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Safe Hunting—For Others

The season for good hunting is about to begin. Unless 1949 is an exception to previous years, the newspapers will report numerous instances, involving the wounding or killing of hunters by accident.

Nearly every community in the nation, including Manassas has, at one time or another, experienced the sense of futile grief that comes from a tragedy in the woods, which, in the absence of human error, could have been avoided.

We have seen several collections of safety rules, designed to warn hunters of danger. The eleven set out by the Conservation Department of the State of New York several years ago deserve wide circulation and study by all those in Prince William who plan to take to the fields and woods in search of game:

- (1) Never carry loaded guns in automobiles or other vehicles. (2) When afield, hunting birds, keep the head of your companion. (3) In loading, never point a gun in the direction of your companion. (4) In climbing over stone walls and fences, first break or unload your gun. (5) A bird quartering to the right in the vicinity of your hunting companion should never be fired on by a hunter on the extreme left and vice versa. (6) Never leave a loaded gun standing against a tree or lying on the ground where a dog may get at it. (7) Always keep your gun pointed away from your companion when you stop to talk. (8) In handing a gun to a person for inspection, be sure it is unloaded. (9) Never shoot in the direction of your companion because you consider yourself a good marksman. You will be taking a dangerous chance. (10) Carry a gun pointed down to the ground. If you shoot left-handed, walk at the extreme right of the party. (11) At all times, be careful.

World Organization Fad

A world organization of teachers is essential, according to Dr. William F. Russell, president of Teachers College, Columbia University, if education is to play a major part in maintaining peace. We fail to follow the logic of the assertion of the educator. Just why the teachers of the United States must be grouped up in a world organization in order to have a hand in maintaining peace escapes us.

The movement, no doubt, is in line with the trend of the day. Practically everybody wants to be organized and, once organized, wants to get into a bigger organization. Whether the bigger organization will be more effective than a number of smaller organizations is a matter of considerable doubt.

We do not think that an organization of teachers is necessary in order to promote the cultural cooperation which can be obtained on the higher level. Just now membership in such an organization will assist a teacher of Prince William, for example, in performing his, or her, work, is not clear to us. In fact, we

doubt the efficacy of any organization to direct, or to improve, the work of teachers scattered throughout many nations.

Avoiding and Curing Colds

We would not discourage anybody who thinks he has discovered a cure for the common cold, but so far as science is concerned, there is not yet any vaccine or serum that will prevent an individual from, at some time or other, "catching cold."

About the best defense for the individual, anxious to prevent colds, is to avoid those who have one, dress warmly and avoid becoming chilled or wet, eat in good appetite, get enough fresh air, exercise and rest.

Of course, the above rules constitute sound advice, whether one wants to dodge a cold or not. They represent common sense applied to the job of living well. The advice will tend to prevent one from getting sickness of any kind. About all that it will not help prevent is an accident of the unexpected visit of an unwelcome relative.

The average person is apt to overlook the possible serious consequences of the ordinary cold. If taken in hand, a slight cold may not be dangerous but, if neglected, can develop into a more serious malady. The experts suggest, if you get a cold:

- (1) Don't hesitate to take plenty of rest and, if at all possible, stay in bed. (2) Eat rather lightly and drink plenty of fluids. (3) Avoid mingling in crowds and, as nearly as possible, stay in an even temperature. By keeping away from others, you also protect them. (4) If the cold continues and you develop fever, call your doctor. There may be some other cause for the fever.

WISE AND OTHERWISE

Many Many who went from rags to riches during their war have discovered they were on a round trip.—Arkansas Gazette.

What What's become of Washington's old August, of frying an egg publicly on something hot, like the arms-aid issue.—Hartford Courant.

Not So Hot Some very scientific chaps insist that the inside of the earth isn't as hot as it is claimed. In our unscientific and humble opinion, neither is the outside.—Baltimore Beacon.

Why Not? Another thinker in matters military doubts if the far-flung guided missile is the weapon of decision. If he means not by a long shot, let him say so.—The State.

Remember? Remember way back when spy stories appeared in book form rather than on the front pages of the daily newspaper?—Christian Science Monitor.

It Does In fairness, maybe we ought to concede it was Soviet genius that invented the rocket. Doesn't our own national anthem mention its "red glare"? — Washington Star.

Tough! Luxembourg with its population of only 300,000 may cramp the style of the big party-giver, Perle Mesta. Thus the new Minister may be reduced to throwing small, intimate affairs and inviting everybody.—Hartford Courant.

We've Wondered The town planning board received an "irate note from a young housewife, which asked, "Why is it that when I go shopping I find the best parking places set aside for hydrants?"—Christian Science Monitor.

The Human Race



The Reader's Forum

Editor, Manassas Journal:

On October 10 a medical situation existed in Manassas which should interest all its thinking citizens. I refer to the fact that to my knowledge up until noon on Monday, there was not a single physician in town to take care of routine or emergency cases of illness which might arise.

I write for all who had the misfortune to be ill Monday morning and who fruitlessly made the rounds of doctors' offices, as I did, only to learn they were out of town attending a medical conference.

Inquiries revealed that one would be out of town several days, that two would be absent until the 13th. Presumably this threw the entire medical load upon the fourth who arrived back in town about noon.

Making known this situation provide the cure for its recurrence. But this point aside, it serves to point up the larger problem of adequate medical facilities for Manassas and its county parishes.

That one waits in a doctor's office now from one to three hours indicates medical traffic in Manassas reached its peak load for proficiency. None of our physicians are young. All are overworked and tired. It seems high time that our doctors took in partners, or barring that procedure, that facilities be provided so younger doctors would consider it attractive to come.

