

## Lover Proposed With Waterfall

The good-looking young man seemed worried as he sat in the train chugging monotonously northwards. The journey seemed interminable to him.

The train stopped at every station. Gradually the carriage emptied until the only other occupants besides himself was a matronly woman with a friendly smile.

The pair struck up a conversation; and the young man suddenly said: "Since you look so kind and understanding, may I tell you what's worrying me?"

Then he told her. He explained that a pretty girl would be meeting him on the next station and he was uncertain whether or not to propose to her during the week-end he was going to spend in her parents' home.

"Although we've been sweethearts since I was a boy," he said, "I'm still not quite sure whether she would make a good wife for me. How can I know whether I'm doing the right thing in proposing?"

"I'm afraid I can hardly advise you on such a delicate matter," replied his companion.

"I've got it!" cried the young man. "Will you take a good look at her through the carriage window and sum her up swiftly for me? Please help me by giving me the thumbs-up if you think the girl would be a good match for me," he added.

When the train stopped at the young man's station, she saw him greet a rosy-cheeked girl dressed neatly in a navy-blue costume. She liked the look of her and thought the pair could make each other happy.

So up went the matronly woman's thumb as the train continued its journey. The young man saw it and smiled happily. He proposed and was accepted that night.

There's no end to the odd ways that men pop the nerve-racking question. One of the strangest methods was used in Switzerland a little while ago by an actor who was appearing with an attractive girl in an impassioned love scene.

The stage love-making between the couple was going well when the actor suddenly realized that he really loved the girl whose lips were so close to his.

During a brief pause in the dialogue, he whispered with ardor: "Darling, I love you. Say that you will marry me."

"I will," she breathed; and their stage love scene went on. The audience little guessed what had happened. But they were impressed by the realism of the couple's love-making.

The only man to propose to the woman of his choice by harnessing a waterfall was an American millionaire named Cyrus K. Finday. The waterfall was the famous Bridal Veil Fall in California and he caused it to make his declaration in Morse code.

By means of a big sluice gate which was alternately raised and lowered for the right period, the stream was cut for the fraction of time necessary to make distinguishable "dots and dashes".

"It may seem rather a dotty way to propose marriage," joked a friend of the millionaire, "but he certainly showed her that he had plenty of dash!"

Only a few weeks ago two skilful youngsters agreed to marry while dancing at a friend's party. The boy didn't even bother to remove the chewing gum from his mouth as the couple gyrated and he shouted, "Let's get married next year, shall we?" She nodded her assent. Fellow skiffers will provide the music at their wedding reception next June.

A pretty girl who was selling poppies on Remembrance Day got talking to an airline steward who bought several poppies and then, acting on impulse, said: "I think you are altogether charming, my dear. Please marry me." She accepted him as they stood together on the pavement and the couple are now happily married.

Sometimes it's the girl who



**APPLE DUMPLING**—If an apple a day keeps the doctor away, pretty Sandra Elswick, Pennsylvania's 1958 Apple Queen, is all set for a healthy life.



**BRIDGE BLOCK**—The best engineering brains probably couldn't design a more effective bridge block than this rendering company truck jammed in a bridge over Blacklick Creek. The driver, William McNamara, was not injured. How the accident to the fully loaded truck happened is open to speculation. However, there will be no speculation for the fish in the creek below as to where their next meal is coming from.

## TABLE TALKS

Jane Andrews.

An old, old, new idea is that of drinking soup from cups or mugs. Anciently, coconut shells, gourds, and prehistorically formed, handleless cups were used for this purpose. Now, gay mugs to fit your taste or color motif may be purchased in many china departments.

If you have a fireplace, let its cheerfulness be the center for your party, and serve hot spiced soup from a chafing dish at the fireside. This can be done whether the soup is to be just your first course or the entire meal. If some special TV program is to be the focal point, it can be watched with a mug of hot soup in one hand!

Whether you like soup buttered or spiced, start making it by diluting with milk or water as the can directions suggest, writes Eleanor Richey Johnson in *The Christian Science Monitor*. One can of soup makes 2-3 servings. Before giving you a definite recipe, here are general spice suggestions for use in soup.

