Lose Twenty Pounds In Thirty Days

Not since the quick brown fox jumped over the lazy dog, or since Ali Baba murmured "Open Sesame," has there been coined a more magically effective phrase than the one employed by a N.Y. physician to streamline his overweight patients.

The inventor of what is prob-

ably the most simple diet in the world, this physician sought a way of making things even easier for his lazy charges. What he wanted was a "memory peg" for his new system. Actually, it was one of his patients who was (note the past tense) fat everywhere except in the head, who finally turned the trick for him. Before we go into this mys-

terious sentence, however, let's talk about the diet itself. The sentence merely makes it easier to remember the 22 foods that are the basis of it. In most of our efforts at selfmprovement we are doggedly advised to take a positive view of things—to "latch on to the affirmative." Not so with this diet. The accent here is on the

First of all, says the doctor, throw out all those tons of special menus so painstakingly worked out and so painfully followed (or not followed). The whole business of counting calories, the most inexact form of computation known to man, can be disded. Diet fads can be returned to their originators unopened. The basic point is this: it's not your weight-it's what you don't

After years of careful experimentation, the physician has worked out a list of 22 "offlimits" food items. Refrain from eating these things for the duration of the diet and you can lose as much weight as you wish with absolute certainty and safety. You can forget all about menus and calories. And, most important of all, you can eat all you want of any or all of the remaining 228 foods most com-

mon in this country.

Naturally this "22-Skidoo (or "forbidden foods") Diet" is going to include items you like. But if you're going on a diet, you have to eliminate something So you eliminate those foods without which you virtually could not gain weight even if you tried and, for the rest, forget about rules and regulations and eat what, when, where and

Now for the list Remember these items, resist them for month, and you'll lose from 15 to 20 pounds. If that isn't enough, extend the period of diet as long as you wish. There is no time

The 22 foods, listed in a special sequence that will be ex-

Ice Cream Cereals Jellies & Jams Soups (thick)

If you like your coffee with cream and sugar, switch to milk and saccharine-or try it black for a change. If spaghetti is one lavorite dishes, or pota oes, or bread and butter, just remember that you can survive very nicely on those 228 rening foods, so eat as much of them as you like. And again, the case of desserts, since most of the rich ones are on the erboten" list, console yourself with the fact that you needn't hungry at the end of the meal. If you must have a pacifier, take something like fruit or any other desert not on the forbidden list. -- From "Pageant."



POACHED SALMON STEAKS



Place salmon steaks in heat-proof shallow dish or pie pan on a large square of cheese-cloth. Bring corners of cheesecloth. Bring corners of cheese-cloth up over plate and tie se-cloth up over plate and tie se-tloth up over plate and tie se curely. Add ½ teaspoon salt and 1 teaspoon mixed pickling frozen allow about twice as cach in half; scoop out a section of each half. Fill scooped part spices to about ½ inch of water long. Fish should be tender and with chili sauce.

even the most festive.

cup cake flour

2 cup pecans

14 cups sugar

2 cup shortening

l teaspoon vanilla

Grease and line with

paper two 9" cake pans. Start

oven at 350° F. Sift flour; meas-

ure. Sift again with baking powder and salt. Roll graham

crackers into fine crumbs. Chop

pecans into small pieces. Sepa-

rate yolks and whites of eggs.

Beat whites until frothy. Grad-

ually beat in ½ cup of sugar, a

tablespoon at a time, beating

until egg whites hold stiff peaks.

the milk to the creamed short-

ening and sugar mixture. Mix

well after each addition. Stir in

nuts. Gently stir in the beaten

egg whites and mix thoroughly.

Spoon into prepared pans and

bake for 40 minutes. Remove

on top of cake.

1 (1 lb. 4 oz.) can sour

PECAN CRACKER PIE

2 teaspoons baking powder 14 teaspoons salt 24 graham crackers

It seems to me that these ! columns lately have been em-phasizing "main dishes" to the exclusion of desserts. Well, here

21/2 tablespoons cornstarch 3 cup sugar cup canned cherry juice 1 tablespoon lemon juice are recipes that you'll find easy 2 cups biscuit mix 2 tablespoons softened butter to prepare yet delicious enough top off any sort of a meal, 1/4 cup sugar

