

### MIRROR Of Your MIND

Wife-Dependency  
Shows Immaturity

By Lawrence Gould



Can a man stand being "his wife's husband"?

Answer: Yes, if he is very immature—or exceptionally mature. A man who is so childish emotionally that he prefers putting the responsibility for his life on his wife's shoulders, even at the cost of having nothing much to say about it, may be content to be known only as a famous or successful woman's husband; and so may a man so sure of the importance of his own work that he does not care if nobody else recognizes it. But the average male's insecure self-esteem demands that everyone shall realize that he "wears the trousers."



Do you "own" your children?

Answer: Not in the absolute sense in which parents once did. For instance, the law, which once allowed a father to kill his child if he wished to, now forbids your treating a child with excessive cruelty, working him beyond his strength, or letting him grow up without an education. It may even

### SPORTSMAN'S HORIZON

By JIM RHODY

### Farm Topics

#### Summer Techniques

IT IS characteristic of fishermen that habits and techniques to which they have been accustomed in taking fish are most difficult to abandon. This fact often keeps many an otherwise good angler out of the "full creel" classification and gives to his efforts a mediocrity that is discouraging.

As a case in point, take the problems of summer fishing. During this period of the year, the good fish—that is those which are of a size sufficient to thrill the angler and create envy among his friends—lie in the deeper pools during most of the daylight hours. It is true that they will come into the shallows to feed during the very early morning and late twilight hours, but it is of the other hours that this is written. During the hot hours of the day,



When fishing in mid-summer, take some live bait along.

the angler must go deep when seeking game fish. Trolling is effective, as is live-bait fishing when the bait is sunk to the proper level. The plug-caster, most of all, must show patience, for he must let his plug sink deep and work it with a tantalizing effect as possible. This means a slow and erratic retrieve which is most likely to bring a strike.

The best spots for summer fishing in both lakes and streams are off weed beds and near cliffsides where there are steep drop-offs of rocks.

There is no argument about mid-summer fishing not being comparable to that of spring and fall, but the patient, skilled angler, who uses his head as well as his equipment, can still take fish consistently.

To do so, however, may mean that the fisherman who sneaks at anything but the most tricky in artificial lures, may have to abandon that idea and get down-to-earth with his angling friends who resort to worms, minnows and soft craws. So, when fishing for game fish during the mid-summer, take some live bait along.

#### Bi-Visible Tops

MANY DRY-FLY fishermen have discovered that the bi-visible fly rates high when it comes to selecting a fly that will float extremely high and ride the ripples where it can be seen plainly. A fly of this type spells doom to brook and rainbow trout during dry-fly time, as they seem unable to resist the dainty hackle as it floats lightly upon the surface. The trend of American dry-fly fishing calls for the use of a fly that rides the waters high. That such a fly appears beautiful upon the surface goes without question, and the trout seem very fond of it, too. The heavily dressed Bi-visible dry fly is the ideal fly for late afternoon and evening fishing as it can be detected upon the waters without squinting the eyes. Being about nine-tenths out of water and riding high, the fly seems to take on the appearance of floating an inch or so above the surface. How it actually appears to the trout is a matter of conjecture, but the way they leap when they take the fly it seems reasonable to believe that the fish thinks the insect is about to take off and they are in a hurry to snap it up before too late.

#### Protect Rod Trip

THE FLY-ROD man who is careful of his equipment, will take special care to protect his rod tip. When traveling through brush or woods, he will never be caught pushing his rod tip ahead of him. Instead, he will carry the rod butt first, holding the line and lure in his hand, or with the hook in the hook ring or securely embedded in the cork handle of the rod. Time generally can be saved by taking down the equipment, especially in the event the trail is fairly long between fishing spots. This precaution may save many a fishing trip from failure and much valuable equipment.