Soup	Spice
Tomato	Basil
Green pea	Nutmeg
Cream of celery	Tarragon
Cream of asparagus	Caraway
Cream of chicken	Dill
Cream of mushroom	Chives
Chicken	Curry
Black bean	Ginger

**Chicken Creme Almondine**  
3 cans condensed cream of chicken soup  
¼ teaspoon grated onion  
3 soup cans milk  
¼ cup slivered almonds  
1 tablespoon butter

Blend soup with grated onion; stir in milk. Heat but do not boil. Sauté almonds in hot butter until golden brown. At serving time, sprinkle almonds on each cup of soup. Serves eight.

proposes in unusual circumstances. A North of England girl wrote on the paper of a toffee she offered to her boy friend during an evening out: "Will you marry me?" He was delighted to do so.

When, years ago, the German liner *Elbe* met with disaster and went down, a young man found himself plunged into the sea with the girl he had long admired.

As waves threatened to engulf them, he gasped out his proposal of marriage. The girl had had no idea that he loved her, but before she could reply a big wave carried her away from him. She survived to tell the story; he was drowned.

Mr. Robert Foster proposed to Miss Maureen Atherton on a record which he sent to her from New York. She was in Sussex. She accepted him and after their wedding, in 1954, they replayed the record before leaving for their honeymoon.

During the French Revolution a French priest named Duval had to attend to the religious needs of a beautiful young aristocrat. He visited her in prison and fell deeply in love, but could not declare his feelings because her jailers were watching them.

On his next visit he outwitted them by writing his proposal of marriage on his bald head. She read it and nodded. She escaped the guillotine and the pair married.

### Nippy Juniors

4 tablespoons butter  
¾ teaspoon curry powder  
¼ teaspoon celery seed  
½ teaspoon onion salt  
3 cups junior-size shredded wheat

Melt butter in large skillet. Add curry powder, celery seed, and onion salt to butter and mix well. Add wheats, stirring gently until cereal is well coated with the butter mixture. Continue to cook, stirring occasionally until cereal is golden brown. Drain on paper towelling. Serve with soup.

Here are some punches to serve steaming hot right from your punch bowl.

### Tomato Nog

5 cans condensed tomato soup  
5 canfuls of milk  
5 eggs  
Nutmeg or cinnamon

Combine soup with milk and heat. Meanwhile, beat eggs right in the punch bowl until frothy. Slowly stir in the heated soup, then sprinkle lightly with nutmeg or cinnamon. It's ready to serve.

### Broth 'n' Apple Punch

6 cans condensed beef broth  
1 quart apple juice  
¼ teaspoon ground cloves  
Apple slices for garnish

Heat together the broth and apple juice, then add cloves. Serve in punch bowl with thin apple slices floating on top.

### Pink Consommé

6 cans condensed consommé  
3 canfuls water  
3 canfuls tomato juice  
Thin lime or lemon slices for garnish

Combine consommé, water and tomato juice. Heat and serve in punch bowl with slices of lemon or lime or both floating on it.

Serve this hot cranberry punch with cinnamon stick stirrers for added fun and taste. This makes 2½ quarts.

### Hot Buttered Cranberry Punch

¾ cup brown sugar, firmly packed  
1 cup water  
¼ teaspoon each, salt and nutmeg  
½ teaspoon each, allspice and cinnamon  
¾ teaspoon cloves  
2 1-pound cans jellied cranberry sauce  
3 cups water  
1 quart pineapple juice

**Butter**  
Combine sugar, 1 cup water, salt, and spices. Bring this to a boil. Crush cranberry jelly with fork; add 3 cups water and beat with rotary beater until smooth. Add cranberry liquid and pineapple juice to hot spiced syrup and simmer 5 minutes. Keep steaming hot over hot water. Ladle into cups and add a dot of butter to each.

For a cold winter's night snack, serve this hot almond egg nog with thin slices of buttered nut bread.

### Hot Almond Egg Nog

6 eggs, separated  
¾ teaspoon salt  
½ cup sugar  
6 cups milk, scalded  
1 tablespoon almond flavoring  
1 tablespoon vanilla  
Few grains nutmeg  
Slivered almonds

Beat egg yolks until light; add salt and sugar and blend. Add hot milk and flavorings. Beat egg whites until stiff; fold into mixture. Pour into cups. Sprinkle with a few grains of nutmeg and a few slivered almonds. Serves 6.

## Army Doctor Was A Girl!

Senior Inspector-General of the Army Medical Corps, Dr. James Barry, brooked no interference in his personal affairs. Snubbing his brother officers, often ill-tempered and peevish to the point of eccentricity, he yet rose brilliantly high in the Service.

