Celebrate the Loss of Those Extra Pounds By Fasting One Day

Article 10

By Marie Anne Best

Now that we are at last really on the way to reducing, how about celebrating once in a while—permissable once a week — by having a fasting day. It isn't absolute necessary. You may keep on just as you are doing if you wish, but a fasting day performs good work. It shrinks the stomach and helps clear out impurities and then of course it shaves off a few extra ounces.

So if you intend to be home some day, and are not very busily engaged, go on a milk diet for 24 hours. That is when meal time comes, take only a glass of milk three times a day with a glass of warm milk before retiring at night. If you take whole milk it counts 160x4: 600 calories, while skim milk, which is just as good for you only minus the fat will count 80x4:320 calories. Perhaps you do not like milk. Fruit juice is just as good; one small glass for each meal, or eat the fresh fruit.

It might be well to put in a warning here. One day of fasting does not mean two or three. You must not become too ambitious. It doesn't pay. Things worth while are not gained in a day. The one food diet cannot be indulged in for long because you would not get the proper amounts of protein, carbonhydrates, mineral and vitamines. It is interesting to know you are getting all these products in the proper proportions without the necessity of having to count them, if you eat just the common, wholesome, daily foods, comprising some of the meats, bread and dairy products with lots of fruit and vegetables. You do need to count the calories, though, for it is the calories which have made you abnormal in weight. Then this principle of using bulky vegetables and foods is fine for quieting hunger pangs and is a healthy diet apart from weight reduction. If a great excess of fat has been carried around an abdominal belt, adjusted as the weight comes down, will give comfort. Then as one becomes accustomed to the diet a gradual feeling of increased pep and vitality will result. At a recent medical conference, it was decided that in securing normal weight without injury to health or appearance, serious changes in the daily menu should not occur. Do not follow fads. A well balanced diet may not always bring health, but health is impossible without correct diet.

Some More 100 Calorie Portions

Raw fruits—Apple 1 very large, banana 1 medium, apricots 2 or 3, cranberries 2 cups, dried dates 4, grapefruit ½ large, grapes 40 to 50, huckleberries 1 cup, orange 1 large, peach 2, pineapple 1 cup, plums 4 large, prunes dried 4 to 6, raspberries 1 cup, raisins, ¼ cup.

Nuts—Walnuts 7 halves, pecans 12 halves, peanut butter 1 tblsp., peanuts 12

Fats—Bacon 1 full slice, butter 1 tblsp., cod liver oil 1 tblsp., lard 1 tblsp., olive oil, tblsp.

Salad dressings—Boiled dressing ¼ cup, French dressing 1½ tblsps., Mayonnaise 1 tblsp.

Sauces—Chocolate sauce 2 tbsps., lemon sauce ¼ cup, stirred custard 1-3 cup, tomato sauce ½ cup, white sauce thin 1-3 cup, medium ¼ cup, thick 1-5 cup.

Recipes

Consomme—Per Quart, 100 Calories

If very hungry between meals a cup of consomme or bovril may be taken. It doesn't count much and is satisfying. Add it to you daily list though, however small the amount you have taken.

Roast Short Ribs of Beef Trimmings of Rib Roast Average 1500 Calories per lb.

Short ribs, 4 medium carrots, 6 medium onions, 6 medium potatoes, 1 bay leaf, flour.

Salt and flour the ribs, put in covered baking dish, surround with carrots, sliced once the yong way, onions and potatoes. Add bay leaf and ½ cup hot water. Put in hot oven, bake 10 minutes, lower heat and bake slowly three hours, basting often if pan is not wel covered. (This is a good "all in one" meal).

Cabbage and Celery Salad, 50 Calories Plus Mayonnaise

1 cup cabbage, 1 cup celery, pinch of celery seed, mayonnaise. Chop all very fine together.

Orange Ice — 1930 Calories

2 oranges, 2 cups sugar, 4 cups water, juice 2 lemons.

Boil water and sugar together for 5 minutes, add juice of lemons and oranges and grated rind of orange. Strain carefully, cool and then freeze.

Bread Pudding—900 Calories

1 cup stale bread crumbs, 1 pint of milk, ¼ cup sugar, nutmeg, 2 tblsps. melted butter, 1 egg, ¼ tsp. salt, ½ tsp. vanilla.

