

Stress And Strain May Be The Culprits

Ever since scientists voiced a suspicion that men with quantities of cholesterol-rich butter, eggs, and fatty meats might be a major factor in causing heart attacks and strokes, millions of Americans have eased these staples from their diets. Meanwhile, other scientists have wondered if the fatty thickening of the artery walls known as atherosclerosis might not be caused by physical and emotional stress.

Some evidence to support this latter theory was offered recently by a team of University of Nebraska scientists. Subjecting chickens to overcrowding and uncomfortably warm temperatures, they then extracted blood serum from the birds and added fragments of a type of mouse cell that resembles those in human arteries. The fragments developed cholesterol particles before the blood serum did. Serum from chickens not subjected to stress did not lead to fat formation.

"This could mean that stress is a contributing factor in coronary artery disease," Dr. Kenneth D. Rose, research chief of the university's health service, commented. "At this stage we just can't say how important it is. We know that fat is forced inside the cells. What we don't know is why."



PRETTY AS A FLOWER — Rebba Wilson, a secretary, lends additional beauty to the cherry trees in Washington.

TABLE TALKS

by Jane Andrews

Queen Shows Them Some High Style

In the royal family, Elizabeth may be the Queen in fact—but Princess Margaret has long been considered the Queen in fashion. But with her 35th birthday approaching, Queen Elizabeth turned up for a dinner party at the home of Indian High Commissioner Mme. Vijaya Lakshmi Pandit in a glamorous, tight-fitting, sarli-like gown and dazzling white fur stole, an outfit as far removed from her normally subdued attire as anything she has ever worn. British newspapers were properly delighted. Exaggerated—if not so properly—was the Associated Press: "She's a knockout. A wow. A doll who can generate wolf whistles."

"A woman has a legal right to change her mind," rules a gracious and chivalrous bow to the inevitable.

ISSUE 16 — 1961



RAINS CAME — April showers in Stockholm, Sweden, give lovely Karin Munch-Nisted, 19, a chance to show off her new umbrella. She's daughter of Hans Munch-Nisted, the Swedish artist.



LITTLE LARGE — While not a perfect fit, this hardtop headgear delights 14-month old Mike Cahill. The handle makes things easy when a lady passes by.

No one has to be introduced to maple syrup, but did you know that it takes over 35 quarts of sap to produce 1 quart of syrup? That explains a bit about its cost. For family use, quarts, or possibly half gallons, are recommended, for maple syrup is perishable, and sometimes becomes stale before the average family can use a gallon. However, if you want a dependable backing, or perhaps the advantageous price of buying in large quantity, you can do this. Remove the syrup from the can, heat it to the boiling point, and seal it hot in ordinary glass fruit jars, using new rubber or covers. It may be kept thus indefinitely. It is helpful to know, too, that slightly moldy or fermented maple syrup is not spoiled as in the case of canned fruit but may be restored to nearly its normal flavor by reheating it to the boiling point and skimming.

Cheese has been known as a food for over five thousand years. It is mentioned in the Old Testament; the Romans fed it to their armies, and the Greek wrestlers ate it supposing it made for greater endurance.

It takes eight pints of creamy milk to make a pound of cheese. A small amount of lactic acid is put with the milk, causing it to turn sour. Then, in an hour or so, rennet is added to clot it. After about 45 minutes, the curd is like solid junket, and this is put through various complicated procedures which result in the different kinds of cheese. There are four or five hundred names for cheese but only about eighteen distinct varieties.

The well-known Roquefort cheese, blue-veined and crumbly, is made from ewes' milk in the French province of Languedoc, and stored for ripening in caves in the hillsides. The Romans founded the industry of cheese-making in England, and used to export Cheshire cheese to Italy. Ever since that time the British have been great cheese-eaters, and cheese-makers, too, writes Dorothy Ezeaut in the Christian Science Monitor.

Cheese keeps well when it is wrapped in polythene and stored in a cool place, or kept in the refrigerator, but not in the freezer. It is almost a meal in itself and can be eaten at any time of the day.

