

## More Meals, But Smaller Ones For Real Efficiency

Both Morning and Afternoon Lunches Suggested by Physicians.

By LOGAN CLENDENING, M.D.  
Cleveland College, Western Reserve University.

More but smaller meals. Thus can be expressed the slogan which comes out of the valuable research of Dr. Howard W. Haggard and Dr. L. A. Greenberg, of Yale.



Dr. Clendening

Why do we have three meals a day? Is there any scientific basis for such an arrangement? Why is breakfast a light meal, and supper a heavy meal?

And why, oh! why, I ask, and ask in vain, do I have to eat my evening meal at

at half past six, whether I am hungry or not?

That is what I asked in vain until Drs. Haggard and Greenberg came along with a very sensible explanation. "In most North American households the evening dinner is eaten fairly early; otherwise someone would have to work late to wash the dishes."

As I remember it a higher Power has been explaining that to me for years; but it was the authority of the Printed Word that convinced me.

Breakfast is a light meal, on the some authority, because an elaborate breakfast requires that someone should get up early and prepare it.

### Efficiency Low

Just before breakfast respiratory quotient and muscular efficiency are at a very low level. (Here I am abstrating the report.) After a meal, depending on the amount, they fall to the before breakfast level in two and one-half to four hours. The respiratory quotient (amount of oxygen consumed and of carbon dioxide given off in the breath) and blood sugar as a test for the muscular efficiency are the measurements of general body efficiency.

"Study of a large group of subjects has shown that on a regimen of two meals a day muscular efficiency is above the breakfast level for only a little more than two hours out of the entire working day. . . on one of five meals a day for seven hours."

For maximum efficiency, these investigators believe, five meals a day is indicated. The three regular meals should be supplemented by two smaller meals—mid-morning and mid-afternoon lunches. But the total amount of food for the day should remain the same; the two lunches should not be added, but subtracted, from the other meals.

All this is in accord with what this department has emphasized in the past—that the timing and quantity of meals are just as important in dietetics as the quality of the food. But our guesses did not have, until now, any experimental confirmation.

The question is whether such a re-arrangement as Drs. Haggard and Greenberg suggest can be, or at least will be, practical in the established routine of our life.

But perhaps it needn't be quite so revolutionary as to require any great upheaval. Many working people leave the office and get a

(Continued on Page 13, Col. 4)

## Almond Meal and Sweet Milk Mask Refines Texture of Skin, Says Expert

By GLADYS GLAD  
"America's Most Famous Beauty"

"Dear Miss Glad:—I have been using a mixture of almond meal and oatmeal as a substitute for soap in cleansing my skin, and have found it most beneficial. However, I've been told that almond meal face masks would also help greatly in refining the texture of my complexion. Can you tell me how such masks are prepared and administered?"

"JUSTINE."

The masks to which you refer generally are made simply of almond meal and ordinary sweet milk. Stir a sufficient quantity of milk into half a cupful of almond meal to form a thick, smooth paste. Before applying the mask, cleanse your skin thoroughly, and smooth a bit of nourishing cream around your eyes and at the sides of your mouth. Then apply the paste to your face and neck and allow it to dry. When it is thoroughly dry, remove the mask with warm water and a soft cloth.

"Dear Miss Glad:—Thanks to the excellent reducing routine outlined in your 'New Figure' booklet, I have succeeded in unburdening myself of 25 excess pounds. And to tell you the truth I look and feel just about 25 years younger! However, I've noticed lately that the skin on my cheeks is dotted with tiny red blemishes. I was wondering whether these could have been caused by the brand of rouge that I am using. Do you think so?"

"LILA."

If you are using a good brand of rouge, I do not believe that it would cause the skin condition you describe. You may, however, be using the rouge incorrectly, and thus causing this skin condition. The blemishes on your cheeks indicate that you have been grinding the rouge into your skin and then failing to remove it properly. A good brand of rouge won't harm your skin, providing that you cleanse your skin well after its use. Be sure that you close your pores effectively with a good astringent before applying any rouge. And use a fine cleansing cream, and then soap



JOAN BENNETT.  
fair-skinned daughter of the screen.

and water afterwards to remove very bit of it from your skin.

"Dear Miss Glad:—Almost every morning, when I awake, I find that a sort of crust has formed on my eyelids around the lashes. What causes this condition? What is the best method of removing the crusts? And how can I prevent their reappearance?"

"GINGER."

I should judge, from your description, that you are afflicted with Trachoma, which is commonly known as "granulated eyelids." The crusts that accumulate on the lids can best be soaked off with a weak solution of bicarbonate of soda. Use a small pad of absorbent cotton and lave the bicarbonate of soda solution gently over the tightly closed eyes until the crusts have been entirely removed. However, Trachoma is an inflammation of the mucous membrane of the eye, and you should not attempt to treat it yourself. I would suggest that you consult a competent eye specialist or physician about the condition.

## Women's Problems

By VIRGINIA LEE

Should a man stay in an congenial environment and do work that does not interest him if the girl to whom he is engaged likes and prefers to live in it?

I cannot think so. A man cannot do his best work when he dislikes his task, and hates the surroundings. It seems to me that if the girl in the case will not go with him where he will be happy the environment and do congenial labor, he should not marry her, even if it means a lot of heart ache for him now. For unless he changes his tastes and be-



Virginia Lee

comes reconciled to the congenial work, he will be miserable, not be able to do his best, and come, in time, to blame the girl for his dissatisfaction.

