INFORMATION FOR THOSE

WHO ARE OVERWEIGHT

True obesity is a constitutional

disorder in which there is a com-

pulsory tendency to gain weight un-

less the intake of

food and expendi-

ture of energy are

kept under control

all of the time. In

this condition, the

body tissues have a

greater tendency

than normal to de-

Fortunately

many people who

posit fat.

are overweight do not have this ab-

normal condition. During childhood,

adolescence and early adult life, a

high calorie, high vitamin, high pro-

tein diet containing adequate min-

erals is necessary for normal

growth. At this period of life people

are most active physically and need

more calories. Thus they become

accustomed to eating large amounts

of food, are not satisfied with small-

er quantities. When they stop grow-

ing and go to work they are apt to

be less active physically and require

less food. But they continue their

usual high calorie diet and the

Infant Deaths in the United States

Deaths per 1,000 Live Births

67.6

portion no longer needed for the

a gain in weight does not come

until the individual changes from

Gains During Pregnancy.

During pregnancy and while nurs-

ing their babies, women have to eat

enough to nourish two and so eat

much more than they did formerly.

Then when the baby is weaned

extra nourishment, they gain weight

and lose their lovely girlish figures.

The change of life in some 20 or

gradually and not carried to ex-

tremes, weight can often be lost more

restricted diet and so harder to lose

Low Calorie Diet.

calories) is absolutely necessary

for weight reduction. Such a diet

can often be best tolerated if a

cracker, a glass of fruit juice, or of

skim milk is taken between meals.

Thus low blood sugars that cause

ravenous hunger are avoided. Any

reducing diet must contain enough

vitamins, minerals and proteins to

satisfy the body requirements. It

should contain one pint of skim milk,

one egg, two ounces of fish, meat or

fowl, three servings of vegetables

(one of them raw) including pota-

toes, two servings of fruit (one of

them raw) and one and one-half pat-

ties of butter. It should contain a

minimum of fats, sugars, sweets

and starches and the fluid intake

should be decreased. To make it

quantitively more satisfying, eat

more meat, cheese and leafy vege-

When you have thus lost enough,

add to your reducing diet just

enough to enable you to maintain

the desired weight. If you go back

to your old diet, you will again rap-

idly put on the pounds.

A low calorie diet (1,000 to 1,200

arduous type of work.

Davis III



# Wanished Men ??? Coodslea

THE STORY SO FAR: Bound for the Chibougamau gold country, six men lost their lives on the Nottaway river. Red Malone, Garrett Finlay, brother of one of the six, and Blaise, half-breed guide, arrive at Nottaway posing as surveyors.

"I'll bet his liquor comes in by | air," said Red.

"Exactly. So he tried to wipe you out-tried to stop a government survey party? Now I wonder just why? What's back of it all?"

"Of course, they must have decided that we were only prospectors posing as surveyors."

"Shooting prospectors is not so dangerous as firing on government men but it's still murder, ain't it?" snorted McNab.

"True!" laughed Finlay trading winks with Red behind the back of hatred of Isadore would be useful. He knew much about Waswanipi which they would learn, for the evening would be long. "If you've heard he flies stuff in from somewhere south in the Province, possibly you've heard about the August plane from the Bay," suggested

"From the Bay?" demurred Mc-Nab. "Now what in thunder would he be-Wait a minute!" The trader scratched his jaw as his half-shut eyes squinted at a gun-rack in a seeming effort to recapture a vague memory. "I've got it!" he exploded. "North, at Rupert House, two summers back, they were talking about a strange schooner some traveling Crees had told of seeing off the mouth of the Hurricanaw. The Indians said a sea-plane was lying in the lee of an anchored ship. Later the plane headed south and disappeared over the muskeg of the mainland. They've been trying to figure that out, at Rupert, ever since."

Finlay glanced triumphantly at Malone. Lise's story was corroborated. "Was it spring, summer or fall they saw it?"