GNOCCHI
2 ounces fine semolina
4 ounces grated Cheddar cheese
1/2 pint milk
1 level teaspoon salt
Pinch cayenne pepper and nutmeg
Bring the milk to the boil and toss in the semolina all at once. Cook for several minutes, stirring vigorously all the time. Remove from heat and stir in 2 ounces grated cheese, and seasonings. Turn the mixture onto a large buttered and floured plate and spread evenly about 1 inch thick. Allow to become quite cold. Cut into neat cubes and place in a buttered ovenware dish. Sprinkle with the remaining 2 ounces of grated cheese. Bake under a hot grill or in the top of a hot oven (450° F.) for 15-20 minutes. Serve hot with tomato sauce passed separately. Makes 3 to 4 servings.

Nearly everyone likes tuna

DRIVE WITH CARE!

fish. Here's a good salad for spring and summer menus — something you can make ahead of time. Drain and flake two 7-ounce cans of tuna. Combine with 1/2 cup chopped dry olives, 1/2 cup sliced almonds. Soak 1 tablespoon unflavored gelatin in 1/4 cup cold water for 5 minutes and dissolve over hot water. Stir this into 1 cup mayonnaise and add 1 cup sour cream, 1 tablespoon grated onion, 1/2 teaspoon salt, 2 tablespoons lemon juice, and 1/2 cup chopped parsley. Combine this mixture with fish mixture and place in a 1-quart mold and chill until firm. Unmold on lettuce. This will serve 6.

DISCRIMINATION IN U.S. CUTS TWO WAYS

by GARE KAIMOWITZ
Newspaper Enterprise Assn.

UNITED NATIONS, N.Y. — U.N. representatives and journalists from African and Asian nations are finding out that there is no diplomatic immunity from prejudice.

Paradoxically, some Americans, who bend over backwards to give their diplomats as much protection as possible and an understanding of the U.S. system, find that they cannot bend over far enough to please a few of the foreign delegates no matter how hard they try.

And they are trying. A New York mayor's committee has written to the New York Real Estate Board, asking the 3,900 apartment house owners and agents to take steps to make available suitable housing for diplomats.

Some 200 pastors have also been contacted to "take every possible measure to correct discriminatory practices" within their jurisdictions. And the New York Real Estate Assn. has written to managers organizing them to show diplomats every consideration.

The American Assn. for the United Nations has enlisted the aid of business and organizations to create a welcoming atmosphere for the delegates to the current U.N. General Assembly. This year, 22 firms and organizations have accepted the challenge and will invite the delegates into their homes, factories, schools and offices to show that most Americans are unlike the one or two who wrote to the various U.N. delegations from African and Asian nations the following:

"Sincerely blacks... go home... the Ku Klux Klan will be after you." This example of "hate mail" was read into the U.N. record by the Nigerian delegate last December.

But the AANU, a national non-profit organization with 10 chapters in every state except Mississippi and Alabama, admits it is difficult to show the delegates that such mail is not necessarily typical of the U.S.

Both sides may share the blame in fostering discrimination at times because:

- The Africans and Asians have often "used" discrimination to report adverse findings back to their native lands.
- Incidents at a housing development, a restaurant near the U.N. or in Atlanta, Ga., receiving attention here, are intentionally blown up in the foreign

U.S. Military Waste Runs Into Billions

There is a new twist to that old adage: "A penny saved is a penny earned." The twist is that member of Congress, economist-professor Senator Paul Douglas (D. of Illinois), who has come up with the modern version: "A billion dollars saved is a billion dollars earned."

There are two to three billion dollars to be saved each year, insists the senator, by squeezing "scandalous and appalling" military waste out of the Pentagon. And the senator is not alone in this conviction. A joint congressional committee last year, chaired by the senator, reached the same conclusion. It spelled out in some detail examples of what is called "mismanagement, waste, duplication."

