


Shame on Nebraska U.



YEARS AGO THIS WEEK
ore attached to a top twurgy, nearly new. Tho rress was Concord himess, brass trimmed,
Organization of the "Morth Nobr, School Foiks Club" is under way. It will be a c chus for the coint by
and cty superintendonts, the hishactool princtiphti



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## L-0. O-K at ims SPECIAL





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## THANKSGIVING FEAST



## Brown 'n Serve

## Rolls 19c <br> More Thanksgiving Saving <br> West. Farms Bread inkt 2 Limuse 49 <br> Petite Slice Bread skylark $\underset{\substack{16 \\ \text { i. .o.eit } \\ \text { 22 }}}{ }$ <br> 


$\underset{\substack{\text { Ingre } \\ \text { Inge interesenell }}}{\text { Walnuts }}$ 49c


Del Monte Peas 5

## 

## Pumpkin Pies 2unce in 29

## Cream Cheese

 5.axic 25
## SLaLani PINEAPPLE

 $\underset{\sim}{\mathrm{No} .211 \$ 100}$ BARGAINS TO CART AWAYCottuge Cheese
Lucerne Egg Nog
Lucerne Buttermilk
Sour Cream
Whipping Cream
49 c
89 c
27 c
49 c
39 c


## BUSINESS\&PROFESSIONAL <br> 




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| KHQL - Ch. 8. | ALBION | 12 NOON |
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## Sickness Or Accidents Won't Wait To Occur At Your Convenience So Don't YOU Wait To Protect Yourself! ACT NOW!



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About the Company
$\qquad$ provided group heath and accident programs for leachers, sludents and school officials in many communitie With this broad experience Union Casualiy Company was able to create a mass enrollment plan for the general public - the Hospital Indemnity " 500 " Plan — and to offer it at tates so low tew famties can afford to be even covers chronic or preexisting conditions that other companies turn down! And people who need help most (those over 65) can get half the benefits in addition to Medicare! For only $\$ 1.00$ (if you enroll now) you can be protected while you look over the " 500 " PLAN in the privacy of your home. No salesman will call on you, because this is a mass enroll. ment plan in which we pass the savings along to you. If for any reason you are not satisfied, return the policy in ten days and we'll refund your dollar. You can collect more than $\$ 8,000$ for any one sickness or accident under this plan, so why wait to be protected? Right now, fill out the form below and mail it with your dollar.

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and the policy is issued
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Along time ago, some unknown benefactor of the human race performed a daring experiment in cooking which has made mealtime a happier occasion for many of us. He discovered cooking with wine.

The character of wine changes as it is subjected to heat. First, the alcohol, which has a low boiling point, passes off as a vapor. Then, the other elements of the wine undergo varying changes depending on whether the wine is merely heated, brought to a boil, or sizzled at a high temperature.

There has been renewed interest in this matter of cooking with wine during the last few years. The enjoyment of good eating is a favorite mid-American sport and wine offers one of the simplest and most effective means of making good food taste differently better.

Wine used in cooking is a flavoring. It also is a blender of flavors. It accents the savoriness of the food and lends both aroma and smoothness.


## SESAME CHICKEN

6 large chicken breasts
1 tablespoon shortening $1 / 2$ cupdry Vermouth
1 tablespoon soy sauce $1 / 2$ teaspoon powdered ginger
ginger
$1 / 2$ pound fresh
mushrooms
6 green onions
1 large firm, ripe tomato
or oul
$1 / 2$ teaspoon garlic salt
1/2 cup chicken broth 2 teaspoons cornstarch
1 tablespoon dry Vermouth
1 tablespoon toasted sesame seeds

## tablespoon margarine

Have butcher bone chicken (or remove bones with thin bladed sharp knife) ; remove skin. Combine the $1 / 2$ cup Vermouth, soy sauce and ginger. Pour over chicken and let stand 1 hour. Meanwhile, trim stems and cut mushrooms in half. Trim and cut onions in 1 -inch diagonal strips; cut tomato into small wedges. Drain chicken well, reserving marinade. Heat margarine and shortening in a skillet. Add chicken and brown lightly on both sides. Sprinkle with garlic salt. Add mushrooms, onions, reserved marinade and chicken broth. Cover and simmer until tender, about 15 minutes. Blend comstarch with the 1 tablespoon Vermouth. Stir into pan liquid. Add tomato and cook a few minutes longer until sauce is thickened and clear. Sprinkle with sesame seeds. Serves 6.

