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**WEIGHT CHANGES OF ADOLESCENTS NOTED BY BARTON**

Parents are naturally concerned when they observe by the age, height and weight tables that their boy or girl is underweight or underheight for their age.

Now these tables have been made from thousands of examinations, but there are two important factors that these tables cannot take into consideration. The first factor is whether the youngster is of the slender type with short body and long legs, or of the broad type with long body, with short or medium length legs. The second factor which is most important around the early 'teens is how near or how far away is puberty (the age when the boy becomes a man and the girl becomes a woman).

As you know the age at which puberty is reached varies; some boys reach puberty at 14 and the majority at 16; in girls, many reach puberty at 12 and the majority at 14. This means that a girl of 13 will be growing at a more rapid rate than a boy of 13. Similarly a boy of 15, approaching puberty, will be growing more rapidly than a girl of this age, who has already reached puberty.

It has been my privilege to examine 'teen age boys at three large preparatory schools, and later at a large university at ages from 16 years upward. A boy in his 12th year may grow one inch and increase in weight five pounds from September to June; in his 13th year grow 1½ inches and gain eight pounds; in his 14th year grow two inches and gain 12 pounds; in his 15th year (almost at puberty) grow three inches in height and put on 20 to 30 pounds.

Dr. Helen B. Pryor, San Francisco, whose research work on the growth of girls I mentioned once before, records in the Journal of Pediatrics, St. Louis, a study of 100 girls ranging from 9½ to 14 years of age. Examinations extending over four years, at half-year intervals, showed a period of very rapid growth immediately before puberty. Gain in height came before gain in weight. During the six months immediately before puberty the gain in weight was 55 per cent faster than during the same period of the previous year.

If parents will therefore keep in mind that the slender type reach puberty a little later than the broad type and that the shape of the body enters into the 'normal' weight for the age, there will often be less concern about the height and weight of their child.—Dr. James W. Barton.

The sentry challenged the uniformed figure that had entered the camp. "Major Jones," came the reply.

"Sorry, sir," said the sentry. "I can't let you proceed without the password."

"Drat it, man, I've forgotten it!" snapped the other. "But you know me well enough."

"Can't help it, sir," persisted the sentry. "Must have the password."

"Don't stand arguing all night, Bill," came a voice from the guard tent. "Shoot 'im!"

... OF ...

**Interest to Women****KEEP "ALKALINE" WITH GRAPE JUICE POTIONS****Tomato Jellied Potato Salad, Mustard Cream, Beef and Macaroni Casserole Among Marjorie Mill's Suggestions Today**

Are you really looking for something new in the line of summer drinks? Something you can serve your guests, with the absolute assurance that they'll go over in the proverbial "big way"? Here, then, are two hints on two delicious summer drinks that are guaranteed thirst quenchers.

First, mix your favorite brand of ginger ale with Welch's Grape Juice—half and half. Result: a tangy, cooling, delicious drink that looks as good as it tastes. And it's different, too.

**Welch Punch**

Take one pint of grape juice, juice of one orange, juice of two lemons, one cup sugar, one quart water. Stir this mixture well, add a few cubes of ice, then serve to your guests with the absolute conviction that here is what many consider an unbeatable refreshing drink. Try it and see!

**Tomato Jellied Potato Salad**

Here's something new you'll want to try for a summer evening's supper or an afternoon luncheon.

1 tablespoon gelatin  
¼ cup cold water  
1 cup tomato juice  
1 teaspoon salt  
Dash of pepper  
2 cups diced, cooked potatoes  
½ cup celery, finely chopped  
2 tablespoons mayonnaise  
1 tablespoon vinegar  
1 teaspoon onion juice  
Lettuce  
Mustard cream.

Soften gelatin in cold water, then dissolve over boiling water in double boiler. Add tomato juice, salt and pepper. Set aside to cool. Combine the potatoes, celery, green pepper, mayonnaise, vinegar and onion juice. When the tomato mixture begins to congeal, fold in the potato salad. Pour into mold. (Or mold the salad in layers, first a layer using half of the tomato mixture, then the potato salad, and next the rest of the tomato jelly). Garnish with lettuce and serve with mustard cream. Serves six.

