

Of Interest to Women

A LIQUID DIET

You have eaten something that was tainted or which upset your digestive system and has had a severe attack of vomiting or diarrhoea. Naturally you do not want any food, the thought of food distresses you.

This is when you should go on a "liquid diet."

Or perhaps you are recovering from

an illness and are not much interested in food, the liquid diet is what you need as you must have food to restore your strength.

The liquid diet is just liquid foods, and is valuable, because as all foods are reduced to liquids in the body before they can be used and absorbed, taking foods already in the liquid form means just that much less work for the weakened digestive system.

Liquid foods are usually given in small amounts and more often than when the patient is well; about one glassful every two or three hours.

Naturally although the food is in the liquid form, it must be nourishing if the patient is to maintain and increase in strength; milk, cream, raw egg, being the best liquid foods.

When the patient cannot take much milk or cream an egg-nog made up with syphon soda (purchased for about ten cents a quart at the drug store) instead of milk give excellent results.

Other fluid foods are clear soups, cocoa and malted milk. Meat juices supply necessary liquids and allay hunger, but have less nourishment than milk, cream and eggs. Fruit juices supply some nourishment but are more valuable in keeping the blood and tissues from getting too nearly acid; a condition which occurs during any wasting illness.

Dr. Jean Bogert outlines the foods to be used in a liquid diet as follows:

1. Fruit juices.

2. Soups—broths, clear soups and cream soups.

3. Cereal gruels (thin).

4. Milk—plain or flavored, hot or cold, acid or fermented, malted milk, with addition of cereal gruel, beaten egg, cocoa.

5. Raw eggs—in combination with milk, fruit juices or other fluid.

Remember, the liquid diet is necessary only when the stomach or digestion is upset for a short time. When the patient becomes stronger, it is the soft diet—fluid diet to which is added cereals, toast, simple desserts—that should be used.

Leafy Vegetables Will Reduce Weight

Although health writers speak frequently of the danger of overweight, there is no question but that most overweights are influenced to reduce their weight because of their pride. When he or she looks in the mirror or sees the outline of the figure in shop windows the mind is finally made up that the excess weight must go.

And all that is needed to remove this excess weight is the will to do it. This doesn't mean that the food intake must be cut in half and hard vigorous exercise taken; this may cause illness or even death. What is really needed is a system of diet—cutting down on liquids, fats and starches, eating plenty of meat or eggs, and taking light exercise, at first, such as walking, and gradually increasing this from week to week.

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Vegetable Mustard Pickle

1 quart cabbage
1 quart tomatoes
1 quart green cucumbers
1 cup green peppers chopped fine
Cover with a weight for 24 hours, then drain well. Mix together thoroughly 1 cup flour, 1/2 cup mustard butter size of an egg, 1 1/2 cups sugar, 1/2 tablespoon turmeric, 1 quart good vinegar. Pour over vegetables, boil well and bottle.

Sweet Mustard Pickles

4 quarts small cucumbers
4 quarts white onions
4 quarts cauliflower
3 pints vinegar
1-4 pound mustard
1-4 cup flour
1 ounce turmeric
3 cups brown sugar
Peel onions, break up cauliflower, wipe cucumbers, place all in strong brine overnight. In the morning drain and wash, add to the above sauce and boil ten minutes. Bottle while hot.

Scarred Floors

If your hardwood floors are scarred with dark marks from rockers or furniture, rub the mark with a very fine steel wool dipped in quite soapy water. Rinse with clear water and then apply a good furniture polish. They will be greatly improved.

It is more than a year since the American Legion of Defence launched its frontal attack on screen salacity. The fire of the crusade has died down and most of us have forgotten all about it.

But think back over the pictures you've seen drinking the past year and you'll remember an unusually high percentage of clean entertainment.

That as an exchange points out, is high praise from such a source. Yet none of the producers have gone broke. That would seem to indicate that the public will support clean pictures if they're good enough. Maybe we've all learned something after all.—TRURO NEWS.

