

Wife A Good Cook? May Be Dangerous

An old romantic motto has taken on a new but deadly twist lately because scientists have discovered "that the way to a man's heart is through his stomach."

In examining the fact that widows are three times as numerous as widowers, the scientists concluded that many women start committing culinary murder early in marriage, but that they are not alone to blame because the big point with a young swain is Can she cook?

And when he asks himself this question, he sees in his mind's eye a dinner table piled high with cakes, creaming puddings, pies, rich gravies and dressings, fat fowl and oil-soaked flapjacks and other delicacies, mother used to make. And imagining all these tasty concoctions, he heads right for "the gal, just like the gal that buried dear old Dad."

Between her indulgence and his fork, the slim young bridegroom grows portlier and portlier, a prime candidate for many diseases that shorten and complicate life.

By the time he's forty, the odds are astonishingly good that he will fall prey to high blood pressure, kidney disease, liver and gall bladder disorders, diabetes, arthritis, hernia, perhaps even cancer. Statistics show that the fatter you are, the harder it is to keep out of harm's way. Whatever medical fate awaits him, however, authorities agree solidly that if he lets his wife overload him with cookery, he's flirting with arteriosclerosis. This is the type of arterial hardening which is one of the main widow-makers in men under 65. It is so prevalent that in World War II, U.S. soldiers in 20, 21 were sent to Korea on autopsy to be loaded with arteriosclerosis, a condition not found in Korean soldiers the same age.

Arteriosclerosis is most common in overweight men, and the overweight men are so common that the American Public Health Association, renowned for its obesity "America's Number One Health Problem," Dr. Norman Salafsky of New York City's Department of Health asserts that elimination of overweight would do more to lengthen the life span than wiping out cancer. Yet millions of wives still insist on tickling their husbands' palates to death, and millions of husbands actively submit to it.

Just how difficult it is to convince patients of this can be seen in this story of the case of Mr. R., an advertising executive in his early forties, who complained of dizziness and pain over the heart.

The heart specialist found high blood pressure, incipient diabetes, coronary arteriosclerosis (hardening of the arteries which supply blood to the heart), and a cholesterol reading of over 300 (normal is 180 to 200). The doctor ended his report with the statement that Mrs. R. was killing him with food.

"How can that be?" Mr. R. protested. "My wife loves me. She buys the best. In fact, she only makes what I like."

"That's it," the doctor replied, "she's pampering you to death. If she doesn't stop, you'll get sicker."

Mumbling something about good food... kind mother made never harmed anyone... better than restaurants and business troubles Mr. R. left.

Six months later, the patient had a most-fatal coronary. The first day the wife came up with a box of cream-puffs, one of her husband's favorite desserts. The doctor barred her from further

visits and explained to the indignant son the general problem of diet and heart disease.

"Your father's difficulties come from a diet too rich in fat," the doctor said. He described what happened when cholesterol, a fatty substance needed by every cell in the body is eaten in excess. The unburned fat forms huge molecules that are deposited on the walls of arteries, especially the arteries feeding blood to the heart itself. These arterial pipes become so narrow and rough that a clot sometimes tears away from the wall and plugs it up.

"Now," the doctor warned, "the heart is the hardest working muscle in the body and needs food constantly. When a vessel is plugged up, the blood it carries the result may be fatal. At the very least, the part of the heart served by the vessel may be permanently scarred. Fortunately, in time new arteries take the place of the damaged ones and after a while the patient usually can resume normal activities. But the arterial hardening process picks up again if he goes back to his old eating habits."

The young man was obstinate. "That is too young to have to worry about cholesterol and things."

"No, he's not," the doctor snapped. "Do you know that at least one out of every ten men in the late forties is so loaded with arteriosclerosis he can suffer a fatal thrombosis at any time? Between 60 and 65 it's three out of 10, and between 65 and 70, nine out of ten... almost all the result of faulty nutrition."

Confronted with this evidence, one wife asked:

"What am I supposed to do? If I cut out all fatty foods, there won't be anything left but grass."

The answer is you don't have to cut out all such foods. Fat is a vital nutritional substance not only needed for the digestion of other fats but for producing adrenal and sex hormones and vitamin D. Dr. William Halden points out that the normal concentration of cholesterol in the blood won't be affected by the little cholesterol in dairy products, meat and eggs. But fat-soaked fried foods, greasy fowl, bacon and pork, rich gravies, dressings, puddings, pies and cakes are a different story. They can skyrocket the cholesterol count and crowd the blood with gangster molecules that can kill you.

Men should eat sensibly! Go easy on gravies, rich desserts, cream, butter, dressings, fried foods, greasy dishes and calories in general! A man should get used to feeling a little empty at the meal's end. The wife should let him know that she doesn't like his bulging waist and billowing chin. After all, she married a man not a cow! At the same time, she should plan well-rounded meals.

And no matter how he wheedles, cut down his waistline for that good way to measure your success.

