

Peanut Butter Lovers' Month

his creamy spread is a delicious and versatile addition to any kitchen. It pairs perfectly with jelly, chocolate or just a spoon! Peanut Butter, a beautiful, thick, rich confection that is made by pulverizing a humble legume. It appears in candies, sandwiches and even in rich savoury dishes in the form of a sauce. There's crunch to peanut butter and creamy peanut butter, and peanut butter that comes premixed with honey. Rich and full of protein, this delicious food is also favoured by bodybuilders, hikers and health nuts alike.



#HEALTH

Why Red Wine Can Give You A Headache

A flavanol found naturally in red wines can interfere with the proper metabolism of alcohol and can lead to a headache



Even small amounts of red wine can cause a headache. Typically, a "red wine headache" can occur within 30 minutes to three hours after drinking as little as a small glass of wine.

In a new study, published in Scientific Reports, the researchers examined why this happens, even to people who don't get headaches when drinking small amounts of other alcoholic beverages. Researchers think that a flavanol found naturally in red wines can interfere with the proper metabolism of alcohol and can lead to a headache.

This flavanol is called quercetin, and it is naturally present in all kinds of fruits and vegetables, including grapes. It's considered a healthy antioxidant and is even available in supplement form. But when metabolized with alcohol, it can be problematic.

"When it gets in your bloodstream, your body converts it to a different form called quercetin glucuronide," says wine chemist and corresponding author Andrew Waterhouse, professor emeritus in the viticulture and enology department at the University of California, Davis. "In that form, it blocks the metabolism of alcohol."

"As a result, people can end up accumulating the toxin acetaldehyde," explains lead author Apramita Devi, postdoctoral researcher with the viticulture and enology department. "Acetaldehyde is a well-known toxin, irritant and inflammatory substance." Devi says, "Researchers know that high levels of acetaldehyde can cause facial flushing, headache and nausea." The medication disulfiram prescribed to alcoholics to prevent them from drinking

causes these same symptoms. "We postulate that when susceptible people consume wine with even modest amounts of quercetin, they develop headaches, particularly if they have a pre-existing migraine or another primary headache condition," says co-author Morris Levin, professor of neurology and director of the Headache Centre at the University of California, San Francisco. "We think we are finally on the right track towards explaining this millennia-old mystery. The next step is to test it scientifically on people who develop these headaches. So stay tuned."

Waterhouse says levels of this flavanol can vary dramatically in red wine. "Quercetin is produced by the grapes in response to sunlight," Waterhouse says. "If you grow grapes with the clusters exposed, you get much higher levels of quercetin. In some cases, it can be four to five times higher." Levels of quercetin can also differ depending on how the wine is made, including skin contact during fermentation, fining processes and aging.

Scientists will compare red wines that contain a lot of quercetin with those that have very little, to test their theory about red wine headaches on people. The researchers say there are still many unknowns about the causes of red wine headaches. It's unclear why some people seem more susceptible to them than others. The researchers don't know if the enzymes of people who suffer from red wine headaches are more easily inhibited by quercetin or if this population is just more easily affected by the build-up of the toxin acetaldehyde. "If our hypothesis pans out, then we will have the tools to start addressing these important questions", Waterhouse says.



Rajput Valor and Legacy in World Wars Unveiled on Remembrance Day of Canada

To delve into the narrative of the Rajputs is to chronicle the epic tale of an illustrious and age old warrior lineage, distinguished by a valor that echoes resoundingly across the pages of World history. In witnessing the unparalleled valor exhibited by the Jodhpur Lancers in the Haifa battle, where they fearlessly expelled the Turks from Israel, armed only with swords and lances against a heavily fortified Turkish position, armed with machine guns and cannons, their bravery radiates brilliantly.



