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...OF...

Interest to Women

DOCTOR'S RULES FOR AVOIDING COLDS

"Common Colds Most Prevalent In Late Autumn" Says Dr. Fraser

With the annual high point in the number of common colds occurring regularly in the late fall season, Dr. Robert A. Fraser, Chief Medical Director of the New York Life Insurance Company, offers ten rules that will help men, women and children avoid widespread malady. They are:

- 1—Get plenty of sleep, fresh air and sunshine.
- 2—Eat all the nourishing food you need, but avoid overeating.
- 3—Dress sensibly and with regard to the climate.
- 4—If you get wet, change to dry clothing as soon as possible.
- 5—Breathe through your nose, not your mouth.
- 6—"Clenliness is next to godliness." Bathe daily.
- 7—Avoid constipation.
- 8—Get outdoor exercise every day. Long walks are excellent.
- 9—Avoid sudden changes of temperature.
- 10—Keep away from people who have colds.

"It goes without saying," Dr. Fraser adds, "that those with colds must use handkerchiefs when sneezing, coughing or expectorating, to avoid infecting others."

"Overheating lowers resistance, making the individual more susceptible to colds. If you have difficulty in breathing properly, see your doctor promptly; your tonsils, adenoids, sinuses or teeth may need attention. Don't go from a hot room out into the cold without suitable protection and never cool off by sitting in a draft or directly in front of an electric fan. Finally, if there is an epidemic of colds in your vicinity, avoid large, crowded meetings. In the home, quarantine cold sufferers, particularly if there are children or old people around. The infection of children and aged people is the cause of excess mortality in these groups."

Colds—A Cootly Enigma

The United States Public Health Service estimates a direct economic loss of more than half a billion dollars yearly because of the common cold, the average worker losing from three to five working days per year. "But," says Dr. Fraser, "in spite of the fact that much time and money have been spent in studying the cause and cure of colds, authorities agree on very few points, and the results of widely scattered experiments are full of contradictions."

"For instance, most observers today regard the cold as caused by infection from a filterable virus, even though the actual organism has not, as yet, been discovered. Others studying the question, however, believe that chilling of the body lowers the surface temperature of the mucous membranes of the pharynx, resulting in lowered resistance of these membranes, permitting infection."

tion by bacteria normally present. A third group states that a disturbance of the regulation of the heat of the body is a causative factor.

"Nevertheless, it has not been proven that changes in humidity, air temperature or barometric pressure have any great effect on the average individual, and it is a well known fact that groups of individuals may remain free from colds if isolated from their fellow human beings, but are attacked when contact is resumed."

Dr. Fraser thinks, therefore, that the common cold, regardless of how it is caused, must be looked upon as an infective agency that may vary in virulence from time to time. It may be endemic or it may be epidemic. It usually follows lines of travel, and it is communicable from hand to mouth.

Beware of Panaceas

"Regardless of the claims that are made for various 'cure alls,' there is at present no real known specific for the common cold," Dr. Fraser declared. "During the past few years serum treatments do aid some people and confer short time immunity on some individuals, as a general rule they are not effective."

"Irradiation with ultra-violet rays has some value, but it is also doubtful that it benefits in the majority of cases. The use of cod liver oil in various forms is advised by some physicians, and in children this remedy does seem to have some effect."

What To Do

The best thing to do, Dr. Fraser feels, is to go to bed just as soon as you feel a cold coming on and isolate yourself from the rest of the family as much as possible. Rest is more important than medicine. Take a hot bath and then get into bed with plenty of covers. Drink freely of water and fruit juices. A mild laxative is advisable and the diet should be light and simple during the acute stage. Don't prescribe medicine for yourself. See your doctor and let him do it. He knows far more about it than you or your friends.

"In the case of children," Dr. Fraser says, "by all means consult the family physician promptly. Many diseases of childhood are ushered in with symptoms resembling those of the common cold. Sniffing or running of the nose, complaint of sore throat, slight fever, these are symptoms which many parents attempt to treat as a cold, when it is a fact that the doctor might note them as the early indications of a serious, infective disease."

"But above all," Dr. Fraser said, "let me emphasize again the necessity of rest in bed and seclusion from the rest of the family until the cold has disappeared."

COCONUT ADDS CLASS

Plain Dishes Easily Transformed Into Delicacies

(By Katharine Baker)

With Thanksgiving and Halloween over, there is a lull in festive events till Christmas comes. No doubt you put your best foot forward on those occasions and gave the family lovely things to eat. But because there is nothing to celebrate for a few weeks, don't deny them the extra tasty dishes they love. Rich foods are not essential when we think of good meals; simple things "dolled" up are really the best because they are easy to prepare and good for all concerned.

A time-saving and convenient way of adding dash and class to your cooking is by having on hand those little extras that go such a long way in making good-looking and good-tasting dishes. Coconut, in almost any form, is a favorite. There are so many uses for these delightful, moist shreds of goodness that every housewife should keep a carton or sealed tin of it on the pantry shelf. It's really an adventure to discover the number of ways in which you can use coconut to transform plain dishes into extra special delights.

Apple Betty has long been popular in most homes but the addition of coconut, as in the following recipe, makes it an even more tasty dessert.

Coconut Apple Betty

- 4 tart apples, pared and thinly sliced.
1 cup soft bread crumbs.
1 cup coconut, premium shred.
½ cup firmly packed brown sugar.
1-2 teaspoon cinnamon.
4 tablespoons butter.
Arrange layer of apples in greased

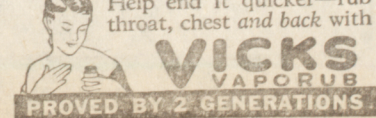
baking dish. Cover with bread crumbs and coconut; then sprinkle with mixture of sugar and cinnamon, and dot with butter. Repeat until all ingredients are used, topping with coconut. Cover and bake in moderate oven (350 degrees F.) 35 minutes. Uncover and bake 10 to 15 minutes longer, or until apples are soft. Serves six.

