

No sugar to add!
No beating!



Eagle Brand Magic Mocha Frosting

1½ cups (15-oz. can) Eagle Brand
Sweetened Condensed Milk
1 tablespoon Borden's Instant Coffee
1 tablespoon water • ½ teaspoon salt
2 squares (2 oz.) unsweetened
chocolate • ½ teaspoon vanilla extract

It's pre-cooked, so it blends perfectly with other ingredients.

1. Put Eagle Brand, coffee, water and salt in top of double boiler; mix well. Add chocolate.
2. No beating. Cook over rapidly boiling water, stirring often until thick, about 10 minutes.
3. Cool. Stir in vanilla. Spread on cooled cake layers and garnish with nuts. Makes 1½ cups, or enough for tops and sides of two 8-inch layers or one dozen cupcakes.

FREE!

Get Elsie's
28-page full-color
recipe book



The Borden Co.
Dept. FW-119, Box 171
New York 46, N. Y.

Name _____
Street _____
City _____ State _____



**Borden's
Eagle
Brand**
Sweetened
Condensed Milk

Good in coffee—and on cereal, too!

THE
LIFE
EXTENSION
FOUNDATION

How to Handle Your

(This is the second of a special series of articles excerpted from the new book, "The Life Extension Foundation Guide to Better Health," by Dr. Harry Johnson. Copyright © 1959 by Life Extension Foundation, Inc. Published by Prentice-Hall, Inc., Englewood Cliffs, N. J.)

I NEVER CEASE to be amazed at the endless stream of sick men and women who come to my office unable or unwilling to recognize that they have been victimized by their tensions.

A typical case was that of a 31-year-old assistant sales manager of a large chemical company. He was a man who had every reason in the world to be in tiptop emotional and physical health. Yet one day I received a near-hysterical telephone call from him. I told him to come right over. When he did, I saw a man who had rapidly gained weight, was extremely pale, and wore an expression of painful anxiety.

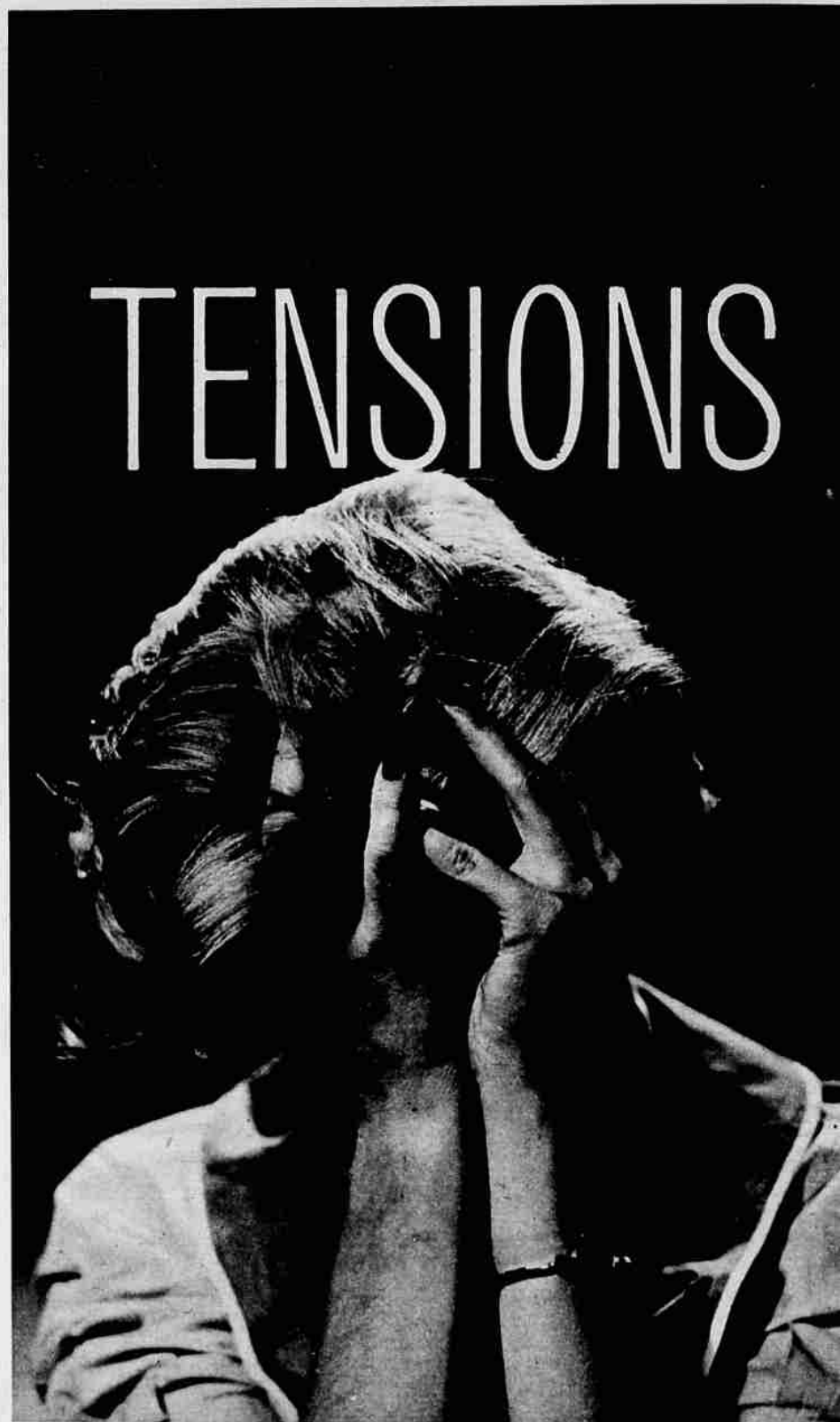
As soon as he sat down he burst into speech: "I think it's my heart. I get dizzy and tired and I perspire easily. I can't focus my eyes when I read. I feel as if the office walls are closing in on me. Sometimes my heart races and pounds so, I think I'm about to faint. I've never been sick like this. I'm worried about my heart."

It was obvious to me that this man was in a state of nervous shock, and I told him so. After a thorough examination had disclosed no organic defect except a moderate elevation of his blood pressure, which was due to his tense state, I then went into his problems more fully.

He had been thrust into a position of great responsibility a lot sooner than he had expected. He went overboard trying to meet that responsibility. Every night he took work home with him and stayed up until past midnight. He averaged only six hours' sleep. He let himself go completely—smoked excessively, drank too much, neglected his recreation and exercise, and ate too much.

As a crutch, I prescribed tranquilizers (for one week only!). I ordered him to get more sleep, more exercise, more relaxation, to cut down his smoking and drinking, and above all to learn to live with his job.

He made a remarkable recovery, and I'm confident I won't have to see him



again on account of illness that is caused by tension.

I don't like to split hairs over words, but there is so much nonsensical talk these days about living and working under emotional "stress," "strain," "pressure," and "tension" that we must be more precise about what tension is.

Tension is a result, not a cause; it invariably stems from our inability to put up with the pressures of daily living.

Suppose, for example, there is a great pile of work on your desk and it has to be done the very next day. Ordinarily, you'd need several days to get it done. But now there isn't that much time. You roll up your sleeves, dig into the pile, do your very best—nothing more, nothing less.

Pressure? Certainly, there is. But it

won't harm you a bit because you are equal to it.

But suppose you don't just do your best when you dig into that pile of work? Suppose you also worry about it? Suppose you fume, fidget, and fuss? Suppose you start looking for distractions in diet, drinking, or smoking? Then you are not equal to your pressures, and if you don't get hold of yourself you may soon find you are living with a weird variety of functional ailments, real and imaginary.

As long as we live we probably shall be under some sort of pressure all the time. We feel it at home and in our personal relationships outside the home. We feel it most, perhaps, when we are on the job, whether we sit behind a desk, drive a taxi, or run a farm.