Scald milk, soak crumbs and set aside to cool. Add nutmeg, butter and sugar, beaten egg and salt and vanilla. Mix well, put in greased dish, bake slowly one hour.

English Monkey—780 Calories

1½ cups bread crumbs, 1½ cups skim milk; 1 tblsp. butter, ¾ cup cheese, 1 egg, ½ tsp. salt, cayenne.

Soak bread in milk till soft. Cut into it the cheese. Add butter and salt, also the beaten egg. Cook this until it thickens in double boiler. This dish can be prepared a few hours before using, leaving the cooking until ready to serve.

Boiled Codfish—470 Calories, Solid Meat

After washing 1½ lbs. codfish boil in salt water for 35 minutes.

Egg Sauce—430 Calories

2 tblsps. butter, 2 tblsps. flour, salt, 1 cup milk skim, 1 hard boiled egg, pepper.

Melt butter but do not brown, add flour, stirring until smooth. Stir in milk gradually, cook a minute longer, then add chopped egg.

Delicious Crackers—770 Calories

6 crackers, white of 1 egg, pinch of salt, 3¾ cups stoned dates chopped.

Beat slightly white of egg with salt, add chopped dates spread on unsweetened crackers, pressing down firmly. Put in moderate oven for three minutes. (Very good for small children).

Next Week—Calories for different kinds of work.

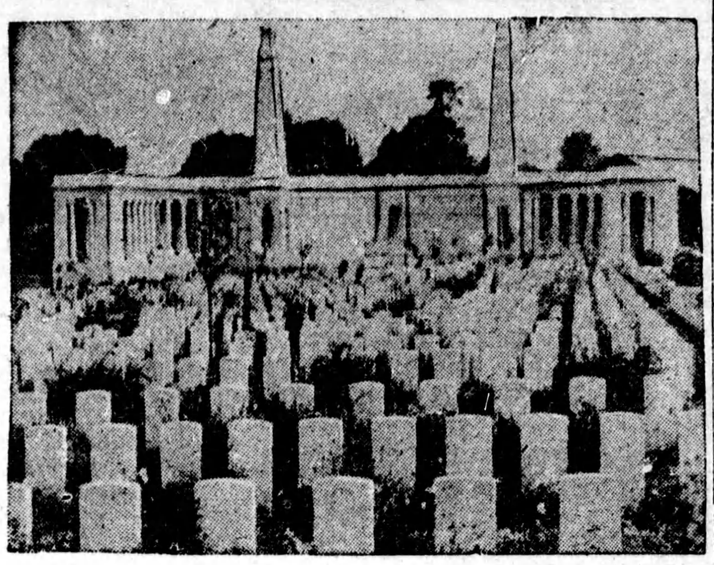
"An actor playing the villain goes at his work like a streak—a yellow streak."

Great Bear Lake Scenery

The eastern part of Great Bear Lake in the Mackenzie district of the Northwest Territories, Canada, is a magnificent system of fiords and land-locked channels, not unlike the west coast of Norway.

At a meeting of a rural district council a deputation of farmers asked to be received. They wished to complain about the state of a main road just outside the village. They found, however, that their arguments were not received very favorably. At last the chairman managed to get a word in. "Look here," he said, "the road is fairly good as a whole." "Yes," replied the spokesman of the party, "but we want to use it as a road."

"Lest We Forget"



View of Vis-en-Artois, British military cemetery on the Arras-Cambrai Road, France, in which are some 3,000 war graves, recently dedicated.

Sunday School Lesson

October 19. Lesson III—Simeon and Anna (The Insight of the Pure in Heart)—Luke 2: 25-39. Golden Text—Blessed are the pure in heart: for they shall see God.—Matthew 5:8.

ANALYSIS

I. INSTRUCTED BY THE HOLY SPIRIT, Luke 2: 25-35.

II. DWELLING IN THE HOUSE OF GOD, Luke 2: 36-39.

INTRODUCTION—In every age the union of intelligent piety and right living has produced the highest type of character. Nothing better can be said of any man than that he is "righteous and devout." The Greeks understood this as well as the Jews and it is Plato who says "Man should strive for God-likeness through virtue, and be holy, righteous and wise like God." Thus a modern Jewish writer of high standing describes the ideal of holiness: "It aims to hallow every pursuit and endeavor, all social relations and activities, insisting only on a pure motive and disinterested service. As the Ruler of life is the source of all morality so all of life should be made holy with duty."

