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HEALTH

It is often difficult to give a mean-
ing to words which we use every day.
One of these words is "Health." We
say that we are healthy and yet, when
asked to explain what we mean, we
likely find it almost impossible to put
our meaning into words.

In the first place, when we are
healthy we are free from any obvious
disease. That perhaps is the com-
monest idea of health. As long as an
individual goes about his work and
does not complain, he is thought of as
healthy.

As a matter of fact, such people are
not necessarily healthy in anything
like the full meaning of the word.
Freedom from actual disease is de-
sirable, but health is far more than
that. Health is something positive,
something that brings happiness to us.

The person with health faces the
day's work with confidence, finds
pleasure in his occupation, is able to
do better work, and can fully enjoy
the hours of relaxation.

It is surprising the number of peo-
ple who spend a more or less miser-
able life, unable to accomplish the
things of which they are capable be-
cause they have not health. These
same people are surprised when, on
a medical examination, they learn
that there is something wrong with
their bodies, something not perhaps
serious enough to cause death, but
sufficient to handicap them in their
daily life and perhaps, to make them
grow prematurely old.

Again, there are those who miss
the happiness that comes with health
and yet are free from any physical
blot. These are the people who are
not following the simple rules of
hygienic living. We cannot rob our
bodies of rest, fresh air or proper
food and continue to have health.

Health is a condition of physical
well-being that comes to those who
are free from physical defects and
who follow the simple rules of hy-
gienic living.

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ganization recently took over Kenn-
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Russ Morgan who goes to a Florida
spot for C.R.A. Lucas will have an
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... OF ... Interest to Women

CYNTHIA PROCTOR IS READY WITH DETAILS

(By Cynthia Proctor)

A 'snow party' is being planned for
a group of girls some time the first
part of next month. "I hope the whole
idea won't be too ironical," writes E.
C. We're beginning to think that
snow parties out in the open are a
thing of the past—that is, unless you
go out to California! But, with en-
ough imagination, an indoor snow
party can be loads of fun.

First the invitations—cut round in
the shape of snowballs, or white card
board or stiff paper. Put a little glue
or paste on the surface and sprinkle
with artificial snow.

At this particular party, the girls
are going to sit at small tables—
four or five at each one. For the
centrepieces, use crepe paper 'snow-
men'—about eight inches high. You
can make these or buy them ready
made. Around him place cotton bat-
ing 'snowballs.' For place cards use
either the snowballs with tiny col-
ored cards clipped to them, or tiny
snow men with the card inserted. To
make the decorations more outstand-
ing, cover the tables with gay colored
cloths—red, bright blue, green and
checked ones. They may all be
alike, or varied in pattern. A very
smart table could have black or black
and white check for the cover. If you
use crepe paper you could cover them
all alike and use red or white can-
dles in black holders.

Decorate the party room with snow
ball plants (cotton batting) and have
cut-outs of snow men strung around
the room. Pictures of coasters and
sleds, skaters, skiers and snow-
covered mountains might also be used
for decoration, as well as imitation
icicles.

For a menu, serve chilled tomato
cocktail chili con carne, hot biscuits,
ice cream and angel food cake, or
frozen pudding or snow pudding with
custard sauce.

Cold Game

Give a prize to the one who can
think of the most words with 'ice' in
them—iceberg, ice cream, icicles, bi-
cycle, etc. Time limit ten minutes.

Give a prize to the one who can
balance a cube of ice on his finger or
walk across the room carrying the ice
cube on a narrow bladed knife.

Jigsaw Puzzles

Cut from magazines fairly good-

sized pictures of sleds, people coast-
ing, and other winter scenes. Paste
them on cardboard and then cut them
into a number of pieces. Each table
is given puzzle parts to put together.
Those finishing first are the winners.

Snowball 'Fight'

Divide the group into teams—if
there isn't room enough for all to
take part at once, let two teams play
at a time. Teams stand on opposite
sides of the room. Each side is pro-
vided with cotton snowballs. When
the whistle blows, the fight begins.
Every time a player is hit by an en-
emy snowball, he steps out of the
fighting area. Or he may stand in
the centre of the two groups and try
to keep members of his team from
getting hit. The throwing of snow-
balls continues fast and furiously un-
til one team is completely out of
snowballs or out of players. Then two
more teams take up the battle—or,
the winning team may take on the
next group, etc., until every one has
had a turn.