## STUFFED PORK CHOPS, CALIFORNIA

5 loin or rib pork chops (linch thick) Salt and pepper Apple stuffing 5 thin lemon slices 5 onion slices 1/3 cup brown sugar

1/3 cup catsup
3/4 cup Sauterne, Chablis or other while dinner wine
1/4 cup orange juice 1 tablespoon wine vinegar
(packed)
Trim excess fat from chops. Cut a slit in each one almost to the bone to make a pocket. Sprinkle meat with salt and pepper; spoon Apple Stuffing into pocket of each chop. Hold opening together with toothpicks or tiny skewers, if necessary. Heat several pieces of fat trimmings in a heavy skillet. Brown chops slow. ly to a rich color on both sides. Arrange in lightly greased casserole or baking pan. Top each chop with a lemon and onion slice ; sprinkle with brown sugar, spoon on catsup. Drain any fat from pan leaving the rich drippings. Add wine, orange juice and wine vinegar to pan; heat, stirring to gather up all drippings. Pour over meat. Cover and bake in a moderate oven ( 350 degrees) until meat is fork tender, about 1 hour. Add a little extra wine, if necessary, toward last of baking. Discard lemon and onion slices, remove picks, if used ; spoon all fat from any remaining pan gravy before serving. Serves 5 .

## Apple Stuffing

$\begin{array}{cc}1 / 2 \text { cups soft stale bread } \\ \text { crumbs } & 1 / 4 \text { cup finely chopped } \\ \text { raw apple }\end{array}$ raw apple
2 tablespoons finely
2 or 3 tablespoons
chopped parsley Sauterne or other
2 tablespoons finely white dinner wine
chopped onion
Toss all ingredients together until well mixed.




Look for the red Diamond, it you prefer the light golden kernels with the delicate flavor. It's the premium pack of California Walnuts.

In The Best Stay-Fresh Wraps Since Nutshells Diamond Walnuts now have a new process that replaces Nature's own stay-fresh protection on these sweet, plump, crisp kernels. Then they're sealed in strong, see-through, oir-tight packages When you get Diamonds, you're sure of the freshest, finest California Walnuts.

In Handy Sizes, Including a $\mathbf{1}$-lb. Value Buy Diamond Walnuts come in a variety of sizes for your cooking convenience. For holiday baking, you'll want the big 1 lb . $(4$ cups) size. Diamonds olso come in bags of 10 ozs. ( $21 / 2$ cups), 5 ozs. ( $11 / 4$ cups) and 3 ozs. $13 / 4$ cup). For that special touch of glamour your holiday menus need, keep shelled Diamond Walnuts on hand.


Look for the green Diamond, if you prefer the richer gold kernels with the heartier flavor. If's the value pack of California Walnuts.


APRICOT ROLLS


DOUBLE BUTTERSCOTCH CRESCENTS

## FAN COFFEE CAKE

1 package yeast, 1 egg
compressed or dry
$1 / 4$ cup lukewarm water $1 / 2$ cup milk
1/t cup sugar
1 teaspoon salt
2 tablespoons shortening
?1/2 cups sifled flour
1/2 teaspoon grated
lemon rind
3 tablespoons melted margarine ukewarm water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add cup flour. Mix well. Add egg, lemon rind and roftened ycast. Mip until smooth. Add remaining flour to make a soft dough. Knead until smooth and satiny. Place in lightly greased bowl. Cover and let rise in warm place until doubled (about $11 / 2$ hours). Punch down. Let rest 10 minutes. Roll out into 12 -inch square. Brush with melted margarine and sprinkle with cinnamon sugar. Fold in half. Brush top surface with rnelted margarine, sprinkle with cinnamon sugar and fold over to make small square. Roll out into 12 -inch square. Brush with margarine and sprinkle with cinnamon sugar. Fold over to form a triangle. Place on greased baking sheet. With sharp knife or scissors slash strips tapering from long edge of triangle toward point leaving uncut near point (about 8 slashes). Separate strips, turn on side. Brush with melted margarine. Let rise until doubled (about 4 minutes). Bake in moderately hot oven $350^{\circ} \mathrm{F}$. for $25-30$ minutes. When cool frost with Confectioners' sugar icing and sprinkle with chopped walnuts. Makes 1 Fan Coffee Cake

