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**RECIPES**  
**Cheese and Olive Canape**  
Blend 1½ ounce package Roquefort  
cheese with ½ package cream cheese.  
Toast finger lengths of bread on one  
side only and spread untoasted side  
with cheese mixture. Garnish with  
overlapping slices of stuffed olives.  
**Caviar Canape**  
Toast oblong shapes of bread on one  
side. Spread untoasted side with may-  
onnaise, then with caviar to which  
has been added an equal amount of  
preserved sweet pickled onions, very  
finely minced. Garnish with slices of  
stuffed olives.  
**Mock Pate Tidbit**  
Mix liverwurst with lemon juice;  
add minced olives, onion juice and  
minced green pepper. Spread on salted  
wafers. Decorate with green pep-  
per rings.  
**Studio Cheese**  
Two ounces of Roquefort cheese, 2  
tablespoons rich cream, 1-8 teaspoon  
paprika, 2 ounces soft cream cheese,  
½ teaspoon Worcestershire sauce, ½  
teaspoon prepared mustard, about 2  
tablespoons Madeira wine. Place the  
cheese in a bowl and mix well. Add  
the rest of the ingredients, mixing  
well; then permit to stand in refrig-  
erator for 24 hours to ripen before us-  
ing. Spread on toasted biscuits or  
wafers. Makes about one cup cheese.  
**Shrimp Appetizer**  
Clean shrimps and drain well. Dip  
in lemon juice and roll a boned fillet  
of anchovy around each one, securing  
with a toothpick. Delicious.  
For another shrimp canape, boil  
fresh shrimp, clean and split; or, use  
canned shrimp. Insert a small por-  
tion of Roquefort cheese in the cen-  
tre of the two halves. Roll in flour,  
then egg beaten with a little milk,  
then in bread crumbs and fry to a  
light brown in hot fat.  
**Skippers**  
Halve three-inch sweet gherkins  
lengthwise. Slice the underside of the  
pickle flat so that the boat will stand.  
Make a sail from two layers of chip-  
ped dried beef put together with a  
thin layer of softened cream cheese  
mixed with olives. Roquefort cheese  
may be used. Thrust through a col-  
ored toothpick and stick in the top  
of the pickle boat.  
**Potato Chip Canapes**  
Spread potato chips with a paste  
made with two parts of cream Roque-  
fort cheese and one part chili sauce  
or catsup and one part chopped stuff-  
ed olives or pickles. Serve immedi-  
ately. Any savory fish pastes or meat  
pastes may be used to spread on po-  
tato chips.  
**Sardine Paste**  
Combine ½ cup ready prepared or  
home made thousand island dressing,  
¼ cup minced sardines and ½ tea-  
spoon lemon juice. Blend well. Chill  
and serve as wafers or roasted bread  
shapes.  
**Gherkins in Blankets**  
Wrap a sweet midget gherkin with  
a strip of bacon and spear with a  
toothpick. Broil until bacon is crisp.  
**Frankfurter Appetizer**  
Slice a small frankfurter and a dill  
pickle into thin rounds. Using two  
slices of each, stack alternately, then  
spear with toothpick. Very sturdy bit!  
**Caviar Monte Carlo**  
Mix caviar, anchovy paste and hard  
cooked egg yolk together and fill the  
halved whites of eggs.  
**Celery Balls**  
1 cup finely chopped celery, chop-  
ped almost to a powder; mix with one  
package cream cheese, ¼ teaspoon  
salt, pepper and roll into small balls.  
Roll the balls in chopped parsley and  
paprika. Pimento cream cheese can  
be used if desired.

... OF ...  
**Interest to Women**  
**OBEISITY IS REAL DISEASE,  
RESEARCH DOCTOR LEARNS**

**Discover Action of Body Whereby Reserves  
Accumulate Too Rapidly and Are  
Useless in Emergencies**

(By Dr. James W. Barton)  
Just as yellow fever, malaria, dia-  
betes, pernicious anaemia and other  
'incurable' diseases have been con-  
quered in recent years by our sci-  
entific research physicians, so also will  
obesity—overweight—the conquered  
within the next few years.  
For, after all, obesity is really a  
disease—some deficiency somewhere  
in the body—just as with diabetes  
and pernicious anaemia.  
Time after time metabolism tests  
have been made of overweights (that  
is the rate at which the body pro-  
cesses work) and except in a very  
few thyroid or gland cases—perhaps  
2 or 3 in every 100—the body pro-  
cesses in overweights were not work-  
ing any slower than in those of nor-  
mal weight.  
**Studies Mobilization**  
Dr. G. Hetenyi, in German Arch-  
ives of Clinical Medicine, thinks that  
there is something wrong with the  
collection and distribution of fat in  
the bodies of those who are over-  
weight.  
He investigated the mobilization or  
gathering together of the fat at the  
depots or storage places in over-  
weights and in normal individuals,  
when both types were eating suffi-  
cient food for their needs. He found  
that there was something wrong or  
different with the way fat was gath-  
ered and stored in the bodies of over-  
weights.  
Then he studied the way the fat  
and the normal individual handled  
the blood rich in fat from food, and  
observed that the tissues of over-  
weights have a great avidity—eager-  
ness or desire—for fats that enter the  
blood stream. In other words as the  
blood rich in fat passed through the  
tissues of fat individuals, these tis-  
sues were 'hungry' for fat and so a  
great amount of the fat in the blood  
was taken from the blood and stored  
in the fat tissues. On the other hand,  
in those of normal weight, their tis-  
sues did not seem so hungry for fat  
and so the fat laden blood passed

