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**DIET COMPOSED  
OF VEGETABLES  
AND MEAT BEST**

(By Dr. James W. Barton)

We do not read or hear of the arguments now between vegetarians and those who eat the mixed diet. It is now generally agreed among nutrition experts, those who by education and from experience are best fitted to inform us on these matters, that the mixed diet is best for man.

That man, doing little more than office work, should not eat meat three times a day is admitted, but that he should have no meat or eggs daily because he does no physical work is a mistake. The body is doing its own regular work of heating the blood and tissues, circulating the blood, digesting food, and other work needs some animal protein to build and repair worn tissues.

As mentioned before, animals that eat only grasses and herbs such as the cow, need a long digestive tract and thus the length of the cow's intestine is extremely long as compared with the length of the dog, while the digestive tract of the dog which eats only meat is short compared with the length of the dog's body. Man, whose digestive tract is shorter compared to his length than that of the cow, and longer as compared with the dog, should therefore eat less grass or vegetables as compared with the cow, and less meat as compared with the dog. In other words, man should eat a mixed diet.

Further, if man does hard physical work, or takes hard exercise, he will need more meat than if he is an office worker or takes little or no exercise. Dr. Harvey Campbell, London, England, in a letter to the editor of the British Medical Journal, says, "The nutrient or food value of vegetable food has been enormously increased by cultivation, yet man cannot attain his full measure of mental and physical health on such a diet no matter how skillfully selected and fortified by vegetable extracts. The significant fact is that animal proteins and fats have a higher nourishing value for man than the corresponding forms such as cereals and vegetable oils."

Henry Light, who for 30 years has been intimately associated with "vegetarian" athletes, and for 20 years captained their cycling club, "had known only one man who was able to maintain health on a purely vegetarian diet; yet even in his case, slackness would, after a short time, set in when the addition of a small quantity of animal food—milk and eggs—sufficed to re-establish his natural vigor."

**SPRINGFIELD**

Storey Everett of Crouseville, Me., has been spending a few days at the home of Lawrence Hersey.

Miss Melissa Graham has returned to Macnaquac after spending her holidays at her home here.

Miss Alice Gunn is again taking up her duties as school teacher in this place.

Miss Mary Gough is spending a few days with friends of this place.

Mrs. Roy Reed is spending a few days at her home at Holtville, N. B.

Mr. and Mrs. Harold Whitehead have returned to Zealand Station after spending the Christmas season with Mrs. Whitehead's parents.

Mrs. Charles McGrath has been called away on account of her daughter's illness.

Frank Oliver of Upper Springfield is convalescing at his home.

The P. Y. P. of Springfield held their annual Watch-Night Service in the Pentecostal Mission.

Ellis Moore, who is working in the woods, has returned to his work near Burt's Corner.

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... OF ...

**Interest to Women**

**FINDING JOY IN EMOTIONAL RELEASE**

**Ruth Cameron Assigns a Reason for Liking Book Character**

(By Ruth Cameron)

I have just been reading a book in which the spirit of Becky Sharpe is reincarnated.

Maybe I'm wrong, but I would be willing to bet a few pennies anyway that the person who wrote that book had read "Vanity Fair," was thrilled by the matter-of-fact hardness of the fascinating Becky Sharpe of Vanity Fair fame and had unconsciously molded her Scarlett in the same image.

And in so doing made a heroine whom every one who reads the book enjoys.

Scarlett doesn't have the noble feelings of those about her about the civil war. She thinks it's nonsense; she wants the world back as it used to be with plenty of beaux and balls. She isn't a devoted and untiring nurse at the hospital, as most proper heroines of a civil war book would be. She hates the nursing, she hates the lice and the smells and seeing men who are going to die. She has to do it because she would be a social outcast if she didn't; but she hates it and escapes when she can. She can't feel the thrill the other women feel at hearing "Dixie." She doesn't love her husband and it is not particularly fond of her child at times. She resents having to share the scanty fare of the ravaged plantation with the returning soldiers, and wishes her sister would marry so she would not have to be fed.

And yet in spite of all this we thoroughly enjoy her. Why is it?

Isn't it because there is an emo-

tional release in finding a character who is just as selfish and hard and ignoble as we sometimes are ourselves?

Isn't it a sort of outlet for the natural selfishness and love of ease and impatience and bitterness and general badness that we sometimes feel and that we don't like to admit, even to ourselves?

And doesn't it furnish a kind of relief to know that there are other people as bad as we are—or even worse? There is a theory called the Catharsis theory, that the reason we enjoy tragedy on the stage is that it purges us of our sadness. Maybe seeing or reading about a heroine who has a good share of natural cussedness purges us of some of our cussedness. Or at least of some of the bad results of trying to keep it repressed.

A friend of mine has a very amusing record which I always ask her to play when I go to see her. It is a song supposed to be a letter from a manager to a mother who wants to put her daughter on the stage. The manager is violently advising against it, and the last verse ends in a triumphant crescendo "No more buts, Mrs. Worthington. Nuts, Mrs. Worthington. Don't put your daughter on the stage!" There is something about that downright and scornful, "Nuts, Mrs. Worthington," which simply delights me.

Probably another case of Catharsis. I expect we get a great many more of those vicarious outlets than we realize.

**PINEAPPLE JUICE FOR BREAKFAST**

**More and More the Tropics Are Supplying Our Tables With Nutritious Foods**

(By Edith M. Barber)

Time and space have been conquered to such an extent that today we can call upon the tropics for certain foods which make important contributions to our nutrition. Among these none is more important than the pineapple. Half a century ago this fruit appeared upon only luxurious tables in its whole fresh form. Today we find it much more plentiful in its season and at a comparatively low price.

In its canned form, it has, however become an all the year round staple. You may choose rings, fingers, discs or crushed fruit, with or without extra sweetening. Pineapple juice in its natural form, or with extra sugar, has made a place for itself since it came on the market as a breakfast beverage and as an ingredient for punches and other mixed drinks.

Fortunately on account of the vacuum process used in canning, and because of its acid content, the valuable vitamins, A, B, G and C are not affected by the cooking necessary during the preparation. A worth while amount of phosphorus is also provided by pineapple. The natural sugar content makes it like other fruits, a source of energy. The unsweetened products are becoming more and more popular as it is realized that the natural sugar content contributes to flavor. The slightly astringent quality which is characteristic of pineapple makes it a particularly good accessory to meat, especially ham,

with which it contracts in such a way that each brings out the flavor of the other.

**Orange and Pineapple Jam**

4 cups citrous and pineapple mixture, 7 cups sugar, ½ cup bottle fruit pectin.

Add grated rinds and juice of two oranges and two lemons to crushed pineapple. Measure fruit mixture into large kettle. Add sugar, mix and bring to a full rolling boil, stirring constantly. Boil hard one minute. Remove from fire and stir in pectin. Stir for just five minutes to cool slightly. Pour quickly. Cover hot jam with film of hot paraffin; when jam is cold, cover with one-eighth inch of hot paraffin. Roll glass to spread paraffin on sides.

**Pineapple Snowballs**

3 egg yolks  
1 cup granulated sugar  
3 tablespoons cold water  
1 lemon rind, grated  
2 tablespoons lemon juice  
1 cup sifted flour  
1½ teaspoons baking powder  
3 egg whites  
¼ cup butter  
1 cup sugar  
1 cup shredded pineapple  
Beat the egg yolks and sugar until very light. Add the cold water, lemon rind and juice and the flour sifted again with the baking powder. Fold in the stiffly beaten egg whites, pour into buttered cups and steam ¾ of an hour. Serve with the following sauce: Cream the butter with the remaining cup of sugar, add shredded pineapple.

