

Faulty Eating Habits Cause Of Malnutrition

By Ida Bailey Allen

The food you eat is most important in determining how long and happily you live. Whether you are a peppy girl or boy; a fast-growing teenager; an active adult; a mother with child; or a person who has reached seventy, what you eat, what you will eat, depends on what you eat.

These words are from a new exhibit, "Food for Life," presented in dramatic form at Chicago's Museum of Science and Industry, as a public service, by one of the country's leading meat and food packing firms.

In spite of all that has been written and said about good human nutrition, these many years, malnutrition, which means "poor" nutrition, still stalks Americans.

Dr. R. C. Newton, distinguished researcher in foods, when interviewed at the opening of the exhibit, explained:

"Twenty-five percent of our people are overweight; contrary to popular belief, they are suffering from malnutrition. Another 10 to 15 percent are underweight. Considering the remainder who do not eat properly, this means that more than half the people of the U. S. are not properly nourished."

The reason, according to Dr. Newton, is lack of knowledge about good nutrition and how to select the right kind of foods. Poor eating habits established in childhood; dietary rigidity; monotony; inadequate breakfast; over-fatigue at meal-time; unwillingness to try new foods; or to exchange obsolete cooking methods for modern nutritional conserving ways, all contribute to poor nutrition and its trail of ills.

TOMORROW'S DINNER
Chilled or Hot Vegetable Juice
Beef Ball-Green Bean-Macaroni
Buttered Onions Cole Slaw
Pineapple Sponge Pie
Coffee Tea Milk

Beef Ball-Green Bean-Macaroni: Combine 1 1/2 lbs. chopped beef, 2 slices chopped fat bacon, 1 unbroken egg, 1 tsp. minced onion, 1 tsp. salt, 1/2 tsp. pepper and 1/2 tsp. monosodium glutamate. Form into balls. Roll in flour; brown in meat fat or shortening.

Meantime, cook until almost done 1 1/2 lbs. green beans cut in 1" lengths, or use 2 (1 lb.) cans green beans. Add 1 1/2 c. canned tomato, and 1 (8 oz.) pkg. cooked high protein macaroni. Bring to boiling point. Add 1/2 c. grated sharp American cheese. Top with meat balls. Cover-bake 45 min. in moderate oven, 375 degrees F.

Pineapple Sponge Pie: Line a 9" pie plate with American pie crust. Press in 1 tsp. fine dry bread crumbs.

Separate 2 good-sized eggs. Mix 2 egg yolks, 3/4 c. sugar and 1/2 lbs. flour. Add 1 tsp. crushed dried lemon rind, 1 1/4 c. canned shredded pineapple and 1 tbs. melted butter. Beat 2 egg whites stiff and fold in.

Transfer to pie plate. Bake 10 min. in hot oven, 425 degrees F. then 30 min. in moderate oven, 375 degrees F. Serve cold the day it is made.

TRICK OF THE CHEF
Season beef ball-green bean macaroni with 1/4 tsp. oregano.

ELLEN'S DIARY
by an Island Farmer's Wife

The day—how quietly gray it has been, with brooding skies and a veil nether cloud resting on the tree-crowned hills. And we had a longing to see the sun. Why should we not part the cloud at a bright thrust, climb the sky-path to smile down upon the housewives, to lend encouragement to the seasonal cleaning? On the farmers too, now squaring away for the cropping; on the very birds about that seems to await his nod to busy themselves at their building. Not that we do not enjoy a day all silver and quiet, but shine wreathed in sunshine would give more inspiration to the work of our hands.

"Great weather this!" an old-timer of a farmer who happened by this evening smiled. "Just what we need to hold back the cropping. It's too early yet to be on the land—And the way the fields were shaping up before this we would have been tempted to try it. . . . There's no hurry . . . not at this day of the year. But shortly now" he chuckled "when this spell of damp is over and things warm up, then it will be a different story. Then every man to the land, day and night!"

"And the women?" we laughed.

"They needn't be idle either" he offered. "I reckon they won't be, they'll find plenty to do."

