

**MIRROR  
Of Your  
MIND**

**Adolescent Girls  
Need to Conform**

By Lawrence Gould



Should a girl of fourteen have "dates"?

**Answer:** Unless she has shown unusual signs of immaturity, she should have the same privileges as her schoolmates of her own age. Nothing gives a child a more acute sense of being unfairly treated than to have to live under a stricter discipline than her associates consider normal. A girl of fourteen is old enough to be beginning to be "interested in boys," and restrictions will be more apt to intensify this interest than to crush it. She will gratify it much more safely with her parents' sanction than if she is forced to hide it.

And if you enjoy life, you will want to make the world a happier and healthier place for others by helping to wipe out, not only physical disease, but the "social maladies" like racial prejudice and international suspicion, on whose cure humanity's survival depends.



Are letters to this column "confidential"?

**Answer:** They could not be more so. No one ever sees them except myself and my trusted secretary, and they are destroyed as soon as they have been read and digested, with no record kept of the names or addresses of the writers. I wish I could answer them individually but this would leave no time for the writing of the column, and I will not use "form letters" in answering questions of which no two are exactly alike. Even in referring to a correspondent in the column, I change the details enough so that he cannot be identified.



Is health only freedom from disease?

**Answer:** No, says Dr. G. Brock Chisholm, eminent psychiatrist and Director General of the World Health Organization. Health should mean "a state of complete physical, mental and social well-being." You're not truly healthy if you cannot enjoy life—and other people.

**SPORTSMAN'S  
HORIZON**

By JIM RHODY

**Mighty Mite**

The repulsive looking fellow in the accompanying drawing is a chigger, or technically, a mite—member of the family of mites, spiders, ticks and scorpions—which causes sportsmen in the south and midwest more discomfort than another insect or animal. He is a juvenile delinquent, a newly-hatched baby or larval stage of the common, bright red, spider-like mite often seen in early spring in gardens and fields.

The best way to get "loaded" with chiggers is to sit or lie down in areas where they abound. But, one can usually get sufficiently infested while walking along a stream looking for that good bass hole.

But getting down to the purpose of this item, to protect yourself when out on a camping trip!



ABOVE, GREATLY ENLARGED LARVAE OF THE CHIGGER MITE. ONLY THE LARVAE FEED UPON ANIMALS. PAPA, AT RIGHT, EATS DEAD ORGANIC MATTER.

summer, treat the ankles, calves, stockings, and trouser legs with a recommended insect repellent or a few pinches of ordinary sulphur. This is, however, only temporary protection. After a fishing trip a shower or bath with soap and water will help reduce severity of attack. A number of household items will help relieve chigger bites, including ammonia, a weak solution of lysol, rubbing alcohol, camphor, vaseline, chloroform, iodine, or fingernail polish. These materials will also kill the chigger.

**A Noble Try**

Back in 1879 Missouri's first fish commission made a noble experiment in restocking the state's streams with fish. Although it failed, the experiment has been called the first sincere attempt to restock mid-west streams.

The commission's first act was to establish a fish hatchery where speckled trout and such exotic species as California salmon, Atlantic white shad and German carp were hatched.

The California salmon and white shad are migratory species which live in the ocean except during early spring when they move up fresh-water rivers and streams to spawn. It was believed that these species, released in Missouri, would go to the Gulf then return each spring to spawn.

Some 200,000 salmon fry were released in several Ozark streams by the commission. Five years after the first release, the commissioners wrote: "We have placed California salmon in our waters for five successive years. No adult salmon has yet been captured on his return into our streams. There is no reason yet to be discouraged, as those fish cannot reach maturity in less time."

Time moved on and as yet no one has reported catching a matured salmon. But it was a noble try.

Perhaps the most colorful of the early operations was the rearing of German carp, such as practiced in the old countries. The commissioners had in their employ an "expert carp culturist" from Germany. Landowners were encouraged to propagate carp in ponds, and a booklet was printed explaining the art and offering hints on best methods of cooking the fish such as "carp boiled in beer" and "carp cooked in wine."

The commissioners were really sold on the idea. "We are assured," they wrote, "that the carp can be raised on the farm with as much certainty and economy as pigs and poultry."

By 1888, some 4,800 ponds had been stocked and over a half-million carp had been released in streams and public waters.

Though the carp idea went off with a bang it lacked lasting qualities. A few years later the commissioners agreed "we are of the opinion that we have fish of a better quality among our native fish in Missouri."

Regardless of their lack of success, the early commissioners did gain an insight toward the needs for protecting and restoring wildlife. It was a noble try.

**Quail Population**

Declining bobwhite population has caused much concern to sportsmen throughout the broad range of this popular bird. Except in a few localities, quail numbers have declined in spite of reduced bag limits and curtailed seasons. Conservation officials report, however, the bird population will begin to increase as the soil conservation program expands. The program will increase feeding grounds and cover.

