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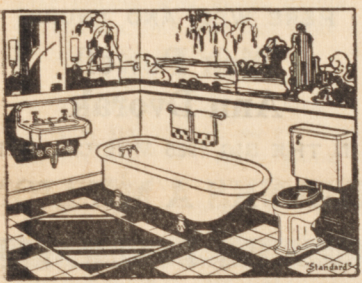
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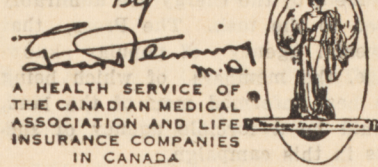
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HEALTH



SPRAINED ANKLE NOT BENEFITTED BY OVER-RESTING

One of the mistakes made in the past has been giving a sprained ankle too much rest. In a sprain there is always some tearing of the tissues and it appeared to be only good sense to rest the joint so that these torn parts would knit together properly.

However, it has been found that this allowing the joint to rest too long may cause adhesions (where tissues get stuck together causing stiffness instead of free movement). Thus after pain and swelling have disappeared the individual finds that he has a 'stiff' joint. Naturally he is disappointed and finds that he must use heat, massage and perhaps electricity to break up these adhesions and get the joint working freely again.

Fortunately for themselves, some of these individuals when they found that pain and swelling had gone, have begun to use the ankle slightly at first, gradually getting complete use in two or three weeks' time. They have done this against the advice of the physician.

In the treatment of a sprained ankle, the first thought is still rest—complete rest—with a foot on a couple of pillows or other support which will keep the ankle higher than the heart. While many physicians advise ice applications to prevent further swelling, just as many feel that as the damage is already done anything that helps the circulation will bring relief of pain and quicker repair of damaged tissues.

But the main thought is rest and keeping the ankle up higher than the heart. Between applications of the hot water, the ankle is kept snugly bandaged.

After the swelling is down, which is a matter of a few days or more, the patient is encouraged to move the ankle without however taking it from its support. Massage is safely used at this time, movements being toward the heart, and sometimes electrical treatment is given by diathermy (heat sent to inside tissues) or the ankle is made to move by electric stimulus.

The next step is important. When the swelling is completely down, and before the patient is allowed to put any real weight on his foot, the joint is strapped with adhesive tape. The outer side of the foot is slightly raised while the adhesive is being applied so as to put less strain on the outer or torn ligament. This strapping should be changed every five days or less for a couple of weeks, and then an old-fashioned factory cotton bandage, an elastic bandage, or other support should be worn for another month or six weeks.

... OF ...

Interest to Women

POPULAR MOSS CAKE IS EASY TO MAKE, REQUIRES NO FROSTING

Want a special treat! Well, here it is for you today. It's not a new treat but one which I fear a good many of you have, for one reason or another, failed to try. Of course this is a summer cake, for it must be made when eggs are at least moderate in price, certainly not when they are sky-rocketing with the cold weather.

The recipe came to me, several years ago, from a very kind friend and never before, nor since, have I seen the recipe printed except in Kitchen Counsel. You will be puzzled over the recipe, and I admit it to be a strange one, but you'll be delighted with the results. I had a letter from another friend, just the other day, who plans on using the cake for a party and this is what she says: 'I am planning to serve moss cake, which, I think, is one of the most delicious cakes I have ever made from any kind of a recipe.' The only credit I can really take is having courage to keep repeating the recipe each year, so those of you who have missed it the first few years will still be able to have the treat.

Moss Cake

1 cup egg yolks
¼ cup cold water
1 cup sugar
Grated rind of one lemon
1 cup cake flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ cup chopped nuts

Beat yolks until light, then add water and sugar and continue beating. Mix and sift dry ingredients and sift into first mixture. Fold in whites, rind and nuts. Pour into angel food pan and bake in a 325 degree oven for one hour. Invert to cool, then remove from pan.

This cake does not need icing.

You may use the extra whites for ices, though I think you will find a kiss torte is a far more convenient use. You allow half a teaspoon of vinegar and half a cup of sugar for each two whites, using a little vanilla for flavoring. You know that you beat the whites and vinegar until stiff, then add vanilla and the sugar gradually, beating well, but keeping the mixture stiff. Pour onto well-buttered glass pie plate and bake in a slow oven until lightly browned and well crisped on the top. You know when this is cold, you pour fruit over the top and whipped cream over this.

Be sure you don't allow the whites to stand for any length of time, for a very disagreeable coating forms over the top, as a result of exposure.

The dinner for tomorrow is rather inclusive, I'll admit, though you'll find it delightful to prepare and serve, to say nothing about the eating thereof!

Tomorrow's Dinner

Cold Plate
Nut Bread Iced Coffee
Cherry Pie
Sounds like a simple affair but it will be sufficiently filling to last.
First let me tell you about the cold plate composition which may or may not contain some of the large boneless and skinless sardines, well chilled.

Cold Plate

Use lettuce rather generously on each plate (be sure lettuce is tender enough to eat so it will be tempting). As a bright spot use a small tomato cut down into six wedges but not separated at the bottom. Just before serving pour a little French dressing down the centre. Next this, on either side, place a half a deviled egg, with the yolk pressed through a pastry tube to make it more attractive. This will leave space for the sardines, if you have them, or for a serving of scalded and drained tuna fish with a cucumber dressing poured over it, and a good serving of potato salad, at the side.