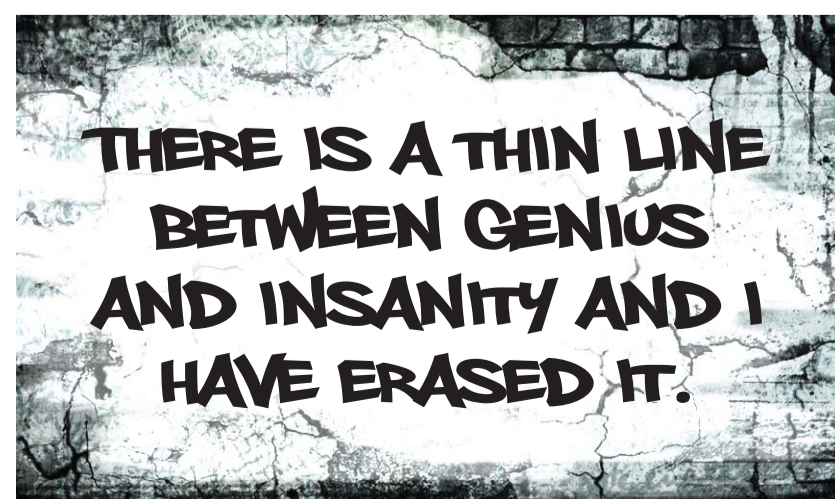
Prakram Singh Jhala
(Historian, Founder of Rajput Community of Canada, Completed Bachelors in Mechanical Engineering & Masters in Project Management)

The Rajputs, forever true to their descent, are born warriors, and no family of the human race ever possessed so liberal a portion of that essence of reckless daring, called chivalry, by poets and romancers, as the Rajputs. Like Thakur Shri Jeshraj Singhji Sisodia in Rajputs: A Fighting Race, did. Amidst the solemnity of Remembrance Day on November 11th in Canada, dedicated to honoring the sacrifices of World War I & II, the Rajput Community of Canada, under the leadership of founder Prakram Singh Jhala and Founder of Hindu Heritage Foundation of Canada, Yugeswar Pratap Singh Ji Rana, orchestrated a monumental event at the Peel Art Gallery and Museum Archives (PAMA Museum) in Brampton, Ontario. This unprecedented gathering not only spotlighted the pivotal role played by Rajput Princely States and warriors but also initiated the first-ever global discourse on the significant contributions of Rajput heroes in the World Wars.

Rajput regiments as exemplified by the valorous Jodhpur Lancers securing Haifa, Israel, and the benevolence of Jam Sahab providing shelter, emerged as key players in fortifying diplomatic ties between India-Israel and Canada. Sahab providing shelter, emerged as key players in fortifying diplomatic ties between India-Israel and Canada. The enduring gratitude expressed by Poland and Israel towards the benevolence of Indian Maharajas stands as a testament to the lasting impact of Rajput generosity. Notably, Canada's Senior Politician Patrick Brown, Mayor of Brampton and former Leader of the Official Opposition at Queens Park, paid profound tribute to the Rajput warriors, recognizing their historical significance in the world wars.

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THE WALL



RAJPUT WARRIORS RESURRECTED



Group picture from the event.



Treaty of Versailles, 1919, ended WWI. Maharaja Ganga Singh: Indian signatory, pivotal event.

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Their unwavering commitment to combating cruelty and preserving lives remains an undeniable mark on the world's historical pages. Bhavnagar emerges as a pivotal player, contributing significantly through the establishment of a war hospital for soldiers and a magazine providing war updates to families, in the era of darkness. In matters of fashion, the incomparable style of the



Prakram, Mayor Patrick Brown, Yugeswar Pratap and Navneet.

BABY BLUES



Evolving from a symbol of equestrian prowess to one of motorized mastery, Jodhpur pants have become a hallmark of the Officer Corps, symbolizing an elite status. Hollywood swiftly embraced this sartorial evolution, with directors donning them on sets, undoubtedly aiming to command fear, exude authority and demand respect. The event distinguished itself through cutting-edge multimedia displays and digital kiosks, creating an immersive experience, heightened by background music. A compelling short film produced by the Rajput Community of Canada, featuring the Jodhpur Lancers, Maharaja Nawanagar Digvijaysingh Ji and Maharaja Ganga Singh Ji, took center stage. Noteworthy endorsements from figures like Maharaja Gaj Singh Ji of Jodhpur, Maharaja Aishwarya Chand Katoch of Kangra, Maharaja Dr. Karan Singh Ji of Jammu and Kashmir, and famous Fashion Designer Raghavendra Rathore, alongside Princess

