Mental Health Success

The Mental Health Institute held in Wellsville last Thursday was considered a big success by members of Allegany County Mental Health Committee.

"One out of every 10 persons in this room today will some time in his life suffer a severe emotional problem and one of every 20 will spend some time in a hospital because of mental disorder."

This statement—made by Dr. Edward W. Briggs at the Nancy Howe Auditorium—summed up the reason for the one-day Community Institute on mental health. Attending the meeting, first of its kind in the area and second in the state were about 200 doctors, welfare workers, ministers, teachers and housewives.

A representative from each group participated in a panel discussion after a welcome by Dr. Roland L. Warren of Alfred University, president of the sponsoring Allegany County Mental Health Committee. Dr. Briggs, who is medical consultant for the County Department of Public Welfare served as moderator.

Mrs. Lorna Schram, case supervisor of the County Welfare Department, elaborated on the reason for the Institute in her speech for the panel. The Rev. Albert N. Rogers of Alfred Station presented the clergymen's view and the value of th church in community mental health. Mrs. Helen Humphrey of Hornell High School affirmed that 'an attitude of friendly guidance and kindness seems greatly appreaciated by many pupils.' The parent of the group, Mrs. Katherine L. Kline of Cuba, said that: "The full potentialities of the home for the personality development of children are realized only when the parents undestand the children's needs and have ability to meet them." Dr. Edwin F. Comstock estimated that "30 per cent of the people who consult a doctor do not have physical ills, but mental and psychological problems, masquerading as physical ailments."

Dr. Luther P. Woodward of New York City, who is co-ordinator of Community Health Services under the State Commission on Mental Health, spoke to about 120 persons at a luncheon in the Gold Room of Hotel Fassett. Dr Woodward pointed out that New York is the leader in the nation. "No other states has set up a commission charged with the responsibility of preparing a master plan to promote mental health programs," he said.

The afternoon program saw a dramatic sketch, "The Ins and Outs" presented by students of Wellsville High School. The discussion director was Mrs. Beatrice Lamm, former director of the Day Care Division of the New York City Department of Public Welfare.

Better Health For Children

A Community Service Issued by Children's Hospital of Buffalo, N. Y.

A recent article reported an eminent psychiatrist as saying that all children need affection, acceptance and approval to build sound emotional and social development. Psychiatrists at Buffalo's Childern's Hospital agree, but go further. They add the need for trust and respect.

Love, a far stronger emotion than "affection", is as necessary to children as sunshine to a growing flower. Children react in proportion to the constancy and intensity of the love they receive. An unloved child draws within himself until he is old enough to have independence. Then, pent-up brooding often shows itself in anti-social behaviour, emotional upsets or total disregard for others, including parents. How often we hear parents bemoan their grown children's disrespect, selfishness and "ingratitude". If such parents could only have been helped to work through their conflicting feelings during their children's needs and much of the trouble would have been prevented.

Children are, after all, very like adults in their basic needs, except that theirs are more poignant because they are young and helpness. All of us need love and need to be needed. We all need respect and trust. A little child—even a baby—is not easily fooled about these fundamentals. He is quick to sense feigned interest, love and understanding. Like adults, children seek escape from unpleasantness. For example, an unloved older child often creates an imaginary person to compensate for parental indifference. This may seem harmless but is usually a danger signal because it may lead to habitual escapism—unwillingness, and eventual inability, to face reality. It should not be confused with imaginary companions that 3 to 4 year olds commonly invent as a convenient device for sharing some of their complex feelings with an outside person.

Affection, acceptance and approval are a child's birthright. If he doesn't get them, he's being cheated. Love, companionship and understanding are not only the greatest gifts parents can give their children, they are a priceless investment for the parents themsleves.

A lot of brainy women earn their living, but the sensible ones let men do it for them.

Rotenone Rates Highest As Cattle Grub Killer

Although many new and powerful insecticides have been introduced in recent years, preparations containing rotenone are still the best for destroying grubs on cattle, according to a veterinary medical bulletin.

In a seasonal reminder about grub control, the bulletin points out that grubs are skin-piercing maggots that develop from the eggs of heel flies. The flies lay their eggs on the heels or legs of cattle and sometimes horses during the warm months. Maggots, or warbles, hatch from the eggs and puncture the skin, traveling through the body and coming out the animal's back from fall through early spring. Then they drop to the ground and go into the pupal stage, from which the heel fly emerges.

Attempts to destroy heel flies by applying insecticides to the legs of cattle have not been satisfactory. Therefore, efforts to reduce heel fly damage rest upon destroying the grubs as they emerge from the animal's back

Mixtures containing rotenone and sulfur are applied as a dust, spray, or wash to the backs of affected cattle at regular intervals during the cold months when the grubs are emerging. Although the grubs already have done their damage to the carcass and hide, this treatment kills them before they have a chance to start another life cycle.

As much as 7,000 pounds of steel products may go into the construction and equipment of a six-room house.

The Reason

The car was crowded and the conductor irritable.

