

That Body Of Yours

By James W. Barton, M.D.

DISCUSSION ON OBESITY BY SCIENTISTS

When a large group of scientists interested in nutrition give the entire time for two days to a study of obesity (excessive overweight), this matter of overweight must loom very large in their consideration of the health of obese individuals.

Two strikingly different roads to slimness were offered to fat people by two leading American scientists reporting at a morning session of the Symposium on Nutrition held at the Harvard School of Public Health.

While one doctor largely dispensed any fond hope of the obese that reducing could be accomplished without diet and real hunger, another doctor recommended merely the stringent cutting down of carbohydrates (potatoes, bread, sugar) and gave the go-ahead to dieters to eat all the meat, lean fat, they desired.

This symposium on obesity supported by the National Vitamin Association, sponsored by the Department of Nutrition, Harvard School of Public Health, and held in conjunction with the New England Post-graduate Assembly was being held to enable leading scientists to hear and discuss the latest reports on obesity, sometimes called the nation's number one health problem.

Dr. Frank Evans, of Pittsburgh, Pa., stated that a patient wishing to reduce must be convinced that his obesity results only from over-eating and that it can be corrected only by rigid dieting, leaving him hungry all the time, but not abnormally so. He should be hungry most of the time, as that is normal.

Dr. A. W. Pennington, of Wilmington, Dela., reported that "Obesity is due, not to faulty eating habits, but a limited ability to use carbohydrates (starches and sugars). Much of the carbohydrate eaten by a person gaining weight is converted to fat and stored in his body instead of being burned for energy. He then eats more in order to get the energy he needs. In the obese, furthermore, the eating of carbohydrates checks the burning of fats." Thus the obese person can eat all the fat he wants because his body usually burns fat very well.

Dr. Pennington gave this warning, however, that this reducing diet cannot possibly work unless the carbohydrates are almost completely omitted.

Dr. David P. Barr, Department of Medicine, New York Hospital-Cornell Medical Center, said: "Obesity is a warning, a red light for the attention of all who desire vigorous health and a long life." Some of the ailments that accompany or follow obesity are diabetes, high blood pressure, heart failure, gallstone, flat feet, rupture and arthritis at the hips and knees, intolerance to heat, and excessive sweating.

When Children's Eyes Are Bigger Than Their Stomachs



There is no need now to administer drastic, to say the least, laxatives which may shock a child's system and leave him feeling weak and listless. Try the new modern help—Children's Own Tablets—especially for children, from 3 to 15 years, by the makers of Baby's Own Tablets—your assurance of a reliable product. They work at once to help soothe the stomach, relieve distress and bring about a thorough performance of the bowels in a gentle manner. Get a package today at your druggist. Only 50¢.

CHILDREN'S OWN TABLETS

Better English

By S. G. Williams

Q. What is wrong with this sentence? "They would not have seen him had they have gone."

2. What is the correct pronunciation of "addict" (noun and verb)?

3. When one of these words is misspelled? Languor, javaliers, larngitis, lapidary.

4. What does the word "prismatic" mean?

5. What is a word beginning with rei that means "to banish"?

ANSWERS

1. Omit the second have. 2. Accent the noun on the first syllable, the verb on the second. 3. Larngitis. 4. Resembling the colors formed by the refraction of light through a transparent prism. "All the prismatic colors were reflected." 5. Relegate.

How Can I

By Anne Ashley

Q. How can I take proper care of books?

A. Keep books in a light, dry place, dusting regularly. Exposure to sunlight and air as often as possible will help to keep them in good condition. Keep a small container of quicklime in the bookcase to absorb the moisture from the air.

Q. How can I make a mat for the cleaning powder box?

A. Try binding several canning jar rubbers together with some string and using this as a mat. It will prevent that nasty rusty ring this particular box always leaves wherever it is stood.

Q. How can I oil locks in the doors?

A. Dip the keys in oil and turn several times in the locks to make them turn more easily.

Modern Etiquette

By Roberta Lee

Q. When a message is written on a visiting card, is it better to write on the face of the card or on the reverse side?

A. It is probably better to write on the face of the card, as a message on the back might be overlooked, should the one who receives the card read the name and not turn the card over.

Q. Is it proper to acknowledge receipt of a gift over the telephone?

A. This is not considered good form. The receipt of a gift by mail always calls for a personally-written note of sincere appreciation.