"It's a time of year I always enjoy" James commented, "the cropping—Not in one way now so well as I did when we farmed with the horses. Then" he smiled "a fellow seemed to get closer to the heart of it—was more in spirit with it, it seemed to me. Now with the tractor, well, get it finished, have the work over and done with, seems to be the general objective. To my mind, there was nothing quite so satisfying in spring as getting on the land with a team. . . . I guess" he nodded "I'll do the sowing with the horses."

"Got your seed-grain cleaned?" the visitor inquired. James shook his head and smiled in half-earnest. "I don't know whether or not we'll have any left to clean! In the fall, after the threshing, we think we'll never get to the bottom of the granary, we have such a nice lot of it. And then along about this time of year, we wonder what in time has become of it. But it goes, a handful here and a handful there."

"It's the same with the hay" the visitor nodded. "We always put up a fairly good supply in the barn and usually have a stack or two besides. And it goes . . . in forklift. And at that how quick the places bare. Indoors" he chuckled "it doesn't take long for the beams to show!"

"You both should save when the barrel is full!"

"Don't we!" James smiled. "But things have to get their heads up. A man must get a half-meal now. I don't care what it is, Ellen—just so long as it's a bite of something; a cookie or two, if you have them, or a piece of bread and molasses, and a drink of milk. It's been quite a spell since supper" James says. And the night is dark and there is crystal of raindrops shining on the panes.

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

Is Your Baby Gaining Weight?

When you choose Aylmer Baby Foods you make quite sure Baby gets abundant quantities of vital proteins for body-building.

Natural carbohydrates for energy, with a minimum of refined sugar.

Rich iron content for essential blood-building elements.

A soft, smooth food for correct digestive function.

FREE for 12 labels from **Certified AYLMER BABY FOODS** A Nursery Picture

A famous AYLMER Animal Print 12" x 14" in Full Color. If you fill out this coupon for 12 Aylmer Baby Food labels, we will send you a beautiful AYLMER Nursery Picture.

Check the animal picture you want. PRINT your NAME and ADDRESS and mail this coupon with 12 Aylmer Baby Food labels to:

Dapt. A2, Canadian Canners Ltd. Hamilton, Ont.

Certified AYLMER BABY FOODS Not Naturally Better

MRS. GORDON MACMILLAN A COUNTRY GARDEN

May is a magical month! A walk around the garden in the month of May is a delight, and many dormant plants that we were fearful were dead are now showing life. Here are the tree peonies and the new oriental peonies in lovely colors. The orange and scarlet have grown here for years. They are easily grown from seed and very early in spring their frilly leaves give promise of the gorgeous blooms next month. They look especially well near the evergreen hedge.

The wallflowers and the forget-me-nots are showing color, and the well established lupines and delphiniums cheer us when we count our garden blessings. How lovely it must be to see a primrose garden! Here we have a few in a shady part of the rock garden and they appear very hardy in early color, and are heretofore the primrose era here.

When faced by the great miracles of growth and beauty our everyday worries recede to their proper perspective. We face them more bravely because we see them in their true proportions. This is the magic of the garden. It brings ease to troubled minds, rest to weary bodies, relaxation to strained nerves and balm to sorrowing hearts.

Go to your garden. Give it your best in planning and planting, in tending and care. It will repay you abundantly in peace of mind and serenity of soul. There is magic in your garden!

In this month of May folks become garden conscious and speaking to a group of country women on gardening this week I found that all were anxious to have gardens and flowers and lovely surroundings. Certainly means work and more work but think of the joy of that work and the results attained? It is possible to beautify any home no matter how difficult, and you get back just what you put into anything, gardening included.

A woman once said to me . . . "I like a garden but do not wish to work in it too much. I would plant something that would bloom all summer."

Well, in my experience of some years I can say that I have never seen a garden of this type, but there are some short cuts to gardening and it is not as difficult as some would have you believe. After you have mastered the happy task of planting a small shrub in good soil and firming it around the roots so that soon it will be growing, and also the sowing of small seed in finely pulverized soil by just pressing it in with the create your own ideas into a lovely garden that will be your very own.

