



Small Worlds Around Us

By Lynn M. Watkins

Vitamin-Packed Onion Has Many Uses

Would you believe that onions are as rich in vitamin C as either the orange or the tomato? It's a fact, so the men of science say, and after all, they are the only ones who can hold a vitamin still long enough to determine whether what they are looking at is a vitamin or a fragment of a dust mote.

The onion belongs to the family of plants to which the lily belongs, but it lacks the glamour of its relative. The garlic and the leek are kin-folk. The onion is about the homeliest of all the garden vegetables, and in comparison with its stronger relatives, the garlic and leek, is the puny member of the clan. The onion has been cultivated by man since antiquity, and grows more important commercially every year.

You can either blame or give credit to the ancient Persians for developing the first onion. They already had pret-

ty good luck cultivating the melon, so they went to work again and hit the jackpot. They came up with an onion, and nothing has been the same since.

They stopped too soon, however, or else they were so pleased with what they had accomplished they rested on their oars, for the possibilities of the onion had hardly been touched. Every generation of men since that far away time has added something in the way of improvement to this strong member of the lily family.

Just think—it has taken about 2,000 years to find a comfortable and tearless way to peel them. The ancient Persians never thought about cutting an onion under water to soften the impact on human tear ducts. And while all this playful experimentation was going on new ways were found to grow different strains and different odors. Those old folks who ate onions would think our modern, modified-odored onion is a

weak sister, or a retarded one.

Mildness Acquired

Today, onions come in white, green, brown and yellow, all adjusted to grow in nearly any kind of soil, and at the same time produce tremendously. Even mildness has been acquired. This virtue is attained to a delicious degree in the Spanish Sweet or Bermuda varieties.

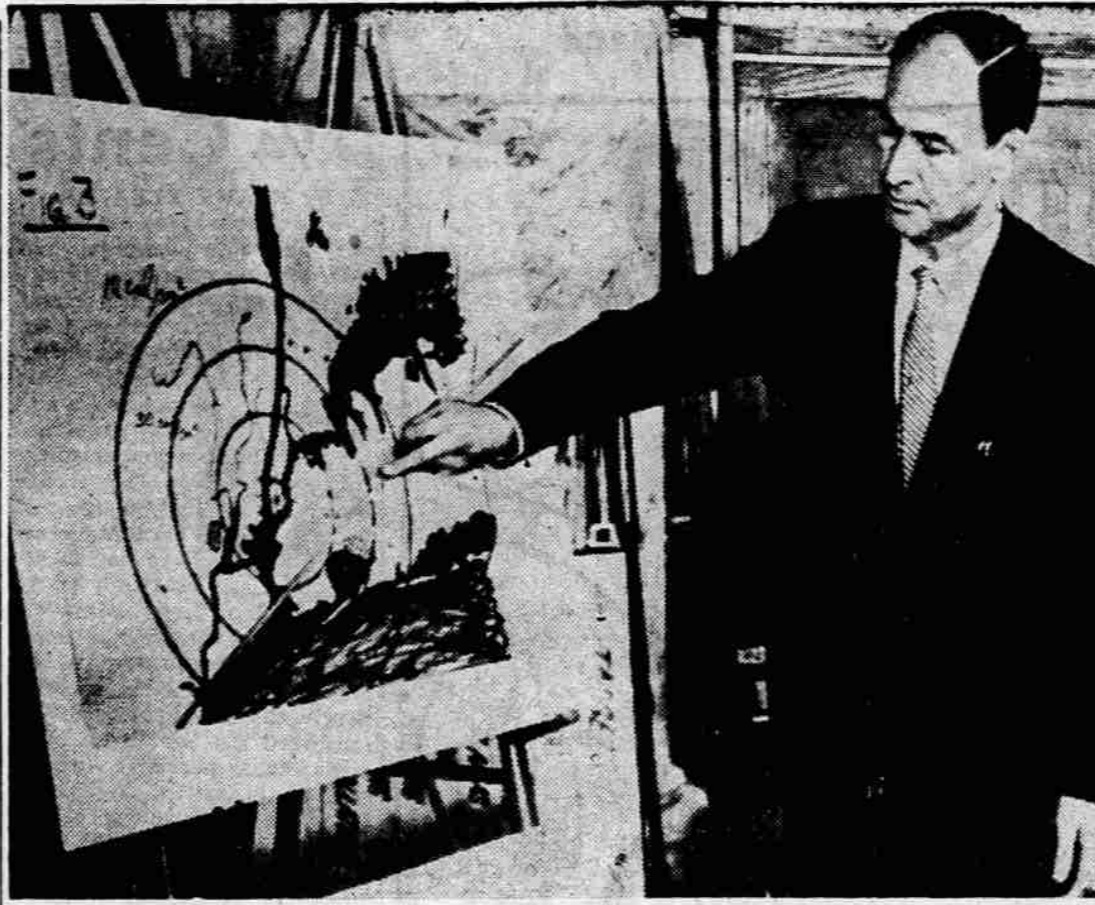
Onions always have been credited with possessing medicinal qualities. They have been used in the treatment of various respiratory diseases for untold centuries. Oil, derived from the crushed bulbs was believed to be a very potent nerve tonic. Many people, however, suffering from a nervous breakdown claim the onion as a cure has been grossly overrated.

A "mess" of onions, cooked down to a smelly pulp, encased in a sack or cloth, was standard treatment for a cold in the chest, during pioneer days in early America. A poultice of crushed onions, tied up in a cloth and wound around the neck, was expected to cure a sore throat.

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SALES MANAGER DIES

Sharon, Mass. (UPI)—Henry M. Strout, 57, former national sales manager of parts and accessories for the Ford Motor Co., died Saturday.



FIRE STORM AREA—Dr. George Mixter Jr., of New York University's school of medicine, told a Congressional subcommittee in Washington that millions more Americans would die of burns that from radioactive fallout in the event of an H-bomb war. Dr. Mixter uses a map of the New York City area to show the effects of a fire storm following an H-bomb attack. The subcommittee, headed by Representative Chet Holifield (D., Calif.), is investigating probable effects of atomic war on the U.S.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

June K.—I want to quit work.

Victor K.—She's chosen the worst time.

June K.—My husband and I have been married 10 years and have two children—7 and 8. I have worked during the entire time of our marriage—except for about four or five months I took off for the birth of each of the children.

Now I would like to quit work and just be a housewife and mother. I feel that I have earned this right. The minute I mentioned this to my husband he flared up and said that I had chosen the worst possible moment. He had been thinking of going into business for himself and felt we ought to have some stable income for the next year or so.

I have been working since I was 18 and I am now past 30. I don't feel like working any more. My family and friends think I'm a fool to do it.

Victor K.—June gives the impression that I'm a slave driver and trying to abuse her. Nothing could be further from the truth. I begged June

to give up working when she was about to have the first baby, but she wouldn't hear of it. She insisted we needed the money for the baby.

Well, now June has advanced herself very far in her career, but her family has worked her up into feeling that she is driving herself to death and that I am to blame. They seem to think I am pocketing her salary. Actually, every cent that is left over from the expense of the housekeeper goes to a fund for the children's education.

Now that the hardest times are past and I want to start a new enterprise June has decided to quit.

The Council—Yes, we agree that June has "earned the right" to be a housewife and a mother.

But in view of the fact that this right is usually won upon marriage and doesn't have to be earned, we think that June is all wrong to feel abused and accept her family's idea that she is "a fool" to do what she has chosen to do. She evidently finally succeeded in giving her husband the idea that she was going to go on

working indefinitely. Naturally, he is taken aback when she announces her new plans at a moment when he has a few of his own.

In view of the entire history of this case, we get the idea that if June were to quit now, Victor would take it as a rebuke to him. June has apparently felt somewhat guilty at working while her children were young and shifted the blame to her husband and his lack of income. Victor has borne the brunt of the public opinion June has created and would now be shown up as having lost an unmanly battle.

We feel that June should recognize that she has created this situation. If she genuinely wants to stay home and be a housewife and mother she shouldn't do it, but she shouldn't do it to prove anything to her family, friends or husband.

Once June has decided what she really wants to do, Victor should accept it and be glad that his children have gained a mother. He should not let any plans of his interfere with this. If his idea for a new business venture is sound he'll probably be able to find other ways of subsidizing it. (Copyright 1959, General Features Corp.)

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