta Lee

Window Sash
The annoyance of a window sash that is difficult to raise and lower can be overcome by pouring a small amount of hot lard between the window frame and the casing, and also smearing it along the sash rope and on the roller.
Too Much Salt
If too much salt has been added to the soup or the gravy, put a few pieces of toasted bread into it for a few minutes, then remove and the bread will have absorbed much of the salt.
Velvet
Velvet can be cleaned nicely by sponging with benzene, always rubbing in one direction. Then steam over a kettle of boiling water.

ELLEN'S DIARY

By An Island Farmer's Wife

And the several "little pitchers" who were sitting quietly about the room of that farm-house where we waited on an evening of the long ago, rose and left us as one child. "The funniest thing happened here this morning, Ellen," our hostess recounted in a low tone. "I wanted to tell you, but dear me, I wouldn't think of telling the like before the children... it would be, well, sacrilege... in a way. But, Mr. ... stayed with us last night—yes, came after service..."

Mr. ... was the visiting Minister—a smallish, elderly man, with visionary eyes and quick bird-like ways. He wore always his clerical black... frock coat, round collar, tall hat. As a child we had known him in the home congregation, known his goodness and sanctity, revering him much as we still do his memory. What a teacher he was! He could, and did draw apt lessons from every occasion and circumstance to leave his words stamped indelibly on young minds.

"Are you the Lord's child today, Ellen?" he would question with a smile if we should chance to meet on the street. Then without waiting for a reply nod, "Yes, today—not only on the Sabbath, Ellen but every day—living as 'He would have us live. Because this religion," he would smile making it vital and very beautiful," is not a once-a-week item. Oh no, it's a living element necessary to the everyday happiness of our selves and others."

"Yes," she kept her voice low so that our conversation would not reach childish ears, "he stayed with us... slept up in the spare-room, you know. And I think I must have dozed a minute after papa got up this morning—anyway I heard papa about the fire and then" she whispered with a chuckle "the next thing I knew, was a sight of Mr. ... 's hat around the edge of our bedroom door—in there" she nodded. "I'm afraid I screamed with surprise—I do hope he didn't hear me! Yes," she laughed, "this hat was on the table, and papa, I guess thinking I should be up, put it on and came to the door—just for a joke! I laughed every time I thought of it today—I guess the children wondered why, I do hope though," she repeated, "he didn't hear me... because what would he think of this place?"

"Did I hear what?" we replied to the smiling face at the edge of our bedroom door. "Just you listen," Gage said, "and you'll hear it!" We waited in the lovely new silence of morning. A sound outside broke the stillness. "There" he beamed, "can you believe it!" Sure enough—a shrill new crow, voice of one of Jamie's chicks that was!
Young cockerals crowing in strange new voices... domestic geese calling in soft velvety tones over the fields from the farmyards... ducks too in spirited quacking; stubble now palely gold but beside and spreading quickly from trees to hedgerow to woodland the flame and glory of the autumn colors... beauty and grace of September days.
Until to-morrow - - - Diary - - - Good-night - - -

Anne Adams Patterns

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Pattern 4861: Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 takes 4½ yards 39-inch fabric.
This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send Thirty-five cents (35¢) in coin (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, Ontario.



How Can I!!!

By Anne Ashley

Q. How can I clean the inside of decanters or water bottles?
A. Pour into these containers a handful of tea leaves, 1 cup of vinegar, 1 cup of water, and a large lump of salt. Leave an hour or two, shaking occasionally. Rinse well. The tannin of the tea will remove the incrustation.
Q. How can I remove chocolate stains from fabrics?
A. Soak in cold strong borax water for half an hour. Four boiling water through and wash in the usual manner. For stains on silks or other non-washable fabrics, sponge with chloroform.
Q. How can I relieve heartburn?
A. A pinch of soda dissolved in half a glass of warm water often does much to relieve heartburn.

The Neighbors

By George Clark



"An employe that bright worries me. He's the kind who learns all we know and starts a rival business."

PRIZE Pepper-upper for Hamburgers Weiners Sausages etc.

How to put wheels on a Wish

"It's Simple When You Know How." And by a coincidence, that's the title of the Commerce booklet telling women the whys and hows of day to day banking. Get your copy at your branch of The Commerce today.

When you know and understand how to bank efficiently, then the thought of Savings becomes second nature to you. You can put wheels on your wish, whether it's a vacation trip next year, or a bicycle, or even a car... if you get into the important habit of saving. You'll discover that just a little each week builds up surprisingly.

It's simple when you know how!

A WOMAN AND HER BANKING

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Alice Brooks Designs

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STOKE D'ABERNON, Surrey, England-(CP)-Excavations in the vaults of a local church revealed an unlabelled box containing fragments of 14th century stained glass. The pieces will be made into a rondel for the vestry window.



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... like Grandma used to make

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