

# Dale Carnegie

Author of "How to Win Friends and Influence People."



## THE CONQUEST OF FEAR

Enrico Caruso, the most perfect tenor voice that ever thrilled the Golden Horse Shoe in the Metropolitan Opera House, New York, had something that haunted him day and night. He had conquered the world with his voice, himself he could not conquer. And that which conquered him, is a short word, Fear.

From his peasant Italian childhood he inherited fear of the Evil Eye from which he was never able to free himself. He never crossed the ocean without first consulting an astrologer to find if the portents were favorable; he never started a new undertaking on Friday and he never wore a new suit for the first time on Friday. A strange craze swept over this country—the bilikken craze. A bilikken was a sort of half-dwarf, humorous monstrosity; Caruso lived in fear of sickness; and when he fell ill, he filled his room with bilikens; sometimes, he even kept one under his pillow. So much did he fear the Evil Eye that he would never walk under a ladder. One day, in making a sharp turn to avoid a ladder, he bumped into a window cleaner's bucket and fell sprawling to the sidewalk. A friend twitted him about it.

"If I'd walked under the ladder I might have been killed," he said, solemnly.

The powerful, the conquering Cornelius Vanderbilt, who bent men to his will as the cook does pie-dough, had to do a little bending himself. He was the iron man, but he believed in spiritualism, mediums, clairvoyants, consulting them regularly. He was particularly afraid of "evil spirits," which were so real to him that he had each leg of his bed set in a dish filled with salt to keep the spirits from attacking him while he slept.

So, if you have fears, stop to realize that others have them, too. Probably a fear is haunting you this moment: the fear of what some one is going to say about you; what the boss is going to do; what the neighbors are going to think. These all have to do with the future. You never fear the past, for you know what has happened and generally, it wasn't so bad after all. But the future—Oh!

Fortunately there is a simple way of fighting fear. "There is no defeat except for those who think defeat," said sagacious old Elbert Hubbard of East Aurora.

Say to yourself: "Now look here, exactly what is this I am afraid of? Is it going to kill me? Is it going to make my neighbors pass on the other side of the street to avoid me? Is it going to humiliate me so that I can never again lift up my face?"

If you will analyze your fear, it will lessen. You will know the worst that can happen, and will not be so terrified by it. You will say to yourself, "Why, I can stand that."

"Do the thing you fear to do, and the death of fear is certain," Ralph Waldo Emerson said. I know no better prescription.

## U. S. Forces Blast Jap Aleutian Base



This photograph, made from a U. S. navy plane, shows a Japanese transport burning in Kiska harbor, in the Aleutian islands. The harbor had just been bombed by U. S. army planes in one of the efforts to blast the enemy from this foothold. Other Jap ships can be seen in the harbor.

## OUR DEMOCRACY — by Mat

UNCLE SAM SETS A GOOD TABLE.



### TYPICAL ARMY CAMP MENU:

- BREAKFAST—FRESH FRUIT, FRESH MILK, CEREAL, BACON AND EGGS, BUTTERED TOAST OR BREAD, COFFEE, SUGAR.
- DINNER—SOUP, MEAT, POTATOES, 2 VEGETABLES, SALAD, PIE OR CAKE, HOT OR ICED BEVERAGE.
- SUPPER—MEAT, POTATOES, VEGETABLE, DESSERT, HOT OR ICED BEVERAGE.

THE MODERN FIGHTING-MAN'S MEALS ARE MODERN TOO—SCIENTIFICALLY BALANCED, EXPERTLY PREPARED, GOOD TO EAT—AT A COST OF 45¢ PER DAY.  
AN ARMY AND A NAVY—STILL "TRAVELS ON ITS STOMACH" AND OUR MEN ARE GOING PLACES!