"Where is the fare for the boy?" he snapped to the father handed him one ticket.

"The boy is only three."

"Three? Why look at him. He's seven if he's a day."

The father leaned over and gazed earnestly at the boy's face. Then he turned to the conductor.

"Can I help it if he worries?" he asked.

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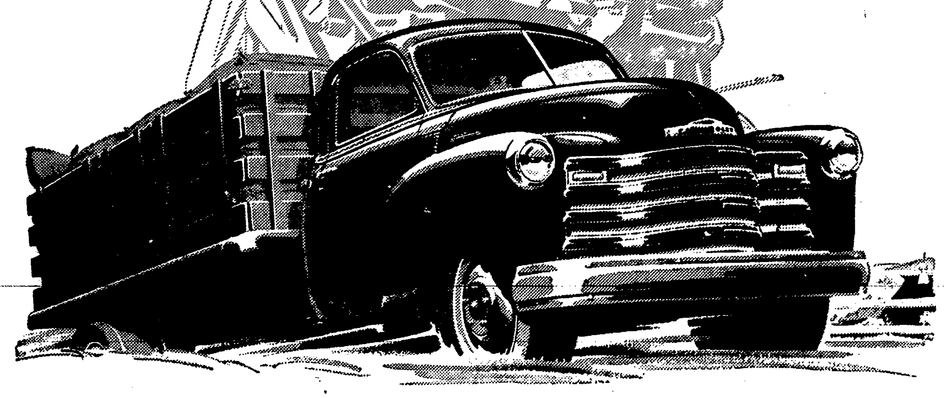

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Apple

Yes, [illegible] tosh apr[illegible] you do w[illegible] cook to [illegible] lady, if you [illegible] the "firming" treatment with calcium chloride. Here's how. Slice the apples less than one-half inch thick and soak them for 30 to 45 minutes in a solution made of one and one-half ounces of anhydrous calcium chloride dissolved in a gallon of water. So say specialists at the New York State Agricultural Experiment Station, Geneva. This quantity of solution is enough for one-fourth to one-half bushel of apples. Rinse the apples in clear water when the soaking period is over. You may use the apples immediately for pie or you may can or freeze them for later use.

Fabrics—What's in a Name?

Read the labels on fabrics, garments, and other articles before you buy, say specialists at the New York State College of Home Economics, Cornell. Fabrics in the last few years have multiplied guinea pigs and present some strange but mighty interesting cross-bred appearances Nylon may look like woolens or silk. Cotton may look like linen or silk or satin or taffeta. Woolen will vary as always from sheers to blanket weights. Linen may turn up in such articles as rugs where you'd least expect to find it.

The moral of all this is not that the manufacturers are trying to fool anyone, but that the buyer should know what her garments are made of, that they suit her purposes, and that she knows how to clean and care for them.

Keep Out Wrinkles for Easy Ironing

A thought for your ironing when you hang up clothes to dry, can do away with extra motions later and make ironing easier. The idea is to prevent unnecessary wrinkles that would have to be ironed out later. To do this, shake each garment as you hang it on the line. Hang clothes and other articles straight and pin them at the strongest part. Save time in sorting and folding by hanging similar articles together. When you take down the clothes, fold them lightly and, if possible, place the

When you work the [illegible] specialists at the New York State College of Home Economics suggest that, as you store foods after a trip to the grocery store, remove all excess wrapping like the heavy paper around meat. Of course you want to keep meat covered so it doesn't dry out but a single sheet of waxed paper is enough.

Also trim vegetables carefully. Cut tops off carrots, and remove un-usable parts from all fruits and vegetables. This leaves more room in the refrigerator and fresh produce is ready for cooking when you take it out to prepare for meals.

Party Potato Salad

Potato salad molded in sparkling lemon gelatin has all the airs of a party dish. It tastes like a special occasion too.

To make this, follow your favorite recipe for potato salad—diced cooked potatoes, chopped pickle and onion, hard cooked eggs, and salad dressing. Then dissolve a package of lemon gelatin in hot water and chill it so it's about as thick as soft jelly. Combine the thickened gelatin with the potato mixture and chill in a mold until firm.

You can give the salad a decorated top this way: When you add the thickened gelatin to the potato mixture, leave a thin layer of gelatin in the pan. Then, in the layer of thickened gelatin, arrange a pattern of vegetables, such as rings of green pepper centered with cucumber slices. Pour the potato salad and gelatin mixture on top of this and chill. As you take out each serving of salad, turn it over and it has a pattern on top.

Rest While You Work

You can treat yourself to a rest period while you work if you sit down to iron.

A special "high chair" complete with back rest and foot rest, is ideal for sitting at an ironing board. But if you don't have a high chair, substitute for it. You may sit on the kitchen table and pull up the ironing board to it if the heights are suitable. Then pull up a small box or footstool to put your feet on and you can be quite comfortable while you iron.

Stainless steel is used by some surgeons to patch or replace damaged bones, because the metal withstands body acids and does not poison the blood.