Inventory showed the Department of Defense with 1,627,740 yards of cotton duck cloth above its needs. The Post Office Department (which wanted cotton duck cloth for patching its mail bags) asked for some. It offered to take a load. He sat there, and the Defense Department hands, but it refused to pay the Pentagon the market value for the cloth. As a result the Defense was stuck with this yardage, and the Post Office went out and had a new lot made up!

The Air Force contracted for a shipped four-foot cables with a plug at each end. It paid \$10.67 for each one. The identical article meanwhile was selling in retail supply stores in the Washington area for \$1.50, which means the Air Force was charged at least six times the value of the item.

The Navy contracted for a small socket for a lamp, at \$21.10 each. A box of 500 acquired by the Navy came to \$10,550. Identical items were located in a Maryland electronics retail store selling at 25 cents apiece, or \$125 for a box of 500.

The Army's inventory listed 5,739 small wrenches priced at \$1.84 apiece, or \$10,559 for them all. Similar wrenches were available at not more than 25

cents each in D.C. hardware stores.

The Marine Corps supply center at Albany, Ga., reported 49,514 feet of 3-inch iron pipe in need of replacement and excess to its needs. Ft. Jackson, S.C., had a stockpile of 10,000 feet, but the offer was refused. Ft. Jackson, 2,000 invited spectators while singing the hymn "Jesus shall reign." Midway through the service eleven black-gowned schoolgirls marched toward the altar bearing copies of "The New English Bible: New Testament." At the foot of the altar steps, the Bishop of Winchester, chairman of the translation committee, presented a copy of the Bible to the Archbishop of Canterbury and the rest to clergy representing Britain's major Protestant denominations.

Many girls of to-day aren't impressed by the lines in new comic books. They've heard them all before.

PEOPLE PER CAR — Rise in living standards of 11 nations from 1950 to 1958 — on moon used by number of people for each passenger car in the country — is shown in sketches above.

New Bible Becomes Best Seller

Flooded by TV spots, a procession of clergymen in scarlet, purple, and black moved slowly down the nave of Westminster Abbey in London last month, and 2,000 invited spectators while singing the hymn "Jesus shall reign." Midway through the service eleven black-gowned schoolgirls marched toward the altar bearing copies of "The New English Bible: New Testament." At the foot of the altar steps, the Bishop of Winchester, chairman of the translation committee, presented a copy of the Bible to the Archbishop of Canterbury and the rest to clergy representing Britain's major Protestant denominations.

This did Britain officially dedicate the new Bible, on which scholars have labored for thirteen years, while at the same time paying tribute to the magnificent King James (Authorized) Version on the occasion of its 350th anniversary. The short, colorful service ended with a reading of the Parable of the Sower in the crisp, contemporary NEB began: "That same day Jesus went out and sat beside the lake, where so many people gathered round him that he had to get into a boat. He sat there, and all the people stood on the shore. He spoke to them in parables, at some length."

Although the NEB is not intended to replace the KJV, the two inevitably are being compared. Nostalgia and stylistic grandeur, and the new book stands up well beside its great ancestor, and has won some influential supporters.

The Most Rev. Arthur Michael Ramsey, Archbishop of York, who will become Archbishop of Canterbury in June, predicted that the new version would help many people "to understand the Bible better and to feel the power of its message." The Bishop of Southwark, the Rt. Rev. Mervyn Stockwood, declared flatly that the NEB is likely to score more bull's-eyes than the older one because its language is more like today's spoken English. A Roman Catholic scholar, the Rev. Walter M. Abbott, S.J., an associate editor of America magazine, described the new book as "clear and easy to read," although he noted that the translators occasionally used "obscure phrases" that may not endure.

The unhappy critics were those who feared that the NEB would supplant the KJV and that, as an editorial in the (London) Daily Mail put it, "the wonderful passages woven into the life of our people will be forgotten." Conceding that the new may be more readable than the old, they deplored the loss of such poetic passages as a sinner cast ye your pearls before swine" (Matt. 7:6), which has become "do not feed your pigs to pigs." Even London's Communist Daily Worker mourned the early seventeenth-century prose have been replaced by merely competent writing.