Gazetted a surgeon-major at thirty-three, he was soon chief medical officer at Malta. Then he successively took charge of all the military medical units in South Africa, the West Indies and Canada.

But everywhere he went he angrily fought duels, swore like a trooper and asserted a super-masculinity oddly at variance with his dyed red hair and fluting voice.

He flirted outrageously, too at every garrison ball, always picking the prettiest girls for his partners, heedless of whether they were married or single.

On one occasion, an alarmed adjutant sent a note asking if Dr. Barry would be so good as not to call on his wife when he, the adjutant, had to be absent on duty. But just when ructions seemed inevitable, Jimmy Barry always switched his attentions to some other charmer.

The fact remains that James Barry cherished a secret so formidable that it would have led to instant dismissal—and certainly a national uproar—had it ever been known.

Even his confidential valet, John, never dreamed of the amazing truth, despite twenty years of faithful service.

Determined to take his secret to the grave, Barry ordered that whenever he died his body should be sewn in a blanket and interred immediately. When he died in 1865, however, he had already been retired on half-pay for seven years and civilian undertakers were sent to prepare him for burial.

What they found made them hurry to the War Office in bewilderment, and the horrified

director of the Army Medical Department ordered his three best doctors to hold an autopsy at once. Their finding put the scandal beyond doubt.

Dr. James Barry was a woman.

The Commander-in-Chief ordered an immediate inquiry. Dr. Barry had ranked with the top brass in a dozen military campaigns. Those were the days when Florence Nightingale and her pioneer nurses seemed somewhat shocking. Yet throughout the Nightingale uproar and the Crimean War a woman had been illicitly running the medical side at military headquarters!

It turned out that strings had been pulled to get Barry into the Army in the first place. None other than Field Marshal Lord Raglan had used his influence. Barry was a distant relative.

Having no idea that it should be "Jeannie" rather than "Jimmy," Raglan instructed that the young candidate should be passed into the Army without physical examination, provided two certificates of fitness from civilian doctors were produced. And it clearly hadn't taken Jeannie long to procure, or perhaps forge, these documents.

What had led her to undertake her amazingly masquerade? Fact by fact, after her death, the story leaked out. Daughter of a Scottish laird, Jeannie as a romantic teenager had fallen desperately in love with a junior doctor.

Then he was suddenly ordered to join Wellington's army in Spain, a posting equivalent in those days to years of exile. Vowing to follow him Jeannie knew that a woman in those days could not travel far alone. But she soon hit on a plan.

She cut her hair, wrapped bath towels around her body to give her figure the stocky semblance of a man, and as "Jimmy Barry" took up medical studies at Edinburgh University. Observant students noticed that she always carried her elbows inward like a girl rather than outward like a man.

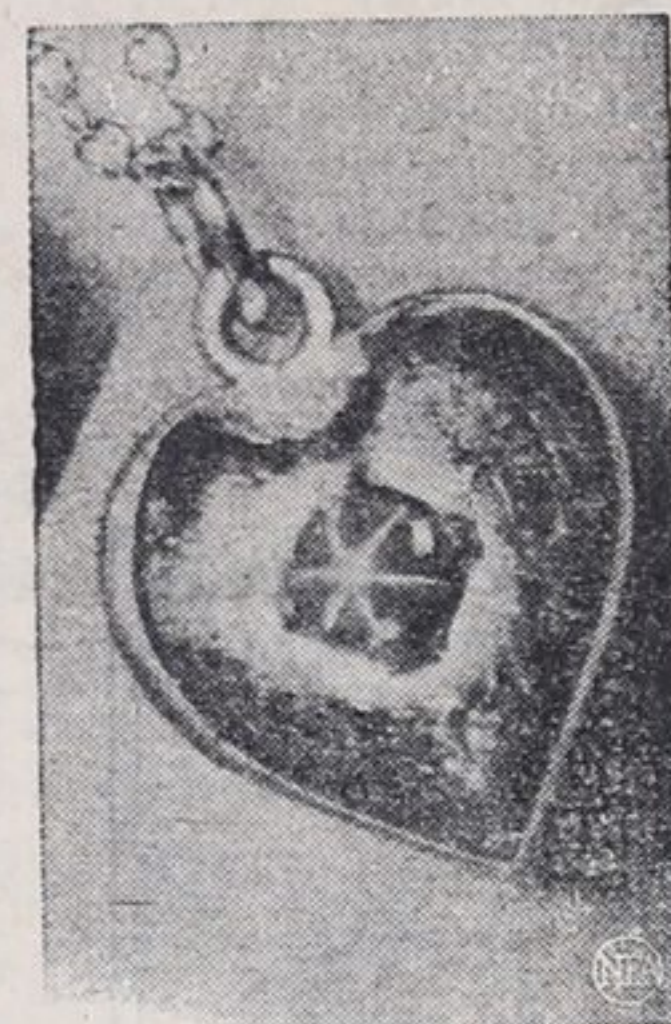
She took her degree brilliant-

ly and entered the army as a medical assistant. Posted to Gibraltar, she discovered too late that her lover had been killed.

