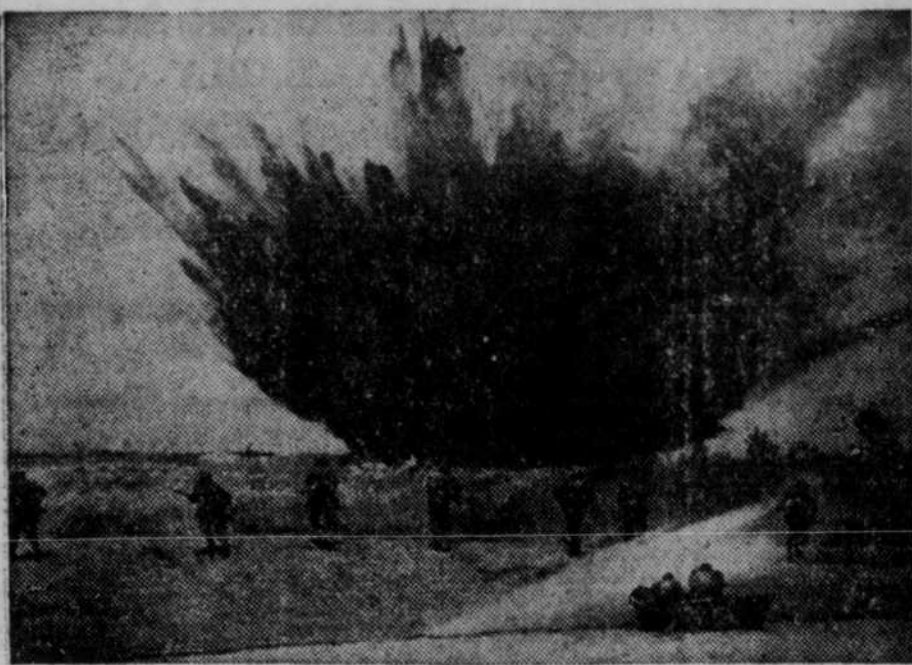
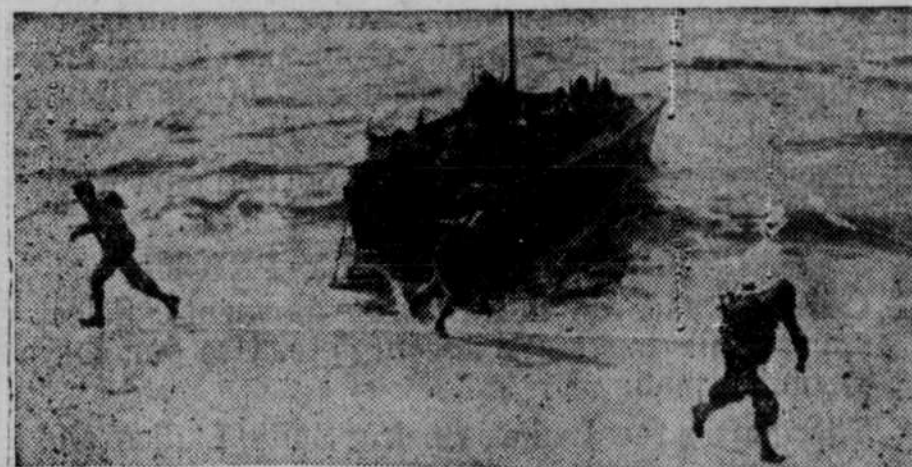