Q. When there is some item, perhaps a foreign phrase, on the menu which one does not understand, is it considered proper to ask the waiter to explain it?

A. Only a very timid person would hesitate to ask.

Household Scrapbook

By Roberta Lee

Buttonholes

Buttonholes that will outwear the ordinary buttonhole many times are made by basing a strip of cloth on the underside of the hem, then cutting through both the strip and the hem. Cut away the surplus strip.

Keeping Paint

The paint that is left unused in a can may be kept in perfect condition if some paraffin is poured over it. This will prevent its hardening.

Lettuce

To keep lettuce fresh and crisp, wash and then put in a deep cooler, leaves upright, and allow to drain in a cool place.



ONE OF THREE—Queen Salote Tupou, above, of the island of Tonga, has been invited by the British government to attend the coronation of Queen Elizabeth II. She is one of the world's three queens who reign in their own right. The third is Juliana of The Netherlands.

Morning Smile

Time Files

Customer — Here's the first installment on the baby's furniture we bought from you.

Storekeeper — Splendid. And how is the little fellow getting on?

Customer—Oh, wonderfully. He was top of his high school class last term.

Not His Fault

A small boy presented a worn dirty book at the return desk of the public library. The librarian glanced at the title, then at the size of the boy, and remarked, "This is rather technical, isn't it?"

Although a little embarrassed, the boy stood firm, looked squarely in the eye and answered, "It was that way when I got it, honest."

The Stars Say

By Genevieve Kemble

For Tomorrow

A DAY of lively activities and long-range commitments affecting personal, domestic and social affairs as well as business and financial enterprises. It is important, however, that the decisions you make be thoroughly objective — uncolored by personal wishes or arrived at through the emotions. Sharp practice and opposition from least expected sources call for careful analysis, investigation and courage in the face of temporary disillusionment. Keep one jump ahead of the crafty and the schemers. Don't flare up, but use sound logic and basic moral principles as your guide. Major issues are in the balance.

For the Birthday

If tomorrow is your birthday, you may find yourself up against a peculiar and challenging set of circumstances wherein old wounds long healed and forgotten, may be re-opened. Subtle influences involving treachery and deceit are present, but they can be overcome by preparedness and the will to forego vindictive reprisals or emotional flare-ups. Such reactions will only aggravate critical situations and defeat such cherished objectives as long-term credit and personal popularity. The foregoing applies not only to personal relationships, but to business and public relations as well.

A child born on this day has a complex character — one to challenge and intrigue as well as to admire for his intrinsic worth.

DOROTHY DIX'S COLUMN

Teen-Age Parties

Younger Girls Should Associate Mainly With Those Of Own Age

DEAR MISS DIX: Should my 13-year-old daughter be permitted to go to parties with boys? Should she be allowed to go out with boys and girls 15 and 16 years old?

MRS. L. S.

ANSWER: While your daughter should be allowed to go to parties given and attended by her contemporaries, friendship with older boys and girls should be discouraged. The greater freedom that they enjoy, by virtue of age, is likely to make your youngster discontented with the privileges she has.



Muriel Nissen

DEAR MISS DIX: My 16-year-old daughter is going with a fine boy of 17. She sees him every night, and they are at our home four or five nights a week. While we watch television in the living room, she and the boy like to listen to records in the dining room. When I go into that room, I frequently see them kissing or engaged in other affectionate gestures. My three younger children are quite amused at this, but I don't like the idea. I have talked to my daughter and her friend about it, and while the boy took the censure in good spirit, my girl was rather peeved. Was I right to ask them to check their behavior?

MRS. E. R.

HIS VISITS TOO FREQUENT

ANSWER: While your daughter's display of affection may be embarrassing to you, you must realize that youngsters who are fond of each other will indulge in caresses, and it's much better for them to do so at home than outside. One thing about the friendship is definitely out of bounds, however, and that is the frequency with which they see each other. Young people should not be together as much as every night in the week, and you should try to divert your daughter's attention to other friends, recreation, or study. When the young people are at home, try to draw them into the family circle rather than having them shut themselves in another room.

DEAR MISS DIX: My sweetheart is overseas and he has asked me to stay with his parents while he's gone. I've never met any of his people, and my own parents don't approve of the idea. What do you think?

T. K.

ANSWER: Your parents are quite right to disapprove of this idea. Just what your sweetheart has in mind, I can't fathom. Perhaps he feels your presence may ease the loneliness of his family, or perhaps he doesn't trust you, and wants them to keep an eye on you. However, your place is with your own folks, at least, until you are married.

