

## Loss Twenty Pounds in Thirty Days

Not since the quick brown fox jumped over the lazy dog, or since All 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 probably 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 every where, except in the head, who finally turned the trick for him. Before we go into this mysterious 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 self-improvement 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 negative.

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

After years of careful experimentation, the physician has worked out a list of 22 "off-limits" 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 just what you want of any or all of the remaining 228 foods most common in this country.

Naturally this "22-Skiddo (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 how you like.

Now for the list. Remember these items, resist them for a 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 limit as far as health is concerned.

The 22 foods, listed in a special sequence that will be explained later, are:

- Candy
- Cereals
- Chocolate
- Crackers
- Cream
- Custard
- Bread
- Butter
- Pastries
- Potatoes
- Nuts
- Cake
- Pudding

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 of your favorite dishes, or potatoes, or bread and butter, just remember that you can survive very nicely on those 228 remaining foods. Make as much of them as you like. And again, "verboten" list, console yourself with the fact that you needn't be 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."

**CHEERY COBBLER**  
(1 lb. 4 oz. can sour cherries)

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## TABLE TALKS

Jane Andrews

### POACHED SALMON STEAKS



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## THE FARM FRONT

John Russell

### PLAIN HORSE SENSE

By F. (BOB) VON FILLS

Farmers who are looking towards 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 Minister made in the House of Commons on Jan. 10th.

There had been hope that the federal government would promote trade with Britain or perhaps even enter into trade agreements with the British government to dispose of some of farm surplus, if surplus there are.

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 their direction."

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 on the government to establish marketing boards, equivalent to the wheat board, for other commodities like livestock or dairy products.

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 pressure in an organizational drive to swamp Ottawa with letters and telegrams from their respective members, demanding action.

Failing such a cooperative action on a grand scale, there is the alternative of bargaining for federal legislation enabling farmers to establish their own marketing agencies and to try to do the job themselves.

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

There is no reason though why we should insist on payment in dollars. We would need dollars only if we wanted to buy from the United States. But it is a question of getting rid of some cumbersome quantities of butter and cheese and bacon, we will have to accommodate ourselves to the idea of buying British manufactured goods instead of American. The British 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 happened that there is still a shortage of Canadian goods in 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 Pounds Sterling. Why not take the Pounds Sterling and buy British tractors, 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 George?

This column welcomes criticism, constructive or destructive, and suggestions, wise or otherwise; it will endeavor to answer any questions. Address all mail to Bob von Fills, Whiteby, Ont.

SLIGHT DIFFERENCE

George Jessel was telling a friend of the time he took Hollywood magnate seriously to task. He pointed out that the man was running the studio hard, 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 my yacht and I took the bus home."

Jane Ashley Says

"Try my favorite recipe for the month"

CHEESE SOUFFLE

2 tablespoons butter  
3 tablespoons BENSON'S or CANADA Corn Starch  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup milk  
1/2 cup 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 melted, stirring constantly. REMOVE from heat; pour slowly over egg yolks mixing well. FOLD mixture lightly into beaten egg whites. POUR into greased 1 1/2 quart casserole, place in pan of warm water. BAKE in moderate oven (350°F.) for 1 1/2 hours or until done. SERVE immediately. YIELD: 4 to 6 servings.

RIGHT IN YOUR EYE—These lily-livered lasses look at visitors 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.

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

BENSON'S CORN STARCH

What kind of fertilizer shall I use? How much should I use? How and when should it be applied? These are questions that farmers will soon be asking themselves, their agricultural representatives, their experimental stations and agricultural colleges.

This year, as always