Engineers Hit the Enemy First



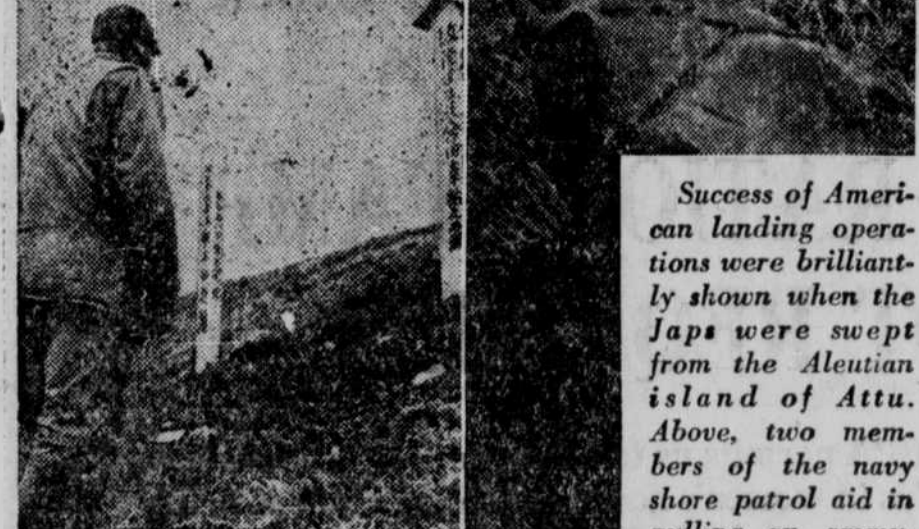
"American forces have landed at —" Behind this commonplace phrase lies months of training and preparation on the part of the amphibious engineers—the first troops to land in an assault on enemy shores. The engineers are a streamlined unit thoroughly trained in the operation of small boats and in the demolition of enemy defenses. Most of the men picked for this service were small boat operators, boat-builders and fishermen in civilian life. They are now the vanguards of attacking U. S. forces.



Landing techniques are demonstrated by soldiers at Camp Johnston, Florida, where amphibious engineer units are trained by a staff commanded by Brigadier General David A. Ogden. Above, a craft has been beached. The engineers run to their objectives, usually barbed wire entanglements, pillboxes, or other obstacles to successful landing of attack troops and heavier equipment which follow the engineers. A new technique in climbing over barbed wire entanglements is shown at right. Some of the men form a ladder of rifles on which those following quickly climb and hurry on to their objectives.



As bullets whine and charges explode amphibious engineers make a landing to establish a beachhead during maneuvers. Note the explosion at right center nearly concealing the landing boat.



Success of American landing operations were brilliantly shown when the Japs were swept from the Aleutian island of Attu. Above, two members of the navy shore patrol aid in pulling an ammunition cart over a ridge on Attu. Lower left, an American soldier studies Japanese graves on Attu—the end of most of the Japs who resisted Americans in this sector. Very few Japs were captured.



A loud speaker is used to carry instructions to a landing boat at Attu. The Attu campaign was a combined army and navy operation.

TO YOUR Good Health

by DR. JAMES W. BARTON
Released by Western Newspaper Union.

HIGH BLOOD PRESSURE

Just as appendicitis was formerly the main subject for discussion when health or medicine was mentioned, now the main subject appears to be blood pressure—that is, high blood pressure. In fact, some physicians, in their natural desire to prevent heart or brain strokes in their patients, often take blood-pressure readings every time the patient with high blood pressure consults them. The patient usually asks the physician as to his blood pressure each time it is taken and if it is a few points higher than at the previous visit he begins to worry about it.

Now it so happens that a blood pressure a few points above or below that of the previous visit does not mean any real change in the condition of the blood vessels, because food, emotional disturbances and other factors enter into the condition of the blood pressure.

In the Boston number, Medical Clinics of North America, Dr. Norman H. Boyer in an article on the treatment of high blood pressure (hypertension) says: "Those who concern themselves chiefly with blood pressure readings are doomed to frequent disappointment. While reduction of blood pressure is desirable and in some cases can be accomplished, it can be said that there is available today no specific single remedy for the reduction of high blood pressure." Now this statement does not mean that these patients with high blood pressure cannot be helped, as relief of symptoms and postponement of the dire results of high blood pressure brain stroke and heart stroke and congestion of the kidneys can often be accomplished. And because so much can be done for these patients, Dr. Boyer states that undue emphasis should not be placed on blood-pressure readings.

How should high blood pressure be treated? By trying to find the cause and treating the patient from the standpoint of the cause. The causes of high blood pressure are disturbances in the brain, gland system, kidneys and blood itself.

The treatment is therefore directed toward the correction of abnormal conditions in so far as this is possible—plenty of rest, moderation in eating, avoiding overweight, removal of infections, use of quieting drugs and kidney extracts and surgery (nerve cutting) in extreme cases.

Saliva Tests Check Tooth Decay

Most interesting research work on finding out how badly teeth are decayed is reported in the Journal of the American Dental Association by Dr. Marshall L. Snyder of the Hygienic Laboratory, University of Michigan. A group of children were studied for a little more than two years in an attempt to find out if the number of organisms that cause tooth decay present in the mouth (saliva) were in proportion to the amount of decay present in the teeth.