McNab nursed his chin. "Why, let's see! I was at Rupert in early September. It must have been in the summer."

Finlay's face brightened with satisfaction. "McNab, that plane was bound for Waswanipi. Every August a plane from the North stops there, then heads south."

"Waswanipi?" blurted the puzzled trader. "What's the reason for it? What could it carry?"

Finlay leaned toward the Scotchman chewing nervously on his pipe stem. "McNab, that's just what Constable Malone and I would like

After a clean-up and shave, Finlay and Red joined the trader at his house for supper. A shy woman whose face wore lines etched by a life of isolation and worry, and an excited girl with an unruly red-gold bob, and the height and vitality of her father, welcomed them.

"Mary, this is Mr. Finlay and Mr. Malone," said the trader. "Gentlemen, my daughter, Thistle!"

The quick violet eyes of the girl swept Finlay's erect figure and clean-cut features with a passing glance of approval. But it was to Red's freckled face with its infectious grin which bared his regular teeth that the girl's dancing eyes clung. As she laughed at Malone's sallies, dimples dented her brown cheeks.

"What a pair!" thought Garry. "If I know the signs, she's fallen

for the devil already.' Far into the night three men sat in a cloud of smoke in the trade-

"Sergeant," demurred McNab. "It's flat suicide for you to go back there now. I tell you you haven't a chance. But if you do hang on until that plane shows up from the Bay, how are you going to learn if she carries gold south, with that Indian mob of Isadore's watching her?

Man, it's ridiculous!" Malone laughed. "You've never seen Sergeant Finlay operate."

"McNab," said Finlay, quietly, "if we're there when that plane arrives, we're going to learn what all this mystery's about."

McNab's blue eyes snapped. "Yes, I think that's just what you two would start to do in the face of them all. You've got the nerve all | the night, "I wish you'd have that right. But have you ever seen what whiskey will do to bush Indians? Tete-Blanche and that crew'll wipe you out, then hide up in the Bitter Water swamps."

"Between muskeg and water and swamp there's fifty miles of it. It's absolutely impassable except for an Indian trail or two. They'd never be found there, Sergeant. I don't want you to go back until you have

help." The gray irises of Finlay's eyes were rings of steel circling the pupils. "That's our hard luck, then. It's our job to get this crook. We'll start; someone else may have to finish it!"

McNab stubbornly wagged his sandy head. "I know, Sergeant, I know! But think of the odds, man! It's fifty to one up there, now, with the Indians against you!"

Red grinned at the grave face of his chief. "At Fort McLeod it was a hundred miners to one Mountie, eh, Sergeant?"

'What happened?" asked McNab. "Sergeant Finlay elbowed his way into that mob of drunks and took his man, Mr. McNab!"

#### INSTALLMENT TWELVE

Suspicion prevails that Isadore, rich fur man, has made a gold strike and aims to keep prospectors out of the country at any cost. En route to the Hudson's Bay post they visit Isadore in his palatial home, meet his wife and Lise,

Tete-Blanche - ever seen him?"

"I saw him once at the steel. He looked uglier than a starved wolf. Never saw such a face! They say Isadore brought him here from the West, up God's Lake way. He was probably wanted there and had to leave. Two years ago, after those four men were reported drowned, he went up river to Nottaway and hung around making a lot of veiled threats. He had everybody uneasy. The Nottaway people know Isadore the outraged McNab. The trader's | is rich and think he has government pull of some kind. They're afraid of him.

> "Nobody but the station agent has dared open his mouth and he's been threatened."

Finlay handed the letter he carried in his wallet to the trader. "Mc-Leod did more than talk. He wrote." McNab returned the letter. 'That's what they all think, up there."

"Pretty state of affairs in a free country!" snorted Red.