through without leaving much if any  
fat.  
**Putting Fat In**  
Dr. Hetenyi also studied the rela-  
tion between fever and fat mobiliza-  
tion from the deposits of fat, the ac-  
tion of dehydration (cutting down on  
liquids) on the fat in the blood, and  
finally the reabsorption into the blood  
of fat put under the skin by a hypo-  
dermic needle or syringe.  
He found out that the increase in  
the blood fat (fat taken from the fat  
depots) was slight in overweights.  
Was less than in those of normal  
weight. This means then that during  
an illness when there is an increase  
in the temperature of the body, the  
tissues of overweights did not give up  
as much fat to the blood proportion-  
ately as did those of normal weight.  
And finally the blood in overweights  
did not take into itself as much of  
the fat that was placed in the body by  
the hypodermic needle as did the  
blood in those of normal weight. It  
practically left this extra fat stay  
where it was.

The conclusions drawn from the  
above experiments are that the mobi-  
lization or collection of fat from its  
storage depots—the skin, the liver, in  
and about the abdominal organs—is  
reduced in overweights, whereas their  
absorption of fat from the blood pass-  
ing through their tissues is greatly  
increased.  
In other words, fat individuals take  
more fat from the blood when fat is  
being eaten, and less from their de-  
pots when no fat is being eaten than  
do the tissues of those of normal  
weight.

Overweight—obesity—is therefore a  
disease of fat mobilization—the way  
fat is gathered and distributed.  
Now while this knowledge that the  
tissues are 'different' in the way fat  
is handled in the body—whether the  
fat is due to eating starch or fat  
foods—may make overweights feel a  
little less responsible for their in-  
creased bulk, nevertheless there is no  
reason why they should not reduce  
their weight.

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**SPARKLING FROCKS FOR NIGHT LIFE**

**French Holiday Parties to See Spangles, Jewels,  
Gold Embroidery --- Rainbow Chiffon  
Goes Dancing**

PARIS—French party frocks for the  
winter holiday season will sparkle  
with Parisian elegance and scintillate  
with jet spangles, gold embroideries  
and jewel-studded clasps.

Evening dresses destined to grace  
holiday fetes give luxury the right of  
way. Gold embroideries cluster on  
lustrous pastel-colored satin gowns.  
Gold braids and laces tone up dusky  
velvets with medieval brilliance.

For the re-veillon parties, where  
chic Parisians will gather on Christ-  
mas Eve, filmy black frocks in tulle  
and lace incrustated with wide bands  
of flashing jet spangles are shown.  
Toreador jackets to cover white  
shoulders rising above low-cut bod-  
ices are massed with sequins.

**Turkish Trousers**  
Rainbow chiffon frocks, blending  
three delicate shades, will claim  
space on the dance floors beside  
crisp, wide-skirted black organzas,  
trimmed in gold braid ball heads and  
banded with self-ruching.

From cocktail buffets to glistening  
supper tables gowns in the Grecian  
style will step along with Turkish-  
trousered frocks. Both are fashioned  
of sheer crepes and depend on drape-  
ry for their fine effects.

**ENCOURAGING CAMPAIGN OF GLAMOUR**

**Women Nowadays Finding That Elegance is  
Running Rampant**

(By Elsie Pierce)  
Stay on the conservative side for  
your wedding day, but adopt all the  
glamorous, new tricks you know and  
as many new ones as you can quick-  
ly summon, for gay holiday parties.

This year, more than many a sea-  
son, glamour and elegance are run-  
ning rampant. Wear flowers in your  
hair, fresh flowers and, banking them  
a brand new hair dress, one that is  
radiantly different that it will admit  
quite frankly, "Yes, I've changed lots  
haven't I?"  
Wear rich velvet, heavy brocade,  
silk damasks, rustling taffetas. And  
top your evening gown with jewels,  
bracelets at your wrists, rings on

your fingers, a pearl choker at your  
throat or jewelled clips. But make  
sure that the jewels don't outshine  
the skin they touch.  
Change your nail polish and for the  
one evening at least leave the con-  
servative side. If one of the new  
mauve casts harmonized with your  
own and your costume's coloring, by  
all means try it.  
Speaking of harmony, make sure  
that your makeup is perfection itself.  
The time when you want most to  
look your best is holiday party time.  
And our makeup has much to do  
with the final picture.  
I do hope a thoughtful someone  
presented you with a make-up har-

**IDEA OF STARVING  
FEVER OUTMODED,  
DR. BARTON HOLDS**

(By Dr. James W. Barton)

A common expression years ago  
was "starve a fever." A youngster  
with a fever was not supposed to have  
any food for a day or two because the  
food would increase the heat or fever.  
The result was that the youngster be-  
came weak from lack of nourishment  
and was really less able to fight the  
infection or other condition which  
caused the fever or rise in temper-  
ature.