Children of the Michigan Elementary school were selected for this research work because the condition of their teeth is studied during the school year by an examination of the teeth fall and spring, together with X-rays and measurements of the teeth and jaws. This made it easy for research workers to compare the findings of the examination of the teeth with the number of the special organisms present in saliva. Only those children that had received from four to seven examinations and tests during the two years were included in the report.

How closely did the number of organisms and the amount of decay present agree with one another? "The study proved to be 90 per cent accurate when clinical examinations of the children's teeth were checked against the color changes (showing number of organisms present) which occurred in the laboratory tests. The number of organisms present was obtained by having the children chew on wax tablets. Then the specimens of the saliva were tested in the laboratory after definite periods of time.

If no color change in the substance in which organisms grow within 72 hours, no decay present. If some color change in 48 hours, some decay of teeth is present. If considerable color change in 24 hours, there was much decay.

QUESTION BOX

Q.—Would constant swallowing indicate nervousness?
A.—Swallowing is just a habit. Get busy and think of other things and it should stop.
Q.—Is tic doloureux considered a curable ailment?
A.—Tic doloureux may be due to heredity, exposure to cold, thin blood, tiredness and other causes. Treatment by injecting 90 per cent alcohol solution gives good results in most cases.

Farm Topics

Time of Cutting Hay Decides Food Value

Early-Cut Hay Has More Protein Content

High quality hay is more important than ever with the acute feed shortage farmers are facing this year. The time of hay cutting is one of the most important decisions a dairyman will have to make concerning his hay crop this year. Research in Missouri has shown that timothy, for example, has 135 pounds of total protein per acre if cut when coming into bloom, whereas if cut when the seed is in the dough, it contains only 92 pounds of protein per acre. The same general tendency in favor of early cutting is as true of alfalfa and the clovers as it is with timothy.

Besides having higher feeding value, early-cut hay is more palatable, so cows eat more of it. Furthermore, since early-cut hay has a higher proportion of leaves to stems than late cut hay, there is less waste in feeding. Cows often refuse the stemmy stuff they are sometimes offered. An additional advantage of early cutting is that the sod produces a more vigorous renewal growth which can be quite useful in late summer.

Dairy and crop specialists believe that the hay should be cut in the stages indicated as follows: Timothy, after heading but before blooming; red and alsike clover, half to three-fourths full bloom; alfalfa, first cutting, quarter bloom; alfalfa, last cutting, before September 15 in northern states.

Agriculture in Industry

By FLORENCE C. WEED

Dead Animals

Even the horse struck by lightning near the pasture fence or the cattle that die from disease have some commercial value. Rather than bury them on the farm in shallow trenches or washed-out gullies covered with brush, the farmer can get rid of this nuisance by merely telephoning the rendering plant to send a truck. Usually there is little or nothing paid, unless the animal's hide has value.

Once in the rendering plant, the dead animal is converted into a dozen commercial products that have found a market within the last 20 years. The hide may be salable either for leather or the hair or wool that can be scraped from it. Flesh is cooked to expel fats and greases which go into soap, axle grease and other inedible tallow products.

The problem of disposing of dead animals is not confined to the farm. In a city the size of Columbus, Ohio, (300,000) about 2,800 dead animals must be disposed of yearly, including horses, cows, dogs and cats. Care of this refuse is handled by the city rendering plant which disposes of garbage and sells all possible by-products in order to cover the cost of the service. After the water and grease is pressed out, the solid part is dried, ground and added to selected garbage and sold for feed for livestock.

Balanced Meal Diet GROUP 2



ORANGES, TOMATOES, GRAPEFRUIT... or raw cabbage or salad greens



POTATOES AND OTHER VEGETABLES AND FRUITS raw, dried, cooked, frozen or canned

Two of the seven groups of basic foods which government nutritionists say are necessary for health and strength.

Choose Breeders Early

Selection of 1944 poultry breeding stock should be started early. Chickens for broiling, frying and roasting are of better quality and can be produced cheaper when they come from good breeding stock, and some characteristics show up only when birds are young.

Males of the heavy breeds should show tail feathers at 12 days of age and complete back feathering at eight weeks to be worthy of being retained as breeders.

ON THE HOME FRONT

with RUTH WYETH SPEARS



backing to accent tones in the wide assortment of prints. Pieces of cotton flannel or sheet wadding were used for interlining. The material was cut six inches square and the corners rounded so that the machine binder could be used for the edges. The backing, interlining and top were basted together before quilting them by stitching across from side to side and then from corner to corner. A loop hanger was stitched in with the binding.