"About Tete-Blanche!" Finlay's dark face was bitter. "Is he half crazy? The night they trussed me up I had a good look at his eyes. The pupils dilated like those of an Eskimo gone 'piblockto.' "

McNab squinted hard at the speaker. "You know, I believe he is,



just that, blood crazy. I've talked to Montagnais who've drifted here from Waswanipi. They say the Indians are afraid of him. They think he's got some mysterious powertalks with the spirits. But it's this medicine-man, Kinebik, that he works through."

"Isadore's whiskey and Kinebik's medicine-making have turned the young bucks against us," said Fin-

"By the way, McNab, why did Isadore build such an elaborate out-

"I can't account for it. It must be sheer vanity. He's certainly made big money in fur. But there must be something else. He's got a partner in Montreal, Blondell, who flies here every summer and, I'm sure, carries the liquor. They say he lives like a prince in the city. What my people are wondering, is what Blondell does in Montreal besides handle the fur."

"And they can't find out?" "No, it's a mystery."

"How about placer gold?" asked

"That's what they've suspected. Flake gold and nuggets would be easy to transport secretly in a plane. He may have struck some rich sandbars in the upper Waswanipi. That may be the answer. But Sergeant," the trader rested his hand on Finlay's shoulder as they parted for police plane sent here and wait for

it. They fly to Isadore's place and arrest him. I like you two boys. I don't want you to go back to Waswanipi. With the Indians loose and Isadore not knowing you're police

it's deliberate suicide. Finlay took the trader's big hand. The shadow of the pain which lanced his heart crossed his face as he thought of the boy in his grave beside the thundering Waswanipi. "As yet I've nothing tangible on Isadore except this liquor business with the Indians. Before I'm through I'll have something he'll swing for. I'm not sending for help, McNab. To-

## CHAPTER XIII

morrow we start back."

The following morning Blaise and the fretting airedale, circled by the hostile post huskies, waited on the beach beside the loaded Peterboro. Over at the stockade gate Thistle's eyes clung to Malone's sober face.

"I've suessed what you are-you two," she said, her chestnut brows meeting as she searched his candid eyes in an effort to read what lay Isadore's stepdaughter. Answering an appeal from Lise, Finlay is ambushed but escapes. It develops that they are Mounted Police officers. They continue on to the Post and discuss the situation with McNab, a trader.

McNab's face lit with admiration. | in his heart. "It's the way you "What do you know about this | Mounties carry yourselves-something so cool and masterful about you. You can't fool me, Mr. Man. I know you're police." Tears suddenly blurred her eyes as she drew a quick breath. "And I know from the way father acted this morning that he never expects to see you again! Oh, Red," she flung out desperately, "I want to see you again! I want you to come back, Neil!"

Red had the girl's trembling hands in his. "I'm coming back, Thistle!" he said, and his voice was hoarse with feeling. "I'm coming back straight to Matagami-to you, kid." Then with a shrug of his heavy shoulders he swallowed hard and the dancing lights returned to his eyes. "Now flash those white dazzlers of yours in one of those smiles that makes my heart go pitty-pat or I'll rumple that gold stuff you call hair right before your mother who's watching us through the window."

A smile broke through the girl's clouded face at the sally of the irresistible Red.

Over at the trade-house Finlay and McNab were saying good-by.

"My men should reach the steel with your report in thirteen days, but I wish you'd change your mind, Sergeant. Ask for immediate help and wait here for it!"

Finlay's thoughts were with the girl who waited for his message at Waswanipi. His mouth curled at a corner. In his eyes was the glint of sun on young ice. "McNab, the Mounted Police never send for immediate help!"

"I know! I know!" McNab wagged production of heat and energy is his head resignedly as he gripped converted into fat. Sometimes such Finlay's hard hand. "But I like you two boys! It's a shame—a rotten—" The trade-room door swung wide hard manual labor to some less and Blaise rushed in.

"Cano' comin' from de eas'! David look in glass and say it come from Isadore! I hid cano' and shut up Flame!"

"Tell Red I want him, quick!" Malone burst into the room. "Put your glasses on that canoe, Garry!" Red cried. "Mine are packed! Something's up!"

"Are they near enough to see us?" "No, they're miles away. What are the orders?"

Finlay took his binoculars from his duffle bag. "If they stop here, Red." he said. "we'll hole up in the fur-loft and listen while McNab draws them out. It may prove valuable. They've decided we passed them that night and are out to overtake us on the river."

Red shrugged his wide shoulders. "Overtake you and Blaise and me, in strong water? Swell chance! But we don't happen to be running!" "No, we don't happen to be run-

Far to the east on the wind-rippled surface of Matagami moved a black | While exercise is good if started speck. Finlay focused his glasses. It was a big Peterboro driven by an outboard motor, with a crew of four men.

"Do you recognize any of them?" he asked McNab.

"Not yet. But it's from Isadore's. He's got the only outboard motor in this country.' The two returned to the trade-

room while Finlay made his plans. "Whoever it is, McNab, get them in here and pump them dry. We'll lie up there in the fur-loft and hear it all. Tell them we stopped for grub yesterday, on our way to Rupert. That may send them hunting us down river. And we'll surprise Isadore when we show up at Waswanipi." "Correct. I'll handle those In-

dians." "Make them talk even if you have

to feed them some of that scotch of yours. It will be legal for it's an order from the police." The two men grinned. "Leave it

to me, Sergeant." Red and Blaise appeared with their Lee-Enfields.

"Don't think you'll need them, tables may be taken. Red," said Finlay. "Now we'll hit that ladder for the loft." "I'll have another look and let you

know what I see," said McNab, as the three men disappeared through the trap-door of the fur-loft. As they lay on the floor of handhewn, spruce planks near the open-

ing, Finlay outlined his conversation with McNab. "Suppose Tete-Blanche is in that canoe?" queried. Red.

"Our job is Isadore!" cautioned Finlay. "What we want today is information. A fight, here, will spoil

Red chuckled. "I wasn't serious, chief, I was only worrying about Blaise. We'll have to lie on him to keep him from jumping through that hatch." Brassard's slit eyes glittered in

the half-light as he grunted: "I can wait. But dis big fallar wid red head, we have tough time to keep his mout' shut!"

Red shook Blaise's calloused paw. 'Now we're square, you old wolverine!"

"Shut-up!" snapped Finlay. "Someone's coming!" (TO BE CONTINUED)

# Learn to Sew if Your Budget Is Limited—It's Fun, Too!

By CHERIE NICHOLAS



THIS year the fashion picture is literally packed with drama. What with a whirl of midwinter festivities and gala occasions in full swing one is almost sure to yearn for more than the usual amount of clothes glamour. The good news is that, by making sewing your hobby, you can easily manage to have an enchanting array without suffering a single budget twinge.

Simply pick the pattern that measures up to your idea of a dream dress, get your material in hand and then dash off to your nearest local they continue on the high calorie sewing center where expert help is diet. As they no longer require the cheerfully given in sewing short cuts and fashion tricks, at little or no expense. Fabric counters are literally bub-

bling over with an endless display 30 per cent of women so affects the balance between the various glands of smart, inexpensive rayon jerseys, that their diet causes them to gain | tweedy weaves that tailor beautifully, gorgeous taffetas and moires It is relatively easy for those who | that look twice as expensive as they are overweight because they eat really are; velveteens in alluring more calories than they require, to pastel and brilliant jewel-toned colreduce. Those who have the hered- ors; handsome laces of every type itary abnormal tendency to accumu- from sheer to the new linen effects, late fat, water and salt find it much | which, for the most part, can be had more difficult. Many believe that for under a dollar a yard. This year exercise, even violent exercise, is a merry war is going on between necessary if weight is to be lost. traditional black-and-white and lush, Those who have never engaged in ravishing colors like fuchsia, turathletics or who are too old to en- quoise, black plum, alarm red, togage in them, consider passive ex- paz, gold and beige, Kelly green ercise or massage indispensible. and seafoam tones and tints.