Plant flowering shrubs as background to your flower borders and for easy maintenance. Hedges should also be planted at this time and the other evening I saw a man and his son busy in the small hedge.

Seeds of many annuals can be sown where they are needed for (Continued from page 11)

Words Of The Wise
Let our object be, our country, our whole country, and nothing but our country.
—(Daniel Webster.)

Cook's Corner

TUNA CRUNCH SALAD
7 oz. can of tuna fish
1/4 cup chopped green peppers
1 tbs. minced onion
2 tbs. crisp cabbage, shredded
2 tbs. vinegar
Salad dressing to moisten
2 cups potato chips

Method—To the flaked fish add peppers, onion, cabbage and vinegar. Add dressing just before serving, add chips and toss lightly together.

AEROWAX SAVES RE-WAXING!
The SHINE COMES BACK AGAIN AND AGAIN WITH EASY BUFFING!
See 22 1/2¢ Pint!

Now Cream Deodorant SAFELY STOPS PERSPIRATION 1 to 3 DAYS
1/2 Times as Effective as any other leading deodorant!

Used daily, Aerial protects 5 ways:

1. Safely stops perspiration 1 to 3 days . . . is 53% more effective.
2. Saves your clothes from stains and clinging odor.
3. Deodorizes instantly on contact . . . keeps you shower-bath fresh up to 48 hours.
4. Creamy! Contains Creamogen. Will not dry out in the jar.
5. Antiseptic. Safe for skin.

More men and women use AEROWAX than any other deodorant.

53¢

MARY HAWORTH'S MAIL Victim Of Unhappy Childhood Asks How To Save Sanity

DEAR MARY HAWORTH: I fear I am losing my sanity. I am 27, and my trouble started when I was 8, and my mother died. My father was an irresponsible man who drank heavily; and I was shifted from one relative to another for 18 months. Finally I was placed in an orphanage, in the care of nuns. There I was very unhappy and became moody, sullen and very, very unfriendly.

The nuns tried to help me; but I didn't realize that at the time, At 14, when a sophomore in high school, I went to live with my father. But because he wouldn't buy me clothes, I was ashamed to attend school. When I was 17 my father remarried, and I was left on my own—never asked to live with them. Consequently I started drinking and became involved with a man, an association that led to an abortion.

My anxiety attacks started soon after that; and then I began to drink heavily and became more and more depressed. All I ever wanted was to meet somebody nice, get married and raise a family.

Learned Early To Fear All Men
However, the immediate problem is that I shake all over with nervous tension if I go out with a man nowadays; therefore I am refusing all dates, and won't take a job where there are men. In the orphanage we were punished if we talked about boys, so I came out into the world afraid of all men, including my father.

I've read many books, but I don't help. I know I have a chip on my shoulder; and may have an inferiority or a guilt complex. I would love to change, but don't know how. When drinking last summer I took some sleeping pills and landed in a hospital; and I am afraid I might do it again.

Are there any books I should read, or any place I can go for help? Most of all, tell me why I shake so, every time I go out with a man. I shall be eternally grateful for any help you may give me. P. S. I don't drink anymore.

Special Therapy For Soul Sickness
DEAR P. R.: The essence of your distress is this—you are soul-sick; that is, morally and emotionally sick. You need the healing offices of a father confessor, spiritually prepared to take the burden of past sin from your soul and cleanse you of guilt—so that you may start life anew, with spirit refreshed.

Also you need psychiatric therapy, to help you develop saving awareness of the unconscious destructive bias that spurs you to self-damaging behavior. Under this heading I would list your drinking bouts, the illicit behavior that led to abortion, the overdose of sleeping pills, etc. Insight into the nature of any ailment—mental, physical or moral—is the first long step towards bringing the disorder under control.

