

MIRROR
Of Your
MIND

Personalities
Cause Clash

By Lawrence Gould



Is marital conflict due to "circumstances"?

Answer: Not primarily, says Florence Hollis of the New York School of Social Work in "Women in Marital Conflict: A Casework Study." The report includes a study of 100 families by 22 social workers from 11 different agencies. The workers concluded that the real causes of conflict were such factors in the women's personalities as excessive dependence, undue attachment to parents, rejection of femininity and neurotic need to suffer. Interfering relatives, cultural differences and financial pressures had but secondary effects.

psychiatrists" that while perhaps useful in some forms of acute insanity, drastic treatments of this type do lasting damage to the brain and may involve "potential tragedy." The fact that "shock" may produce spectacular results does not mean it should be used indiscriminately.



Can being "logical" make you unsympathetic?

Answer: That depends on how far you are using your "logicalness" as a defense against admitting your own unreasonable wishes or fears. To allow yourself to understand how someone else can have "illogical" emotions (like resentment against someone toward whom he "ought to be grateful"), makes it harder to deny that you are capable of being childish yourself. If you "can't see why neurotics don't get wise to themselves," you may be afraid to admit how much of the time you are ruled by your emotions rather than good sense.



Are "shock treatments" harmless?

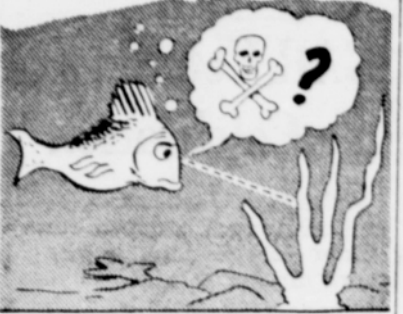
Answer: No, says Dr. Jules H. Masserman of the University of Chicago Psychiatric Clinic. Experiments with animals showed that "unlike most drugs, electroshock produced permanent impairment of behavioral efficiency and learning capacity." He notes a "growing conviction among

SPORTSMAN'S HORIZON
By JIM RHODY

Fish Killer?

Throughout the summer of 1949, instances of fish dying in ponds near cotton fields that had been dusted with the new organic cotton insect poisons were reported to both the Alabama department of conservation and the agricultural experiment station. The two organic poisons reported to have caused the death of fish were toxaphene and the BHC-DDT mixture. One report of toxaphene killing fish was from the Kilby prison farm near Montgomery. On this farm there was a small fish pond located in a pecan grove that was planted in cotton. When the boll weevil infection became heavy during the early summer, the pond field was dusted with 20 per cent toxaphene by airplane.

Since the cotton was protected by the pecan trees, it was impossible to get good dust coverage with an airplane. To overcome this difficulty, the pilot tried swooping down over the pond with the dust-



er still working, thereby blowing dust under the trees onto the cotton. This dusting was done late one evening and the Warden reported that not only the dust released over the pond but the dust fog from the entire field seemed to settle over the pond after the plane left.

The following morning there were large numbers of small dead fish along the pond edge, and many more were in distress and diving in deeper waters. The fish continued to die for about 48 hours. When the fish stopped dying, the pond was drained and no live fish were recovered.

Death of these fish was assumed to be caused by toxaphene, since it was known that very low concentrations of this material would kill fish. However, there was no information on how toxic this 20-per cent dust form was to fish. To obtain this much needed information, a number of tests were conducted by the Experiment Station during the summer of 1949. The more common pond fishes, bluegill bream and largemouth black bass, were used in the tests.

Results of these experiments showed that six pounds of 20 per cent toxaphene dust (one-half of a normal field application) applied to an average one-acre pond would kill fish.

Since this 20 per cent toxaphene dust was found to be poisonous in small amounts, it is believed that the drift from dusting large areas may be sufficient to kill fish in nearby bodies of water. It is possible that this drift of dust was responsible for the death of fish in most of the cases that were reported during 1949.

Put 'Em Back!

If care is exercised in release, most small fish that are "turned back" will live to grow and bite again, say biologists of the Tennessee state game and fish commission.