In advance of last month's dedication, though, the new translation was proving to be a best seller. Bookstores in London and New York reported that sales were "phenomenal." With 1 million copies already printed, Oxford and Cambridge University Press, joint publishers of the NEB, have called for a second edition of 500,000. The new Bible, said a spokesman in Harvard's department store in London, was "doing better than Lady Chatterley's Lover."

But even this attempt at understanding has resulted in occasional further misunderstandings. "People who request speakers invariably ask for the head of a delegation and are disappointed and hurt when he is unavailable and a lesser known, though competent, person is sent," the spokesman said.

Recently, Joseph Dayton, of Pittsburgh, was fined \$100 for parking for gentlemenly conduct. After an evening with his girl friend he drove her home in his car. As the pavement at that time, was ankle-deep in snow, Dayton gallantly drove his car on the pavement so that the girl would not need to wade too far through the snow to reach her front door. Unfortunately, the policeman who witnessed this chivalrous act did not approve. The fine was the result.

Many of us spend half of our time wishing for things we could have if we didn't spend half of our time wishing.

GETTING TO KNOW THEM: Ghana delegates in native dress meet at the U.N. in New York City.

MOTHER AND DAUGHTER

This is the season when all kinds of young animals make their appearance on farms. This little colt, on the Pat Rooney farm was one of them. Once a common sight, a more and her foal are rare ones today.



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THE FARM FRONT

by John Russell

Farm accidents can be divided into two categories — "On the Farm" and "Off the Farm." Accidents that happen right on the farm are by far the more prevalent. They accounted for over 68 per cent of the total last year.

Farmyard: The farmyard was the major "Danger Zone" and accounted for 33 per cent of the accidents occurring on the farm. The field: The next most dangerous area was in the field where 28 per cent of "on farm" accidents happened last year.

Farm Home: You may be shocked, and rightly so, to learn that 11 per cent of the accidents happened inside the farm home. The seriousness of this situation is fully emphasized by the fact that nearly 4 per cent of these accidents occurred on the road or in other words were traffic accidents of some kind.

Farm Buildings: The barn was the location for about 10 per cent of mishaps and other buildings on the farm accounted for 9 per cent.

WHAT WAS INVOLVED: Accidents caused by farm machinery accounted for 49 per cent of accidents on the farm. Of these almost 11 per cent involved tractors. Trucks and cars made up a substantial 7 per cent. It is interesting to note that combines and having equipment inflicted a higher percentage of injuries than tractors, awthers, buidens, tillers and seeders. Each was responsible for over 3.5 per cent of "on farm" accidents.

Animals: There is always the possibility of accidents around animals. They were responsible for 20 per cent of accidents on the farm. Horses accounted for 48 per cent of these and cattle for 29 per cent.

Burns: Death and injuries due to burns comprised 8.5 per cent of accidents on the farm. 12 per cent happened in burning buildings. 1.5 per cent of these accidents proved fatal and over 40 per cent of those involved required hospitalization.

Stepping On and Bumping Against Objects: One of the major causes of accidents on the farm was stepping on or bumping against objects. Almost 8 per cent of accidents on the farm are reflected in the fatality rate. Almost 3 per cent were due to stepping on objects and 48 per cent of the victims fatal. 42 per cent of the victims were hospitalized. It should be pointed out that 22 per cent of these accidents happened around farm machinery and 20 per cent of these to people in the 13 to 20 age group. 19 per cent occurred around buildings, 18 per cent of accidents of this nature happened inside the farm home and about 27 per cent of them to children up to 4 years old and 30 per cent to people over 45.

Miscellaneous: There are more injuries caused by falling or flying objects than generally realized. The survey shows that

Going to School In Colonial Days

One morning, almost a week ago, Mrs. Mary Grafton, Christina, get your bonnet on. The post has just come from Philadelphia, and perhaps there is something for us." It was not long before Christina and her father were walking towards neighbor Anderson's inn where, all the town mail was left.

