

AT WITS' END

Every Boy Should Have a Dog

By EAMA HOMBECK

"Every boy should have a dog," said my husband. "I have three kids. What do I need with a dog?" I said. "That's a pretty weird thing for a mother to say."

"I'm a pretty weird mother."

"Dogs are important to a child," he continued. "Why all through history dogs have played an important role in many lives."

"I do believe you're right," I ventured. "There was the dog Mary rode to Bethlehem. And the dog Taran swung from trees in the west. And the wooden dog that kept Troy from hiding her army."

"Nevertheless," he insisted, "every boy should have a dog. It teaches him responsibility, and compassion."

We had had the dog about two weeks when I approached my husband. "Look, I've returned this animal, he's in fits, and I'm fit to the vet for shock. A head cold and bubble gum in his paw. I've fed it, bedded it, burped it and put it in and out 50 times a day. I've followed it around with a newspaper as long as I think I'm selling subscriptions to the Delaware County Daily

Times. Are you sure the boys are learning responsibility?" "Are you serious?" he chided. "Why just the other day I heard your small son say, 'Mom, look! I've got a dog!' Can you imagine? That little monkey. For the first time

Later, I drive around with the car windows rolled down, calling his name in the darkness. Finally, my car lights hit upon something small, wet and dark. I had him under my coat and headed for home.



In his life he feels some responsibility for you and the job you do."

"I feel better already," I said, rubbing a yellow stain into the carpet.

Last Tuesday, the boys had their greatest responsibility to date. The dog wandered away from home and got lost. Darkness was settling as I climbed into my boots and coat and wandered through the woods calling his name.

"The boys are sick with worry," said my husband.

"I can see that," I said, as I watched them in front of the TV set. "Just tell me—do more time—about why a boy needs a dog."

"That should be perfectly obvious," he said stiffly. "Look at you. You're wet, cold, upset and you've been crying. As an adult you aren't emotionally stable enough to take care of a dog. Only a boy."

FAMILY DOCTOR

New Lung Disease Is Caused by Asbestos

Because of the surprisingly varied uses to which asbestos has been put, there is a growing interest among doctors in the lung disease called asbestosis. This is one of a group of diseases of the lungs caused by the inhalation of various dusts. In asbestosis, the inhalation of asbestos dust over a period of years causes permanent deposits in the lungs of needlelike asbestos crystals. The irritation they produce is mechanical rather than chemical and the result is fibrosis or scarring of the lungs.

This in itself can be serious, but even more serious is the fact that the victims have a death rate from lung cancer eight times that of men who are not exposed to the dust. Their death rate from cancer of the digestive tract is also higher than the expected rate. A further study revealed that among asbestos workers, those who smoke cigarettes have a death rate from lung cancer 25 times as great as

that of men who neither smoke nor work with asbestos. In addition to asbestos weavers, those in danger include auto mechanics, brake manufacturers, carpenters, clutch manufacturers, filter



Dr. Wayne Brandstadt

makers, manufacturers of floor tiling, insulators, miners, roofers, slingers, shipbuilders and steam fitters. Even "sidewalk engineers" who enjoy watching new skyscrapers go up are at some risk because appreciable amounts of asbestos, though not visible to the naked eye, have been shown to be present in the surrounding air at these locations. And children are not immune to the danger. Some

kindergartens have been known to supply raw asbestos for toys to mix with water to make "dough."

Unlike the usual case of tuberculosis, the lesions caused by the inhalation of dust are not localized but are diffused throughout the lungs. Since there is no effective treatment for asbestosis, prevention is essential. All workers with asbestos in any form should be protected by well-constructed vests to carry the dust away or they should wear respirators. Those who smoke should quit and those who don't should never start.

Please send your questions and comments to Wayne G. Brandstadt, M.D., in care of Delaware County Daily Times, 15 E. 8th St., Chester, Pa. 19305. While Dr. Brandstadt cannot answer individual letters, he will answer letters of general interest in future columns.