USED TRACTORS & FARM MACHINERY For Sale

One International 15-30—in excellent condition --- $225.00
One Allis Chalmers B—with mounted two-way plows—side mower—New motor job ---------- $750.00
One International 10-20 ---------- $150.00
One Ford Ferguson ---------- $825.00
Two Ford Fergusons—with step-up transmissions $900.00 ea.
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COMMUNITY SERVICE contest winners for New York State have been announced by the judges. Top honors, and rightfully deserved, go to Greene Grange No. 1413, over in Chenango county. First prize, consisting of a plaque and $200 in Savings bonds, also carries with it the possibility of being considered for the national award. Judges from Washington are scheduled to fly here this week to view the results of Greene Grange's effort. Needless to say the folks who have worked so hard on their ten projects, involving 11,000 man-hours of contributed labor and a sizeable cash outlay for the benefit of their community are all agog at the fact they will have a chance to show off for the national board of judges. We wish them luck.

Runners up in the state-wide Grange contest were nearby Smithville Valley Grange No. 1397, same county, which wins a plaque and $100 bond. Happy Valley Grange No. 1593 of Tompkins county was third and receive a plaque and a $50 bond. Interesting thing about Happy Valley is the fact that it is our newest Grange in the state, having only been chartered last year.

Canisteo Grange, No. 460, awarded honorable mention, is the only Grange in this area to [illegible] Cat National Master Al[illegible] at our State sessions next week as we informed you here recently. We are sorry, as a newspaperman, to have to make a retraction that Mr. Goss will not be with us.

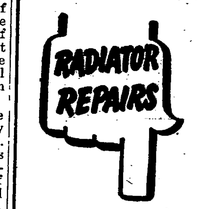
UNITED NATIONS Day which took place this week, serves to remind us that we have within our rapidly shrinking world a force for true peace. Five years ago a UN charter was drawn, expressing the mandate of the peoples of the world that there shall be peace. Despite crises and anxieties, the UN has weathered every crisis in which it has been involved, and it still stands as our only means of preventing a third world war. It deserves our respect and support.

Always a good investment—U. S. Savings Bonds.

[illegible] Perkins [illegible] "Yes, [illegible] would do [illegible] minutes than a [illegible] do in a week at any [illegible]

TRAIN AND MAIL SCHEDULE
Effective Sept. 24, 1950

Truck X5 brings parcel post and first class mail, 8:15 a. m.
Erie Train No. 7, west 11:07 a. m.
Mail closing 10:00 a. m.
Erie Train No. 2, east 10:31 a. m.
Mail closing 10:00 a. m.
Erie Train No. 8, east, 2:12 p. m.
Mail closing 1:45 p. m.
Erie Train No. 1, west, 7:04 p. m.
Mail closing 5:15 p. m.
CP Truck X6, east Tr. 6, 4:10p.m.
Mail closing 4:00 p. m.
(First class mail, registered mail and parcel post)
Postoffice lobby open 8 a. m., closes 6:30 p. m.
Postoffice window open 8 a. m., closes 6 p. m.
Wednesday at noon.



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Dollars and Democrats DON'T MIX!

No sir'eel Most Democrats just don't make sense when taxpayers' dollars are involved.

"Flynn-Tammany" Democrats just can't understand simple arithmetic.

"Flynn-Tammany" Democrats refuse to believe that the Dewey Administration is using your $802 million in the Capital Construction Fund for a vast program of public works and reconstruction designed to benefit every citizen of New York State.

"Flynn-Tammany" Democrats refuse to admit that dirt is flying, buildings are going up, highways are being built, in the greatest reconstruction program ever undertaken by any State. Democrats just won't believe the record. So here it is again, in part . . .

STATE CAPITAL CONSTRUCTION FUND IMPROVEMENTS UNDER GOVERNOR DEWEY

- $333 MILLION FOR HIGHWAYS AND PARKWAYS.
- $35 MILLION FOR CONSERVATION AND PARKS.
- $4 MILLION FOR FLOOD CONTROL.
- $45 MILLION FOR EDUCATION INSTITUTIONS.
- $110 MILLION FOR MENTAL HYGIENE INSTITUTIONS.
- $81 MILLION TO ELIMINATE RAILWAY GRADE CROSSINGS.

Your money that created this fund . . . without increasing taxes (something else "Flynn-Tammany" Democrats can't understand) . . . wouldn't be very safe in the hands of Tammany Hall.

Your money is riding on this election. You've got to protect your investment in New York State by re-electing Governor Dewey.

You've got to protect your investment in the Federal Government by electing Joe Hanley to the U. S. Senate

Don't Let "Flynn-Tammany" Democrats Mix Your Dollars with Politics!

This Year Make It a Clean Sweep

FRANK C. MOORE for Lieutenant Governor
J. RAYMOND McGOVERN for Comptroller
NATHANIEL L. GOLDSTEIN for Attorney General

VOTE ROW "A"—ALL THE WAY—VOTE REPUBLICAN