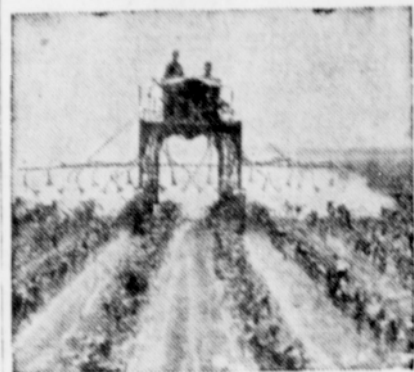
#### Spinner Combination

THE FLY-AND-SPINNER combination is a deadly fish-taker, but many anglers fish it too rapidly for best results. The spinner should be started moving immediately after the cast, but only for a couple of feet. It should be permitted to settle in the water, then retrieved again. By working the spinner in a series of stop-and-go jumps, better success is likely to result than from retrieving the spinner at a steady gait.

#### Corn Borer Serious Threat to Midwest Loss Last Year in Six States Totals Millions

Last year in six states of the corn belt the European corn borer caused a loss of some 300 million dollars. In 23 other states, damage ranged from slight to quite severe.

The corn borer appeared in this country in 1917 along the Atlantic seaboard. It has spread steadily until today it has reached states as



The high clearance cart above is dusting corn for corn borer. The corn is about three feet high, correct stage for dusting, according to experts.

far west as Kansas and Nebraska and the Dakotas, and south to the Tennessee-Alabama line.

Not only is the pest covering more ground each year. It is, in many places working more destructively. In Iowa, for example, the borer cost each corn farmer last year an average of 750 dollars.

There is nothing to indicate that the destruction has reached a peak. In fact, unless adequate controls are adopted, the corn belt may find the worse to come.

Chemical control must now on be considered part of the regular production of the crop.

#### Humans Susceptible To 80 Animal Diseases

Animal diseases are a constant threat to the health of human beings, two public health physicians declare in the Journal of the American Veterinary Medical Association.

In one report, Dr. F. S. Leeder of the Michigan department of health, said human beings are susceptible to at least 80 diseases of animals. Many of these diseases are prevalent in the United States, he reported. The danger that foreign maladies may be imported by high speed air travel is also very real, he said.

Most animal diseases to which man is susceptible are spread primarily by livestock and wild game with which human beings come into contact. Work of veterinarians in helping to stamp out or control such diseases is thus an important factor in bettering human health.

In another journal article, Dr. W. P. Dearing, deputy surgeon general of the U. S. Public Health Service, points to the value of having veterinarians work closely with health departments to protect the public against such dangerous maladies as rabies.

#### A New Light



A new light—the electric arc—is appearing in farm shops, barns and garages from Maine to California. Farmers by the thousands are now saving themselves time and money by using arc welding to do their quick easy repairing and building of farm equipment.

#### Poultry Experts Advise Weeding Out Cockerels

All cockerels, except those to be kept for breeders, should be removed from the pullet flock by the time they are 12 weeks of age, poultry experts report.

If the cockerels are marketed at 12 weeks of age they will command a better price than if they are kept longer. If kept longer their meat becomes coarse and stringy. The rate of gain per pound of feed decreases with age and size of birds.

### HOUSEHOLD MEMOS... by Lynn Chambers

Fruit	Preparation Required	Processing	
		Hot Water Bath Time in Minutes	Pressure Cooker 5 lbs.—Time in Minutes
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 to 5 minutes in syrup. Pack. Add syrup.	25	10
Apricots	Wash, stem, pit. Pack. Add syrup.	20	10
Berries (except Strawberry and Cranberries)	Wash, stem, pack. Add syrup or water.	20	8
Cherries	Wash, stem, pit. Pack. Add syrup.	20	10
Cranberries	Wash, remove stems. Boil 3 minutes in No. 3 syrup. Pack.	10	
Currants	Wash, stem, pack. Add syrup or water.	20	10
Figs	Put in soda bath 5 minutes, rinse. Precook 5 minutes in syrup. Pack, add syrup.	30	10
Grapes	Wash, stem, pack. Add syrup or water.	20	8
Peaches	Peel, pack, add syrup, or precook 3 minutes in syrup, pack, add syrup.	20	10
Pears	Select not overripe pears, pare, halve, precook 3 to 5 minutes in syrup. Pack. Add syrup.	25	10
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	30	15
Plums	Wash, prick skins. Pack. Add syrup.	20	10
Quinces	Wash, pare, cut in pieces. Precook 3 minutes in syrup. Pack, add syrup.	35	15
Rhubarb	Wash, cut into pieces. Pack. Add syrup.	10	5
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Re-heat. Pack.	20	8
Tomatoes	Scald 1 minute, cold dip 1 minute, peel, core, quarter. Pack.	35	10