Coconut Cup Custard is a new thrill for those who love custard and, those who are not fond of it but whose diets demand it will find the addition of coconut a big help in "taking their medicine."

Coconut Cup Custard

- 6 egg yolks or 3 eggs, slightly beaten.
6 tablespoons sugar.
1-2 teaspoon salt.
3 cups milk, scalded.
1 teaspoon vanilla.
1 cup coconut, premium shred.
Combine eggs, sugar and salt. Add milk gradually, mixing thoroughly; then vanilla and coconut. Pour into custard cups; place in pan of hot water and bake in slow oven (325 degrees F.) 40 to 45 minutes, or until knife inserted, comes out clean. Chill. Serves six.

Caught a Cold?
Help end it quicker—rub throat, chest and back with



Canada's Favourite Tea

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THE REWARD OF LABOUR

Delightful New Uses For Jellies

(By Katharine Baker)

In some households it is absolutely forbidden to touch any of the preserves which the lady of the house has prepared until the weatherman says that winter has actually arrived. In others, the jars have hardly been sealed before they are opened and used. Whichever course of action your family pursues, you will never regret having put time and energy into the making of jams and jellies. The economy and convenience of having them on hand for use now or later in the season will be a tremendous help in preparing tasty dishes. The usual uses for jams and jellies need hardly be mentioned since every household practically thinks of toast in terms of the jam which they like best and some people won't touch meat without the jelly they love.

Here are some of the latest uses for jelly which add elegance to dishes and brighten the table.

Chicken Croquettes With Jelly Garnish

- 4 tablespoons quick-cooking tapioca.
½ teaspoon salt.
1½ cups hot chicken stock.
2 cups cooked chicken, finely chopped.
1 egg, beaten with 3 tablespoons milk or stock, and ½ teaspoon salt.
Sifted bread or cracker crumbs.

Add quick-cooking tapioca and salt to stock, and cook in double boiler 15 minutes, or until tapioca is clear, stirring constantly. Add chicken and cook 5 minutes longer. Cool. Shape into cones, making a slight depression in top of each croquette. Chill. Dip in egg, roll in crumbs, and fry in deep fat (400 degrees F.) 1 minute, or until golden brown. Drain. Fill each depression with bit of bright jelly. Arrange on platter and garnish with slices of molded jelly and parsley. Makes 10 to 12 croquettes.

For afternoon tea try either of these jelly-and-coconut dainties.

Coconut Brambles

- 2 cups sifted cake flour.
1 teaspoon salt.
1 cup sugar.
1 cup cream.
2 tablespoons milk.
2 teaspoons baking powder.
4 egg whites.
1 teaspoon vanilla.
¼ teaspoon almond extract.
1 cup blackberry jelly.
Southern style coconut.

Sift flour once, measure, add salt and ½ cup sugar, and sift again. Add cream, milk, and baking powder to egg whites, and beat with rotary egg beater until mixture thickens; then add flavoring and remaining sugar. Fold in flour gently. Bake in two greased pans, 8x8x2 inches, in moderate oven (325 degrees F.) 25 minutes, or until done. Cool. Put layers together with blackberry jelly. Cut into two-inch squares or diamond-shaped pieces, cover each square with boiled frosting, and sprinkle thickly with coconut. Makes 25 brambles.

Jelly Tuck-Aways

- 3 cups sifted flour.
½ teaspoon soda.
1 tablespoon cream of tartar.
½ teaspoon salt.
1 cup butter.
2 cups sugar.

4 eggs, slightly beaten.
1 teaspoon vanilla.
4 egg whites, stiffly beaten.
Red current jelly.
Coconut, southern style.
Sift flour once, measure, add soda, cream of tartar and salt and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg yolks and vanilla; then add flour. Fold in egg whites. Drop by teaspoons on greased baking sheet. Make slight depression in center of each, fill with jelly, and sprinkle with jelly, and sprinkle with coconut. Bake in hot oven (400 degrees F.) eight minutes, or until done. Makes 3½ dozen tuck-aways.

BURDEN NOTES

This is one of the best hunting sections in the Province, and many deer and partridge have been taken in this vicinity by hunters from various sections of Canada and the United States.

Miss Glenna Cliff of North Devon has taken charge of the school here. Miss Margaret Thornton who was teaching school here for the past month has returned to her home at North Devon.

George Donahue, a former resident of this place, but now residing in the vicinity of McAdam, was calling on old friends one day this week.

Wild geese have been passing over this place on their way to the sunny south to spend the winter. They don't have to buy a ticket but they get there just the same.

Mr. and Mrs. Eldon Jewett and family and Mrs. Thomas Pollock of Smithfield were calling on friends one day recently.

Mr. and Mrs. Otis Niles and family, of Long's Creek were supper guests of Mr. and Mrs. Roy Tapley's on Sunday evening.

Mr. and Mrs. Roy Tapley and son, Glendon, accompanied by Mrs. Martha Kelly, motored to the city on Tuesday.

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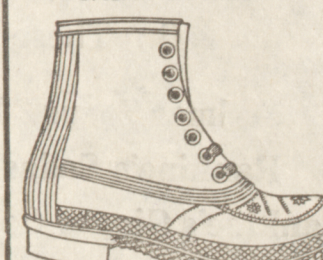
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