Stressing the Importance Of Dietory Treatment

Advice is Often Needed, Culinary Expert Suggests, in the Planning of Menus to Conform to Prescribed Diets. Health and Eating. Also Some Recipes.

Life expectancy has increased materially in the last few years. Many things have contributed to this. Among them are better sanitation, better control of communicable diseases

(By EDITH M. BARBER

and better understanding of the place of food as a protective factor against disease and malnutrition.

Recently, I read the biography of the great Malibran, a famous opera singer who died at the age of twenty-eight. Her death was hastened doubtless by the medical treatment to which she was subjected after a collapse on the stage. As was customary less than a hundred years ago, she was bled and thus deprived of nutrients. Today the theories of treatment are generally the direct opposite of this. When a patient must be deprived of certain foods, every effort is made to substitute others. The dietitian as well as the nurse is now called upon by the doctor to accomplish this. All accredited hospitals have a staff of trained dietitians who work under the directions of the doctors.

It is now possible for the doctor to call in a dietitian to assist him in home treatment. Dietitians as you know, of course, are not diagnosticians and work only under directions of a physician. Recently a dietitian was of great aid to a friend of mine in helping her with the technic of giving insulin and preparing the weighed diet necessary for the diabetic. She has also been of assistance to a mother whose children are allergic to certain foods which must be completely avoided, although the daily diet must be adequate in every respect. Dietray treatment in some instances is now as important as good nursing.

Baked Potatoes With Cheese

Six large baked potatoes.
One-half pound cheese, grated or strained.
One-third cup hot milk.
Two teaspoons salt.
One-eighth teaspoon paprika.

Cut potatoes in half lengthwise and scoop out the centres. Mash thoroughly. Add cheese to hot milk and beat with egg beater until smooth. Mix with the potatoes, add seasoning and whip until light and creamy. Re-fill the potato shells, return to a hot oven and bake until brown on top.

Baked Oysters Casino

Three dozen oysters in the half shell.
Lemon juice.
Minced green pepper.
Bacon.
Pepper, salt.

Wash and open oysters. Over each oyster put a few drops of lemon juice, one teaspoon of finely minced green pepper and a square of bacon. Sprinkle with pepper and salt. Set in a hot oven (450 degrees Fahrenheit) for ten or twelve minutes or under the broiler for five minutes. Shallow, fireproof dishes with the half shells imbedded in rock salt are excellent for this purpose.

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Took More than a Fancy to the Lady Who Made Dessert

(Windsor Star)

Some women seem to ignore the suggestion that the way to a man's heart is through his stomach, but there is truth in the saying nevertheless.

A recent example is that of Harold T. Youngren, of Lansing, Michigan. On a trip several months ago he stopped at a small Pennsylvania hotel, and was much pleased by the dessert served him. He asked to meet the person who made it and Miss Dortha Philson was introduced to him.

Now the couple are honeymooning in Bermuda. Surely this is a lesson for young unwed women who wish to get husbands! Surely, also, it is one for married women who wish to keep the good husbands they already have!

Wedding at the United Church Manse on Friday

The Rev. W. M. Mustard officiated at a quiet marriage on Friday evening at 7 o'clock when he united in marriage Miss Marie Uchacz and Mr. Michael Matichuk. The ceremony was performed at the manse of the United Church.

Charmingly attired for the occasion, the bride was attended by Mrs. Harry Kuzyk, while Mr. Kuzyk acted as groomsman.

Beauty and You

by PATRICIA LINDSAY

MARIE WILSON of the screen, has a very pretty ear which she dramatizes with a soft "upped" coiffure and a flower of diamonds for an earring. Note how she has pinned flat ringlets in back for a more youthful line.

Hair Up, Ears Out! What To Do With Them.

Whether you accept the up swing in hair-do wholeheartedly, or in a modified fashion, your ears are bound to come out from hiding. There they are and what should you do with them?

Of course, the first thing is to wash them daily! Yes, ma'm, many girls do not wash their ears regularly. Either because they wear a tight rubber cap while taking a shower or because they fear the dampness might ruin their coiffure. Some just forget like young brother, age ten!

Now that your ears are exposed you must keep them clean. And you should keep them clean. And you should pamper them a bit with a cold cream massage now and then, as they are a part of your face loveliness.

Earrings for adornment are back with a vim—but don't make the mistake of wearing anything but the button earring during the day. Keep your slavic adornment for night-time and then make-up your ear to set off your chosen jewels.

Foundation lotion, face powder applied with your finger tips and a pat of rouge on the lobe will do much to make your ears blend nicely with the rest of your face.

Hair Style Helps

If your ears are beautiful, (and there are beautifull formed ears) play them up by combing your hair away from them severely. If your ears are inclined to stick out, comb your hair to a soft deep wave, or flat, curl will fall just behind them to fill in the space. If the lobes of your ears stick out prominently, and the upper part lies flatly, you should never wear a dangling earring. Just a wee button earring. Otherwise you will find your earrings hanging down, away from your face instead of close to your neck line.

And remember to keep your neck bleached and softened so you will have an alluring line from shoulder to ear!

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BEFORE YOU INSURE — CONSULT
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Hints On Fashions

Eggshell Satin Slip

Unless the foundation garment and slip are perfectly fitted, the whole costume, be it simple daytime dress or an elaborate evening frock, just doesn't look right. This is no time to buy any old slip. Give the slip thought and have different types of slips for different types of frocks. Here is a beautiful fitted slip done in thin eggshell satin with a lace brassiere. The brassiere section is built on a satin band which is loose and which buttons in the back. The shoulder straps in front terminate in narrow bands that go under the arm and meet the band that buttons, it is certainly quite different from the old-time slip.

Household Hints

By MRS. MARY MORTON

Just now, when apples are ripened to a mellow perfection, is the time to get busy and make an apple pie. We know there are scores of recipes for this most popular of pies, but just the same, here we come with still another formula.

Here it is. Three-quarters of a cup of shredded pineapple, two cups apple sauce, one-eighth teaspoon salt, and one aand one-half tablespoons gelatine, softened in one-quarter cup water or pineapple juice, make the filling for a 10-inch pie that is decidedly different in flavour from the usual. Drain the pineapple and combine with apple sauce. Add the salt. Dissolve the gelatine over hot water and add to fruit mixure. Pour into baked pie shell of graham cracker crust and chill thoroughly before serving.

Excellent Crust

For an excellent graham cracker crust for a 10-inch pie, take two cups of finely rolled graham cracker crumbs, one-half cup cugar, one-quarter teaspoon cinnamon and one-half cup butter (melted). Blend the ingredients together lightly with a fork. Press firmly into pie pan to make a crust one-eighth of an inch thick. Bake in hot oven (499 F) for about 12 minutes. When cool pour in filling.

Potato "Treat"

If your family likes potatoes, then here is a real treat. It calls for six white potatoes, two eggs, three-quarters teaspoon salt, four tablespoons butter and one cup cracker crumbs. Pare the potatoes and cut into one-half inch thick slives. Dry well. Beat eggs. Roll potatoes in seasoned cracker crumbs, then in egg, then in crumbs again. Place in a well-buttered casserole and cover. Place in second set of glides in a cold oven and cook for one hour at a 375 F. temperature.

GIRL GUIDES IN TIMMINS

The 106th Company held their usual weekly meeting last Monday. Inspection was taken by Lieutenant Johnson. After attendance had been marked, the Guides worked for their various badges. Captain Landers, Captain of the C.W.L. Company, was present to pass a group of Guides in Morse. However, no one succeeded. Better luck next time. As the meeting was very busy, the weekly newspapar was left over, in the hands of the recently formed patrol, till next week. A number of new girls were welcomed to the Company.

Next week all Guides are reminded to bring any old toys to the meeting to be repaired by themselves and the Scouts.

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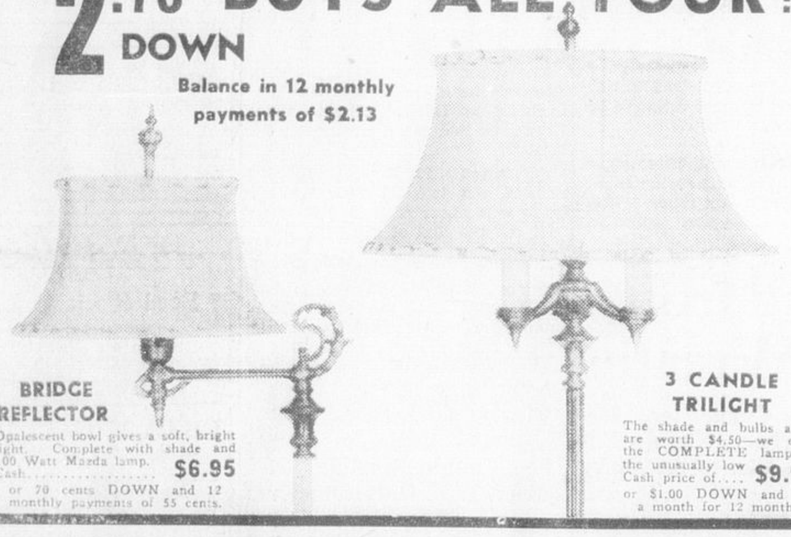

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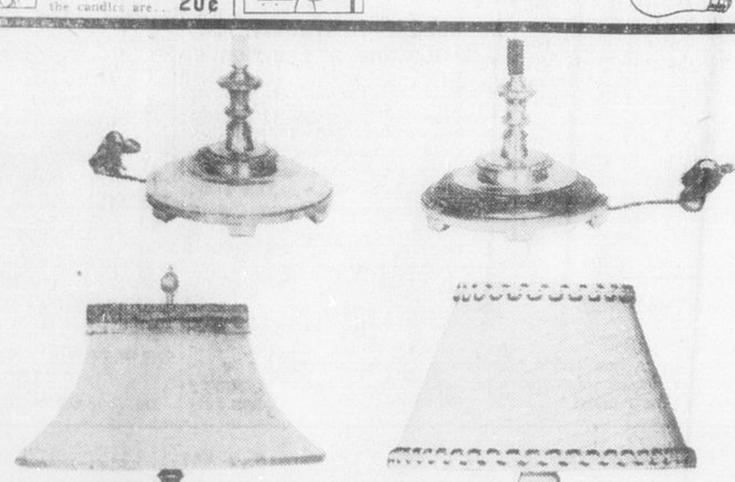

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That Body of Yours

(by James W. Barton, M.D.)

High or Low Blood Pressure is Not a Disease.

To have high blood pressure or low blood pressure does not mean that any disease is present. In fact, high blood pressure in one individual and low blood pressure in another may not only be natural for each of these ndividuals but may mean better health than if they had what might be called normal blood pressure.

The individual with high blood pressure may have this high blood pressure simply because he is excitable and emotional, or because he may have some recent infection. To overcome these two conditions which tense the blood vessels, the pressure of the blood must be increased. High blood pressure in these two conditions is therefore necessary. When, however, the blood vessels have lost their elasticity—hardening of the arteries—high blood pressure is also needed to pump blood through these non-elestic bloodvessels.

The individual with low blood pressure may have this low pressure because he was born that way, or is, perhaps, underweight, or takes no exercise. In fact, as Dr. A. Blaine Bower, Dayton, in Ohio State Medical Journal states, "Low blood pressure—hypotension— is not a disease and if no symptoms are present, no treatment, is required. If there are no symptoms nor complications, low blood pressure after the age of fifty is a sign that the patient will live beyond the normal life expectancy because the lessened driving force (blood pressure will save or conserve the heart and bloodvessels." Low blood pressure is seldom accompanied by heart disease.

However, although low blood pressure s not a disease, and low blood pressure after the age of fifty usually points to long life, nevertheless low blood pressure may be a sgn that 'something is wrong' in the body and this something should be sought. Thus shock of any kind, some low infection—teeth, tonsils, gall bladder, sinus—if present for a long time, some gland disturbance, or a beginning heart failure can all cause low blood pressure.

The thought then is that high blood pressure may be natural and helpful or may be a danger signal. Similarly while low blood pressure may also be natural and so save wear and tear on the heart and bloodvessels, it may also be a sign of some slow, low, or prolonged infection.

How Is Your Blood Pressure?

Is it High? Is it Low? Do you know the symptoms in either case? Do you know what precautions to take? Send today for this latest Barton Booklet entitled 'How Is Your Blood Pressure', It explains this timely subject in an interesting and helpful manner. Send Ten Cents with your request to cover cost of service and mailing, and send your request to The Bell Library, 247 West 43rd St., New York, N. Y. mentioning The Advance, Timmins.

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Who Was the Brave Man Who First Ate an Oyster?

Scientists are still on the trail of that lost hero: The man who ate the first oyster.

It was Dean Swift who called attention to this adventurer in the pithy remark: "He was a bold man that first eat an oyster." But Dean Swift, with his eighteenth century grammar and his eighteenth century knowledge of prehistoric man, could never have suspected how far back in time his light quip would be pursued, in search of the missing pioneer, comments Science Service.

Prehistorians in their studies of man's rise to civilization have trailed the oyster-eating custom back through the Neolithic, or New Stone Age. They find great mounds of shells at Neolithic settlements to prove that oyster eating was an old story then. They have also found evidence that mankind ate oysters in the preceding period called the Mesolithic, or Middle Stone Age. That establishes the oyster as human food no less than 15,000 years ago. Old Stone Age sites are not numerous, and those known are chiefly inland.

Prof. Thomas Cherry once advanced the idea that early man left the forest and his ape friends for the seashore, and lived there for some time, so that the bold attack on an oyster may have happened almost a million years ago.

Sudbury Star: No doubt the girl in the song was termed "The Girl Friend of the Whirling Dervish" because she was going around with him.

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OATMEAL COOKIES
½ cup butter
1 cup brown sugar
1 egg
1½ cups Purity Rolled Oats
½ cup lard
1 teaspoon vanilla
¼ cup boiling water
½ cup chopped dates (stoned)
1 cup Purity Flour
2 teaspoons baking powder
½ teaspoon soda
½ teaspoon cinnamon
½ teaspoon salt
Method—1. Cream butter and sugar. 2. Add slightly beaten egg and rolled oats; mix well. 3. Add lard melted in boiling water. 4. Add vanilla, dates, and flour sifted with baking powder, soda, salt and cinnamon. 5. Drop from spoon on to well-oiled baking sheet, allowing sufficient space for cookies to spread. 6. Bake in moderate oven of 350 degrees for 15 to 20 minutes.

The Purity Cook Book—200 pages of recipes and baking hints, cloth bound—sent postpaid for 50c. Western Canada Flour Mills Co. Limited, Toronto. 6

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