The snowballs may also be used as
target throwers. Make a large black
and white and red target on card-
board and tack it on the wall. Mark
the centre 25, the next circle 15 then
ten and five.

Players stand about ten feet from
the target and try, naturally, for the
highest scores. Records of scoring are
kept and a prize given to the highest
scorer.

Warm and Cold

Implements for this game are a
tin pan and a spoon. Elect one of the
noisiest guests to beat upon the pan
with the spoon, and send one of the
others out of the room. In his absence
the group decides on some action
which the absent one will have to
perform, such as taking off some-
one's left shoe and placing it on the
mantel. When the guest is recalled he
is supposed to discover what the ac-
tion is and carry it out by following
the beats of the improvised drum.

He knows when he is getting close
to his objective when the drum is
beaten loudly and when the noise
dies out he knows the secret is 'cold.'
The game may seem difficult to play
but try it once, and it will surprise
you how easy it is to direct someone
to do anything required, simply by
beating on a tin pan.

ORGANIC AILMENT BLOCKS ATTEMPT TO END OBESITY

**Heart Disease, Kidney Disorders, Etc., Conditions
Which Physician Must Correct Beforehand**

(By Dr. James W. Barton)

One of the discouraging conditions
encountered by a physician who is
endeavoring to reduce the weight of a
patient is to find some organic ail-
ment of the body present which in-
terferes with the usual system of
treatment—decreasing the amount of
food eaten and increasing the amount
of exercise.

Some of the conditions commonly
found in overweighters are: Heart dis-
ease, disorders of the kidneys, dis-
orders of the blood vessels, especial-
ly increased blood pressure and har-
dening of the arteries, gall bladder
dyspepsia—gas pressure, diabetes,
constipation and dyspnea (getting
out of breath easily).

The heart, blood vessels and kidney
group of disorders are the common-
est complications and occur in a large
proportion of overweighters.

In the treatment of heart, blood
vessel and kidney ailments the am-
ount of protein (meats, eggs, fish) in
the diet must be reduced. And rest is
absolutely necessary.

In the treatment of overweight it is
necessary to cut down on sleep or

rest and increase exercise so the dif-
ficulty of treating overweight in such
a patient can readily be seen. Fur-
ther, in the treatment of overweight
the proteins—meat, fish, eggs—are
increased as they give strength, re-
pair waste tissue, and do not store
fat on the body. And, as mentioned
above, these are the very foods—be-
cause they contain so much nitrogen
—that cause trouble with the kidneys
and later with the blood vessels.

The usual method then of trying to
reduce weight in an individual with
heart, kidney or blood vessel com-
plication is not to cut out the pro-
tein completely but to give just half
the usual quantity. The diet is neces-
sarily composed largely of fruits and
vegetables; hence, it also becomes a
distinctly alkaline-ash diet.

Dr. Harry Gauss, instructor of
medicine, University of Colorado
School of Medicine, in his book "Clini-
cal Dietetics" says that, "This low
protein, alkaline-ash, 1200 calorie diet
has proved so useful in the treatment
of overweight complicated by heart,
kidney and blood vessel disorders,
especially when high blood pressure
is present, that it is given in detail."

NO MORE SAUERKRAUT PREJUDICES

You Either Like It or You Don't, But the Bother of Cooking It is No Longer Present

(By Edith M. Barber)

If you like it, you love it. If you
dislike it, you hate it. It's sauerkraut
I'm talking about. I'm on one side,
my assistant is on the other. My ex-
perience has been, however, that I
have more supporters than she has.
Her dislike is no longer a sign that
she is more 'genteel' than I am. If
there are any ladies nowadays, you
will find that many of them admit
without shame that they are lovers
of this plebeian vegetable.

There was perhaps some reason for
the prejudice against sauerkraut
when it was necessary to cook it for

hours and hours to make it ready for
the table. Today we buy it ready
cooked in canned form, and it de-
mands only a short extra cooking.
I'm old-fashioned enough, however, to
give it a little longer than abso-
lutely necessary. Every so often I
must have my sauerkraut with mash-
ed potatoes, creamy and fluffy, and
with frankfurters or spareribs. Per-
haps you like it Alsatian style, with
caraway seeds, boiled bacon, pork
and sausages. I draw the line only at
adding champagne, according to the
best Alsatian tradition.