Agnes Sanford, internationally respected Protestant minister of the gospel, herself the wife and daughter of clergymen, tells in her book "The Healing Light" (MacLachlan's Park publishers) of the joyous renewal the startling insight of spiritual succor she received, after a confessional session and receiving Holy Eucharist. Feeling burnt out and despondent, she had recourse to these religious rites, alien to her traditional pat-

Wife Preservers
Tissues

Just 1 brushing with Pepsodent removes up to 98% of the bacteria causing mouth odors and decay

But more than that.. Pepsodent gives the whitest teeth

Does the toothpaste you're using now fight tooth decay, stop bad breath, give the whitest teeth? Not unless you're using Pepsodent! Because only Pepsodent does all these! Impartial laboratory tests prove Pepsodent's exclusive I.M.P. formula with I.M.P. gives cleanest, whitest teeth. So—buy Pepsodent.

Brush Powder also has the exclusive I.M.P. formula with I.M.P.

Stop bad breath instantly—and taste good too!

Only Pepsodent gives all three—Whitest teeth—Sweetest breath—Fights tooth decay

KEEP IN TRIM Addiction To Excess Food

The sudden recognition that over-eating can be as much of an addiction as overdrinking has jolted overweight individuals into doing an about-face in their attitude toward food. Letters from honest and courageous reducers cited this recognition as their reason for taking action. An alerted reducer writes:

"I read that obesity is like alcoholism. I always thought I was the type of person to do things moderately—I boasted about not going too far in any way. The thought that food to an obese person is like liquor, then hang on a really scared me. Then and there that article convinced me of the need to diet. Two months ago I wore size 16, and that was straining the seams. Today I wear size 14 with ease."

Again the same reason is given in this letter from Ohio:

"Reading the current 'I'll Cry Tomorrow,' by Lillian Roth, that I crave and am as addicted to food as an alcoholic is to alcohol. I am no longer pampering myself since reading this very stirring book. With new insight and less food, the excess pounds dissolve away."

The following poignant letter is from a reader who recognizes the problem, but desperately needs moral support:

"It eat like some people drink. There seems to be a compulsion to do what I know I shouldn't do. I eat myself when I'm gorging, and I don't stop myself. My heart is enlarged and it is imperative that I re-educate my appetite and learn new food habits. This is easier said than done. I really don't know why I'm boring a stranger with all this—but I think what I want is a little moral support and perhaps a good swift kick in the conscience!"

Let's analyze these three letters. With the first two overweight, an awareness was sufficient to alert them into prompt action. To activate, an awareness must provide insight into the cause back of the compulsion.

The writer of the third letter should seek someone with whom she can talk her problem through, so as to free her from the anxiety which keeps her from taking action. Truly wanting to lose the burden of fat, our overweight may come upon the clue to the cause. If professional counsel is not to be had, she can seek help by joining a reducing club—or start-

Shine Silver with SODA
Cover bottom of large enamelled pan with aluminum foil. Add 1 teaspoon soda to each quart of water, heat to boiling. Immerse silver so it touches foil. Tarnish disappears quickly. Rinse thoroughly and dry with soft cloth. For a high luster, polish with a thin paste of soda and milk applied with soft cloth.

COW BRAND BAKING SODA

Rich as Velvet... Tough as Rubber

SUPER KEM-TONE

One of the famous Kem paint products

- 22 beautiful ready-to-use colors . . . an unlimited variety of intermixes to suit your individual taste.
- Glides on like magic with brush or Roller-Koates.
- Dries in a matter of minutes without laps or streaks. Your furniture can go back the same day. NO "PAINTY" ODOR.
- No cleaning problem at all when you've finished the job. Paint marks vanish quickly from utensils with just soap and water.
- Walls can be washed or scrubbed as often as you like.
- Be a "Paint-It-Yourself Family" with SUPER KEM-TONE.

ALPHA PHIAT SORORITY PRESENTS A FASHION SHOW OF SUMMER FASHIONS AT Y. M. C. A.

MONDAY & TUESDAY EVENINGS
May 9 and 10 at 7 and 9 P.M.

TWO SHOWS EACH EVENING

TICKETS ON SALE AT
HOLMAN'S LADIES' SHOP

Refreshments Admstson 75c

Bringing Up Baby

Although every week is baby week, this is the time when all sweet pink and precious ones are being catered to with special emphasis. Why not check your favorite grocer and see the many, many special baby products featured now and the year around?