Chances are the wife will benefit emotionally as well as physically. Instead of a torpid, obese creature always on the verge of sleep, he may wind up trotting her to a show some night, or taking her dancing, walking or bowling—something that never harmed any marriage.

Modern child has longer life expectancy, the health of most North Americans has no improved during the present century that a baby may be expected to live over twenty years longer than one born in 1900.



TEA KETTLE MAKES COFFEE—Coffee and tea will go together in this new contraption, recently displayed at the annual trade fair in Leipzig, in the Soviet zone of Germany. The tea kettle has a percolator that fits on the end of the spout.



GOES TO MEETING—Puffing away on his familiar black cigar, former British Prime Minister Sir Winston Churchill heads for an emergency meeting of Parliament on the Suez Canal crisis in London.

TABLE TALKS

by Jane Andrews.

Many cream puffs are popular for special occasions and often hide a sweet surprise of pudding or cooked fruit, a cold surprise of ice cream, or a warm surprise of creamed chicken or seafood. If you want to make 12 large cream puffs from this recipe, use 1 generous tablespoon of the mixture when you drop it on the cookie sheet. For small, dainty puffs for parties, 1 teaspoon is the right amount.

CREAM PUFFS
1/2 cup water
1/2 cup butter
1/2 teaspoon salt
1/2 cup sifted flour
2 eggs, unbeaten

Bring water, butter, and salt to boiling point in saucepan. Add flour all at once and stir quickly until mixture leaves sides of pan, forming a ball in center of pan. Remove from heat promptly.

Add eggs, one at a time, beating each thoroughly into mixture. Add water gradually, bring to boil quickly, reduce heat and boil 3 minutes, stirring constantly. Remove from heat. Add cream, butter, salt, and allspice; blend well. Makes 2 1/2 cups.

Queen Of Sheba
No Glamour Girl?

Was the Queen of Sheba the glamorous girl that legend would have us believe? Did she rank in good looks with those other historic beauties, Cleopatra and Helen of Troy?

When the Queen first entered King Solomon's gorgeous throne-room with his highly polished marble floor, it was so glossy that she thought it was wet and involuntarily lifted her long skirts—to display to the company gathered at the King's court that she had hairy legs!

That, at least, is the story told by the scattered tribes which still live in that part of the desert that was once the realm of the famous Queen. I lived for some months with these Arabs and was the first white man many of them had seen.

Although none of these tribes can read or write and they know the story of their people for many centuries back, it is handed down from father to son in story form and they have astounding memories for facts, names, and even dates.

One fact they all relate is that the Queen of Sheba had a deformed foot. She concealed this by always wearing her skirts down to the ground. The ways of women have changed little, her female subjects followed the royal fashion and wore their skirts to the ground too, so the Queen was not conspicuous in what was then an unusual length for an Arab woman's skirt.

I was assured, however, that apart from her legs and foot she really was beautiful, having an abundance of jet-black, glossy hair and classical features set off by a smooth, coffee-colored skin, writes Gilbert Harris in "Tit-Bits."

Her figure the tribesmen went into raptures about, judging by the demonstrative descriptions they gave me of it. I gathered that her vital statistics must have been something like 40-38-38. So proud was she of her slender waist that she told us that she frequently went about unclothed from the

waist up. This fashion was also quickly followed by the other women.

I was told that shapely figures have always been a feature of the Sabaeans. The men proudly point to their own womenfolk of to-day, who are the only Arab tribes I saw who wear no clothing but their veils above the waist.

The Queen's name was Bilquis. Sheba was the name of her country she ruled. Although the tribesmen liked to talk about the beauty of Bilquis, what they considered even more worthy of mention was the smart business methods by which she amassed her fabulous wealth. By to-day's standards she might qualify for the title "Queen of Savvy."

In the Bible we are told she gave King Solomon "a hundred and twenty talents of gold, and of spices great abundance, and precious stones." She made her money out of frankincense by cornering the market. Frankincense is a sweet-smelling gum resin, much used in those days in religious rites and ceremonies throughout the whole Arab world. Practically the only source of this much-sought-after incense was the trees grown at Cana, on the south coast of Arabia, where they still grow to-day.

Cana was only a small community, and to market the product to the great Arab countries to the north the merchants had to take it by camel caravan over a narrow mountain pass. It was the only route north. Unfortunately for the merchants, the other end of this pass came out close by the city gates of Shabwa, Queen Bilquis's capital city.

It was here that the only way to get to the north was to go through the mountains. The merchants were too far for either man or camel to make without replenishing at the Shabwa wells. It was also too far to go back without first replenishing the water-skis.

Bilquis was able to make her demands with ease with the normal concentration of troops trapped. They either sold the whole of their frankincense to her at her price or they were refused access to the wells. Their only alternative to selling to her was to die of thirst.