# COFFEETIME 

by Susan Murphy

Now that things are back to a daily routine you should be able to find time for a cup of coffee with some neighbors.
Everyone loves to try new recipes, so l'm sure your friends will be delighted to taste any of the following treats you might prepare for them along with the coffee. They will probably issue a return invitation and ask to try one of the other recipes for their coffee party.

What can be more stimulating than good conversation and good coffeecake. Try it sometime.

## APRICOT ROLLS

## 2 dozen molls

1 cup chopped dried apricots
$1 / 1$ cup boiling water
2 packages yeast, compressed or dry 1/4 cup water (lukewarm for compressed yeast, warm for dry)
1 cup milk
1/2 cup sugar
1/4 cup shortening or oil 2 teaspoons salt

Pour boiling water ove: apricots; reserve. Soften yeast in lukewarm or warm water. Heat milk until almost simmering. Measure sugar, shortening or oil, and salt into large mixing bowl. Stir in milk until sugar dissolves and shortening melts. Cool to lukewarm. Stir in. $11 / 2$ cups flour and beat well. Beat in yeast, apricots and eggs. Stir in enough more flour to make a soft dough. Turn out onto lightly floured board or pastry cloth and knead until smooth and satiny, about 5-8 minutes. (Dough may feel slightly sticky.) Shape into ball and place in lightly greased bowl, turning to grease all sides. Cover and let rise in warm place ( $80-85^{\circ}$ ) until doubled, about $1 \frac{1}{2}$ hours. Punch down. Divide in half ; let rest 10 minutes. Roll out each half to $12 \times 16$-inch rectangle. Brush with margarine and sprinkle lightly with sugar. Fold dough in half to form $8 \times 12$-inch rectangle; cut into $1 \times 8$-inch strips. Wind each strip anound index finger to form an upright spiral. Place on ungreased baking sheet, 3-4 inches apart. Brush rolls with margarine. Let rise in warm place until doubled, about 45 minutes. (During rising and/or baking, some rolls may topple slightly.) Bake at $350^{\circ}$ for $20-30$ minutes, or until golden brown. Brush with margarine. Cool slightly on wire racks. While rolls are cooling, blend together confectioners' sugar, milk and orange extract until smooth. Stir in food coloring. Drip icing over warm nolls.

5 cups sifted four
(about)
2 eggs
Margarine, melted
Sugar
2 cups confectioners
sugar
3 tablespoons milk
1/6 teaspoon orange extract
or 2 drops pellow food coloring, if desired

## DOUBLE BUTTERSCOTCH CRESCENTS

## (3 dozen)

1 packet active dry peast or 1 cake com pressed yeast
1/4 cup warm water
1 package butterscotch pudding and pie fill
ing mix (3 ounces)
Soften yeast in warm water. Prepare butterscotch pudding using evaporated milk. When thickened, remove from heat and add margarine. Cool to lukewarm. Blend in unbeaten eges, salt and the softened yeast. Gradually add $41 / 2-5$ cups sifted flour to form a stiff dough, beating well after each addition. Cover Let rise in warm place ( $85-90^{\circ} \mathrm{F}$.) until light and doubled in size, about $11 / 2$ hours. Divide dough in thirds. Roll out each part to a 15 -inch circle. Cut into 12 wedges. Place rounded teaspoonful of Filling on each; roll up, starting with wide end rolling to point. Place point side down on greased cookie sheets, curving to crescent shape. Let rise in warm place until light, about 1 hour. Bake at $375^{\circ}$ for $12-15$ minutes. Frost while warm.