DEAR MISS DIX: Several months ago I met a chap in the Air Force. He asked me to correspond with him, and we wrote each other for some time. I received the last letter from him two months ago, although I have been sending him pictures and a package or two. There is a possibility that he may have been transferred to another base, or even overseas. Should I write again or forget the whole thing?

PATTI

ANSWER: Since mail does mean so much to boys away from home, and mail service is so uncertain, don't give up unless you are quite sure your letters are being received and ignored. Try another one or two anyway. If he has been transferred, he'll receive all your mail in a batch, and will undoubtedly acknowledge it.

DEAR MISS DIX: My steady boy friend and I split up two weeks ago because he began going with other girls and I got mad. I love him very much and we were to be married in the spring. I see him around at dances, etc., but he never speaks to me. How can I find out what the trouble is, and get him back? I am 17.

ESTHER R.

ANSWER: It would seem quite obvious where the trouble lies. The boy certainly wouldn't have gone with other girls if he had serious intentions of marrying you. My conclusion would be that you dreamed more into the friendship than he was willing to contribute and his declaration of independence was indicated by dating other girls. There certainly is no point in trying to get him back under the circumstances. He departed voluntarily and it will be better for you to make new friends.

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

DANGEROUS PRACTICE
cement while passing under a bridge. Police found footprints of two children on the bridge and a supply of cement "bombs" but no sign of the culprits.

ELLEN'S DIARY

By An Island Farmer's Wife

"Ah ha!" James shook his head confirming our suspicions of an impending storm this morning, when dropping his baskets of turnips mid-way between cellar and stable, he regarded the weather.

"Poor fellow," we offered. "Why do we bother to grow turnips at all when 'big and large' they are mostly of water? Won't it be good when they're gone — and the long chore of feeding them over?"

"Why, what a simple thing to say, Ellen!" he replied. "Water or no water — I just hope we have enough to last out 'till May-day! To my mind there's nothing can take the place of them for cattle. Stop growing them — Grow more, I'm thinking it will be!"

Skies were being quietly draped with a nun's veiling of gray; in place of the grace of the sunlight, a wind had risen in the east; one which blew down over a hilltop with an ominous chill in its breath. "Yes," James said, "we're due for a spell of weather," Ellen!

The eggs gathered from the nests of Jamie's white-bodied, gray-necked pullets were warm in our hands. He stooped quickly to resume his self-imposed burden. "We'd better get ready for it!" he said. . . . So extra loads of hay were brought home from the "stack-yard," stables and sties were cleaned to a heap in a field, animals bedded — items which contribute much to the peace of mind of the family now that a snow storm of February blows itself out along the reaches of farmlands.

Soon it came. We saw a lone snowflake fall and settle listlessly on the cold brown earth. . . . Then others, following slowly like the dropping notes of some quiet prelude. And the sky darkened, drooping desolately to touch the rim of our valley; and now there was a complaint in the wind, a fretful whining note as all too soon it picked up little snowdrifts to toss them sullenly about.

"It's just a question whether or not the tractor will be able to move through the drifts in the morning," Jamie, a mannikin, had looked up from "the Funnies," thought evidently on his schoolday ahead. "It's pretty well over now," James' tone is reassuring. "I think the stars will be showing shortly. So we'll not worry about it—we'll let the morning take care of it self."

Yes, "not worry about it," to spoil the hour that is at hand. . . . the here and now. . . . thankful for food and shelter and warmth—for the maple fire which sheds its heat and fragrance which glows on the hearth and puts a gentle song in the spout of the kettle; glad too, for the little family gathered safely about; happy to know that the stock of farm, down to the little black ewe-lamb, is all so fed and housed and content this still-stormy winter night. . . . wondering about folks who may be abroad, wishing them guiding lights in windows along their lonely going, and ever the safe haven that is Home.

"We don't have to worry about the squirrels," Gage looks up from a puzzle he is piecing as an angry gust rattles a window. "But I'm wondering about the pigeons — where will they be?" "In some barn," Jamie observes. And James reaches to pat a dar's head, and "Come!" he invites. A



Mrs. George W. Trevors, R.R. No. 2, Chatham, N.B., relies on Fleischmann's Yeast for championship baking tests.