THESE pot holders proved to be "best sellers" at a bazaar. They were made by a group of women who resolved not to produce a single holder in a dull color combination. That is probably the secret of their success.

Most of the materials came from scrap bags but a few pennies were spent for bias bindings and

HOUSEHOLD HINTS

Handles of garden tools should be sandpapered and waxed to save splinters in fingers and hands.

If a refrigerator sets into the wall, take care to allow several inches of space on each side and at least a foot of space on top for good circulation of air around all sides of it.

Before starting to drive that small tack, stick it through a strip of heavy paper—brown wrapping paper is fine. Then you can hold the paper while you drive, and save your thumb. The paper tears out easily.

In making applesauce, lemon juice or a few slices of lemon cooked with the apples gives a fragrant and pleasing flavor. It is also a good trick when preparing apples for pies.

Peanut butter blended with cream makes a delectable dressing for dry cake, bread pudding, or day-old doughnuts.

Never remove the radiator cap of a tractor or car when the radiator is steaming. Wait until it cools.

YOU CAN'T BUY ASPIRIN

that can do more for you than St. Joseph Aspirin. Why pay more? World's largest seller at 10c. Demand St. Joseph Aspirin.

Mother's Tree

The white birch has been officially chosen by the American Forestry association as the tree to be planted as a memorial to a mother.



Keep the Battle Rolling With War Bonds and Scrap

PROTEIN BUILDER-UPPER!

The protein supplied (2.2 grams) by a normal serving of Kellogg's Corn Flakes and a normal amount of milk (4.0 grams protein) is a valuable contribution to daily protein requirements... helps make up for scarce protein foods and their vitamins.

SAVES TIME—WORK—FUEL—OTHER FOODS

The 'SELF-STARTER' Breakfast

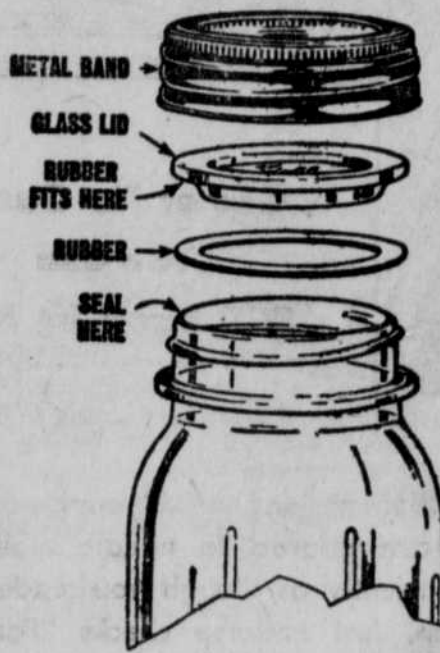
Kellogg's CORN FLAKES

Never remove the radiator cap of a tractor or car when the radiator is steaming. Wait until it cools.

IMPORTANT NOTICE TO HOME CANNERS

The Glass Top Seal Fruit Jar Cap for Home Canning was developed as a Wartime product to conserve metal. It consists of a Metal Band, Glass Lid and Rubber Ring.

Because of the difference in the nature of these three materials this Cap must be used differently from any other fruit jar cap. If used properly it will give excellent results. If not used properly, results will be bad, including failure to seal and breakage of jars. Following are simple instructions for use of the Glass Top Seal Cap and must be followed carefully.



1. Do NOT use in Oven Canning.
2. If processing, (cooking in jar), leave 1 inch space in top of jar. If using open kettle, leave 1/2 inch space in top of jar.
3. Fit rubber around projection on bottom side of lid.
4. Place lid so rubber lies between lid and top edge of jar.
5. Turn bands tight, then loosen slightly (about 1/4 turn). Bands must fit loosely during processing (cooking). This is important and must be done to insure best results. If using Open Kettle, screw bands tight as soon as jar is filled.
6. After processing, screw bands tight to complete seal. Remove bands 12 hours after canning.

DO NOT TURN FILLED JARS UPSIDE DOWN

This information is published in the interest of home canning and preservation and conservation of food.

BALL BROTHERS COMPANY
MUNCIE, INDIANA, U. S. A.

For complete canning instructions send ten cents for your copy of the Ball Bros Book to Ball Brothers Company, Muncie, Indiana, U. S. A.