I. INSTRUCTED BY THE HOLY SPIRIT, Luke 2: 25-35.

The best men among the Jews before the coming of Christ had learned to believe that God, though invisible, was everywhere present, and especially in and with the men whom he had chosen to render important service to their fellows. And so they regarded every extraordinary gift of courage, or skill, or insight, or wise judgment, as coming from him. It was his presence that made Joshua strong and of a good courage, Josh. 1: 5-9. The skilled workmen on the fine work of the sanctuary in the wilderness were filled "with the spirit of God, in wisdom, in understanding, and in knowledge, and in all manner of workmanship; and to devise cunning works, to work in gold, and in silver, and in brass, and in cutting of stones for setting, and in carving of wood, to work in all manner of cunning workmanship," Exod. 35: 30-36: 2. The knowledge and skill of the farmer in ploughing and sowing, reaping, threshing, and grinding "cometh forth from the Lord of hosts, who is wonderful in counsel and excellent in wisdom," Isa. 28: 23-29. But in a very special sense they held it to be true that the gifts of prophet and seer were gifts bestowed by the spirit of God. See, for example, what is said of Samuel (1 Sam. 3: 19-4: 1), of Elisha (2 Kings 6:17), of Isaiah (6: 8, 9), of Jeremiah (1: 4-10). In looking into the future the prophet sees a perfect and glorious king of David's line marvelously endowed with the spirit of God with the qualities necessary for his high office, Isa. 11: 1-5. So also upon the prophetic teacher whose work is to prepare the minds of men for the coming of his kingdom of the spirit will the spirit of the Lord rest, Isa. 61: 1-3. The priest, too, if he is true to his covenant bond, receives and bears his message from the Lord, Malachi 2: 4-7.

Simeon, a "righteous and devout man, himself instructed in mind and heart by the Holy Spirit, was one of those who looked for the fulfilment of that ancient hope, and he had been led by a vision to believe that it would be fulfilled in his own lifetime. By the title "the Lords Christ," that is "the Lord's anointed one" the writer means the long expected king and deliverer who it was hoped would restore the throne and kingdom of David and would bring in the golden age of justice and of universal peace. For the expression "the consolation of Israel," compare Isa. 40: 1; 57: 18; 61: 1.

By some rare insight give to this good man, no doubt by the Spirit of God, he recognized in the child brought by his parents into the temple the child of his vision, the coming king and saviour of his people, who would, according to prophecy, bear light and salvation to the whole world. "A light to lighten the Gentiles, And the glory of thy people Israel." Isa. 42: 6; 49: 6.

II. DWELLING IN THE HOUSE OF GOD, Luke 2: 36-39.

Anna represents another but closely related type of piety. At a great age she still finds her one comfort and joy in the worship of the sanctuary. Its great traditions, its sacred memories its sacrificial symbols, its solemn music, all speak to her of God, the Lord of hosts, Israel's King, unfailing source of all that is good and great in life. Simeon foresees great changes which will take place with the growth of this child to manhood, changes involving sore trouble to those nearest to him, which will reveal the secrets of men's hearts. Anna is content to praise God for the coming of the new age of salvation which she, too, believes is at hand.

Unique Fair Is Held at Frankfurt

One of the strangest fairs in the world is held at the German town of Frankfurt every year. Nottingham has its goose fair, and in other cities there are mop fairs and fur fairs. But Frankfurt goes one better than any of these by holding an insect fair.

Collectors come from all parts of the world to meet sellers of rare butterflies and moths. Some of these are worth amazing sums. There are men, too, offering and disposing of beetles, flies, grasshoppers, crickets, and so on.

Most of the vendors bring their stock with them and display the beauties of their specimens to inquirers. There are many, however, who do business in quite a different way.

They have no stock with them; they sell insects, so to speak, on the hoof, just as American cattlemen will sell beasts that are a thouand miles away on the ranges. These sellers of queer insects specialize in knowing just where the rarest kinds are to be found. Along comes a collector who asks if a particular specimen can be obtained for him. Though the one which will eventually grace his cabinets is not yet born, the order is booked and in due course the specimen is delivered.

A—"That fellow has a cast in his eye." B—"That's because he is a theatrical manager."

"But, dad, Jack has got character. You can read it in his eyes." Father: "Then, Beatrice, I've just blackened his character."