Here is a hypothetical case:

A young man is working in the city. He previously lived in the country. He doesn't like city ways or work. He is very much in love, however, and fears his girl friend will prefer to live in town. He thinks he cannot live without her, and wonders, if she insists on living in the city whether he should continue his present work and try to get used to and reconcile himself to it.

Puzzled: I would say your place is where you are happy and feel you are doing work that you like.

You do not say that you have asked your girl what she wants you to do, so why not tell her how you feel and ask her if she will be contented to live with you where you can do best and be happiest? If she will not agree to that, I do not think you would be happy together. You will not be happy, successful or contented, and in time you will blame her. Unless you are very adaptable and are sure you eventually will be able

## HEALTH

by  
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

### RHEUMATIC FEVER

The chief cause of heart disease in early life is rheumatic fever. The prevention of heart disease in children depends upon the prevention of infectious diseases principally rheumatic fever, but also diphtheria, scarlet fever and the more common communicable diseases of childhood.

The specific cause of rheumatic fever is not known definitely. It is generally believed, however, that it is caused by some living agent, such as a germ. There is no connection or relationship between rheumatic fever and the painful condition of joints and muscles in older people, which is known as rheumatism.

Rheumatic fever occurs in varying degrees of severity. The typical case suffers acutely from pain in the joints, which are red, swollen and tender. But disease attacks one joint after another, but causes no permanent damage to the joints.

The younger the patient, the less likely are the symptoms to be either so definite or so severe. "Growing pains" are probably rheumatic fever, while chorea, or St. Vitus' Dance, is apparently the same disease, showing itself in another form.

The serious aspect of rheumatic fever is the damage which may be done to the heart. Not every case of rheumatic fever results in heart disease, but, unfortunately, heart disease does develop in those children who have not the typical painful joints of rheumatic fever.

Infections of all kinds are apt to damage the heart, and if the heart has been previously damaged, even such common infections as a cold or a sore throat may extend the damage.

Children particularly should be protected against infections. They should, for example, be immunized against diphtheria; they should never be exposed to danger thoughtlessly or carelessly by allowing them to associate with children who are ill and who may have a communicable disease.

Many infections gain entrance to the body through diseased tonsils. It follows that, as a matter of prevention, the nose and throat should be kept in a healthy state and any diseased condition promptly treated.

If any infection does develop, then adequate treatment is required to safeguard the heart. Because symptoms have disappeared, it does not follow that the child is ready to be out of bed. A long convalescence which ends only when the doctor says that it is safe to end it will save many hearts.

The child who changes in his habits, appearance or behavior for no good reason should be seen by a doctor. He is likely ill, and the symptoms may mark the onset of an infection, like rheumatic fever, requiring medical care.

to reconcile yourself to town life and work, it wouldn't work.

I have known men whose business lives were practically failures because their wives absolutely refused to live where the husbands could do their best work and stand chances of promotion.

### ORDER YOUR Bulbs Now

FOR FALL PLANTING  
LILIPS, DAFFODILS, HYACINTHS, CROCUS AND PAPER WHITES, ETC.  
The KNOELL FLOWER Shop  
Phone 3-2217-107 Princess Street.



### PRE-SEASON REDUCTIONS ON FALL COATS

The Smart Shop's Sale of New Fall and Winter Coats bring you an exceptional opportunity to save at the beginning of the season. Prices are slashed to the very lowest to reduce a tremendous stock of the smartest styles by the leading makers. Do not wait—choose YOUR COAT NOW and SAVE.

Sale Prices on NEW DRESSES and FALL MILLINERY.

THE SMART SHOP  
OPPORTUNITY SALE  
90 KING STREET

## RECIPES

RECOMMENDED BY THE COOKING SCHOOL OF THE AIR  
Directed By AIDA McANN

**Golden Acadia Cookies**—½ cup butter, 1 cup sugar, 4 egg yolks, 2 cups flour, nuts, 1 teaspoon Barbour's Acadia baking powder, ½ teaspoon salt, ½ teaspoon orange or vanilla extract. Cream shortening, sugar, and egg yolks; mix in sifted dry ingredients and add flavoring. Chill, shape into balls, flatten with nut halves and bake in hot oven for 10 to 15 minutes.

**Ham and Eggs a La King**—3 tablespoons butter, 3 tablespoons flour, 2 cups milk, 1 tablespoon chopped pimiento, ½ cup sliced mushrooms, 1 cup diced cooked ham, 2 or 3 hard-cooked eggs, sliced; salt and pepper. Make white sauce of butter, flour and milk. Add mushrooms which have been sauteed in a little butter, and remaining ingredients. Heat thoroughly before serving.

### THE EVENING GOWN

The evening gown with long tight sleeves, or with bouffant sleeves, is important in fall styles. It is a life-saver to the woman who has little need of a low-cut gown.



R. C. DAVIES, Ltd.  
NOW SHOWING NEW

### FALL AND WINTER COATS

Fine British Fabrics. Selected Fur Trimmings. POPULAR PRICES  
101 Charlotte Street

### FASHIONABLE FALL HAIR STYLES

FEATURED BY BLUE ORCHID BEAUTY SALON  
120 Charlotte Street Alice M. Matheson  
FOR APPOINTMENT TELEPHONE 3-6026