For the twilight hour and its flattering candlelight, there's romantic elegance needed, and you will be a successful drama, and they will easily and rapidly without it. Exer- equal to the occasion if you make a inspire repeat performances in the cise increases hunger and thirst and dinner dress which combines a long- future. makes it more difficult to stick to a sleeved, front-buttoned, long-torso (Released by Western Newspaper Union.)

basque top of black cotton lace arguments in getting supplies of with a shirred wide-spreading rayor moire skirt which repeats the black materials for filling the orders. lace in a hip border inset after the manner of the gown which the fig- spected, all loose nuts and other minor lacks of adjustment should be ure seated in the foreground is

And again your evening splendor will be definitely established in a mist-blue jersey dress that molds and tapers to your form in draped and flowing lines like those of the gown shown to the right in the trio of evening modes pictured above. Drapery treatments are very important and are outstanding this season. They are ever so easy to manipulate, even for the inexperienced, with the aid of a new moldedto-you thermo-plastic dress form. With an exact reproduction of your

fectively dramatize your silhouette. Gay and inexpensive materials make the luxurious looking dinner that hangs with easy grace from broad-looking shoulders encrusted with importantly new embroidered motifs that are repeated on the pock-

figure before you, it requires no

special gift to drape the folds of a

material in a way that will most ef-

ets. This jacket would be lovely with a candle-slim forest green crepe floor-length skirt. Believe it or not, the embroidered motifs that so definitely enhance this jacket were stitched up in practically no time on a modern sewing machine, and the finished job looks for all the world like fine handwork.

The fashion suggestions above are destined to turn your "date" into

**Gay Fashion Parade** 

Away with somber attire on a

rainy day! No longer are leaden-

cast skies, downpours of rain and

muddy streets a sign that one must

match the somberness of the scene

with clothes equally depressing. Ac-

cording to the new theory, a rainy

day is just the time to come out in

bright array. In fact, rainy days

There are gay new capes, fitted

coats and trench model coats, some

in white, some in blue and, most ex-

citing of all, those in bright red

rainproof transparencies or proc-

essed cloth, if you prefer. You can

There's style and charm, too, in

the new processed black satin rain-

coats that are fashioned with smart

details and given a glamour touch

in that the newest out are fashioned

Magazine Tells What the

College Girl Is Wearing

According to a new women's mag-

College co-eds are braiding their

Earrings are being worn with the

Sixty inch pearls worn on "Sloppy

Joe" cardigans are "tops" every-

Cowboy boots, plaid sweaters,

lime yellow shirts, corduroy jack-

ets, the "V" neck sweater and knee

length argyle plaid socks also

storm the American campus scene.

hair in "country cousin" style.

with jeweled buttons.

get red or white boots to match.

are turning into cheerful events.

Rain Now Calls for

#### of breakage. Lock washers help keep nuts from working loose. Good Farm Pasture

Will Aid Uncle Sam Good farm pastures will become as vital as munitions factories in Uncle Sam's war program as the demand for more meat and dairy products increases in months to

FARM

OF MACHINERY

Quick Action Will Protect

Farmer From Shortages.

By C. B. RICHEY

(Agricultural Engineer, Ohio State

University.)

measures to protect themselves

against any possible shortages in

machinery or repair parts will save

themselves and their neighbors

The first step in this preparedness

campaign is the inspection of all

machinery and equipment to find

broken or worn parts that are likely

to fail the next time the machine is

used. Some farm machinery will

have to be partially dismantled be-

fore the amount of wear and tear

If repair parts are needed, labor

can be saved by leaving the ma-

chine torn down until the parts are

obtained. However, bolts, washers,

keys, and other small parts of the

machine should be placed in a con-

tainer so they can not be lost during

The second step in getting the

machines ready for 1942 is to order

reeded parts immediately. This

should be done whether or not the

dealer says they are available.

