

The Looking Glass-

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about them nor wish for them but to do them.

"The distinguished men in all times have been prodigious workers, earnestly intent upon securing actual results. The present age is intensely practical, and more than ever the race is to the alert, the energetic, and the industrious."

But, we hasten to add, never get too busy to smile. In fact, make it your first order of business, and most of your chores will seem less of a burden. Like the little song your child sings in Sunday school, "Brighten The Corner Where You Are."

In truth, people can generally make time for what they choose to do; it is not really the time but the will that is lacking.—Sir John Lubbock



DEATH IN DISGUISE?—It could be. "Offering a ride to a stranger," says FBI Chief J. Edgar Hoover, "is a dangerous, blind gamble. No matter how clean cut he appears, the hitch-hiker may be one of the youthful hoodlums, fleeing felons or sex maniacs that are common types in the criminal world."

Hitch-Hiker's Roulette New Game of Death on Highway

Do you like to gamble? If so, there's a great new game being played on the highways and byways of the United States.

It's called hitchhiker's roulette — a wonderful variation of Russian roulette — and the results are just the same. When you lose, you're dead.

Hitchhiker's roulette is most prevalent during the summer months when hundreds of thousands of vacationing families are on the road going to and coming from their vacation retreats. Also on the road are nice guys who just need a lift and the ruthless members of the hitchhiker clan, psychopaths, perverts, sex maniacs and ruthless murderers who are on their way to or running away from trouble.

The game starts when you as a motorist make your fateful decision to be a Good Samaritan and give a hitchhiker a lift.

You may pick up a nice guy. No problem.

But, then, you may be like Carl Mosser of Illinois. Carl and his family made the mistake of picking up a hitchhiker in Oklahoma.

Carl, his wife and three children are dead. Their mangled bodies were found in an abandoned mine shaft in Joplin, Mo. — all five victims of one of the most heinous crimes ever recorded in FBI files. The innocent looking rider Carl picked up was William Edward Cobb, "one of the most vicious hitchhikers ever to come to the attention of the FBI," according

to J. Edgar Hoover, director.

In a 17-day jaunt from Blythe, Calif., to Santa Rosalia, Mexico, Cobb killed six innocent people and kidnaped four others, including a police officer.

"Again and again these tragedies occur," says Mr. Hoover. "It is almost unbelievable that the average citizen, who carefully takes precautions against allowing strangers into his home, will frequently give so little thought to picking up trouble in the person of the unknown wanderer."

To emphasize Mr. Hoover's point, you should know that in a single year troopers on the New Jersey Turnpike bagged the following

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Stick with the Four Basic Groups of Food

Food fads come and go, but the four basic food groups still remain your best guide to a healthful, balanced diet, says nutritionists.

Each day you should include in your diet two to four glasses of milk; two servings of meat, fish, or eggs; four servings of fruits and vegetables; and four of bread or cereal.

These foods are needed to supply you and your family with the many different nutrients essential to good health — proteins for growth and for repair of body tissues; minerals, vitamins, fats and carbohydrates for normal body functions.

You can substitute cheese or ice cream for some of the milk and also count the milk you use in casseroles or puddings.

Try some meat other than beef and pork. There are other items equally important such as liver, heart and kidneys; poultry and eggs; fish and shellfish.

When you select your fruits and vegetables for the day, be choosy. Be sure to include in your four or more servings at least one of the vitamin-C-rich items like grapefruit, oranges, cantaloup, raw strawberries, broccoli, peppers. Or two servings of any of these — honeydew melons, tangerines, watermelon, asparagus, brussels sprouts, or raw cabbage.

Also, include a serving of fruits and vegetables that provide vitamin A. These are the dark green

and yellow vegetables and a few fruits — namely, apricots, cantaloups and persimmons.

To count as one of the four servings, all breads and cereals should be whole grain, enriched, or restored. Check the label to be sure.

To round out the meals and to satisfy your special cravings, you'll want to add some other foods such as fats, sugars and maybe some baked goods. These "other" foods supply calories and can add to total nutrients in your meals.

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