I hope for the sake of quick meals

ONE THING AT A TIME IN FURNISHING

Hunter College Decora- tor Doesn't Favor Wholesale Scrapping.

The modern custom of scrapping
everything in a room or a house and
'doing it over' is inadvisable, for
both the house itself and for the oc-
cupant, according to Mrs. Edith July,
instructor in interior decoration at
the evening session of Hunter Col-
lege. Mrs. July has formulated a set
of principles which cover many of
the problems met by women who like
to do their own rooms.

Changing one thing at a time, and
changing it only for the better, is the
answer to the housewife with a lim-
ited budget and not much time, who
wishes to make her house attractive.
Concerning color schemes, Mrs. July
says: "Never accept a color scheme
because it looks well on a magazine
page or happens to be popular. But
choose instead a lovely object in the
room, such as a picture, a rug, a
Chinese vase or a wall hanging, and
match other things to that, being
careful to base the color of large
areas, such as wall space, on a neu-
tral tone in the article you wish to
make the nucleus of your color
scheme."

In decorating a living room, it is
well to suit the furniture to the type
of the room. If the room is the mod-
ern type with smooth walls, modern
furniture should be used. If the wood
work is old-fashioned period furniture
is more suitable.

ZEALAND

Earl D. Burt, C.S.N., has returned
home after spending a few days with
friends in Springfield.

Mrs. Ida J. Morehouse was the tea
guest of Mrs. Aaron Burt on Tues-
day last.

Fred Everett of North Devon has
returned home. While in Zealand he
was the guest of Aaron Burt.

About fifty friends of Mrs. Oswald
Burt gave her a surprise party on
Wednesday evening. Dancing and
games were enjoyed and cards were
played.

Walter Bird is spending some time
with his brother, David Bird at Fred-
ericton.

Mr. and Mrs. Harold Whitehead
have returned home after spending
the weekend in Springfield the guest
of Mr. Whitehead's parents, Mr. and
Mrs. Thomas Whitehead.

We are glad to report Mrs. Clar-
ence Jones and her second set of
twins in succession are doing nicely.
The W. A. of St. Paul's church was
held on Wednesday at the rectory,
with a goodly number present.

Mrs. Rankine Brewer has returned
home after spending a few days in
Fredericton with her brother Harold
Platt, who is a patient at the Victoria
Public Hospital.

Mrs. Howard Hagerman spent last
Tuesday the guest of Mrs. Ida Hag-
erman, Keswick.

Mrs. Oliver Morehouse is spending
the weekend with her sister Mrs.
Mrs. Percy Graham, North Devon.

Miss Gladys Burt and Donald
Crouse were tea guests of Miss Burts
aunt Mrs. Stewart Brewer on Thurs-
day last.

Ronald Burt, Douglas, is spending
some time with his brother Oswald
Burt.

that the family of the business wom-
an housekeeper and she, herself, be-
long to the society of sauerkraut
fans. In this case you have a few
cans of this vegetable in reserve for
the day when you are too busy to
do your marketing.

Frankfurters with Sauerkraut

2 cans sauerkraut
¼ cup sausage or bacon fat
12 frankfurters
Cook sauerkraut slowly in sausage
or bacon fat for half an hour or more
Add frankfurters to sauerkraut and
cook fifteen minutes. One teaspoon of
caraway seeds may be added if desired.

Spareribs and Sauerkraut

3 pounds spareribs
3 cups sauerkraut
¼ cup brown sugar
Salt, pepper

Choose spareribs with meat on
them. Place on rack in roasting pan
in a hot oven, 500 degrees F. for 20
minutes, until well browned. Reduce
heat to very moderate, 300 degrees F.
Place sauerkraut on ribs, sprinkle
with brown sugar, salt and pepper
and bake until tender, about fifteen
minutes.

Quick Meal

Tomato Juice Cocktail
Sauerkraut with frankfurters
Mashed potatoes
Lettuce with Roquefort dressing
Pecan Ice Cream Cookies
Coffee

Method of Preparation

Prepare potatoes and boil
Cook sauerkraut and frankfurters
Prepare salad dressing
Open can of tomato juice cocktail
Mix potatoes. Make coffee.
Always add the juice of half a
lemon to a tall glass of tomato juice
if you wish the vitamin equivalent
of the same quantity of orange juice.

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