2 teaspoon almond extract Drain cherries; save juice. Mix cornstarch with sugar, Stir in cherry and lemon juices. Cook, stirring constantly, until mixture is smooth and thickened. Add cherries and pour into a 6" x 9" baking dish. Drop almond extract into sugar and mix together well; set aside. Start oven at 400° F. Make up biscuit mix according to package directions and roll out on lightly floured board to form a 12" x 8" rectangle. Spread with oftened butter. Sprinkle almond-sugar over the dough. Roll up as for a jelly roll and

wheels on top of cherries. Bake 25 to 30 minutes. ORANGE TAPIOCA

cut into 1/2" slices. Arrange pin-

Set aside. Beat egg yolks until 5 tablespoons sugar 1½ cups milk light and thick as heavy cream. Gradually add remaining 34 cup of sugar to the shortening and s teaspoon salt cup orange juice work until mixture is light and 3 tablespoons quick-cooking creamy. Stir in egg yolks. Add vanilla to milk. Add dry tapioca ingredients alternately

1 teaspoon grated orange rid 1/3 cup semi-sweet chocolate 2 teaspoons butter

Separate yolks and whites of

from pans. Cool. Spread whipeggs. Beat egg whites until foamy. Gradually beat in 2 ped cream between layers and tablespoons sugar, a tablespoon at a time, beating until egg whites form soft peaks. Set CHERRY COBBLER

aside. Mix egg yolks with milk. Add remaining 3 tablespoons sugar, salt, orange juice, and tapioca. Cook, stirring constanty, until mixture comes to a full boil. Remove from heat and stir in orange rind. Gradually pour a small amount of hot mixture over beaten egg whites, stirring until well mixed. Add remaining tapioca mixture, stirring constantly while adding. Cool. Stir once after 20 minutes. When cool, spoon into serving dish. Mix chocolate pieces and butter and heat over low heat until chocolate is completely melted. Stir in confectioners' sugar and milk. Beat smooth. Make 3 grooved circles in tapioca. Spoon chocolate in circles. Then run the point of a knife through tapioca from edge to center to form web-like design. Makes 4 servings.

RHUBARB PIE cups all-purpose flour 1 teaspoon salt 5 tablespoons cold water 8 stalks rhubarb

1/2 cups sugar 3 cup flour ½ teaspoon nutmeg
2 teaspoons butter
Sift flour; measure. Sift again
with salt. Cut ½ cup shortening

RIGHT IN YOUR EYE — These llady llamas llove to llook at visiitors to the Vincennes Zoo, in Paris, France. But knowing persons keep their distance. Llamas have one very impolite habit, and if someone comes too close in order to view the brand-new baby, mama would just as soon spit—as look—in his eye.

into flour with pastry blender until it has consistency of cornmeal. Cut in rest of shortening until consistency is that of small peas. Sprinkle water, 1 tablespoon at a time, over flour. Mix in with fork until all ingredients

are moistened. Press together

Set aside one-third of dough.

Roll out the rest on lightly flour-

form a 12" circle. Fit into 9"

pie plate. Trim pastry to 1" of

edge of pie plate. Fold pastry

under to form rim. Start oven

at 400° F. Wash the rhubarb.

Drain well. Cut into 1" pieces

(makes 4 cups). Mix sugar,

flour, orange rind, and nutmeg

mix together well. Spoon into

pastry shell. Dot top with but-

ter. Roll out remaining third of

pastry. Cut into 1/2" strips and

arrange in crisscross pattern on

top. Trim ends to edge of bottom

crust. Flute edges. Bake for 45

FULL MARKS

Stuttgart (Germany) police

were a little worried by the

amount of counterfeit 5-mark

pieces creeping into circulation,

The authorities received quite a

jolt when they realized that

they were of far better quality

than the legal tender. It was

this superior quality look that

eventually led to the arrest of

seven too painstaking counter-

together. Add to rhubarb and

ed board or pastry cloth, to

with fingers into ball and chill. Payment in Sterling In either case trade with Britain will have to be carried on on the basis of Pounds Sterling and not of dollars which the British do not have in sufficient amounts to spend on Canadian farm products.

PLAIN HORSE SENSE

Farmers who are looking towhy we should insist on payment in dollars. We would need dollars only if we wanted to buy from the United States. But it it is a question of getting rid of some cumbersome quantities of butter and cheese and bacon, we will have to accommodate wards the federal government for assistance in their present precarious situation of declining prices and vanishing markets, will be disillusioned when they read the speech of the Prime we will have to accomodate ourselves to the idea of buying British manufactured goods instead of American. The British want our goods but

want our goods, but we will have to accept theirs in exchange.
In the same speech the Prime
Minister said: "There has been
no loss of the United Kingdom market. There is no less desire in the United Kingdom to take goods from Canada than there was at any time, but it has so happened that there is still a shortage of dollars that limits the quantities of Canadian goods they can import and for which they could provide the currency

required."