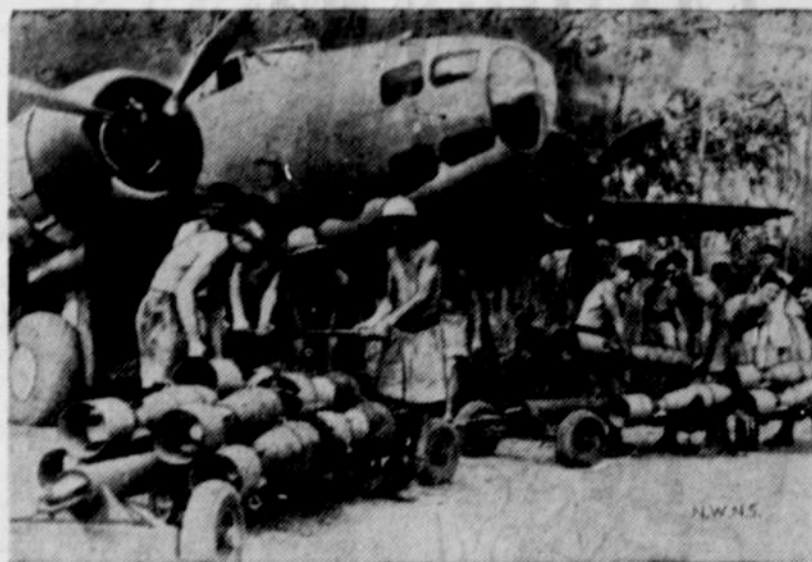
# Your SUNDAY DINNER



Use sliced oranges to add glamour to the Sunday Rolled Rib Roast. Escalloped potatoes, stewed tomatoes, plain lettuce with dressing complete this nutritious meal. Fluffy spice cake with a topping of seven-minute icing adds the final touch of glory for dessert.

- The Dinner**  
 \*Rolled Rib Roast  
 Orange Garnish  
 \*Escalloped Potatoes  
 Stewed Tomatoes  
 Lettuce and Dressing  
 \*Spiced Cake Squares  
 Beverage
- \* (Recipes Included)**  
 This menu is properly balanced for nutritional value. It supplies: The meat: proteins, phosphorus, vitamins A, B, B-1, C and G; carbohydrates. Potatoes: Minerals, carbohydrates, vitamins, A, B, C, G, and fats. Tomatoes: Minerals, vitamins A, B, C, and G; carbohydrates. Lettuce and Dressing: Minerals, vitamins A, B, C, and G, carbohydrates and fats. Dessert: Carbohydrates, vitamins A, B, C and G and fats.
- To Serve Six You Need:**  
 3½ lbs. rolled rib roast of beef  
 2 oranges  
 6 potatoes  
 1 No 2½ can tomatoes  
 1 head lettuce  
 (Balance of materials among staples)
- Salt, sugar, baking powder, soda, salt and spices together 3 times. Cream shortening with sugar until fluffy. Add molasses and eggs and beat thoroughly. Add dry ingredients and coffee alternately in small amounts, beating well after each addition. Pour into greased flat pans, bake in 350-degree-F. oven for 80 minutes. Cut into individual squares and frost with Seven Minute Icing.
- Seven Minute Icing**  
 serving:  
 1½ cups sugar  
 ½ cup water  
 2 egg whites  
 ¼ teaspoon cream of tartar  
 ¼ teaspoon salt  
 1 teaspoon vanilla
- Combine all ingredients, except thoroughly mixed. Place over rap-vanilla in top of double boiler. Beat with rotary beater until idly boiling water and beat constantly for 7 to 10 minutes or until icing will hold a peak. Remove from heat and add vanilla. Beat until cool and thick enough to spread. Spread on cake in large swirls.
- Serving Hints**  
 Place the rib roast in the center of the platter after removing the string which holds it in shape. Lay the orange slices around the meat as illustrated.
- Serve the stewed tomatoes in an individual sauce dish. It's fun and adds interest to the meat too, if you bake the scalloped potatoes in individual custard cups or casser-oles. To serve them, just place on each plate.
- Cut the lettuce in wedge shaped pieces and serve with mayonnaise to which a dash of chili sauce and a bit of piccalilli has been added.
- Use of Leftovers**  
 Slice the left over beef in thin slices. Spread meat with bread dressing and roll like a jelly roll. Fasten each roll in place with wooden picks. Place in baking pans, pour leftover gravy over rolls and place them in 350 degree oven to heat and cook the dressing. Allow 25 minutes before

## Cooking Up Trouble for the Japs



Something unpleasant is being cooked up for the little brown men of Nippon. Here the ground crew of an Australian bomber squadron is pictured loading one of the big ships for a crack at the Japanese Pacific bases. The operation shown here is known as "bombing up."

## This Week in WASHINGTON

The recent labor ruling of the National War Labor board, giving the workers in the "Little Steel" plants an average wage increase of 44 cents a day, is believed to have touched off the fuse which can lead to paralyzing inflation unless immediate steps are taken to prevent it.