Butterscotch Filling
1/e cup margarine, melted
2/s cup coconut
2/3 cup firmly packed
1/3 cup California
cup firmly par
Combine all ingredients in mixing bowl.
Butterscotch Glaze
1/s cup brown sugar
2 tablespoons margarine firmly packed
2 tablespoons evapozated cup sir milk
Combine brown sugar; milk, and margarine in sauce pan. Boil 1 minute. Blend in sifted powdered sugar.

## HONEY TWISTS

\% cup milk
1/4 cup sugar
3/4 teaspoon salt
2 tablespoons margarine
1/4 cup warm water
1 package or cake yeast,
active dry or
compressed
1 egg, beaten

21/2 cups sifted flour (about)
$1 / 4$ cup ( $1 / 2$ stick) margarine
1/3 cup brown sugar
2 tablespoons honey
2 tablespoons melted margarine
1/4 cup brown sugar
1 teaspoon cinnamon

Scald milk; stir in sugar, salt and margarine; cool to lukewarm. Measure warm water into large bowl. Sprinkle or crumble in yeast; stir until dissolved. Add lukewarm milk mixture, beaten egg and half the flour; beat until well blended. Stir in remaining flour to make soft dough. Turn out onto lightly floured board. Knead until smooth and satiny, about 5 minutes. Shape into ball; place in greased bowl, turning once to grease top of dough. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, melt $1 / 4$ cup margarine; stir in $1 / 3$ cup brown sugar and honey; bring to rolling boil. Spread immediately in a jelly roll pan ( $151 / 2 \times 101 / 2 \mathrm{inch}$ ); let stand

Punch dough down; turn out onto lighty floured board. Roll out into 12 -inch square. Brush with 2 tablespoons melted margarine. Sprinkle center third with half of the $1 / 4$ cup brown sugar and cinnamon. Fold one third over center third. Sprinkle with remaining sugar and cinnamon. Fold remaining third over the two layers. Cut with sharp knife crosswise into strips about 1 -inch wide. Take hold of each end of strip and twist. Seal ends firmly. Place in prepared pan about $1 / 2$ inches apart. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake $400^{\circ}$ about 20 minutes. Invert pan immediatelv.



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Doesn't Country Inn sound like what you've been waiting for in Tefion?

There are times when we wish we could serve something really elegant. Elegant recipes need not be just for those who write cookbooks or those who consider themselves gourmets. Some are really simple to prepare.

If you decide to incorporate some of the recipes here with your regular recipes, you yourself can expect exclamations of envy at your culinary prowess.


## FHANKIYEANCY

by Betty Siern Farm and Home Food Consulian:


Cornish Hens on Wild Rice Mingle
(4awnrite American recipe


America's favorite margarine


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BONNET-America's favorite margarines.
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## CORNISH HENS ON WILD RICE MINGIE

## 1/4 cup margarine

1/2 cup chopped celery
1 4-ounce can mushrooms drained
1 6-ounce package long grain and wild rice combined

2(l\%-ounce) envelopes onion soup mix
$31 / 2$ cups boiling water
4 frozen Rock Cornish hens (abous $11 / s$ pound each), thawed

## Salt

Preheat oven to $350^{\circ}$. Heat two tablespoons margarine in medium skillet and saute celery and mushrooms until golden, then add rice and saute until golden. Spread on bottom of roasting pan. Combine onion soup mix with water; pour over rice mix ture. Rub cavities of hens with salt, then place on rice mixture Rub hens with two tablespoons soft margarine. Roast $11 / 2$ hours or until golden brown or tender, spooning liquid from pan occasionally over hens Serves a-8

TURKEY TEPRAZTIN
can (3 or
mushrooms
cuppuporated milh
tablespoons margarn
tablespoons Rou
1/2 reaspoon sali
1 chicken bouillon cub.
/2 teaspoon monosodum
glutaprair
Drain mushrooms; reserve liguid. Add enough water to liquid o make cup. Combine with evaporated milk. Melt margarine in saucepan. Remove from heat and blend in four, salk, bouillon cube and monosodium glutamate. Tradually add evaporated milk mixture and stir nver low heat until mixture thickens and comes io a boil. Add tabasco, turkey, mushrooms, sherry and spaghetti, and bring to serving temperature If desired, sprinkle with chopped ripe olives. 4 -h serving