By these harsh methods she filled her great storehouse with frankincense. Then, as the Cana merchants were not permitted to travel north, merchants from Egypt, Syria and many other countries came south to buy. They met the same treatment. They either paid the price Queen Bilquis asked—or no water. There was no argument about it and even the most stubborn merchants could find no other answer to the problem and eventually paid the price asked. And what a price! Bilquis was able to clear a pleasant six hundred per cent profit.

It's little wonder that history overlooked the well-celebrated fact that her legs were not all that they might have been when she had such a magnificent figure and such a wonderful business head to be remembered by.

Silent Jail Break

In Johannesburg a trial for murder was not an ordinary trial, for the accused was completely deaf and unable to understand the usual sign language of the deaf and dumb alphabet.

But the native had attended a school for the deaf, where the pupils had developed their own sign language. And Father, the school, had learned their peculiar sign language and now he came forward as interpreter.

During the two-day trial he translated every word of evidence for the accused, and then gave the court the fact's answers to the charge. The trial was acquitted.

But the deaf and dumb alphabet has other uses. In 1938, a murderer serving 10 years in a Swiss jail escaped with the aid of a woman prisoner with whom he was in love.

The windows of their cell faced each other across a courtyard and for months they held silent conversations by sign language from the windows. Messages mutual love led to an escape of ideas on how to escape. So in complete silence and separated by the walls of the prison, they finally agreed on a plan.

The beauty of it was that no other prisoners could find out the details of the plan, so the woman was able to get out of the female prisoners' quarters free to the men's quarters and free her lover without arousing suspicion.

LONG WAY UP—There's a lot of steps for tiny tomcat before he reaches the top. Kitty's taking a breather before he goes all the way. The steps lead to Rome, Italy's Altar of Heaven Church.

To See Ourselves

Our earth seems so large, so unimportant, so much with us, and we tend to forget the position it occupies in the solar system.

Only by a small margin is it the largest of the other similar planets. True, it does possess a moderately thin patchy layer of water and it does have a small satellite, about one fourth the diameter. The pair, as viewed from a suitable position in space, would undoubtedly provide an inspiring sight.

Unfortunately there are no mirrors in space to enable us to see ourselves as others might see us. There is, nevertheless, one very poor approach to the mirror in nature—the dark side of the new moon. At this phase of the moon, when it lies almost in line with the sun, the light reflected from the Earth illuminates the otherwise unlighted black hemisphere.

Measure the Earth's circumference by the light it reflects, as the other planets with atmospheres do, the Earth, therefore, when seen from outer space must be a bright planet, almost as bright as Venus.

Whether an outside observer could recognize the continents is somewhat uncertain, but surely in time, by carefully plotting the positions of all the Earth's features, he would find that the huge cloudbanks moved and changed, while certain areas remained fixed.

One peculiarity that we cannot observe on any other planet can be seen by our hypothetical astronomer gazing at the Earth. He would be able to observe the direct reflection of the sun from our oceans, when the Earth was properly turned.

The phenomenon might be a great surprise for a Martian astronomer, who had never encountered large bodies of water. He might very well attribute the bright pointlike reflection to a smooth crystalline surface on the Earth, as the only astronomer visualized the Moon to be a perfect crystal sphere. — From "Earth, Moon and Planets," by Fred L. Whipple.

ROMANCE **ESPAÑOL**—Romantic is an old Spanish love story, by Dionisio, Dion's dramatic evening gown is a frock of delicately etched black French, charmingly lace over layers and layers of pink tulle. The strapless gown, with a big bell skirt that just grazes the ground, is worn with a wide black velvet sash and matching mantilla.

Where facilities and time permit much can be done to assist the curing processes of vegetables prior to storage. The time honored practice of braiding binder twine and onion tops with the bulbs attached, into long ropes and hanging these on the sunny side of a building to cure is conducive to good keeping when placed in storage. At

CROSSWORD PUZZLE

ACROSS: 1. Heavenly body. 2. Inflammation of the ear. 3. Mouse genus. 4. Good wine. 5. Singing voice. 6. Musical instrument. 7. Person's Bible.

DOWN: 8. Writing. 9. Briefly. 10. Portending. 11. A wall. 12. Put on. 13. Sterilizing. 14. Musical instrument. 15. Musical instrument. 16. Musical instrument. 17. Musical instrument. 18. Musical instrument. 19. Musical instrument. 20. Musical instrument. 21. Musical instrument. 22. Musical instrument. 23. Musical instrument. 24. Musical instrument. 25. Musical instrument. 26. Musical instrument. 27. Musical instrument. 28. Musical instrument. 29. Musical instrument. 30. Musical instrument. 31. Musical instrument. 32. Musical instrument. 33. Musical instrument. 34. Musical instrument. 35. Musical instrument. 36. Musical instrument. 37. Musical instrument. 38. Musical instrument. 39. Musical instrument. 40. Musical instrument. 41. Musical instrument. 42. Musical instrument. 43. Musical instrument. 44. Musical instrument. 45. Musical instrument. 46. Musical instrument. 47. Musical instrument. 48. Musical instrument. 49. Musical instrument. 50. Musical instrument. 51. 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