Dr. Liselotte Meyer, Munich, Jour-  
nal of the American Medical Associ-  
ation, recommends a diet for children  
with fever that is practically free  
from protein—meat, fish, eggs (white  
parts).

"His diet consists of large quan-  
tities of fluid in the form of sweet-  
ened tea and fruit juices. Nursing  
children are given, in addition to  
these fluids, one raw egg yolk, and  
older children are given some stewed  
fruit and toast and later also two raw  
egg yolks.

"Depending on the length of time  
the fever lasts, the diet is continued  
from two to eight days or even for  
12 days. This form of diet is usually  
well liked by the children and it  
agrees with them."

As you know, in fever there is so  
much fluid lost by the body and this  
fluid diet thus replaces the fluid so  
lost. It is chiefly sugar, and this sup-  
plies a sufficient amount of calories  
—heat units or fuel.

As this sugary water passes through  
the stomach quickly or without dif-  
ficulty, vomiting is prevented. Fur-  
ther, the fact that there is no protein  
foods means very little work on the  
kidneys, an important point when the  
kidneys are affected by the ailment.

Taking in this large amount of vi-  
tamins and fats (as in egg yolks) im-  
proves the general condition and the  
defense powers of the body.

This diet for children with fever  
should prove of real value to anxious  
or frightened mothers who feel that a  
youngster shouldn't eat when it has a  
fever, and yet also feel that the child  
needs food to provide strength to  
fight off whatever may be attacking  
the system and so making the body  
increase its temperature in order to  
fight it with more strength.

How different and how much more  
sensible this is—supplying the body  
with easily and quickly-digested food  
—than the old method which meant a  
strong cathartic—castor oil—and with  
holding the food for a few days dur-  
ing which the youngster grew weaker  
and less able to fight the attacking  
ailment.

**Fredericton Junction**

FREDERICTON JCT., Jan. 4—At  
the January meeting of Sunbury  
Lodge No. 42, A.F. & A.M. here on the  
2nd inst., the officers were installed  
by Right Worshipful Bro. John W.  
Thornton of Lodge No. 22 A.F. & A.  
M., Saint John. He was assisted by  
Past Master Archie Gordon who acted  
as Director of Ceremonies. The of-  
ficers for 1937 are: W.M., Harold C.  
Carson; Immediate P.M., Ernest E.  
Nason; S.W., Lemuel R. Nason; J.W.,  
Tyler E. Harris; Chap., Herbert W.  
Atkinson; Treas., T. Earl Nason;  
Secretary, Joseph C. G. Cook; S.D.,  
Henry H. Stuart; J.D., Paul C. Mer-  
sereau; S.S., David A. Duplisse; J.S.,  
Wesley W. MacPherson; Director of  
Ceremonies, H. Raymond Peterson;  
Inner Guard, Albert R. DeWitt; Ty-  
ler, John H. McCleary. Addresses  
were given by the officers, present  
and others. A banquet was held at  
the close, J. H. McCleary caterer.  
Past Master David W. Mersereau,  
the first W.M. of Sunbury Lodge, was  
recently presented with an address  
and a Past Master's jewel. Mr. Mer-  
sereau, who had not been able to at-  
tend lodge lately because of poor  
health, was much pleased to receive  
the token of appreciation for his great  
services to the Order.

**GRAND-SLAMMING**

When I would a-bridging go  
I bid too high or bid too low.  
My card technique is most erratic,  
To my partner I'm just static.  
I'm one of those whose each finesse  
Is fore-ordained to be success—  
However, I find consolation  
In scoring at bridge conversation.  
—Lenore Eversole Fisher.

many kit containing the make-up es-  
sentials in colors to harmonize with  
your favorite costume. If not, do treat  
yourself to one immediately. It will  
do things to your morale as well as  
your costume and your face. Wear  
shadow on your lids, mascara on your  
lashes, use two powders instead of  
one.

Don't forget your hands and arms.  
They should be part of your glamour  
campaign. They deserve the same  
kind treatment you give your face and  
after soothing and softening you  
should treat them to a make-up too  
consisting of a not-too-white whiten-  
ing. There are any number of per-  
fectly heavenly preparations that do  
everything but rub off on your es-  
cort's coat.

Now straighten up, for all that regal  
splendor calls for regal grace and  
carriage. Fortified with all the glam-  
our tricks you can summon you  
should have a grand time.

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It cultivates the mind, an  
equable disposition, and im-  
proves the physical condition.  
It Spells Health, Entertain-  
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work lighter and pleasanter for  
your wife. Install a Water Sys-  
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all the work they do for you."

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