Yet Jeannie Barry had in fact become the world's first woman doctor and there could now be no turning back. Her grief found solace in her work. In an official report Lord Albermarle stated how deeply he was impressed by this "most skilful of physicians."

With hair-raising luck, Dr. James Barry passed unscathed through epidemics and epic battles to die finally in her bed. Then War Office chiefs decided that at all costs they could not risk exposure of the dynamite fact that the Army's top doctor had been a woman.

So the doctor was buried as a man, and the simple tombstone gave no clue to sex. In the end, it was Charles Dickens who revealed the amazing facts in his magazine, 'Household Words.'



**TINY VALENTINE**—The smallest man-made "star" ruby ever produced—16-thousandths of a carat—decorates this quarter-inch heart, a gift item for Valentine's Day, or other occasions. The "star" ruby is made by Linde Company, a division of Union Carbide Corporation.

## Nutrition And Your Arteries

By HERBERT POLLACK, M.D.  
N.Y.U. Post Graduate School of Medicine

Written for NEA Service  
NEW YORK — (NEA) — It is now an accepted fact that the basis for good health and well-being is optimum nutrition.

As a consequence, one of the first things that occurs to many people when confronted with a non-infectious or chronic degenerative state is the thought that the disorder may be of possible dietary origin. This is not always true.

In the case of atherosclerosis, more commonly known as "hardening of the arteries," there is evidence that the food intake may be one of the important contributors. To date, it has not been possible to locate the specific nutritional factors involved.

Under investigation by medical scientists throughout the world are several dietary constituents: cholesterol, total fat, soft fats (vegetable fats and marine oils), hard fats (saturated fats of animal origin), artificially hardened fats (hydrogenated vegetable oils), certain vitamins (particularly B6), total calories and the closely associated obesity and exercise, starches, and certain types of protein.

Out of this complexity certain facts begin to emerge. Dietary cholesterol, or the cholesterol you eat, plays a very minor, if any role in the development of atherosclerosis. Evidence that tends to relate atherosclerosis to the fat intake is difficult to separate from that which relates it to total caloric intake, obesity and exercise.

Experimentally it can be shown that the soft fats, or vegetable oils when given as a "formula diet," can lower the cholesterol content of the blood. Whether this is important in inhibiting the development of atherosclerosis remains to be seen. A long time will be required to prove the hypothesis.

One very positive fact can be stated: "The diagnosis of heart disease caused by atherosclerosis is made more frequently in the obese than in people of normal weight." Does this mean that the obese have more atherosclerosis, or that the symptoms develop earlier in the obese? Possibly both statements are true.

The symptoms of atherosclerotic heart disease are caused by a failure of the blood to carry enough oxygen to the heart muscle. This is due to a constriction of the blood vessel which prevents the blood from flowing freely. Fat people must expend more energy than normal-weight people, or thin people, when they move around as they carry more weight. Oxygen is required to burn the food to supply the energy. Hence, fat people need more oxygen.

It is common observation that obese people breathe harder and faster than normal-weight people

as soon as they exercise. Any constriction of the blood vessel will interfere with the flow of the oxygen-carrying blood. The degree of interference will be proportional to the amount of constriction of the blood vessel.