## FIG PUDDANG FIAABEAI

## (8-ountel pockages <br> ablespoon baking powder

ng bar
1a cup milh
cup margarm
teaspoon cinnamon
teaspoon ground clores - ege
teaspoon ground nutmeg

Break fig bare into milk: soak 15 minutes or until softened, fir occasionally Meanwhile. steam margarine. Blend in egg, baking powder, cinnamon, cloves. nutmeg and mince meat. Beat in fig bar mixture until batter is smonth. Spoon int well greased it/2 quart pudding mold or casserole Cover tightly. (Aluminum foil makes an excellent cover. 1 Steam $21 / 2$ hours or until done. Cool 10 minutes before unmolding. Decorate with hard sauce if desired Serves 6 - 8 . To set ablaze: Combine 2 tablespoons sugar with $1 / 2$ teasponn lemon evtraci Sorinkle over pudding, carry to table and light

## LAYERED WALNUT TRUPFLES (candy)

## cups finely chopped <br> California walnuts <br> 3 cups sifted powdered sugar <br> 1 egg white <br> $1 / 2$ cups semi-sucet chocolate morsel.

1/s cup dark rum
Combine walnuts, sugar, egg white, and rum; mix well. Press walnut mixture evenly and firmly into a greased 8 -inch square pan. Melt the chocolate in the top of a double boiler over hot water, stir the milk and margarine into the chocolate and cook until thickened (about 5 minutes). Spread this chocolate mixture over the walnut layer in the pan. Iet the candy stand in a cool place until firm, then cut into small squares. Makes about 5 dozen truffles.

ELEGANT DESSERT CREPES
3 eggs
1 cup sifted flour
2 tablespoons sugar
1/2 teaspoon salt
1/4 teaspoon pumpkin pie spice 11/2 cups milk

Beat eggs slightly. Stir in fiour, sugar, salt and pumpkin pie spice. Mix in milk and melted margarine. Batter will be thin. Grease and heat a small skillet and tip back and forth until evenly spread. Cook over rather high heat until ccepe is lightly browned. Flip and brown other side. Make Crepes ahead of time Makes about $11 / 2$ dozen crepes. to allow 3 rach for 6 servings.

One Minute Topping for Dessert Crepes

1/2 cuplight cream or
1 leaspoon lemon pesl evaporated milk

1 teaspoon orange peel
cup margarina

At serving time, combine cream, margarine, sugar, lemon perl and orange peel in chafing dish or skillet. Heat and boil 1 minute. Place a teaspoon of chopped walnuts in center of each crepe and roll. Heat in sauce and serve. Makes 6 servings

3 egg whites
eam of tartar teaspoon salt \$/ cup sugar 6-ounce package ( $1 / 2$ cup) semi-sweet chocolate morsels

## POLKA DOT MERINGUES

Beat egg whites with cream of tartar and salt until stiff but not dry. Add sugar gradually, beating until very stiff. Fold in $1 / 6$ cup of the morsels. Cover baking sheet with heavy brown paper. For individual meringue shells, pile mixture into 6 rounds, 3 inches in diameter; for large meringue shell, pile mixture into 1 large round 9 -inches in diameter. Make a depression in the center leaving an inch around the sides. Sprinkle with remaining morsels. For meringuettes drop mixture by tablespoons onto baking sheet. Sprinkle with remaining morsels. Bake in very slow oven ( $275^{\circ}$ ) for 40 min utes for meringuettes; 50 minutes for individual shells; 1 hour for large shell. Yield: 6 individual shells, 1 large shell, 3 dozen me ringuettes.


Maopiske Free Tilet OTfars






## WEEKENDS are TWICE the FUN at MADISON <br> AT THE LUXURIOUS 208 ROOM HolidaySun

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MADISON WISCONSIN

The Ogdem (lowa) Reporter tells of the minister who asked the fellow why he didn't go to church.
"Well," replied the man, "the first time I went to church they threw water in my face. The second time I went they tied me to a woman I've had to keep ever since."
"Yes," said the minister, "and next time you go they'll throw dirt on you."

The best way to save face, advises the New Town (N.D.) News is to keep the lower part of it closed.
"The only teenagers we really dislike," says The Macom (MD.) Chronicle-Herald, "are the 17-year locusts."

You might call an engagement ring a down payment on a wife insurance policy, claims The Cannelton (Ind.) Tuesday News.

The Ellsworth (Wis.) Record reports, "Education is that which you get when your father sends you to college. But it isn't complete until you send your son there."

One way to be sure that crime won't pay, says the Weekly Valley Herald of Chaska, Minn., would be to let the government run it.

Whe Steubem Republicam of Angola, Ind., reports that there are nearly 100 million driver's licenses in force in the United States. Small wonder that there is never any place to park.

The Janesville (Minn.) Argus quotes the following; restaurant sign: "Pies like mother used to make before she learned to play bridge."

The Gratiot County Herald of Ithaca, Mich., writes, "To get maximum attention, it's hard to beat a good big mistake."
"Cultivate good habits," advises the Adair County Free Press of Greenfield, Iowa. "All the bad ones grow wild."

The Marshall (Minn.) Messenger provides the following divorce poem:

I do not mind the empty bed;
The every day bologny
The dirty floor, the cluttered shed.
But darn that alimony!
"Gossip is like a cold - contagious and dangerous," claims The Altamont (Ill.) News.
"Some people have the idea they are worth a lot of money just because they have it," says The Wabasha County Herald of Wabasha, Minn.

Forty-two million people now receive regular checks from the Federal Government, either directly or from the states under aid programs financed largely with Federal funds, reports The Dell Rapids (S.D.) Tribune. No wonder Uncle Sam is so tall-he has to be to carry those long pockets around.
"The easiest way for a man to get his wife's attention is by looking comfortable," claims the Tazewell County News of Morton, Ill.



## We changed the name to protect the innocent

We changed our name from Nabisco Sugar Honey Graham Crackers to Honey Màid Graham Crackers so you'd have no trouble finding the grahams made with pure, golden honey and real graham flour. Honey Maid Graham Crackers are the very same light, wholesome and delicious Nabisco Sugar Honey Graham that you'veloved for solong. Isn't it easier to remember the name Honey Maid for the graham crackers made with pure honey?...By Nabisco.


Lool for this new perchere forir grocers


Tillbilly Granny Clampett isnet sucha 1 far-fetched character. In fact, she is pretty realistic to those of us whose own grandmother or Aunt Maggie had a passion for healing and curing and nursing folls back to health.
"It might be catchin'," she would warn, and whether it was a cold or a pole, around your neck she would hang a muslin bag of asafetida that was supposed to make you breathe easier, cure your ailment and keep others irom its contagion. That it did because the pungent aromatic odor kept everyone away, as did the onion poultice or goose grease for your chest cold. All of her cold remedies weren't offensive, but hot and spicy and sweet. She was heavy handed with honey and sugar whether it was mixed with turpentine, serosene or camphor. The house and everything in it would often become permeated with the steeping brew of catnip or peppermint tea. Elderberries and their blossomis joined in a remedy for "stummich ailment" and if that didn't helpo she made camomile tea brewed from a plant of the aster family. If this cure for some reason brought on "the trots," she was not dismayed for she knew how to remedy that with blackberries, cooked down to a sticky concentrate and fermented, bottled and labeled "balsam." Purple and potent

Strategy and psychology were tools that put her o shout ahead of the latost whisper of modern medicine, which publicly disproves her cures and superstitions as fellacies. Like a general in battle, if her tactics didn't win the war on your sickness, she would give you a good strong physic to rid you of all the poison in your system. You might get at trifle weak and turn green, which in turn called for a tonic of sulphur and molasses in the spring and joy! - hard cider in the fall. It would have been more palatable cold than hot (mulled, she called it. remember?) and minus the red pepper.