The steel case, in which the union asked a wage increase of \$1 a day, was "settled" by giving an increase which is supposed to be the amount necessary to take care of the 15 per cent increase in the cost of living since the steel workers got their last increase. As a result of this formula for increased wages to labor, it is now expected that all unions will quickly make similar demands. If they do, and their demands are met, it is estimated that our labor bill for war production this year will be increased by several billion dollars.

Experts believe the only way inflation can be prevented is by drastic legislation to freeze wages plus additional legislation to keep food prices from increasing, but so far the President has been hesitant to recommend such legislation and congressional groups are fighting against such legislation tooth and nail. The farm group in congress is unwilling to listen to proposals to freeze food prices, except at ceiling prices which are much higher than present prices, and the labor group will not listen to wage freezing proposals.

It is agreed by those who have studied the situation that, whether or not Leon Henderson and his Office of Price Administration get adequate funds to enforce price ceilings on manufactured goods, inflation cannot be stemmed unless wages and farm prices also are put under drastic control. Surveys indicate that the people of this country are ready and willing to accept such control, but congressmen, fearing the loss of votes at the coming election if they ask sacrifices from labor and from the farmers, are shying away from any action in this direction.

It is expected that drastic changes will be made in the new tax bill by the senate committee which is studying it, but there is little expectation that the senate will add to it and it may decrease it by its revisions. The treasury department is greatly concerned over the fact that the present measure is \$2,500,000,000 short of its request. It is believed probable that congress will make up the difference by passing a sales tax if necessary after the November election.

Each week the criticism of con-gress for thinking in terms of the election instead of the welfare of the country increases. Senator Barkley, the majority leader of the senate, who has vigorously defended congress against all criticism, finally turned to criticizing congress himself over the purely political move to insist that the senate approve all appointments to executive position in the office of price administration.

"At this juncture in the war," said Senator Barkley, "it would be most unfortunate for the senate of the United States to create the impression on the country, and on its people and on the world, that we are more interested in patronage, in securing some jobs, than we are in anything else."

But despite such statements, the senate continues to show more interest in the election than in the vital legislation which it now has before it, the number of senators attending sessions these days indicate that a large number of our legislators are now in their home states campaigning. Except for the request of Senator Barkley's that absent senators return to Washington, 43 would have been missing when the important price control legislation was being debated.

The problem of man-power to handle important industrial tasks is becoming one of the great concerns in Washington, there being great shortages of skilled men in many lines. Figures prepared by the war manpower commission indicate that for every toolmaker available, 31 are needed and for every ship building assembler available, 94 are needed. The ship-building industry, which employed 60,000 workers in June 1939, is now employing 700,000 and is scheduled to expand to twice that size by 1943.

The war production schedule calls for employment of 3,500,000 additional men for aircraft, ship-building and ordnance work and 32 per cent should be skilled workers. Even with the many training courses now being given to trained skilled workers, it is not expected that it will be possible to get the number wanted.

The war production program calls for a labor army of approximately 14,000,000 people by next year. Of this number, almost 9,000,000 are being enlisted from civilian work. At the present time there are approximately 12,500,000 employed in war production which is almost double the number employed in this work on January 1, 1941.

## AEF in New Caledonia on Venison Diet



The American forces on the French South Pacific isle of New Caledonia augment their regular rations with venison, which they kill themselves. Deer are so plentiful here as to be almost a nuisance. This party of hunters has just bagged and dressed a 225-pound deer, and are about to return to camp with the "bacon" in their jeep car.

## Armed Guards Watch Nazi Saboteurs



As E. P. Peterburger, 34, one of the Nazi saboteurs, enters a marshal's van, members of the army and FBI stand watch for any attempt to free or molest the prisoners. All eight of the saboteurs faced trial for their lives in the department of justice building, Washington, D. C., for planning to sabotage American war industries.

## Announcement

I wish to announce to the people of Ashland and vicinity that I have opened a new, modern office adjoining the lobby of the Lithia Hotel in Ashland. I am a licensed Chiropractic Physician; graduate and post-Graduate in Naturopathy and Osteopathy, and have conducted the practice of my profession successfully for the past 18 years.

I treat all types of sickness, both acute and chronic, using the latest scientific and approved methods and instruments.

I obtain satisfactory results in nervous diseases especially, and in the successful treatment of hemorrhoids (piles) and allied diseases of the rectum and bowel, by non-confining methods.

If you have a health problem I will welcome an opportunity to serve you.

Dr. E. N. Terrill