The cultivated agricultural land in England and Wales shows a decrease of 114,000 acres as compared with 1929; but the rate of decrease is less than in the three preceding years.

She Knows Her Onions

When you're wanting to cook a tasty steak
What is the vegetable you always take
To make that good odor no one can mistake?
Why, an onion.

Suppose you have visitors come in to lunch,
You go down the garden and then have a hunch:
Lettuce and salad they just love to munch,
With an onion.

Some days you feel grouchy, your appetite fickle,
It's hard to find something your palate to tickle.
At length you are pleased, for your eye lights on a pickle,
With an onion.

Perhaps you're not well, your appetite poor.
Your meal must be simple—of that you feel sure.
So you just make some soup, and feel quite secure
With an onion.

You look in your larder and want to make do
With the meat that you have without getting new.
You cut it all up and call it a stew,
With an onion.

Your old auntie comes to you for a rest,
Before very long she complains of her chest,
Her old-fashioned poultice she swears is the best,
With an onion.

When after a while she departs, with a sigh,
You say you are sorry, but fear you can't cry,
But at the last moment you've tears in your eye—
With an onion.

There's just one occasion on which you feel mean,
You see some one coming and wish you could scream;
You have scented yourself—and it isn't a dream,
With an onion
—Olive Wood, Powell River, B.C.

Chinese Eel Has Elephant's Trunk

The Field Museum of Natural History in Chicago has received a fish with a "trunk" resembling in a general way that of an elephant. The fish is a spiny-backed eel, commonly known as the mud eel, and it is scientifically designated as Mastacembelus. It came with the collections made in the Ogan River in Sumatra by the Chancellor-Stuart-Field Museum Expedition in the South Pacifis.

The fish is used as food in China, according to Alfred C. Wood, assistant curator in charge of fish at the museum. In the growing of rice in that country, it is necessary to keep the land flooded most of the season, and when harvest time comes the water is drawn off and the ground becomes more or less dry.

At this time the Chinese farmers harvest a crop of fish, which have come to live in the warm shallow water of the fields, swimming about with the swaying rice. The farmers catch large numbers of these mud eels, which are different from ordinary eels in that they are flattened from side to side instead of being rounded.

"These mud eels are interesting to scientists because they possess characteristics that are generally supposed to belong to very different groups of fishes," says Mr. Wood. "Down the back they are armed with a row of very sharp spines. At the front of the head they bear the 'trunk,' much like that of an elephant and nearly as large in proportion.

"Like the elephant, this fish has its nostrils in its trunk. The trunk is used as a feeler to test out anything in its path, and may be used to catch small creatures upon which it feeds. It is waved around in the same way as an elephant's trunk. Various species of these eels are found in muddy waters of tropical streams and lakes from Western Africa to Eastern Asia."

Edison Suppresses War on Goldenrod

Cites Gaspe Peninsula Where it Grows Without Inducing Sneezes

West Orange, N.J.—The city of West Orange and district's recent energetic war upon the goldenrod a a purveyor of hay fever was brought to an abrupt end by Thomas A. Edison, the inventor.

The Chamber of Commerce, in a recent bulletin, asked all good citizens to smite the goldenrod and ragweed with all their might, so that the district might be free of sneezes, sniffles, tearful eyes and blushing noses.

In line with this policy of civic betterment, a local newspaper carried an editorial bearing the heading "Join in war on goldenrod."

This editorial fell beneath the eye of Edison. For more than a year he has been on intimate terms with many of the native weeds of New Jersey, seeking some plant that will produce rubber. He found rubber in the sap of the goldenrod and his experiments looking toward a means of production are even now occupying a major part of his time and interest. So that whatever his feelings toward the lowly ragweed, it is almost certain that the inventor has a warm spot in his heart for the goldenrod.

Accordingly, upon reading the editorial, he wrote the following letter to the newspaper:

"In yesterday's issue there appeared on the front page an article entitled: 'Join in war on goldenrod.' Let me say for your information that it would be folly to eliminate goldenrod.

"The Gaspe Peninsula in Canada, which extends into the wide part of the St. Lawrence River, is free from GENERAL ....Traviss ragweed. I am informed that no cases of pollen fever are known there, although goldenrod grows profusely."