Can your Fruits, Berries with this Chart (See Recipe Below)

#### Fruit Canning is Easy

FRUIT CANNING yields big returns for little effort, every homemaker admits when she goes to her canning shelf to load her arms with a jar of pears for the luncheon salad, berries for pie, or peaches for dessert.

It's delightful, too, to gaze on the colorful jars of fruit and berries, with their luscious array

of colors and marvel at the juicy goodness in them.

Fruit canning is simple, too, because the fruit requires only a short cooking time to prepare for the jars. This cooking before packing helps shrink the fruit to give a better pack and, at the same time, extracts some juices which may be used for packing.

#### Select Ripe Fruits

FOR FRUIT canning, it's wise to choose fruits which reach full maturity on vines or trees in place of getting green produce which you have to ripen on the window sill or out on the back porch. Naturally ripened fruits and berries have firmness that makes them easier to handle as well as sweetness which can be acquired in no other way.

Plan to can only the amount that you can handle efficiently for speed is required so there is no spoilage on the way to the jar. When fruit waits around after one step for another, it will be exposed to air and will lose much of its flavor and appearance.

#### MAKING A WATER BATH

THE USE of a boiling water bath canner has been widely used and recommended for processing fruits since it gives such good results. This can easily be made at home if you do not already have one.

Select a large preserving kettle, lard pail or even wash tub. The vessel should have a cover which fits tightly so that you can cover it during processing and thus prevent the water from boiling away. Even so, it's a good idea to have a kettle of water bubbling on the range to replace whatever does boil away and escape in steam, as the jars must be well covered during the whole processing time.

Whatever vessel is used for a canner such as described above

#### LYNN SAYS:

Use These Tips For Fruit Canning

To help decide how many jars you'll need, use these figures as a guide. Two to two and one-half pounds of the following will give one quart canned produce: apples, apricots, peaches and pears.

Heavy syrup gives the most luscious packs in canned fruits. Use three or four cups of sugar to a quart of water. Bring to a boil and cook just until sugar is completely dissolved.

Lynn Chambers' Menu  
Barbecued Chicken  
French Fried Potatoes  
Lima Beans with Bacon  
Cole Slaw-Tomato Salad  
Crusty Rolls Beverage  
Butter  
Boston Cream Pie

should also have a rack that keeps the jars off the bottom of the canner about one-half an inch. If you cannot buy a rack to fit, use jar lids, fitting these all around the bottom.

#### Use this Routine for Canning

THE SAME ROUTINE applies to all fruits, berries and tomatoes, the latter being included in this class rather than with vegetables since tomatoes are acid like fruits instead of non-acid, as are vegetables.

Get together pint and quart jars as needed, and see that they have no imperfections such as cracks or chips off them. Check, also, to see that you have enough suitable covers as well as jar rings, if you are using the cap and rubber closure.

Fill the canner almost full of water—the jars will take up some room, so it does not have to be completely filled, and turn on the fire so the water can start to come to a boil as you work on the fruit.

Prepare the fruit with a thorough washing. Bacteria lodge in soil, and you want to get rid of this so that none will rub into the fruit as you pare or cut it.

Use the chart for preparing the fruit for jars. If you want excellent results, you'll grade the fruit for size and ripeness as much as possible when packing jars.