Survival of fish depends entirely upon the extent of injury. A fish snagged in a vital organ will certainly die but those with just mouth injuries can live. In fact, most fish that are hooked have at least a 50-50 chance for survival. Tests have proven that unless the handling is especially severe and prolonged, fish will survive treatment with dry hands, flopping about on the bank or in a boat and the swift jerk out of the water.

Tom Bingham, Tennessee chief of law enforcement, cuts off hooks helplessly lodged in small fish for he is convinced they can live. The "Chief" once fished Cumberland Springs Lake frequently and landed a largemouth bass weighing 8 pounds, 2 ounces. Deeply imbedded in the fish was a hook and short section of line. He knew the fish had been previously snagged by a friend because the hook was a hand-forged specialty. There have been other cases of fish living for long periods when attached to plugs, leaders and long lengths of loose line.

Un-Posting Spreads

Wisconsin is in with an encouraging report—one that should stimulate sportsmen in other states to learn the why and wherefore. Wisconsin reports that this year—the first time in many years—land-owners are "un-posting" more streams than are being posted. This is attributed to the state conservation department's rigidly enforced rule against planting trout within a half-mile of any part of a stream that is posted.

HOUSEHOLD MEMOS
by Lynn Chambers

Serve Dainty Foods When Entertaining Prospective Brides

IT WON'T BE long now until you're in the midst of entertaining all the girls who will be married in the romantic month of June. If several of your friends are to be entertained, be ready with fresh and tempting ideas for food.

Keep foods dainty and serve them attractively on your prettiest china and tableware. For a luncheon, serve a main dish salad or a lovely casserole. Add to this tiny rolls or muffins, and a seasonal dessert.

Showers may be in the form of luncheons or evening or garden parties. If the latter two, then you'll need only a glamorous dessert and beverage. You may also pass a cool beverage, mints and nuts while the girl opens her presents.

STRAWBERRIES MAKE beautiful desserts for occasions of this type, especially if they're chosen from these:

- *Strawberry Angel Pie (Serves 8-10)
- 4 egg whites
- 1/4 teaspoon cream of tartar
- 1/16 teaspoon salt
- 1 cup sugar
- 4 egg yolks
- 1 package sliced or whole fresh frozen strawberries
- 1/2 cup sugar
- 2 tablespoons lemon juice
- 1 cup whipping cream

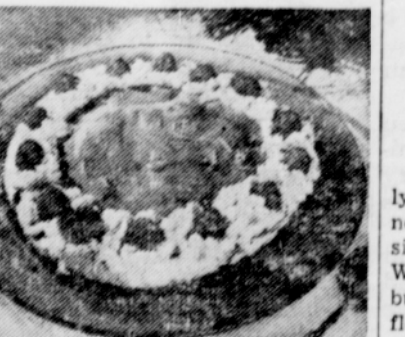
Beat egg whites until fluffy, add cream of tartar and salt and beat slightly. Slowly add sugar, a few tablespoons at a time, and continue to beat. Spread mixture into lightly greased or oiled cake or pie pan. Bake in a slow oven, 300° for one to 1 1/4 hours or until meringue is well dried out. Place on cake rack to cool. When almost at room temperature, loosen from sides and bottom of pan and place on serving plate. The top and center of the "pie shell" will crush in to receive the filling. When at room temperature, set aside to chill. While crust is baking, mix egg yolks with juice drained from strawberries that have been put into colander or sieve to thaw and drain. Add sugar and cook in top of double boiler until thick. Stir often while cooking. Beating slightly while cooking will give a fluffy texture. Add lemon juice and chill both the strawberry mixture and the drained strawberries. Assemble pie by spreading shell with a bit of cream that has been whipped. Spread in strawberry filling.

Strawberry Velvet Pie (Makes 1 9-inch pie)
Pastry
1 cup sifted enriched flour
1/2 teaspoon salt
1/4 cup shortening
1 1/2 to 2 1/2 tablespoons cold water

Sift together flour and salt. Cut or rub in shortening. Add water. Mix to dry, crumbly dough. Turn out on lightly floured pastry cloth. Press dough together. Roll out 1/8 inch thick. Line nine-inch pie pan with

pastry. Bake in hot oven (450°) eight to twelve minutes.
Strawberry Velvet Filling
1 tablespoon gelatin
1/2 cup cold water
1 cup milk
2 eggs, separated
3/4 cup sugar

pastry. Bake in hot oven (450°) eight to twelve minutes.