Brijeshwari Kumari Bhavnagar, Princess Rajyashree Kumari Bikaner and H.H. Maharaja Jam Shatrushalya Singh Ji Nawanagar, added prestige. The event welcomed guests with ancestral ties to pivotal battles such as the Battle of Haifa in the World Wars. Dr. Karan Singh Ji expressed jubilation, hailing the occasion as a groundbreaking historic event and commending the organizing committee for undertaking such a unique project. Raja Aishwarya Dev Katoch conveyed his joy, acknowledging the challenge of reviving history in modern times due to the confusion caused by similar uniforms and turbans. The event unearthed buried information, spotlighting the Katoch and Jamwal dynasties' contributions to the Dogra Regiment in Kangra and Jammu-Kashmir. Rajput warriors, constituting around 250,000 soldiers in World War II, predominantly Rajputs were showcased, delivering forgotten history to the modern era. This profound insight illuminated how Rajput soldiers shaped global history, fought for freedoms, now taken for granted, and upheld their Kshatriya Dharma with smiles and unwavering faith. Crucial roles played by Parakram Singh Jhala, Yugeswar Pratap Singh Rana, Navneet Singh Dodiya, Deveshwar Singh Rathore and Yadvendra Singh Shaktawat were instrumental in the event's success, underscoring the intertwining legacy of the Rajputs with the tapestry of history, leaving an indelible mark on the world stage.

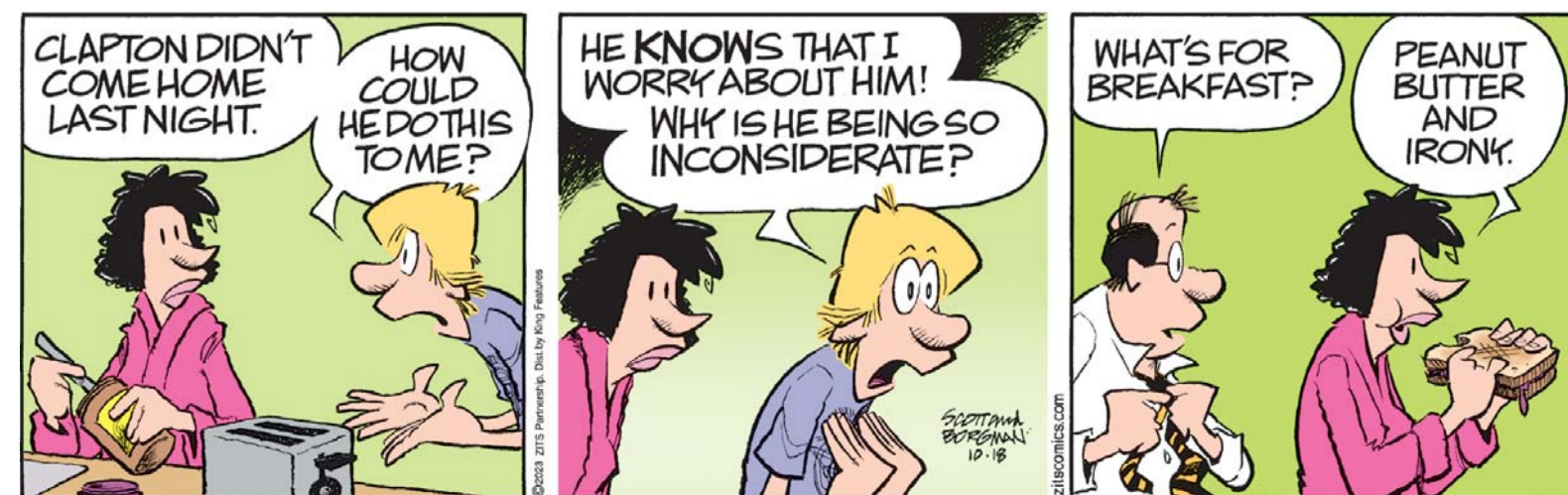
Rajput Raja and Maharajas, epitomized by Maharaja Sri Pratap Singh Ji idar's introduction of Jodhpur pants, exerts an irresistible allure. Originating in



Maharaja Digvijay Singh Ji Jamnagar with Polish Children.

By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman