

## NUTRITION

## Hold the Leavening In Making Corn Bread

► GO EASY on the leavening when you are making corn meal dishes, such as corn bread, spoon bread and pone. Too many cooks use too much baking powder and soda in these dishes, scientists at the Texas Experiment Station found in a recent study.

Too much of these leavening agents destroys the thiamine, or vitamin B-1, in the baked dishes. Besides that, too much soda or baking powder spoils the flavor of corn bread and spoon bread.

The Texas station scientists advise using no more than one and one-half teaspoons of baking powder to two cups of cereal (meal and flour mixed), and using no more than one-half teaspoon of soda to one and one-half cups of sour milk. That many cooks overdo these leavenings is shown by 75 corn bread recipes collected from Texas homes. Nearly half used so much leavening that considerable thiamine would be destroyed in baking, and a third called for enough to destroy all the added thiamine.

Short cooking also helps save this vitamin. Mush and grits cooked 30 minutes or less are appetizing, hold all three important B-vitamins, and are stiff enough when cold to slice for frying. Popular as fried cooked grits and mush are, frying is added cooking, thus causes some further loss of thiamine, worth consideration if the diet is low in this vitamin.

Use of enriched corn meal and grits is advised, although to get the full benefit from enrichment, the cook must be careful not to destroy the added vitamins. Care in cooking corn meal dishes is particularly important in Texas and the South because corn meal is used in such large quantities, especially by rural families.

A survey showed that in farm homes one and one-half pounds of corn meal a person a week was used on the average. For each one and one-half pounds of flour, farm families used at least one pound of corn meal.

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### Domesticated Flies

► FOR CENTURIES, the honeybee was the only insect that could be counted among man's domestic animals.

To be sure, the bee was somewhat less domestic even than the goat: it would consent to live in quarters provided by man, and would yield up part of its product to him under rather drastic persuasion. But the fly remained wholly wild and free, living in man's house as a tolerated pest, as rats and mice do.

Only when the fly finally became recognized as a disease-carrying pest that could no longer be tolerated did man take the trouble to domesticate it. Nowadays, in a considerable number of places, flies are solicitously reared on selected food in large, sanitary cages. Special care is given to insure maximum reproduction and growth to healthy maturity of the insects that emerge after pupation.

This procedure, which a couple of generations ago would have been regarded as sheer lunacy, is carried out in order to secure adequate stocks of flies on which to test the potency of insecticide sprays. When a new batch of spray is ready, a counted number of flies are released into a windowed test chamber. The spray is released under uniform pressure through standardized nozzles.

By tens and fifties the victims fall, while the entomologists coolly watch the slaughter through the window. After a stated time period they count the survivors. If these number more than a certain maximum percent, the batch of spray is rejected as too weak. If the "knockdown" number is high enough, and the eventual kill is also high, the spray receives the official OK.

This business of wholesale production of flies for the insecticide testing laboratories has been going on not quite a quarter-century. When the first domestic fly sprays were produced, back in the early '20s, the winged guinea pigs, needed to assay their deadliness, had to be captured in the wild—usually in the rear of livery stables that still survived at that time.

Soon, however, this haphazard source proved insufficient. It was inadequate qualitatively as well as quantitatively, for comparative tests showed that "wild" flies from the dungheap were not as strong and tough as those hand-raised on more carefully selected foods, and hence not as good test animals.

Oddly enough, it was found that the best fly food is milk. Milk-fed flies are quite the opposite of tender; in Flydom, "milk-sop" means "toughie."

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## PSYCHIATRY

## Chemical Treatment Relieves Migraine Bouts

► PROLONGED BOUTS of migraine headache have been relieved by a new treatment reported by Dr. Walter O. Klingman of the University of Virginia, Charlottesville, at the meeting of the American Psychiatric Association in Los Angeles.

The treatment consists in giving the patient a medicine called an ion exchange resin. Technically, it is the potassium and ammonium form of a cross-linked polyacrylic (caroxylic) cation exchanger. A similar treatment has been reported effective in relieving the water-logged condition of patients with some forms of heart disease, high blood pressure and cirrhosis of the liver.

A somewhat water-logged condition of the brain with disturbances in the amount of sodium and potassium in nerve cells is believed to play a part in migraine and in other paroxysmal disorders of the nervous system. Among these are epilepsy, and Meniere's disease.

Because of this, Dr. Klingman tried the ion exchange resin treatment. In some cases he also restricts the amount of sodium, or salt, in the diet.

Long standing, chronic cases of Meniere's disease improved and in some instances were completely relieved by the treatment. Patients with headaches from high blood pressure and kidney disease were helped. Epileptics had fewer seizures and their brain wave records showed marked changes.

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