MORNING SMILE
"Glad to see you, old man. Could you lend me five dollars?"
"Sorry, but I haven't a cent with me today."
"And at home?"
"They're very well, thank you."

Household Hint
If you are ironing a rayon jersey garment, either printed or plain, remember that it usually contains some acetate rayon, so be very careful that the iron doesn't get too hot. Roll in a towel after washing and knead out the moisture, then hang on a hanger. Keep the weight of the garment evenly distributed during drying to avoid pulling out of shape. Iron lightly.

Good planning. The "Basic 7" Plan was developed by nutritionists to provide a nutritionally-sound diet for infants, calls for the daily use of foods listed in the following groups:

1. Milk
2. Special baby cereals
3. Orange Juice
4. Green and yellow vegetables
5. Other fruits and vegetables
6. Meats and egg yolks
7. Vitamin A & D drops

For strength and growth... Gerber's 5 Baby Cereals are enriched with iron, calcium and important B-vitamins; provide the energy-giving calories babies need shortly after birth.

For sound gums and body tissues, Gerber Strained Orange Juice has a uniformly high vitamin-C content.

For normal growth and the development of healthy skin, teeth, body tissues and for maintaining general good health, Gerber Strained Green and Yellow Vegetables provide consistently high vitamin-A value.

For energy, Gerber Strained Fruits and Vegetables offer a cumulative source of vitamins and minerals.

For the development of muscles and all body structures, Gerber Strained Meats (made of selected cuts) and Strained Egg Yolks offer excellent sources of proteins. Gerber-Ocillite Baby Foods Limited, Niagara Falls, Canada.

You'll be so pleased... so proud when you PAINT IT YOURSELF with Super Kem-Tone

More rooms are being painted with Super Kem-Tone than with any other brand of latex-base paint... proving its tremendous popularity.

\$7.65 GALLON
\$2.25 QUART

One of the famous Kem paint products

- 22 beautiful ready-to-use colors . . . an unlimited variety of intermixes to suit your individual taste.
- Glides on like magic with brush or Roller-Koates.
- Dries in a matter of minutes without laps or streaks. Your furniture can go back the same day. NO "PAINTY" ODOR.
- No cleaning problem at all when you've finished the job. Paint marks vanish quickly from utensils with just soap and water.
- Walls can be washed or scrubbed as often as you like.
- Be a "Paint-It-Yourself Family" with SUPER KEM-TONE.

ALPHA PHIAT SORORITY PRESENTS A FASHION SHOW OF SUMMER FASHIONS AT Y. M. C. A.

MONDAY & TUESDAY EVENINGS
May 9 and 10 at 7 and 9 P.M.

TWO SHOWS EACH EVENING

TICKETS ON SALE AT
HOLMAN'S LADIES' SHOP

Refreshments Admstson 75c

ALPHA PHIAT SORORITY PRESENTS A FASHION SHOW OF SUMMER FASHIONS AT Y. M. C. A.

MONDAY & TUESDAY EVENINGS
May 9 and 10 at 7 and 9 P.M.

TWO SHOWS EACH EVENING

TICKETS ON SALE AT
HOLMAN'S LADIES' SHOP

Refreshments Admstson 75c

ALPHA PHIAT SORORITY PRESENTS A FASHION SHOW OF SUMMER FASHIONS AT Y. M. C. A.

MONDAY & TUESDAY EVENINGS
May 9 and 10 at 7 and 9 P.M.

TWO SHOWS EACH EVENING

TICKETS ON SALE AT
HOLMAN'S LADIES' SHOP

Refreshments Admstson 75c

ALPHA PHIAT SORORITY PRESENTS A FASHION SHOW OF SUMMER FASHIONS AT Y. M. C. A.

MONDAY & TUESDAY EVENINGS
May 9 and 10 at 7 and 9 P.M.

TWO SHOWS EACH EVENING

TICKETS ON SALE AT
HOLMAN'S LADIES' SHOP

Refreshments Admstson 75c