In connection with the above, it is suggested that responsible authority take our chimerical Memorial Clinic out of moth balls and make some demonstrably positive steps toward its early completion. —RESIDENT.

Farm Survey Cards Being Sent Out

About one farmer in twelve during the next few weeks will receive from his rural mail carrier a card on which he is requested to list the acreage of the various crops which he has harvested or expects to harvest this year.

This information is used by the Virginia and United States Departments of Agriculture to estimate the total acreage of each crop harvested in the State.

Similar information is also gathered from other States throughout the country so that trends in crop acreage in Virginia and in the United States can be studied.

The acreage report also provides the basis of estimating production. Mr. Frank Cox, County Agent, requests everyone in this County, who receives one of these cards to fill it out immediately and place it in his box to be picked up by his mail carrier.

PEOPLES BARBER SHOP Manassas, Virginia

To The Homemaker

By Virginia Post, Home Economist Virginia Electric & Power Co.

Plan Better Breakfasts

Now that the children have started to school and need an especially good start for the day, breakfast is more important than ever. In a recent nationwide breakfast study, it was shown that only 1 per cent of American meal planners say they put any thought into planning breakfasts. This may be one of the factors which make breakfast the hit-and-miss affair it so frequently is.

Here are six easy steps to better breakfasts: 1. Plan the menu. Breakfast is as important to good nutrition as the other two meals of the day and should have the same careful planning. It should be a meal that is easily prepared and simply served in order to fit the time available. A good breakfast can be prepared in about the time it ordinarily takes to make a cup of good coffee.

2. Make breakfast adequate for all. You should take into account the number of calories and the amount of protein the meal should provide and the contribution it should make to the day's requirements of vitamins and minerals. Age, sex and activity of family members govern their day's total food requirements. The Recommended dietary allowances set up by the National Research Council are a goal toward which to aim.

3. Make the table attractive with fresh pretty cloth or mats and a centerpiece of fruit or flowers. Whimsical figurines or pieces of pottery help add social atmosphere to the table. You might let a bowl of fruit double for centerpiece and first course.

4. Serve food attractively. You can add interest to foods by serving them in different dishes once in a while. Don't always put the fruit juice in the same glass or the butter on the same plate. Though they may seem attractive at first, the best of things can become monotonously commonplace. Cereals deserve your prettiest dishes. Golden brown cereals look extra appealing in yellow, orange, green or

blue dishes. Lighter cereals gain in eye appeal when eaten from brightly blue, soft purple, yellow or gaily flowered bowls.

5. Consider appetite appeal. Variety is the spice of breakfasts as well as of life. In breakfasts variety is almost more necessary than in other menus. Sleepy morning appetites may have to be aroused.

Few breakfast foods are so economical or so easy to prepare as cereals. Try adding variety with them. You might serve bright red raspberries in a ring around white puffed rice. Of you could bring autumn colors to the table with orange apricot halves atop tawny cooked wheat cereal in sunny yellow bowls. Raisin oatmeal sprinkled with brown sugar and dotted with yellow butter can be served with a colorful pottery jug of whole milk.

6. Plan contrasts. Breakfast should include foods with a contrast in flavors—some acid and some sweet; a contrast in textures

—some soft and some crispy; a contrast in colors—some bright ones always; a contrast in temperatures—some hot and some cold foods. Breakfast should be a family meal. With very little effort, every day may be started with family companionship around the breakfast table. A good breakfast is a boon to a cheerful disposition and can go a long way toward a feeling of buoyant health.

Nokesville Pastor Builds Own Church

MINERVA, Ohio—Building churches and hard work are nothing new to the Rev. Lawrence L. Foster, formerly of Nokesville, Va. If you have been by the old grade school grounds on W. Line St., recently, you probably have seen a man—working by himself laying concrete blocks in a freshly excavated basement. The affable robust gentleman mixing concrete and laying blocks is the Rev. Foster. The structure upon which the Rev. Foster is working will ultimately be the Minerva Assembly of God and is part of an apostle movement.—The church is an affiliate of the Ohio District Council of the Assemblies of God.



From where I sit... by Joe Marsh

But Curly "Knows" What The Score Is!

Was over at Doc Sherman's drug store listening to the World Series on the radio. Curly Lawson wanders in and says: "How about a chocolate malted, Doc?" "Sorry, Curly," says Doc, "can't make you a malted for a while yet." "What's the idea?" Curly asks. "Well," says Doc, "most of the folks want to hear the game and the mixer makes too much noise." Curly thinks a moment and says, "Okay with me, Doc—I'll take a chocolate soda!" This shows how tolerant folks can be, Doc showed his respect for

how the majority felt; Curly was big enough not to insist on his malted even though he doesn't happen to be fond of baseball. From where I sit, willingness to respect the other people's feelings is important in a Democracy. If we're tolerant of a person's like for baseball or a glass of temperate beer, we've come a long way on the right road... the road to a better America, that is!

Joe Marsh Copyright, 1949, United States Brewers Foundation

Ford advertisement for car safety contest. Includes headline 'HAVE YOU ENTERED Ford's \$100,000 CAR-SAFETY CONTEST YET?', list of prizes (25 New Fords, 5 New Ford Trucks, 25 \$1000 U.S. Savings Bonds, 100 \$100 U.S. Savings Bonds, 200 \$50 U.S. Savings Bonds, 350 \$25 U.S. Savings Bonds), and instructions 'HERE'S ALL YOU DO!' with numbered steps 1-4.

SEND IN YOUR ENTRY * CONTEST CLOSES OCT. 31