Chamber of Commerce officials, informed of the letter, said they probably will withdraw their attack on the goldenrod and concentrate on the ragweed.

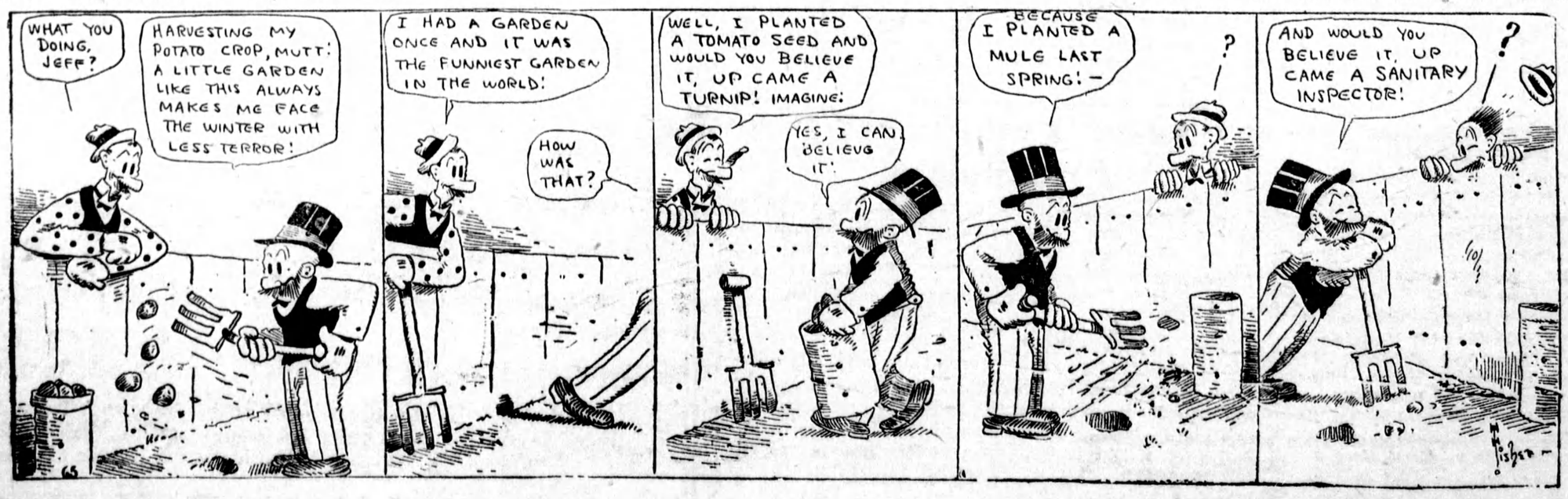
Prehistoric Man Liked 'Em Thin

That not every race of prehistoric men admired exclusively the type of fat woman represented by statuettes like the famous "fat Venus" of Willendorf is indicated by recent finds by scientists of Soviet Russia near Irkutsk in southern Siberia. In a prehistoric deposit also containing bones of the extinct mammoth the diggers found three small statues of the feminine figure each approximately three feet tall and reported as carved with a high degree of skill.

All three represent tall, slender women, resembling the fashionable figure of to-day. Their hair is depicted as short, not unlike the present mode. In only one way do these ancient representations of feminine beauty depart notably from modern standards. Their feet, it is reported, are large and muscular; a fact which some of the experts are inclined to interpret as indicating a race accustomed to much running after food or to escape from enemies, so that even the women developed the large feet, long limbs and slender bodies, which usually go with fleetness of foot. The contrast with the "Venus" statuette previously found at Willendorf, in Austria, is remarkable, that figure being marked by enormous fatness of the torso and hips.

The reasons which induced prehistoric men to carve these feminine statuettes are unknown, but if the object was to depict ideal beauty, the ideals of the ancient Willendorfians and the ancient inhabitants of Irkutsk must have been very different.

Pat was sitting in the smoking carriage puffing at an old clay pipe, when a lady got in and sat down beside him. "You're no gentleman," says she, "or you'd stop smoking when a lady sits down beside you." "If you were a lady you wouldn't get in here," said Pat, puffing away at his pipe. "If you were my husband," she snapped, "I'd give you poison." Pat ooked at her for a minute. "Bedad," said he, "if I was your husband I'd take it."

MUTT AND JEFF— By BUD FISHER

The Two Planters Discuss Gardening.