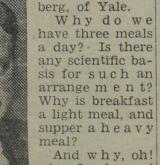
More Meals, But Smaller Ones For Real Efficiency

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. Green-



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: other- burdening myself of 25 exces wise someone would have to work bounds. And to tell you the truth late to wash the dishes."

that convinced me.

the some authority, because an I am using. Do you think so? elaborate breakfast requires that someone should get up early and prepare it.

Efficiency Low

of general body-efficiency.

jects 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-mornthe two lunches should not be and prefers to added, but subtracted, from the live in it? other meals.

All this is in accord with what so. A man canthis department has emphasized not do his best in the past—that the timing and work when he quantity of meals are just as im- dislikes his task, portant in dietetics as the quality and hates the of the food. But our guesses did surroundings. It not have, until now, any experi-seems to me that mental confirmation.

The question is whether such a case will not go re-arrangement as Drs. Haggard with him where and Greenberg suggest can be, or he will be happy at least will be, practical in the the environment established routine of our life.

But perhaps it needn't be quite iallabor, he so revolutionary as to require any should not marry great upheaval. Many working her, even if it means a lot of (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 renerally are made simply of alnond meal and ordinary sweet milk. Stir a sufficient quantity of milk into half a cupful of alnond meal to form a thick, mooth paste. Before applying a light meal, and he mask, cleanse your skin thoroughly, and smooth a bit of nourshing cream around your eyes and at the sides of your mouth. why, I ask, and 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 he excellent reducing routing outlined in your 'New Figure' booklet, I have succeeded in un-I look and feel just about 25 As I remember it a higher years younger! However, I've that a sort of crust has formed Power has been explaining that to noticed lately that the skin on my me for years; but it was the cheeks is dotted with tiny red authority of the Printed Word blemishes. I was wondering whether these could have been Breakfast is a light meal, on caused by the brand of rouge that

of rouge, I do not believe that it monly known as "granulated eyewould cause the skin condition lids. The crusts that accumu-Just before breakfast respira- you describe. You may, however, late on the lids can best be soaked tory quotient and muscular ef- be using the rouge incorrectly, off with a weak solution of bificiency are at a very low level, and thus causing this skin con- carbonate of soda. Use a small (Here I am abstrating the report.) dition. The blemishes on your pad of absorbant cotton and lave After a meal, depending on the cheeks indicate that you have the bicarbonate of soda solution amount, they fall to the before been grinding the rouge into your gently over the tightly closed eyes breakfast level in two and one-skin and then failing to remove until the crusts have been entirely half to four hours. The respira- it properly. A good brand of removed. However, Trachoma is tory quotient (amount of oxygen rouge won't harm your skin, pro- an inflammation of the mucous sugar as a test for the muscular you close your pores effectively yourself. I would suggest that efficiency are the measurements with a good astringent before ap- you consult a competent eye plying any rouge. And use a fine specialist or physician about the Study of a large group of sub- cleansing cream, and then soap condition.



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 norning, when I awake, I find 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 de-If you are using a good brand with Trachoma, which is com-



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 n 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 scription, that you are afflicted 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 dammay extend the damage.

should never be exposed to danger minutes. thoughtlessly or carelessly by allowing them to associate with have a communicable disease.

promptly treated.

then adequate treatment is re- Heat thoroughly before serving. quired to safeguard the heart. Because symptoms have disaplong convalescence which ends

The child who changes in his gown. He doesn't like city habits, appearance or behavior ways or work. He is very much for no good reason should be in love, however, and fears his seen by a doctor. He is likely ill, girl friend will prefer to live in and the symptoms may mark the town. He thinks he cannot live onset of an infection, like rheuwithout her, and wonders, if she matic fever, requiring medical

and work, it wouldn't work.

I have known men whose busiis where you are happy and feel ness lives were practically failures you are doing work that you like, because their wives absolutely re-You do not say that you have fused to live where the husbands people leave the office and get a heart ache for him now. For un- asked your girl what she wants could do their best work and

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THE COOKING SCHOOL OF THE AIR

> Directed By AIDA MCANN

Golden Acadia Cookies-1/2 cup butter, 1 cup sugar, 4 egg yolks, 2 cups flour, nuts, 1 teaspoons aged, even such common infec- Barbour's Acadia baking powder, tions as a cold or a sore throat ½ teaspoon salt, ½ teaspoon orange or vanilla extract. Cream shortening, sugar, and egg yolks; Children particularly should be mix in sifted dry ingredients and consumed and of carbon dioxide viding that you cleanse your skin membrane of the eye, and you should for average with larm your skin, pro- an inflammation of the intentions. They add flavoring. Chill, shape into given off in the breath) and blood well after its use. Be sure that should not attempt to treat it should, for example, be immunballed with nut halves and against diphtheria; they bake in hot oven for 10 to 15

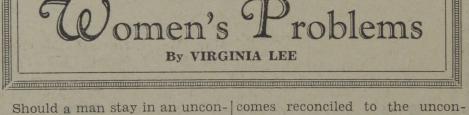
> Ham and Eggs a La King—3 children who are ill and who may tablespoons butter, 3 tablespoons flour, 2 cups milk, 1 tablespoon Many infections gain entrance chopped pimiento, 1/2 cup sliced to the body through diseased mushrooms, 1 cup diced cooked tonsils. It follows that, as a mat- ham, 2 or 3 hard-cooked eggs, ter of prevention, the nose and sliced; salt and pepper. Make throat should be kept in a healthy white sauce of butter, flour and state and any diseased condition milk. Add mushrooms which have been sauteed in a little but-If any infection does develop, ter, and remaining ingredients,

THE EVENING GOWN

The evening gown with long only when the doctor says that it It is a life-saver to the woman is safe to end it will save many who has little need of a low-cut

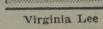


101 Charlotte Street



ing and mid-afternoon lunches. genial environment and do work genial work, he will be miserable, But the total amount of food for that does not interest him if the not be able to do his best, and peared, it does not follow that the the day should remain the same; girl to whom he is engaged likes come, in time, to blame the girl child is ready to be out of bed. A tight sleeves, or with bouffant

> if the girl in the and do congen-



for his dissatisfaction. Here is a hypothetical case: A young man is working in the hearts. city. He previously lived in the

nsists on living in the city care. whether he should continue his present work and try to get used to reconcile younrself to town life to and reconcile himself to it.

Puzzled: I would say your place

less he changes his tastes and be- you to do, so why not tell her how stand chances of promotion. you feel and ask her if she will be contented to live with you where vou 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

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