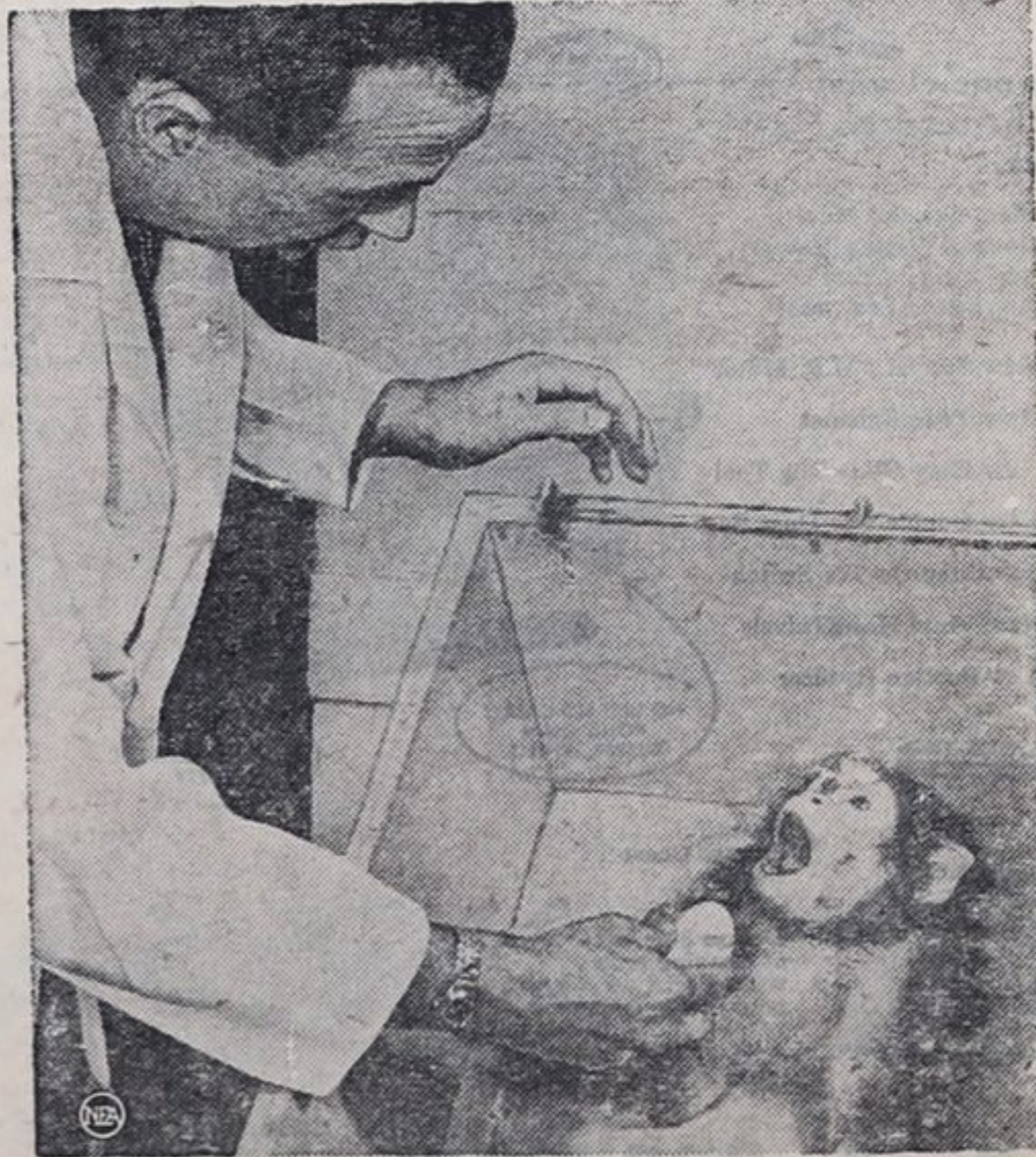
When the individual is at rest, the constriction may not be great enough to prevent the small amount of oxygen required from getting to the heart muscle. As the oxygen demands increase, the interference becomes more noticeable. Since fat people require more oxygen than thin people to walk the same distance at the same speed, their hardening of the arteries is noticed very quickly.

The same findings apply to thin people with atherosclerosis. When they walk they have no symptoms. If they run, causing a rapid increase in oxygen requirements, then symptoms may result.

Many fat people need as much oxygen when they walk slowly as thin people do when they run fast. Therefore, regardless of the part obesity plays in the development of atherosclerosis, it is important for the afflicted individual to reduce his weight rapidly to spare the heart work.

The hormones of endocrine secretions may play some part in the development of atherosclerosis. There is a much higher incidence in mortality from heart attacks among males in the age group of 40-59 than among females in the same age group in this country.

This difference in incidence decreases markedly after women



**NO EGG ON HIS FACE:** Experimental animal in St. Luke's Hospital, Chicago, protests offer of cholesterol-rich egg from Dr. C. Bruce Taylor, who has induced hardening of arteries in monkeys with high-cholesterol food. Tie-in between diet and atherosclerosis in humans has yet to be proved.