**HOUSEHOLD  
MEMOS... by Lynn Chambers**



Meat Loaf, Potato Salad Makes Ideal Meal (See Recipes Below)

**Meals—Indoors or Out**

**W**EEKEND plans have a way of going awry, depending upon who drops in and what the weather turns out to be. Fortunately indeed is the homemaker who can serve from four to eight people readily, or set the dining room table or bring the meal to the back porch. Meals for such weekends should be planned with care so there will be ample food, but none to waste. Choose combinations that can be reheated and served later if they're not eaten.

Good staples for menus include potato salad, ham or chicken. Have salad ingredients washed and chilling so that you can use as many or few as needed. A plain cake which can be frosted at the last minute, or some creamy citrus sherbet nestling in the refrigerator will solve dessert or snack problems conveniently, and with a flourish.

**\*Spicy Potato Salad (Serves 6 to 8)**

- 3 pounds cooked potatoes
- 1/2 cup pickle juice
- 1/2 cup finely chopped onion
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 teaspoons celery seed
- 1/2 cup chopped sweet pickles
- 3 hard-cooked eggs, chopped
- 1/2 cup mayonnaise

Pare and dice potatoes; add pickle juice and allow to chill in the refrigerator for 1 hour. Add onion, salt, pepper, celery seed, chopped pickles and eggs. Blend in mayonnaise, mixing lightly but thoroughly chilled in refrigerator.

**\*Ham Loaf (Serves 6-8)**

- 2 pounds ground, smoked ham
- 1 pound fresh pork, ground
- 1 cup soft bread crumbs
- 1 egg, slightly beaten
- 1/2 cup milk
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1 small onion, grated
- 1/2 cup sweet pickle relish
- 2 tablespoons melted butter
- 2 tablespoons brown sugar
- Whole cloves

Combine ham, pork, bread crumbs, milk, mustard, Worcestershire sauce, onion and pickle relish; mix lightly but thoroughly. Lightly grease a 9x5x3-inch loaf pan; line with waxed paper and grease lightly. Pack mixture firmly into pan. Combine butter and sugar and spread over top of loaf. Insert whole cloves on top of meat mixture. Bake in a moderately hot (375°) oven for one hour or until done. Pour off excess drippings that form during baking. Serve hot or cold.

**H**ERE'S A flavorful way to cook chicken. It may be served hot, but, if desired, the pieces of chicken may be removed from the seasonings and cooled to be served cold on a picnic supper.

**Chicken Saute (Serves 6)**

- 1 frying chicken, cut in pieces
- 3 tablespoons butter or substitute
- 1/4 cup flour

**LYNN SAYS:** Here are Flavorful Summer Eating Tips

Green or snap beans from the garden will take on a real taste appeal when they are mixed, just before serving, with some crisply fried, crumbled bacon and lightly cooked chopped onion.

Fresh or canned grapefruit segments and diced pears marinated in apricot nectar in the freezing tray make an excellent appetizer or dessert course for hot weather eating.

**LYNN CHAMBERS' MENU**

- \*Spicy Potato Salad
- \*Ham Loaf
- Corn on the Cob
- Bread and Butter Sandwiches
- Carrot Sticks
- Olives
- Celery
- \*Orange Sherbet
- \*Easy Cake with Whipped Cream and Bananas
- \*Recipe Given

- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon thyme
- 4 green onions, chopped
- 1/2 pound mushrooms, quartered
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 cup apple juice
- 2 medium tomatoes, diced
- 2 tablespoons chopped parsley and chives

Heat butter in heavy skillet. Mix flour, salt, pepper and thyme in paper sack. Shake pieces of chicken in this seasoned flour mixture. Brown chicken in skillet. Add onions and mushrooms. Cover and simmer for three minutes. Mix lemon and apple juice, sugar and salt and pour over chicken. Cover and simmer for five minutes. Add tomatoes. Cook slowly for an hour, or until chicken is fork tender. Sprinkle, before serving, with parsley and chives.

**H**ERE'S A SIMPLY mixed cake which is delicious when laced with whipped cream, sliced bananas and maraschino cherries. If you prefer, a simple lemon - orange flavored or choc.

- 1 1/2 cups sifted cake flour
- 1/2 cup lard
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 teaspoon vanilla
- 2 eggs

Cream together 1/2 cup flour and lard. Add the remaining flour, sugar, baking powder, salt and 1/2 cup milk. Stir and beat vigorously until smooth and fluffy. Add remaining milk and beat thoroughly. Add eggs, one at a time, beating thoroughly after each addition. Pour into two greased 8-inch cake pans and bake in a moderate (350°) oven for 20 to 25 minutes. Frost when cool.