**CHILD'S FIRST TEETH ARE IMPORTANT**

Mothers who have the old notion that a child's first teeth "don't matter, because they are going to fall out anyway," had better wake up. Warning of the danger to the child's health and telling how to prevent them, the famous specialist, Dr. Charles Gilmore Kerley, says:

"If you care about your young men's digestion, his permanent teeth and the shape of his jaw when he grows up, you will keep the first teeth sound. Cod liver oil will help.

So, too, will proper diet—milk, egg yolk, green vegetables and fruit—especially orange juice. Reaming the oranges down to the white layer of skin will give him ten per cent higher in vitamin C than does squeezing, which does not break the sacs.

"When his teeth are going and coming, take him to the dentist regularly every six months. A cavity in a first tooth needs attention as much as one in a permanent tooth. Thus visits to the dentist should begin

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**IMAGINARY  
INTERVIEWS:  
1936 AND 1937**

Old Year—Knock, knock, who's there?

New Year—Juzza.

Old Year—Juzza who?

New Year—Juzzaanother year.

Old Year—You're feeling pretty

funny now; wait'll you've been on the job a few weeks!

New Year—Lissen, I can't be intimidated.

Old Year—That's what I thought 366 days ago. Kid, I pity you.

New Year—So you can't take it, eh?

Old Year—I see there's no sense talking to you; you're just one of those brash youngsters that know it all.

New Year—Okay, pop!

Old Year—Have you no respect for your elders?

New Year—To me you're just a jittery old geezer with whiskers and a grouch. Why don't you try being cheerful?

Old Year—One year ago I was as full of self-confidence, red pepper, horseradish and quick answers as you.

New Year—Yeah? What happened to you?

Old Year—You'll find out!

New Year—You've left things pretty untidy, it seems to me.

Old Year—Don't go at the mess too seriously. It will take you and a good many years like you to make any real headway in clearing up things on this old planet.

New Year—How did you ever let things pile up like this?

Old Year—It's not my mess; there was a big accumulation when I came in.

New Year—(a little startled)—What's all that noise? It sounds like shooting.

Old Year—It IS shooting.

New Year—Who's doing it?

Old Year—Who ISN'T?

New Year—Hark! What's that yelling and screaming?

Old Year—You'll get used to it. It's just some of the European statesmen enjoying their morning workout in universal hatred.

New Year—(getting a little apprehensive)—What's that conflagration off to the east?

Old Year—That's Spain. You'll know more about her in a few weeks.

New Year—It looks like a big fire.

Old Year—Boy, it's just starting!

New Year—Say, what's the matter with this world, anyhow?

Old Year—I tried to find the answer to that, and look at me now!

New Year—Isn't there anybody happy and satisfied anywhere on this map?

Old Year—I don't think so.

New Year—Look! There's three fellows, who are laughing. They seem perfectly contented.

Old Year—Oh, those fellows. They're exceptions. Don't you know them?

New Year—Who are they?

Old Year—Frankie Roosevelt, Big Jim Farley and the Duke of Windsor.

New Year—How did they escape all this trouble that seems to engulf the earth?

Old Year—It must have been love!

—H. I. Phillips in New York Sun.

before the age of two. Infected teeth may cause disease in remote portions of the body. Teach the child to brush his teeth with a good dentifrice morning and night for two minutes. In cleaning, brush the upper teeth down and the lower teeth up. Straightening a child's teeth when necessary, improves his health. When his teeth are out of line, they do not mesh. He cannot chew properly, and that makes his digestion poor. He also breathes through his mouth, and adenoids develop.

"If you child's teeth come in crookly, consult a dentist who specializes in straightening. Few health measures are more important or more successful."

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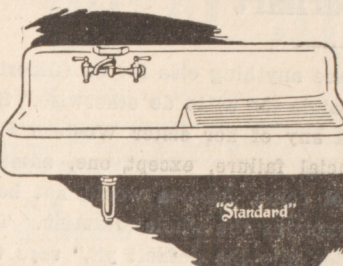
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