A crust of light, chewy meringue encloses a creamy velvet-texture filling of strawberries in this Strawberry Angel Pie. It's a perfect dessert for entertaining the bride-to-be.

LYNN SAYS: Avoid Kitchen Slavery By Smart Planning

Have only one dish at a meal which requires more than ordinary preparation. If it's to be a fancy dessert, have a simple main course that can be cooked altogether, preferably in the oven. When you plan a casserole which requires several ingredients and sauces, have a simple dessert such as fresh or canned fruit with cookies that have been baked in advance.



Dainty chicken and noodle casseroles offer a delightful main dish for luncheon or light supper when you want to entertain a crowd. A salad accompaniment and light dessert are all you really need to complete the menu.

- LYNN CHAMBERS' MENU**
- *Chicken and Noodles in Casserole
 - Asparagus Tip Salad
 - Finger Rolls
 - *Strawberry Angel Pie Beverage
 - *Recipe Given

- 1/2 teaspoon salt
- 2 cups sliced strawberries
- 1 teaspoon vanilla extract
- 1/2 cup whipping cream
- 1 tablespoon sugar

Soften gelatin in cold water 10 minutes. Scald milk in top of double boiler. Beat egg yolks. Add sugar and salt. Pour scalded milk over egg yolk mixture, stirring constantly. Return to double boiler and cook until custard coats the spoon, stirring constantly. Remove from hot water. Add softened gelatin. Stir until gelatin is dissolved. Cool. Fold in 1 1/2 cups strawberries and vanilla extract. Beat egg whites stiff. Fold in. Pour into baked nine-inch pastry shell. Set in refrigerator to chill about 1 hour. Just before serving, whip cream. Fold in sugar. Arrange whipped cream in 6 individual "nests" and fill each with remaining 1/2 cup berries.

Strawberry Meringue Roll
4 egg yolks
1/2 cup sugar
1/2 teaspoon vanilla
4 egg whites
1/2 cup cake flour
1/2 teaspoon salt
1 teaspoon baking powder

Beat egg yolks until thick and lemon-colored. Gradually add 1/4 cup of the sugar and vanilla. Beat egg whites until almost stiff; gradually add remaining sugar; beat very stiff. Fold in egg-yolk mixture, then sifted dry ingredients. Bake in waxed-paper-lined, 10 1/2-by-15-inch pan, in moderate oven (375°) 12 minutes. Turn onto cloth dusted with confectioners' sugar. Remove paper; trim cake edges. Top with waxed paper. Roll quickly, paper inside. Wrap in sugared cloth; cool on cake rack. Unroll. Remove paper; spread with Strawberry Filling; Whip 3/4 cup heavy cream; fold in two tablespoons sugar and one cup sliced strawberries. Roll up. Chill. Frost with Strawberry Meringue: Combine 3/4 cup sliced strawberries, 1/2 cup sugar, one egg white, and 1/2 teaspoon salt. Beat with rotary or electric beater until mixture is very stiff, 7 to 10 minutes.

***Chicken and Noodles in Casserole (Serves 5)**

- 1 tablespoon salt
- 3 quarts boiling water
- 4 ounces medium noodles
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup chicken stock
- 1 cup milk
- 1 tablespoon lemon juice
- 1/2 cup olives, chopped
- 2 cups cubed cooked chicken

Add one tablespoon salt to actively boiling water. Gradually add noodles and boil until tender (about six minutes). Drain and rinse. While noodles are cooking, melt butter in top of double boiler. Add flour, salt and paprika. Mix to a smooth paste. Gradually add chicken stock and milk, stirring constantly. Cook until slightly thick. Add lemon juice and olives. Combine noodles and chicken in 1 1/2 quart casserole. Pour sauce over. Cover and bake in moderate oven (350°) 45 minutes. Serve hot.