A little shaken from your ailment? Eat celery for your nerves; fish, especially sardines, for sharpening your mind; beets to redden your blood and cooked gruel to warm the corpuscles.

Psychology 'way back when? Did your father or Uncle George ever tell you about the blistered meck from having the home doctor lovingly rub kerosene into the pores of your neck and gently gwathe them writh red or outing fannel? As a coun-ter-irritant, a coton swab on a stick dipped into kerosene swished down to your tonsils. No wonder folks got well quick with such killer cures. We now have ways and medicine to effect quick cures, prevent communicable diseases and make the patient comfortable - you must agree that they're easier to live with than asafetida and other folk cures. We can be nostalgic, but what deodorants, anti-perspirants and mouth washes could erase the fact that you are sick?

It's a funny thing, our laughing at their methods because your grandmother scoffed of the silly tarnations of their older generation. Imagine, they'd reminisce, "My grandpa wore copper wire around his wrists and ankles and gold beads to ward off rheumatiz'. Alfalfa tea, my ma'd fix for him."
Recipes for home remedies were handed down as were "receipts" for family delicacies. You will want to preserve some customs as an heritage, but you do not cook and bake as they did back in the good old days of poke berries and goose grease as remedies. The American Dietetic Association ${ }^{*}$ has issued a list of the fallacies and misconceptions, some taken from socalled "doctor books" of another era. Judge for yourself: Dried currants are poisonous berries; ripe cherries destroy old age matter in the body; asparagus is good for the kidneys; sassafras and vinegar thin the blood; ice water causes heart trouble; watermelon, cucumbers and soft drinks cause polio. Olives, eggs (raw, of course) and oysters increase sexual potency; if the expectant mother holds her weight down, the size of the baby will be reduced; eat all you want until 4:00 p.m. in order to lose weight; calories don't count. That last one should do it if you believed even one of the others !

* 1965 AMA

- 1500 CALORIES-A-DAY DIET Reduce slowiy but steadily. WITH RREAD AND BUTTER for those who can't do without it.
- COTTAGE CHEESE DIET Hf you want to lose a fow pounds in a hurry.
- NIBBLE OR SNACK DIET Eat fitto, ent ortento drop fhe or ten pounds.
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If you have tried one kind of diet after another without satisfactory results, you know how true it is that a diet that works for one person may not necessarily have the same beneficial effect on another.

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From the introduction by rebecca liswood, m.d.

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A black November night blanketed the woods where the two men stood silently next to their car. They were just off the blacktop highway that snaked through the spruce swamps and hardwood ridges.

They shivered against the cold that poked through their jackets; and then they forgot the cold as the glow of car headlights began to build slowly far down the highway. They listened to the growing

## GAME

## WARD <br> 



Cive one to your son this Christmas. Someday he'll pass it on to your grandson.




W: funt them to woir well


That 's vihy our Notom bicicutumatic: has an
actom that's virunaty yampronf. (Ande astock that's
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buzz of the car's engine, and they became suddenly alert as the approaching drone of the automobile began to slow and then was silent.

They stepped out onto the highway in time to see the car's head-
mechanism. This "matching" would show a court that the rifle had been in the suspects' car.

And that is just what happened when the case was heard. Microscopic markings in the shells and the gun were shown to match so

## A FAR GRY FROM "POPPLE COPS"

lights sweep the shoulder of the road, and then they heard the echoing blast of a gun
"Let's go!" one of them said; and together they ran to their car; and, with headlights off, they drove toward the automobile down the road. They were a quarter of a mile from the car, when it turned around suddenly and began to move away.
"He must have spotted us," the driver said, and with this he flicked on his lights and tromped the accelerator down. The distance between the vehicles closed rapidly, and when it was only a few hundred feet, the driver of the rear automobile switched on a red light that blinked a flashing signal into the night.

Instead of stopping, however, the car ahead darted suddenly away.
"Hang on, he's going to run," the driver of the red-blinking vehicle said. He turned on a siren that wailed across the still night, and he reached for a radio hand mike that hung from the dashboard.