Back logs of orders for parts in the

manufacturers' files are powerful

While the machines are being in-

corrected. Excessive vibration of

machinery in operation decreases

its efficiency and increases chances

the period of waiting.

an parts can be determined.

money and trouble.

Farmers who immediately take

TOPICS

SPEED REPAIRS

"The farmer's surest recipe for meeting this demand for food for our armed forces and our allies, lies in undertaking an intelligent program of pasture improvement that will insure him a good stand of legumes and grasses," says a statement of dress centered in the group above. the Middle West Soil Improvement There is style distinction reflected in Committee. "To accomplish this it the chrome yellow velveteen jacket is important, first of all, that the soil's productivity be built up by the use of fertilizer containing phosphorus and potash.

"Whether the crop is good or poor will be determined by the presence or absence of plant food. Thus it is important to have the soil tested to determine whether it is adequately supplied with the necessary ele-

"Agronomists at state colleges or county agents are prepared to cooperate in making these tests and likewise in providing recommendations covering the use of fertilizers on pasture crops in a rotation."

#### Soil Erosion Called A 'Fifth Columnist'

No "fifth columnist" ever worked more quietly than does soil erosion on a farm, but one difference is that evidences of soil erosion are easily seen. Every muddy stream that comes down the hill after a rain is a warning that somewhere on higher ground the soil has been loosened and is being carried away. So says Prof. Paul Hoff of the

department of agricultural engineering at Cornell university. As to the objection of some farm operators who know they have an erosion problem but can't find time or labor to correct it, he

"Soil erosion cannot be solved overnight; nor does it require a lot of work during the busy cropping season. A soil conservation program on any farm usually covers several years.

"On most central New York farms, for example, such a program consists of rearranging the fields into long narrow strips that are level from end to end. Sometimes one or more diversion terraces are needed to protect the strip-cropped slopes from unusually heavy rains or rapid spring thaws. The level rows of cultivated crops and strips of sod help

During the past few years, about 2,000 farmers in New York state have installed strip-cropping systems on their farms.

# For the Young

Take yards and yards of bright red net. Fashion this into a full skirt. Top this with a snug-fitting bodice made of jersey in matching bowing rules: 1-Store implements red. Outline the decolletage, sleeve edges and finish off the waistline with a single-row beading of sparkling red sequins.

to hold the soil and water."

#### Guarding Machinery Because of the national war emergency program is expected to make it increasingly difficult to obtain new

machinery and repair parts, it is suggested that farmers keep their implements in good shape. Farmers can prolong the life of their machinery by observing the fol-

in a dry place, 2-Overhaul machinery periodically, 3-Keep equipment in good adjustment, 4-Protect wood surfaces with paint.

# White Fur

In keeping with the vogue for

"winter white," this season, comes

the prediction from furriers that

snow white lamb will prove one of

the most popular furs of the season.

The young set is "rushing" the

idea. It's a treat to the eye to see

one pictured. These coats are strik-

ingly new, and they top the now-so-

modish white jersey "date" dresses

to perfection.

"The constant drip will wear away the stone; the constant imperfection of nutrition. though this be relatively slight, will wear away the body." - Sir Robert McCarrison. . . .

## QUESTION BOX

Send questions to Dr. Nathan S. Davis III. Winnetka, Ill. (Enclose a self-addressed. Ill. (Enclose a self-addressed, stamped envelope.) Q.-What is vitamin B, and what

vegetables or foods are highest in

this vitamin? S. L. A .- Vitamin B is a complex mix-

ture of chemical compounds required to aid the utilization of foods by the cells of the body. Lima, navy, kidney and soy beans, buck- young girls wearing coats like the wheat, whole wheat flour, ham and pork, beef, kidneys, liver, yeast, peas, and various nuts contain this