Prepare foods ahead of time whenever possible so that you can feel fresh and rested for meal time. Tomorrow's dessert may be baked with this evening's dinner, for example.

Have a roast at least once a week to save meal preparation. Already cooked meat can be used sliced, heated with gravy, as meat pie and hash. Arrange equipment for convenient reaching, and learn how to sit while you work so that you can save energy.

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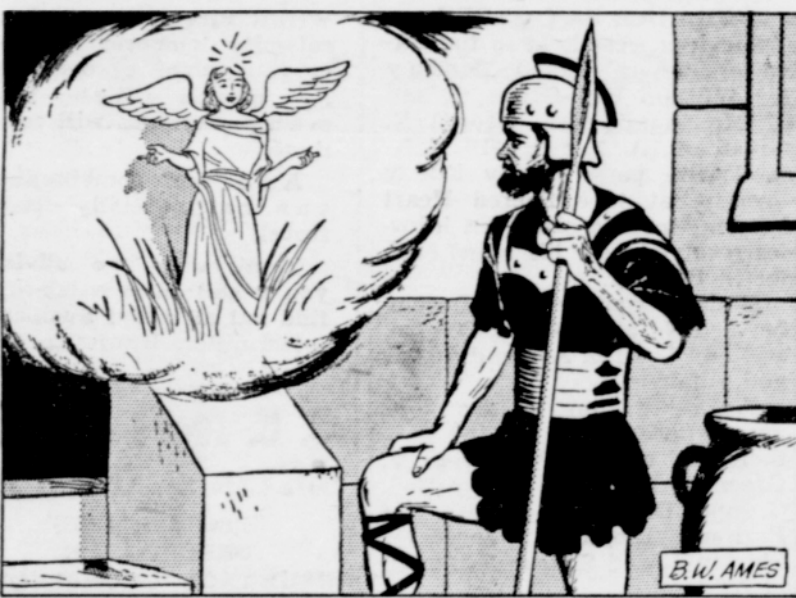
Horsepower

The gang foreman was talking with a laborer who had just announced that he was quitting.

"What for?" demanded the foreman. "Aren't the wages okay?"

"Oh yeah, the pay's okay," the laborer replied sarcastically. "It's just that I hate to keep a horse out of work."

LOOKING AT RELIGION



NOT ALL THE ROMAN SOLDIERS IN PALESTINE WERE PAGANS. ONE OF THESE, A CENTURION IN CAESAREA, HAD A VISION OF AN ANGEL AND SENT TO JOPPA TO BRING PETER TO PREACH.

KEEPING HEALTHY

Progress Made in Treating Leprosy

By Dr. James W. Barton

WHEN WE CONSIDER the large number of men and women dying of cancer, we may think it strange that research workers have not discovered the cause and cure of this fatal disease. What we forget is the great number of formerly fatal diseases that have been conquered or controlled during the past 50 years.

There is a little magazine called The Star, edited and published by the patients of the U.S. marine hospital national leprosy, Carville, La. In this magazine appears a page of cartoons, not only showing the great progress made in the treatment of leprosy (now called Hansen's disease) during the past 50 years, but also in the control of tuberculosis by streptomycin and surgery, of diabetes by insulin, of pernicious anemia by liver and liver extracts, and of mental diseases by the shock treatment.

In a message to the patients of this hospital, Dr. Frederick Johansen, superintendent, says in part: "During the past 50 years we who work with Hansen's disease have seen achievements that mankind has been eagerly awaiting for centuries. The successful use of the sulfa drugs has brought about a new concept of Hansen's disease. The public attitude towards leprosy and those who contract it, is gradually developing as more people learn its true character."

Dr. Johansen's report to the surgeon general on the work done at Carville in 1949 stated that this hospital discharged the largest number of patients to their homes and occupations than in any one year since the hospital was founded.

HEALTH NOTES

Physicians believe a new name, convulsive disorder, is preferable to the term epilepsy, because it is a symptom and not a disease itself.

Psychotherapy — treating the mind of the patient—should form a part of all types of treatment of high blood pressure, because there is always present nervousness and tension of mind.

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