**\*Orange Sherbet (Makes 3 pints)**

- 1/2 cup sugar
- 1 1/2 cups unstrained orange juice
- 1 cup evaporated milk, thoroughly chilled
- 2 tablespoons lemon juice

Add sugar to orange juice and stir until dissolved. Chill. Whip milk until very stiff. Fold in lemon juice, then orange-sugar mixture. Pour into cold freezing trays and freeze until firm.

Serve chilled tomato juice with lemon to start off porch suppers. Pass with the juice a plate of cream cheese balls rolled in finely cut dried beef.

Dress up meat loaves with a pineapple topping by placing slices of pineapple in bottom of a greased loaf pan. Pack meat mixture on top of fruit. Serve the loaf inverted. Fold diced ham in your supper waffle batter and make them more tempting. Serve with tossed salad and a colorful fruit dessert, and the meal's complete.

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**LOOKING AT RELIGION**

B.W. AMES



**WHY 12?**

**T**HE FACT THAT THERE ARE 12 PERSONS IN A JURY BOX IS BASED ON SCRIPTURAL PRECEDENT: SINCE THERE WERE 12 PROPHETS TO FORETELL THE TRUTH AND 12 APOSTLES TO PREACH THE TRUTH, SURELY THERE OUGHT TO BE 12 JURYMEN TO SEEK AND JUDGE THE TRUTH.

**KEEPING HEALTHY**

**Treatment of Simple Diarrhea**

By Dr. James W. Barton

**W**HEN AN ATTACK of diarrhea occurs, the first thought is usually to try to stop it before the individual becomes exhausted and loses too much fluid from his blood and tissues. What we forget is that something is present in the intestine that is causing the diarrhea, with its great increase in water from the lower bowel. This increase in water formed in large intestine, is nature's method of washing out the substance causing the irritation and for this reason a powerful drug should not be used to stop the diarrhea and thus leave the irritating substance present in the bowel.

As youngsters at home we were told that in an attack of diarrhea we were to eat no food for several hours, or skip one or two meals. This was good, but only half the treatment. As medical students we were taught to advise, or take, a good dose of Epsom salts which would carry away the irritating substance, and then use two or three doses of bismuth subnitrate to "dry up" the intestine once the

irritating substance had been removed.

It is interesting to learn the method now used in simple diarrhea (not the severe type called dysentery), as described by Dr. Jackson Eto in "The Journal of the Missouri Medical Association." The suggestion for treatment of simple diarrhea in children is: (1) A short period of starvation; (2) ample liquids, by mouth if the patient can retain them without vomiting, under the skin if not; (3) absorbents such as kaolin or barium sulfate, which not only absorb the liquids but "sweep out" the bowel of all mucous and wastes as they pass through it.

Remember, this mild treatment—starvation, plenty of liquids and clay-like substances—is used in cases of simple diarrhea with no harmful organisms present. Dr. Eto points out that for severe infection of the bowel (dysentery), streptomycin, potassium salts injected into a vein, and stay in hospital is the treatment necessary for a cure.

**\* HEALTH NOTES \***

If exercise aggravates or increases the pain, injury is present. If rest aggravates or increases the pain, infection is present.

Sugar is the greatest single cause of tooth decay.

Weight can be reduced only by cutting down on food intake or increasing the amount of exercise.

The vitamin B complex relieves mental symptoms in some cases.

Physical exertion during the first 48 hours of a polio case tends to result in more severe and extensive paralysis.

The diet in arthritis should be well balanced and nourishing with as little starch as possible.

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**HONEY CAKE**  
A Snowdrift Quick-method recipe. No creaming! No egg-beating!

Sift together into large bowl:  
2 1/2 cups sifted cake flour  
3 teaspoons double-action baking powder (or 4 tps. single-action)  
1 teaspoon salt  
1/2 cup sugar  
Add: 1/2 cup Snowdrift  
1/4 cup honey  
1/4 cup milk

Beat 1 minute. Turn into 2 greased 8 inch layer pans, lined with plain paper. Bake in moderate oven (350° F.) about 30 minutes. Frost with—  
**HONEY FROSTING:** Combine 2 egg whites, 1 cup brown sugar, 1/2 cup honey in top of double boiler. Place over boiling water. Beat constantly with a rotary beater until icing stands in peaks, about 7 minutes. Spread between layers; on sides and top of cake. Decorate top with chocolate sprinkles.

Mix enough to dampen flour. Beat 2 minutes. If by hand, count beating time only. With electric mixer, use "low speed"; scrape bowl often; scrape beaters after 2 minutes.

Combine ham, pork, bread crumbs, milk, mustard, Worcestershire sauce, onion and pickle relish; mix lightly but thoroughly. Lightly grease a 9x5x3-inch loaf pan; line with waxed paper and grease lightly. Pack mixture firmly into pan. Combine butter and sugar and spread over top of loaf. Insert whole cloves on top of meat mixture. Bake in a moderately hot (375°) oven for one hour or until done. Pour off excess drippings that form during baking. Serve hot or cold.

**SNOWDRIFT**  
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