



**QUEBEC LIBERAL ASSOC. PRESIDENT**

The new president of the Quebec Liberal Association, Francis Norbert, is shown left with Mrs. Jean LeSage and Jean LeSage, the provincial Liberal leader in the province. Mr. Norbert who is from Trois-Rivières was named President at a convention in Quebec. (CP Photo)

**STAY ALIVE LONGER!**

**Variety Of Food Is Diet Secret**

By LeLord Kordel  
Installment Fifteen

Sam Morris came to me because he was fat and miserable. Fear of losing his wife and the knowledge that he was no longer attractive in her eyes made him a determined man.

His home and his future happiness were at stake.

"I've done everything I can to please my wife," said Sam. "Except lose weight." I reminded him.

"Well, yes," he admitted. "But I wasn't exactly skinny when I started going with her."

I asked him to get on the scales, and he almost broke them.

"You," I told him, "are the result of a lifetime of overeating."

"I guess that's right," Sam agreed. "I was brought up on a dairy farm and we all loved to eat."

"I'm going to put you on a high-protein diet," I told Sam, "for several reasons: (1) Foods with a high protein content have proportionately the lowest calorie count of all foods. (2) A high-protein diet supplies you with the strength and energy you need. (3) such a diet allows you to cut down on calories."

Protein furnishes specific dynamic action for your body, in addition to giving you all the necessary material for replacing your fat with muscle tissue. Specific dynamic action gives you pep and endurance by forcing your body to use its energy materials. It takes a steak and not a cream puff to make a winning fighter. The specific dynamic action of the proteins in the steak mobilizes the fighter's energy resources so that he can stay in there punching until the final round.

**EATING FOR PLEASURE**

By the time you reach the age of fifty you will have spent three of your years eating. To make your eating hours enjoyable—without denying yourself the pleasures of food—you need a new philosophy. Plenty and variety, the enjoyment of food, of taste, and

least six glasses of water each day.

Water is necessary for all the life processes within the living cells of the body. The glands use water to elaborate their various secretions. Water is also used for the absorption of digested foods: You need about two quarts of water every twenty-four hours for your body requirements.

**EXERCISE—THE OTHER FACT**

Dr. Jean Mayer, of the Department of Nutrition, Harvard School of Public Health, says: "Combating overweight by diet alone is like fighting with one hand behind your back. Exercise is the other fist that enables us to deal the knockout blow."

Moderate exercise promotes mental alertness, provides an outlet for the frustrations of competition and creates a feeling of well-being. When you feel like blowing up, exercise provides you with an outlet that reduces tension.

Were you a college football hero? Then you need more exercise to keep your body fit than the bookworm does. You have built up big muscles, and if you suddenly cut down on your exercise, fat will infiltrate all those masses of muscle. One British physiologist tells us, "While it may be better to have loved and lost, it certainly isn't better to have exercised and stopped."

Back at the turn of the century, people walked or bicycled wherever they went, unless they could afford a carriage. Today almost everyone rides. Overweight has grown with our prosperity: The number of persons joining the ranks of the obese has increased at an alarming rate. So have the mortality rat-

es increased for the diseases of the obese.

Fat is a killer. Remember to treat it as such!

Do you want to subtract 500 calories or more from your daily intake? For the high protein diet I gave Sam, combined with a special eating chart of high calorie and unnecessary foods that I told him he must eliminate,

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**BRISTOL**

Mr. George Compton has purchased the old Charlie Mosher property here, and has taken up residence. This property was once owned by Paul Chaisson and was on the old Bristol race track, opposite McEwens store. A trotting circle of the old track can still be found on the back side.

Dr. J.C. Sinnott and Mrs. Sinnott, along with the Dr's brother Ralph, and Walter O'Brien, were here from the city last week for a social evening.

Mrs. G. R. Keefe, Charlottetown, is at present visiting her mother, Mrs. George Hume, and her two sisters in Muskegon, Mich. Old friends remember Mrs. Hume and her daughters Alice and Grace, when they resided here and kept the post office. They moved to the U. S. A. along with Mr. Hume forty-one years ago, but their fine home still stands as a memorial. It has been sold but the mail boxes in the office remain the same as in the long ago. George Hume passed away two years ago and Mrs. Hume regrets she will be unable to return for a visit as she spends her days in a wheel chair.

Rev. Eric Robin, has been absent from the two parishes here for a couple of weeks while on vacation.

Mr. Joe MacDonald who has been unemployed for some time owing to an ailment following the war years has taken a position on the staff of the Provincial Infirmary.

Mr. and Mrs. Charlie MacDonald of the Beach Grove Home for elderly people spent their holidays at their old homestead at St. Peters Lake. They keep this fine old home for a vacation spot.

Word has been received by friends here that Mr. Fred O'Brien, who has been ill in Boston, for some time suffered another attack last week. Mr. O'Brien is a brother of Mrs. James A. O'Brien, Morell village.

Mr. Frank Laybolt will be the new snow plough operator here this winter. Mr. Laybolt has already taken over the grader. Mr.

**DEAN MARTIN GOES IT ALONE**

★ Since he split with Jerry Lewis, Dean Martin has become a first-rate dramatic actor. How has he done it? Read this week's Star Weekly.

Robert McKinnon was the efficient and very obliging operator for a number of years.

Mrs. Edward Ryan was a business visitor to the city last week she was accompanied by friends.

Most of the carpenters from this vicinity are at present working at St. Peters Bay erecting a new home for Dr. McLellan.

Walter O'Brien has returned to his duties after being sent for seven weeks through illness. Mr. O'Brien was in the Charlottetown hospital for a month.

Mr. Harry McEwen who has occupied his summer residence here this season, plans to spend the winter months in the city.

**POLARITY REVERSED**  
PASADENA, Calif. (AP) — A scientist has discovered that the polar magnetic field of the sun has reversed itself. If this were to happen on earth, all compass needles would swing around from the north and point to the South Pole. The discovery was announced Saturday by the California Institute of Technology where studies of the sun's magnetic field have been under way since 1952.

**TASTY AND NUTRITIOUS**

# bran gems

Serve warm or reheated and generously buttered for a delicious breakfast. If you bake at home, use dependable Best Yeast.

**BRAN GEMS**  
Makes 16 gems

Scald 1/2 c. milk; stir in 1/2 c. granulated sugar, 1 1/2 tps. salt, 1/2 c. shortening and 1 1/2 c. bran flakes. Cool to lukewarm. Meantime, measure 1/2 c. lukewarm water into a large bowl; crumble and add 2 cakes Best Yeast—or stir in 2 tps. granulated sugar and sprinkle with 2 small envelopes (or 2 tps.) Best dry Yeast. Let stand 10 mins., THEN stir well. Stir in bran mixture, 1 well-beaten egg and 1 1/2 c. sifted all-purpose flour. Beat until smooth and elastic. Work in 1 1/2 c. (about) sifted all-purpose flour.

Knead on floured board until elastic. Place in greased bowl; grease top. Cover. Let rise in warm place until doubled in bulk—about 1 1/4 hrs. Punch down dough; divide in half. Form each half into an 8" roll; cut each roll into 8 equal pieces. Cut each piece into 3; form into smooth balls. Place 3 balls into each section of greased muffin pans. Brush with melted butter or Blue Bonnet Margarine. Cover. Let rise until doubled—about 1 hr. Bake in a hot oven, 400°, 12 to 15 mins.

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