Raspberry Sherbet I

1 pint fresh raspberries
½ cup water
¾ cup sugar
2 tablespoons lemon juice.
1 egg white
Pinch of salt
½ cup heavy cream

Place raspberries in saucepan with water and sugar over high heat. When boiling commences, turn down heat and cook five minutes. Remove from fire and force through a sieve, or mash well. Add lemon juice and pour into refrigerator tray; freeze until firm but not hard. While fruit juices

are freezing, have a bowl chilling in refrigerator. Remove mixture to cold bowl and beat until light. Fold in stiffly beaten egg white, salt and cream whipped slightly. Return to freezing unit and finish freezing without stirring. Serves eight.

Raspberry Sherbet II

1 quart raspberries
1 cup sugar
1 cup water
Lemon juice
Sprinkle raspberries with sugar, cover and let stand two hours. Mash, squeeze through cheesecloth, add the water and lemon juice to taste, then freeze. Raspberry sherbet prepared in this way retains the natural color of the fruit. Makes 6 to 8 servings.

The lemon sherbet seems to have made such a hit that we're reprinting it for those who missed it:

Lemon Sherbet

1 cup water
1 cup sugar
½ cup lemon juice
1 jar cream

Dissolve sugar in water over low heat and let cool. Add lemon juice and whipped cream and freeze in tray of electric refrigerator, stirring thoroughly at least twice during freezing process. Careful beating during freezing gives a smooth, creamy mixture.

Raspberry Ice Cream

1 pint red raspberries
½ cup granulated sugar
Pinch of salt
½ cup single cream
1 cup heavy cream.

Crush berries with sugar and heat. Cook for five minutes. Remove from fire and run through sieve. Add pinch of salt and allow to cool. Then place in refrigerator to chill. Whip heavy cream and place in refrigerator. Add single cream to chilled fruit juice. Then fold in whipped cream. Pour in to tray and allow to freeze, stirring twice at hour intervals.

SAINT JOHN, N. B., July 25—A woman giving her name as Mrs. Guy L. Lamson of Fredericton, reported to police today two highwaymen stopped her on the road from Petersville to Fredericton and robbed her of \$400.00. One of the men brandished a revolver the woman told police.

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BERLIN, July 25—The German Foreign Office through an authoritative spokesman, revealed today it viewed "sympathically" the tri-power invitation to participate in a new Locarno conference.

BRITAIN—The International Wheat Advisory Committee and Secretariat will remain in session another two years, it was decided at a meeting in London.

FARMERETTES OF FINLAND LEARN THEIR JOB FROM THE GROUND UP

Up at Dawn—Milk and Hoe—Reward a Gorgeous Complexion

TAMPERE, Finland, July 27—Girls' students at the nearby "milk maids' Vassar," the northern district agricultural school, get a good deal more out of their lessons than the technician of how to hoe potatoes, be suave to swine and keep on the right side of a cow. They acquire and keep complexions that money can't buy!

If the young lady agriculturist lives in the vicinity six months of the year, she races and glides to school each snowy morning, up to distances of five miles, on skis. Maybe that doesn't fetch her to classrooms as rosy as a June bud! And if she dorms at the school, then she's up with the dawn and out into the cold, for milking starts at 6 a.m. in the winter and 4.30 a.m. when there has been no night time, that is, in the summer months.

Learn by Doing

Girls from prosperous homes, who aspire to be state paid agricultural instructors, must learn by doing, even as must their sister students, the ambitious daughters of plain farm laborers, who have been doing these farm tasks most of their young lives.

Fair students estimate how many kilos there are in a pile of wood, and then go out into the snow and hack it into kindling. And they haul the wood on sleds when they're not hustling heavy baskets of potatoes, bags of huge turnips or cans of cream-rich milk. In the warmer months they pitch hay.

As for milking cows, that's where these nice appearing "cow-eds" shine like the pails that surround them, which must be ceaselessly boiled and polished in the school dairy. The first milking period is at 6 a.m. Yes, and then there's barely time for a student to shed her white knitted turban, white apron and natty black boots, and don the plain blue uniform of a class student. The first instructor taps for attention at 7 a.m., and lectures and recitations continue the rest of the day.

Only Five Men

The milking shed is as immaculate as the classroom. The girls keep it so. One nearly forgets to mention that there are five men students out of a total of around fifty.

Each cow—they are good average Finnish cows and not the cream of cow society—has the story of its life and of its parents' pet secrets posted on a card.

Take the cow Mussi, which a girl student is about to milk for the visitor's especial edification. Like her sisters, Mussi is washed, sponged, cleaned, hair-waved and manicured five times a day by students. At least two of the toilettes are "big" ones.

The young lady demonstrator sterilizes her hands before sterilizing the udders of Mussi. The pail is in place and everything is ready to go. All except Mussi. She looks around and sees a newspaper man from America, an interpreter from Tampere and Principal (Doctor of Agriculture) Vaino Korpi.

There is an awkward pause and a silent pail. Eventually the young lady says something to the cow. Apparently they teach cow language as well as the cryptic Finnish grammar at this school.

Mussi is mollified, perhaps on the assurance that the strange writer is well intentioned. Milk flows with tin-tinabulary rhythm and Mussi has confirmed the high rating on her report card.

Subjects pursued by the students, who average 18 years, include care of swine, cattle food preparation, poultry raising, animal anatomy and diseases, farm hygiene, bookkeeping, pasture driving, operation and functioning of farm and dairy machinery, development of cattle breeds, and farmers' economic co-operation.

Each week there is a "question hour" conducted by one of the faculty. The week's schedule includes two hours of singing Finnish folk songs, of which there is an assort-

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