"The currency required" happens to be Canadian dollars which are not available. The currency available is Pound Sterling. Why not take the Pound Sterling and buy British trac-tors instead of American trac-tors, or buy anything in Britain which presently is being imported from the United States? Somebody will have to do it and go after the government and the farm organizations. Or shall we wait again for a

This column welcomes criticism, constructive or destructive, and suggestions, wise or otherwise; it will endeaver to answer any questions. Address all mail to Bob Von Pilis, Whit-

SLIGHT DIFFERENCE

George Jessel was telling a friend of the time he took a Hollywood magnate seriously to task. He pointed out that the man was running the studio bady, that his recent pictures lacked box office appeal and that his publicity and promotional programs couldn't be more inept. "What happened?" asked the friend in some awe.

"Nothing," replied Jessel. "We parted good friends. He boarded his yacht and I took the bus



"Try my havorite recipe for the month"

CHEESE SOUFFLE

3 tablespoons BENSON'S or CANADA Corn Starch 1/2 teaspoon salt 1/8 teaspoon pepper

cup milk 1/2 pound Canadian cheese, diced 4 egg yolks, slightly beaten 4 egg whites, stiffly beaten

MELT butter in saucepan; remove from heat. ADD BENSON'S or CANADA Corn Starch, salt and pepper blending well. STIR in milk slowly; mix until smooth.

COOK over medium heat, stirring constantly, until mixture thickens and boils. ADD cheese and cook until melfed, stirring

REMOVE from heat; pour slowly over egg yolks

FOLD mixture lightly into beaten egg whites. POUR into greased 11/2 quart casserole, place in pan of warm water. BAKE in moderate oven (350°F.) for 11/4 hours

SERVE immediately. YIELD: 4 to 6 servings.



For free folder of other delicious recipes, write to: Jane Ashley, Home Service Department, THE CANADA STARCH COMPANY P.O. Box 129, Montreal, P.Q.



What kind of fertilizer shall use? How much should

This year, as always, the word "nitrogen' will figure prominently in the answers, but this is the first season that Canadian farmers will be able to test an adaptable new manmade form of this important growth element.

It has just been made available in this country and con-tains 45 per cent urea nitrogen, and is a highly concentrated and handling. Formed into free-flowing pellets resembling buckshot, it can be handled in virtually all types of equip-ment and does not create any annoying dust. It can be applied as a side or top dressing or, since it is readily soluble in water, it can also be used in irrigation water and as a fol

lements, so as to ensure maintenance of a productive nitrogen balance.

ones, require large amounts of nitrogen to produce top yields of high quality, and even when planted in rich soil frequently need a supplemental supply during the growing season. This is where the new compound is particularly effective, for it remains in the soil until

It doesn't become fixed in the first few inches of soil, either. Following application, water carries the urea fertilizer down to the root zone where it converts rapidly to ammonium nitrogen, is anchored to soil particles and so resists further leaching. It also promotes rapid decay of forganic matter, improving soil structure yet leav-ing no harmful residue.

or excess feeding. Thus crops get the nitrogen when they need it, even when the roots are too dry, cold or wet to get nitrogen from the soil. The urea fertilizer may be combined with regular pesticide sprays, thereby reducing the cost of

field trials show that five pounds of the compound in 100 gallons of spray is effective with strawberries, pears, cherries and grapes, while 10 pounds in 100 gallons is suc-cessful with plums, prunes and peaches. The spray treatment has also been used with beneficial results on potatoes, tomatoes, cucumbers and car-

Other recommended applica-tions for various crops include top

12. Affirmative
15. Least
12. Revolving part
23. Sheep
25. Cooking
26. Tooking
27. Author of "The
Age of
Reason"
28. Fuss
29. Light brown
20. Affirmative
33. Pull hard
43. Lure
43. Lure
45. Kind of drum
47. Legendary
city of El
Dorado
26. Stockings
50. Stockings
62. Defy
63. Fuss
64. Cleanting
implement

Skating On Thin Ice Is For The Birds



Dashing over thin ice is not for little doggies, as the pooch in the picture at left found out. The adventurous pup chased a bird onto the thin ice of Lake Barcroft but was too scared by his shaky footing to make the return trip. Passers-by called the nearby Bailey's Cross Roads fire department

the maximum dose for one ani

there may have been many im-

mature worms hidden in body

matured on the internal lining

of the digestive tract within

Autograph Hunters

One of the most valuable

world belongs to a New York

musician who has a violin on

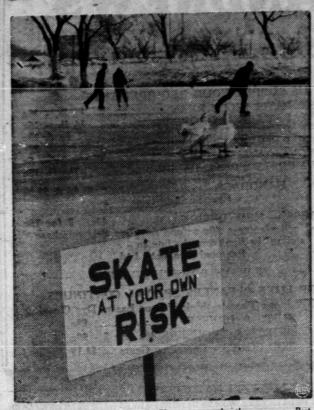
at \$10,000 and says:

before I sell it."