**Mustard Cream**

¼ cup whipping cream  
½ cup mayonnaise  
¼ cup prepared mustard.  
Whip cream until it begins to hold its shape. Blend together with the mayonnaise and mustard and fold in whipped cream just before serving. Makes one cup.

**Crabmeat Stuffed Eggs**

9 eggs, hard-cooked  
1½ teaspoons dry mustard  
1½ cups crabmeat, flaked  
1½ cups celery, finely chopped  
3 tablespoons green peppers, chopped

1 cup mayonnaise  
1 tomato  
Sprig of parsley  
Remove shells and cut eggs in half lengthwise. Remove yolks and press through a ricer or sieve; then mix well with the mustard. Flake crabmeat, add celery, green pepper and egg yolks, mix with mayonnaise and stuff eggs. Garnish with tomato, cut in wedges, and parsley. Serve three halves to each person.

**Beef and Macaroni Casserole**

2 cups cold roast beef  
1 cup macaroni  
¾ cup grated cheese  
2 tablespoons flour  
2 tablespoons butter  
1½ cups meat stock or water  
1 teaspoon Worcestershire sauce  
Salt and pepper.  
Cut cold roast beef into cubes. Cook macaroni in boiling, salted water until tender. Place macaroni in a baking dish, pushing it to the sides. Fill the centre with diced beef. Sprinkle with grated cheese. Brown the flour by stirring in a dry skillet over low flame. Add to melted butter. Add meat stock, salt, pepper and Worcestershire sauce. Pour over meat and macaroni in casserole dish. Bake in moderate oven, 350 degrees F., for 30 minutes. This casserole dish may be prepared in advance and stored in the refrigerator until ready to bake. Serves six.

**NOW IT'S GOLD, RHINESTONES AND PEARLS**

The "big three" in costume jewelry for fall are gold, rhinestone and pearls, used prodigally on large, handsome ornaments.

The idea in gold necklaces is that you should seem to be carrying your own ransom in pure gold about your neck.

High, plain necklines and the lower necklines that are new on afternoon dresses both call for necklaces. Schiaparelli's models wore with everything, from daytime woollens to evening laces, two strands of gold beads graduated from pea to cherry size, burnished and impressive. There are bracelets to match for plain sleeves.

Dainty and rich are necklaces of tiny gold beads seven strands of them choker lengths and long ones to be twisted again around the neck making a thick, loose, glittering rope.

Gold and pearls form a union of wealth with wealth. Massive gold leaves carry overgrown pearls, several of them, to form clips, pins and bracelets.

Pearl necklaces of five or six strands suit the lavish mood of the season. Chanel twists hers, and so may you. Many strand bracelets to

match are sometimes worn two on an arm.

**Diamonds With Tweeds**

With hair being brushed up and curled off the ears, earrings will gleam on every lovely ear this season. Single pearls, as ever, tiny pearls bunched on a clip, quivering pendants and jewelled flowers.

If you have real diamonds, wear them with almost everything, even with tweeds as Schiaparelli herself does. If you haven't any diamonds, sparkle in rhinestones which are diamond cut this season and follow faithfully the lovely designs for diamond jewelry.

One of the most appealing pieces of rhinestone jewelry is the brooch and pair of clips combined. They look precious and expensive, deceptively so, are light in weight and very easy to take apart and put together again, and any one can find for them a dozen uses.

"Tortoiseshell" is a charming accessory note with fall street costumes. It makes bracelets and clips and even cigarette boxes, chunky and modern to make the most of its brown-streaked amber color.

Fruit is an ideal food for health menus and should appear in some form at every meal. Decorative and delightful is this fruit serving in salad form, which may accompany the meat course, serve as a separate salad course or as a dessert salad.