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HEALTH

by
G. S. STEINHAUS, M.D.
A HEALTH SERVICE OF
THE CANADIAN MEDICAL
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INSURANCE COMPANIES
IN CANADA

BOILS

According to Mark Twain, the best place to have a boil is on the other fellow, a remark which will be appreciated by those who have suffered the pain and inconvenience of a boil which, more often than not, seems to select a most inopportune location.

Boils are caused by germs, which, penetrating the skin, set up the inflammation that goes on to the development of pus, the typical symptoms of what we know as a boil. These germs are constantly present on the skin, and it is only under certain conditions that they seem able to penetrate the skin and to do harm.

Those who are tired physically or mentally, those who over-indulge in rich, greasy foods, who take but little exercise and who are constipated—these are the individuals upon whom boils most frequently appear.

Boils occur more frequently in winter than in summer because winter usually means fewer fresh fruits and green vegetables and less exercise. In summer the skin is likely to be cleaner because we perspire more freely and bathe oftener.

When we say that boils are caused by germs, it is simply another way of stating that boils are contagious. It follows that clean hands and above all clean finger-nails will help guard against trouble, for if these are allowed to remain dirty, they are more than likely to carry germs with the dirt to the skin they touch.

Boils usually occur in crops. The condition which allowed the first one to develop, makes it easy for others to follow. Unless proper care is used in the treatment of the first boil, the germs may spread to another point and so, a second or third boil comes along.

It is dangerous to squeeze a boil. Nature sets up a wall which holds the infection at this one place. A squeeze may break this defensive wall and so scatter the germs, leading to a serious, if not fatal, abscess. Punctures, which soften the tissues and provide the heat and moisture which favor the growth of germs are, for these reasons, not to be used.

A boil is an infection and should be dealt with properly so as to remove the infection. If a second boil appears, there should be no delay in securing medical care so that the possible causes may be investigated and the treatment decided upon.

From what has been said, it will be evident that prevention lies in a healthy body—the product of good food, regular elimination, together with cleanliness of body and underclothes. Spread is controlled by proper care and not by careless home treatments.

EDITOR YEARNS FOR SAFER TUB

BALTIMORE, Md., August 31.—"For some reason or other the ladies seem to entertain a violent prejudice against the old-fashioned bathtub on stilts, and to favor the built-in variety which sits in a corner like a block of monumental alabaster scooped out to fit the human form. It is doubtless partly the skill of the advertising experts retained by the plumbing-supply manufacturers, plus the fact that dust curl papers, collar buttons and the soap do not accumulate behind the new type of tub. Anyway, Mrs. Nice, (wife of the Governor of Maryland), intends to get rid of the leggy bathtub in the Executive Mansion and we suppose, substitute the built-in variety.

"There is, however, one fatal limitation to the new dispensation in bathtubs. It lies in the fact that no device has yet been perfected by which one can hold on when lowering oneself

into the suds. The old-fashioned tub on stilts could be seized by the rim, thus avoiding contusions and abrasions incident to bathing. To take a bath in the new and fancier tub without sustaining a compound fracture of the hip joint is a nice feat in balancing and agility.

"It is to be hoped that, before the Executive Mansion at Annapolis is re-equipped with modern bathtubs the First Lady of the Free State will consider seriously the advisability of leaving at least one of the old-fashioned high-perched tubs for the use of guests or others who, because they have no accident insurance or for other reasons, do not care to run the risk of taking a bath in a smooth, uncompromising, built-in tub."

VIENNA, August 30 — The court-martial trying Otto Steinhaeusl, war hero and ace detective, for high treason as the alleged head of the July, 1934 putsch, was indefinitely adjourned yesterday.

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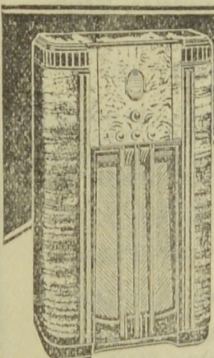
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