three weeks and will be

moved by a second dose.

tissue where the drug could no



Capt. E. G. Brimsely, left, and Pvt. W. E. Thomas made the rescue. But on the other hand, thin ice doesn't bother birds-at least aquatic ones like the swans in picture at right. To them, the danger sign on this Hutchinson, Kan., pond only served as an invitation to kibitz on the three skaters, to whom the sign apparently was a dare to risk an icy dunking.

Psalms. On December 2, after retiring, I was reading Psalm 103. I saw my opportunity of

claiming the Lord as my Healer. I trusted Him there. Pain did

nót cease but improvement be-gan. Seven weeks later I was skating with ease. I thank God

for his mercy. At the same time

I have great compassion for those to whom God says as to

Paul, "My grace is sufficient for

thee." 2 Corinthians 12:9. He

didn't remove the thorn, but

linked together-on both sides

ders have had an effect on fa-

this country in the last century, killed an old man in a railway

dressed at cultivation, or in cluded in the second watering of an irrigated crop.

Recent research shows that few, if any, animals are completely free of internal para-sites. Stomach worms, nodular worms, hookworms and lungworms are the most common. Attaching themselves to a portion of the digestive tract, they live wholly at the expense of the animal host.

In beef cattle, such parasites can account for sizable losses to the livestock raiser. They cause decreased rates of gain, retard growth and lower resistance to other disease conditions. If present in sufficient numbers, they may even result in the

pass unnoticed for some time. An animal with a light infestation rarely exhibits outward symptoms, yet will not be able to utilize feed to the fullest advantage. This results in a higher cost of gain. A heavily parasitized animal, on the other hand, usually shows definite symptoms such as swelling un-der the jaw (bottle jaw), loss in weight, anemia, weakness,

paleness of mucous membrane Typical life cycles of most cattle parasites are similar to which follows a course of development providing for con-tinual reinfection from contaminated pastureland. Thus, one-shot treatments offer only program of medication with the phenothiazine provide more lasting control, reports

"Farm Progress." Treatment consists of "therapeutic" and "low level" doses. A therapeutic dose is aimed at destroying adult parasites already present in the animal. It is administered by drench, or may be given as a bolus or in the food. This dose is usually 20 grams (approximately twothirds of an ounce) for each 100 pounds of body weight, with

was likely at Amsterdam where van de Neer kept a wine shop. mal set at 60 grams (about two ounces) * *
Sometimes it is necessary to repeat this treatment three weeks after the initial dose, since in heavily infected cattle

ters shown at Art Gallery of Toronto, Feb. 19 to March 25, this "A Frozen River" by Aert van

der Neer, depicts winter sports familiar to Canadians. Men in foreground are playing "golf,"

a combination of hockey and curling played with golf sticks; others on the right are ice-fishing. Skaters wear the turned-up front blades famed in "Hans Brinker, The Silver Skates." This scene

Prayer in the Christian's Life Matthew 6:5-8; 7:7-11 James 5:13-16

Memory Selection: This is the onfidence that we have in him, that, if we ask anything according to his will, he heareth us.

1 John 5:14. Prayer is as necessary to the Grime Makes Fashion

spiritual life of a Christian as food is to the body. Jesus spent much time in prayer. If he thus needed to commune with God the Father, how much more do Jesus warned against praying

the back of which are inscribed to be seen of men and said, 120 famous self-written names of celebrities, including Ein-"Enter into thy closet, and when thou hast shut thy door, pray stein and the late President to thy Father which is in sec-Roosevelt. He values his fiddle ret; and thy Father which seeth in secret shall reward thee open-"I'll have to be pretty broke and time to be undisturbed be-fore God. One must get away A certain autograph hunter, hearing that Rudyard Kipling from the telephone or find a never accepted less than 2s: 6d. time when it is less likely to ring. Shutting the door implies sent him an autograph book and a cheque for five shillings the effort of the will against wandering thoughts. We must close in with God.