Fill one jar at a time to within 1/4 inch of the top with both fruit and syrup (or, fruit juice or water, as desired). Run a spatula down the inside of the jar to remove air bubbles. Wipe top clean and put on the jar, as directed by the manufacturer.

#### Process and Cool Jars

AS EACH JAR is filled it should be placed into the canner, without touching or giving them a chance to bump against each other. When the canner is full, check to see there is enough water to cover jars thoroughly.

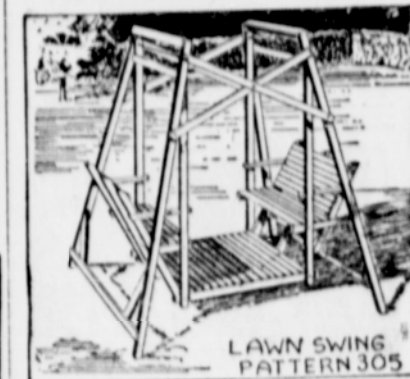
When water comes to a boil, start counting processing time. When time is up, lift the jars out on a folded cloth or several thickness of newspaper. Tighten those covers which need it, according to the type which you use.

Fruit or berries which you plan to use for pie or as juice for jelly can be canned without sugar. You'll add this when the fruit or juice is used.

The ripper the fruit or berry, the less it will need in the way of sweetening. However, allow at least some syrup for sweetening the fruit as you'll need liquid for filling the jars.

Pick plums for canning just as they begin to ripen. If too ripe, they will be mushy. If too green, they lack flavor.

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#### Rebound

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Auntie: "Why, it's because he is a wise man and thinks so much. You see, it hasn't time to grow."  
Niece: "Then, Auntie, why is it that you have so much hair?"  
Auntie: "Now, dear, run along and don't tire Auntie with questions."

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### KEEPING HEALTHY Infected Teeth Cause Many Diseases

By Dr. James W. Barton

While it is true that many specialists in rheumatism and arthritis do not blame all such cases on infection—teeth, tonsils, gums, sinuses—most physicians in treating rheumatic patients look first at infection, because it is the commonest cause.

A patient consulted his physician for pain in his knee which grew worse at night. The physician said that joint pain, worse at rest, was usually a sign of infection, and so suggested X-ray of teeth.

The patient had two molar teeth removed and stomped back to the physician stating that his rheumatism was more painful than before. The physician assured him that this was a good sign and that the increased pain might be present for several days at least.

When infected teeth are removed there is bound to be some tearing of tiny blood vessels and through these torn vessels poisons from the infected teeth get into the blood vessels. This actually increases the infection of the entire blood.

The general infection not only in-

creases the already infected joint but may start infection in one or more of the other joints, which is why this patient found himself in worse shape immediately after the infected teeth were removed.

A short time ago I wrote that the fact that infected teeth caused rheumatism was thought to have been discovered about 30 years ago, but about 100 years ago, Dr. Benjamin Rush, after whom Rush medical college is named, reported a case of rheumatism of the hip joint following the extraction of infected teeth.

Remember, rheumatism is only one of the conditions or diseases caused by infected teeth and tonsils. Some years ago it was found that inflammation of the nerves, the lining of the heart and kidneys, the eyes, were often caused by infected teeth. Anemia, thin blood, tiredness are other ailments often caused by infected teeth.

Don't wait to have any of the above conditions occur. The X-ray tells the story. Get rid of your infected teeth before trouble starts.

### HEALTH NOTES

In the final stages of alcoholism, there is a change in the chemistry of the blood similar to that found in Addison's disease—a decrease of the sugar and salt of the blood.

A lot of time of suffering can be avoided by having the physician examine the child and have a talk with the parents as to their own and the family's history of allergy.

Patients fearful of their high blood pressure should be given the greatest encouragement, emphasizing the improvements in the patient's condition and belittling the possibility of non-improvement.

If thin, get outdoors more and eat good nourishing food. If there is a tendency to stoutness, eat less and take more exercise.