"Yes," said Mr. Anderson in answer to my question. "Perchance, he added knowingly, 'it is from Philadelphia, and perhaps there is something for us.'" Letters came so seldom in those days that every one was interested in them.

"Yes, this is surely from Mary," said Mr. Grafton, speaking, however, to Christina rather than to Mr. Anderson. "Let us go home to read it."

Christina bore to long time that letter. She said not a word as she waited for her mother to read it carefully and then pass it to Mr. Grafton. She was a well-behaved child, and never teased, no matter how eager she was.

At last her father said, "Now, little girl, it is your turn. You may read Mary's letter aloud."

Honoured Father & Mother: I take my pen in hand to let you know that I came safely three days ago to Philadelphia. Aunt Sally and Uncle Williams were at the wharf, for they thought that Captain Gerry would leave Wilmington that

date, followed closely by January. Looking over the survey statistics it is indeed surprising to find that the number of work days lost, due to accidents during these two months was only slightly lower than those lost in July, the peak accident month. This makes it apparent that July casualties suffered less severe injuries than those hurt in the first two months of the year.

The accident rate in December was comparatively low and it had the lowest number of days lost. However, there is little room for optimism because the fatality rate was one of the highest. In every 32 accidents that happened in December resulted in death.

Time of Day: The highest frequency of accidents took place in the afternoon. The percentage was 37 per cent. This is possibly due to fatigue. After working from early morning people become tired and consequently less alert. The morning hours accounted for 25 per cent of all accidents.

The Part Played by the Weather: The weather was a startling fact. 72 per cent of "off the farm" accidents happened in clear weather, compared to 15 per cent when now was falling — over 8 per cent in rainy conditions — and only 5 per cent when it was foggy.

This extremely high rate of accidents during good weather conditions suggests that people tend to be over-confident when weather conditions are ideal.

If Accidents Do Happen, While the accident rate can undoubtedly be drastically reduced, on a national scale, through effective safety campaigns, an element of danger will always be present. It is a wise policy to know what to do if and when an accident does happen. Here's how you can be prepared:

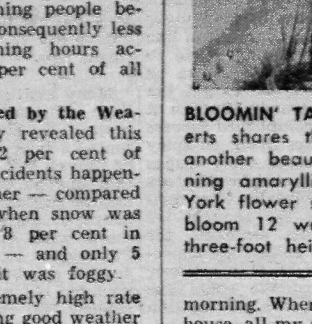
1. Always have ample first aid supplies on hand.

2. Know the quickest way to get medical aid. If a doctor is not immediately available, know the people near you who have first aid training. St. John Ambulance and Red Cross members, nurses, etc.

3. Take a first aid course if there is one available in your area.

CROSSWORD PUZZLE

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Very respectfully,
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—From "Everyday Life in the Colonies," by Gertrude L. Stone & M. Grace Fickett.

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3. Eagle
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5. Carrot
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11. Iron
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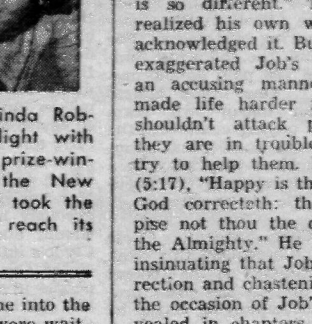
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KANSAS CELEBRATES A CENTURY OF GROWTH

As the Sunflower State marks its 100th anniversary of admission to the Union as the 34th state, a special stamp, commemorating the centennial of the Sunflower State will go on sale May 10 at Council Grove, Kan. The four-cent will be printed in green and brown on bright yellow paper. As part of the year's observances, the Kansas Turpike Authority is erecting historic markers along its route. As marker notes, ox-powered wagons of a century ago averaged only 12 miles a day across the dangerous prairies. A far cry from Kansas in 1961 whose modern Turpike enables drivers to cross the state in hours.



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25. A kind of salt
26. A kind of acid
27. A kind of base
28. A kind of gas
29. A kind of liquid
30. A kind of solid