The Bible gives many directives concerning prayer. James says, "Ye nave not, because ye

me. Actually I noticed no im-provement but I had an inner satisfaction of having carried out the Biblical instruction. I had openly committed my case to God. I had been encouraged by various portions of the

America owed its origin to the plug uglies—hefty gentlemen who used to fight with hobnailed boots and brick-bats. To protect their heads they wore hard felt hats, the crown of which were stuffed with straw and pulled well down over their ears. The plug ugly gave his

in men's low-crowned head

gear known as "the Mueller cut-down." Incidentally, it is said to be due to Mueller's

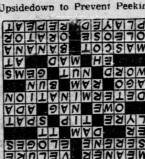
crime that communication cords were introduced to the rail-

name to posterity as a tough.

The New York police owed one of their early nicknames to headwear. The leather hel-mets with which they were once equipped earned them the nick-name of "Leatherheads." Maria Banning had the oppo-site effect to Mueller upon

fashion. When she was con-demned for aiding her husband to murder her lover O'Connor, in 1849, she elected to meet Calcraft, the executioner, in fashionable black satin gown.
Black satin gowns immediately It is said that when the exe

cution cart was "driven off, someone commented, "There goes Black Maria." And the name has stuck to police vehicles ever since. Even the detectives had their fashions. When Vidocq, the master criminal, saw the error of his ways he was employed by detective on the principle: "Set a thief to catch a thief." He employed many of his old con-federates in a flourishing police





provoking sign he painted on his car. He has spent an average of six hours per week painting such signs on his car, and in five years has painted 150 of them. Cain says he believes these signs help other motorists, who see them, drive more cautiously.



EASY CHOICE—It's not too difficult to select the prettiest face in this group. Posing beside a pile of coconut "faces" is Esther Claire, a former "Miss Miami Beach."

Minister made in the House of commons on Jan. 10th. There had been hope that the federal government would promote trade with Britain or per-haps even enter into trade agreements with the British government to dispose of some farm surpluses, if surpluses

However, on January 10th the Prime Minister stated quite clearly that he had no such intentions when he said: "We do our best to facilitate external trade, but we do not attempt to handle external trade through any government organization with the exception of the wheat board, set up at the request of the wheat producers themselves and managed for their benefit and to a large degree under Pressure Needed

This leaves farmers two alternatives, providing we do not consider the third one of letting things slide. First, they can try and put all possible pressure or the government to establish marketing boards, equivalent to the wheat board, for other commodities like livestock or dairy

With a federal election at least two years away, the government will not be very sensitive to pressure; unless, of course, Farmers Union and Federation of Agriculture exert themselves in an organizational drive to swamp Ottawa with letters and telegrams from their respective members, demanding

Failing such a cooperative actin on a grand scale, there is the alternative of bargaining for federal legislation enabling far-mers to establish their own marketing agencies and to try to do

THE FARM FRONT

use? How and when should it be applied? These are ques-tions that farmers will soon be asking themselves, their agri-cultural representatives, their experimental stations and agri-

iage spray.

The new preparation is recommended primarily as a supplement to other fertilizer Certain crops, especially leafy

As a foliage spray, it goes to work immediately. Leaves ab-sorb it quickly with no waste

fore bloom. For small grains, use 40 to 220 pounds an acre, top-dressed when plants are about three inches high. For winter wheat, broadcast in fall or early spring using air or ground equipment. With pas-ture and hay crops, use 80 to in fall winter or early spring. If potatoes start slowly, 40 to

CROSSWORD PUZZLE 16 19 20

implement
55. Entirely
56. Huge wave
57. Spread loose
59. Deze
60. Devoured

5 26 5 5 3 41 5 6 6 祖学曾显然:"这是是皇帝

50 5 52 55 54

hoping by this manoeuvre to secure the two magic words "Rudyard Kipling" for his col-Kipling kept the money and wrote two words in the book-"Rudyard Kipling' but A London autograph collector spent eleven years collecting the signatures of 3,000 authors. statesmen, artists, musicians and other celebrities. One autograph he specially longed for was that of Paderewski, the world-famous pianist, so eventually he wrote asking for it.
Paderewski replied: "I have refused 24,000 applications for my autograph, but for some ason I see fit to oblige you. So here it is." Sometimes an application for great man's signature leads to a surprising reply, like the one sent by General W. T. Sherman, one of the heroes of the American Civil War. He wrote: "The man who has been writing my autographs

I cannot comply with your re-

because ye ask amiss, that ye The final passage in this lesson refers to prayer for the sick This is being practised by Christendom more widely today than for many years. No doubt there are sometimes abuses attending the practice. On the other hand many are helped. At this point I must give my testi-mony. In April, 1950, I was stricken with what a noted specialist said was 'rheumatoid arthritis.' I learned something of suffering. People of different denominations were praying for me. In August I asked the elders to anoint me and pray for

watch. He also took his victim's hat which he cut down and adapted for his own use For a time there was a vogue