FLOWER POWER: His permanently-pressed, traditionally belted floral-printed slacks are executed by Spetwood in Fortrel cotton oxford cloth. Her slacks are identical, but worn down at the hip.

On Wine Evaluation

By WILLIAM CLIFFORD

One day when you're in the mood for an eye-opening experiment, ask a couple of friends to help you in evaluating four different red wines. Pour a little wine out of the same bottle (without the friends seeing you) into four different glasses for each. Everybody gets the same in every glass, but you'll learn Nos. 1, 2, 3 and 4 so that your friends think they're different.

With No. 1 serve a piece of bread and an anchovy. With No. 2 a small piece of artichoke. With No. 3 a bit of mild cheese. And with No. 4 a bit of meat with several drops of Tabasco sauce on it. You'll hear a surprising variety of opinions of the "different" wines. Chances are everyone will like No. 2 the best because red wine goes wonderfully well with cheese. The other three may all be rejected, with varying rationalizations of their faults.

What you and your friends learn from this is that you can kill good wine—you can kill the greatest wine even more easily than ordinary wine by mistakes in a combination with foods. But the mistakes are easy enough to avoid.

In general, when strong excesses of seasoning, especially hot spices, sugary and vinegary foods. The delicious dishes of Mexico, India, and China do not on the whole

appreciate wine. Shakespeare's advice was to "loathe the taste of sweetness, whereof a little more than a little is by much too much." This certainly holds true for dry wines, although there are sweet wines that go beautifully with certain desserts.

The Biblical injunction to "eat thy bread with joy, and drink thy wine with a merry heart" is gastronomically sound. Eat some cheese with the bread if you like, and some meat too. These foods enhance the pleasure of wine.



If you're college-bound this fall, you're a bundle of statistics. Among them, you are one of eight million similarly bound. And most of you are in an age group (18-25) in which an estimated 15 to 20 per cent have an allergy to

anything from Upstick to shampoo, from nail polish to hair spray, from perfume to hair set. Therefore, you should use more hypo-allergenic cosmetics. So, better make a note!



Let's have turkey or chicken makes a marvelous rice casserole. Spread 1½ cups packaged precooked rice over bottom of 13x9-inch baking dish. Stir in 2 cans (8 ounces each) OR 1 can (15 ounces) tomato sauce with tomato bits, 1½ cups boiling water and salt and pepper to taste. Top with 6 cooked turkey or chicken slices. Bake, covered, at 400 degrees for 20 minutes. Uncover; top with 6 slices process American cheese. Bake 5 minutes more. Makes 3 servings.

For a delicious vegetable dish, steam cooked Brussels sprouts with white sauce and roasted chestnuts.

Wet the blades of your kitchen scissors and use for cutting dates.

A quick bread that calls for three cups of flour can usually be baked in a 9 by 5 by 3 inch pan.

Always wash that lemon or orange before grating the rind from it.

That the incidence of cosmetic sensitivity is on the increase is no secret nor intended as a scare statistic. There are many reasons for this which is a story in itself. Of course, only a physician can tell you with certainty if you have a cosmetic allergy and to what precisely it is due. But if you suspect that some cosmetic is causing you discomfort substitute a hypo-allergenic product. And when you're young, take heart because you may "grow out of it." Here's luck!

To keep your feet healthy, elevate them occasionally during the day, or sleep with a pillow under your knees. Improving upon your natural hair color can be rewarding. If it's done properly, colored hair needs lots of constant care to avoid dryness and uneven color. Cream rinses and conditioners can soften the brittle dry hair which often results from bleaching.

Time-saver: Keep paper baking cups on hand and use these when you are baking muffins or cupcakes. No greasing necessary!

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SPARKLE PLENTY — A square rhinestone clip is the feature attraction on a black woolknit background. The square cut, lean empire bodice gives way to a softly panelled skirt. A long sleeved matching bolero covers the shoulders. Available in Black, Candlelight, Turquoise.

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