BAKING PRIZE WINNER AT MIRAMICHI FAIR

Folks who admired the home baking exhibit at the Miramichi Agricultural Fair at Chatham, N.B., last September were not a bit surprised when the judges pinned prize tags on the marvellous bread and rolls of Mrs. George W. Trevors. That baking was evidently the work of a practised hand, with a sure knowledge of ingredients. "Not only at

fair time, but every time I bake, I see the fine results of Fleischmann's Yeast," says Mrs. Trevors. "It has such a uniform, vigorous rising action, and my bread and rolls taste so good."

"There's the proof! Champion bakers all over the Maritimes rely on Fleischmann's Yeast for grand rising and perfect results."

lad climbs to his knee. . . . It is a night for old yarns, this February one when a stormy wind blows itself out about the yards and along the reaches of farmland.

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

Cook's Corner

APPLESAUCE CAKE

One-half cup melted shortening, ½ cup sugar, ½ cup light corn syrup, 2 egg yolks, beaten; 1 egg beaten; 2 cups flour, 2 teaspoons baking powder, ¼ teaspoon salt, ½ teaspoon ground ginger, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 6 tablespoons cold coffee, 1 cup raisins, 1 cup applesauce.

Mix shortening, sugar and syrup. Beat in yolks and egg. Sift dry ingredients; add alternately to first mixture with coffee, beating after each addition. Add raisins. Bake in two greased eight-inch pans at 350 degrees F. 20-30 minutes. Before serving, fill and top layers with applesauce; sprinkle with nutmeg. Serve with whipped cream.

APPLE TAPIOCA

Soak ¼ cup pearl tapioca in cold water to cover by 2 inches overnight. Drain in morning or when ready to make. Add 2½ cups boiling water and ½ teaspoon salt, and

cook in double boiler until tapioca is transparent.

Wipe, core and pare 6 sour apples; stick 2 cloves in each, (or apples may be sliced). Place apples in buttered baking dish; put 1 teaspoon sugar in center of each. Stir into tapioca ¼ to ½ cup sugar and pour the tapioca over the apples. Bake at 350 degrees F., until apples are tender. Serve with brown sugar Hard Sauce.

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Now you can choose either the new ready-to-take PREPARED PINEX or the money-saving easily mixed PINEX CONCENTRATE. In both forms, PINEX' special blend of proven medicinal ingredients must help you, or your money back.

Why let your children suffer with a distressing cough?—get a bottle of fast acting, pleasant tasting, PINEX, today!

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7 x 11 inch Post-colored CANNON Face Cloth in Large size NEW BREEZE

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There never has been, there never will be another offer like this! Wonderful new Breeze washes everything with ease — perfect for shirts, sheets, towels and all the family wash — perfect for dishes too. And inside every box of new Breeze there's a Cannon Tea Towel or Face Cloth! You send no box tops, clip no coupons. Just buy your package of this sensational new detergent and get your beautiful Cannon tea towel or face cloth inside!

BREEZE thru' washday!

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NEW Breeze washes EVERYTHING with ease!

Anne Adams Patterns



ACCESSORY DRESS!

Half-sizers! Have a new dress every day with these clever switch-about accessories! Wear the smart, simple neckline with scarves! Add a fillip of color with the dickey! Or a touch of softness with the flower-draped collar! Designed for short, fuller figures.

Pattern 4693: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3½ yards 39-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35¢) in coins (stamps cannot be accepted) for this pattern. Print plainly size, Name, Address, Style Number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

RHEUMATIC PAIN Can Be Costly!

"This winter I had to quit work because of rheumatic pain," writes Mr. T. Gloschekie, Wilno, Ont. "I became fearful of being laid up as on a previous occasion with rheumatic pain. My pain became increasingly severe and spread from hip to ankle. Out of bed, the leg felt cold as though in cold water, so I stayed in bed. A friend persuaded me to take T-R-C's and I'm glad I did. In a short while I was relieved of my pain and was soon on the job again."

Don't suffer from Rheumatic or Arthritic pain. Take Templeton's T-R-C's—Canada's LACTIC-SALTING proprietary medicine to bring quick relief from such pain. Only 65¢, \$1.35 at druggists. T-848

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FIGHT COLDS THIS Easy WAY

Take a HOT MUSTARD BATH

Dissolve 2 or 3 tablespoonfuls of mustard in a little cold water and pour it into your hot bath. After the bath... a brisk rub-down... then off to bed for a good night's sleep.

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