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**A SOUND MIND IN A SOUND BODY**

A Sound Mind In A Sound Body. What's the use of a good mind in a weak, flabby, or diseased body? A man was nominated President of a University because he had a good mind, but turned down, very wisely, because he had a poor stomach. As Sir William Temple has it, "Without health, strength grows decrepit; youth loses all vigor, and beauty all charms; music grows harsh and conversation disagreeable; palaces and prisons . . . riches are useless; honor and attendance are cumbersome, and crowns themselves are a burden . . . Nay, to find any felicity, or to take any pleasure in the greatest advantages of honor and fortune, a man must be in health."

A Sound Mind In A Sound Body. Can there be a really well-balanced mind without a sound body? The Greeks would have doubted it. Carlyle's philosophy was rank with pessimism because he had indigestion. "A rat gnawing at the pit of his stomach." Insanity means unsoundness, and insanity of mind is very often just a phase or result of insanity of body. Even the crimes of men and women, or the delinquencies of boys and girls, crooked and unclean minds, perverted instincts, twisted purposes, anti-social bent, destructive impulses, have their causes very often in perversions or twists or lacks of unbalances of body. And the new medical science is proving this more true every day. What wrecks and derelicts are scattered abroad on the seven seas of history and of life because men have thought, and still think, that science or navigation or philosophy, or even religion can bring neglected and unseaworthy hulks all sure and safe to the desired haven?

A Sound Mind In A Sound Body. For every single discussion about the bodies of children we hear a hundred about their minds. Great educators are beginning to believe that we should think at least twice as often about the bodies of children as about their minds. Some would almost say that if the little bodies have ALL the care and education they need, sound minds can pretty well be taken for granted.

That is what the Greeks thought. Beyond all other peoples, ancient or modern, they had the idea of making the most of the human body, educating it for strength, for fleetness, for grace, for music as a fit pedestal for a graceful and cultivated mind. To them a sound mind in a sound body was a sane mind in a sane body, a wholesome body, an alert mind in an alert body, a graceful mind in a graceful body. No tubby corporations, no bad postures, no awkward girls, no C. 3 Standard people for them. They stood straight, walked straight, and thought straight.

Early Christian thinking threw Greek paganism overboard, and unfortunately threw Greek Idealism overboard with it. To despise the body, to think of its strengths and graces as merely snares, to self-torture and self-crucify the body, became a too-common idea of religion. The dirtier and more verminous a hermit, the holier he was. World thinking kept this wrong track for twenty centuries, and we haven't yet got back to the planned harmony of a sound mind in a sound body.

Just to show how far behind we still are, I am going to quote the opinion of a great Educator who has a prophetic vision, Sir Michael Sadler. "The training of the body to grace, power, and self-control will become the fundamental purpose of education from the kindergarten to the university." Note that this training of the body is to be The Fundamental Purpose Of Education. Very well, what is this training to consist of or to aim at? Let Sir Michael tell us. "It will not be a Spartan training for military endurance, but an Athenian training for beauty, health, rhythm, and keen discussion—and Athenian training with some bridle on lust. . . . The body quickened to its highest excellence in physical fitness is alert in intellectual perception and impatient of puffy generalization. It is pricked into awareness of the mysteries of beauty and worship. This Change of Focus in Liberal Education will Affect the Routine of all Schools and Universities in the land."

This is no more revolutionary than the well-known definition of a liberal education by Professor Huxley which begins, "That man has had a liberal education who has been so trained in youth that his body is the ready servant of his will and does with ease and pleasure all the work that as a mechanism it is capable of . . . who is full of life and fire, but whose passions are trained to come to heel by a vigorous will, the

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servant of a tender conscience, who has learned to love all beauty, whether of Nature or Art, to hate all villainy and to respect others as himself." Now Mr. Trustee, Mr. Principal, Miss Teacher, and Mr. and Mrs. Parent, what can we do to insure sound bodies and sound minds growing harmoniously? Or again, as Sir William Temple would say, "If Health be such a blessing, and the very sources of all pleasure, it may be worth the pains to discover the regions where it grows, and the springs that feed it."

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