The speed of the vehicles climbed to 80 miles an hour, then to 90 , then to 100, and slowly the lead car pulled away. The autemobiles hurtled through the darkness; and in the distance the lights of a town began to show.

The radio messages that had flashed on ahead had done their job, and the chase ended on the edge of town where police cars had hastily set up a road block.

The participants in the abruptly ended chase were two deer shiners and two conservation wardens. The wardens moved now to the car they had pursued and placed the occupants under arrest. They advised the arrested men of their rights under the law, and then took them to the county jail.

The men denied shining deer, pointing out that they had no guns in their car. They were correct in that their vehicle contained no guns when it was stopped, but there were empty rifle cases and unfired rifle cartridges on the floor of it; and the two conservation wardens went to work to build their case.

Back out the highway they drove, this time very slowly. Several miles out of town they found the shattered remains of a rifle beside the road. They picked up the pieces carefully, using handkerchiefs so that fingerprints would not be disturbed.

Then they drove out to where the chase started. On the shoulder of the road, a large deer lay dead. It was a doe, and the wardens hoisted it into the trunk of their car and drove back to town. It was just beginning to get daylight, a faint hint of light put the spruce tops in silhouette.

The wardens were tired. They had been up all night, and there would be only a few hours of sleep now before they would have to be down to the district attorney's office to begin the long process of prosecution against the suspected deer shiners. And in this day of zealous protection of individual rights, the prosecution must be done right or the warden is left without a case.

The next day they dusted the broken rifle for fingerprints, and carefully packaged and marked all other items of evidence, including the cartridges that had been found in the car, and the fragments of bullet that they had cut out of the deer carcass.

They took the items downstate to the state crime laboratory where ballistics experts went to work to match the cartridges and shell casings with markings from the rifle's barrel and extractor
precisely that there could be no doubt about them having been in contact.
"Guilty," the court said, and the deer shiners each paid heavy fines to avoid jail sentences. They also lost their fishing and hunting privileges for a year.

As the wardens walked from the courtroom, one turned to the other and said, "I've got to give a gun safety demonstration for the junior rifle club tonight, but I'll meet you after it's over and we'll work the northwest corner for a few hours."
"Fine," his companion replied, "l'll have time before we go to check a couple of traplines."

The wardens went their separate ways, tending to the endless tasks that the modern conservation officer is faced with. A far-cry from the first "popple cops" who were solitary upholders of sketchy and often resented fish and game laws, the modern warden is a man of many talents. His conservation role has mushroomed until almost every element of the community looks to him for service and help at one time or another.

Though he is basically a lawman, he devotes an ever increasing amount of his time to public relations. The intent of this is to educate the public, particularly the young public, as to the importance of sound conservation programs. These programs include growing complexity in fish and game laws, and it is the ambition of every warden to do all he can to prevent a law violation.
"We would rather not have to make any arrests," a top midwest warden said, "and we feel that our efforts to this end are really paying off. Every year we get more and more cooperation from the public.
"People realize that with more and more demands being made on fish and game, laws must be designed to protect wildlife accord: ing to species and habitat variations.
"And they also realize that the violator of these laws is taking something away from them when he shoots illegal game or catches fish in an unlawful manner.
"It is the duty of every citizen to understand and obey conservation laws, and most of them do so and resent the fellow who doesn't."

But despite the best efforts of conservation officials, there shall always remain the intentional violator. He is frequently a rough and ruthless individual, and the warden force records show countless instances of warden injury and even death when he is brought to bay by the badge.

The wardens consider such risks to be part of the job. Long, cold hours of watching and waiting are also part of the job.

It was to do some of this uncomfortable watching and waiting that the two wardens stood again in the frigid, black night. A car eased slowly past them. They watched it from behind a screen of underbrush. The automobile turned off into a lonely logging road.

Quietly the wardens eased up behind it where it had stopped and parked. There was a muffled conversation with the car's occupants, and then the wardens retreated to their car and drove away.
."Well," one of them said, "you can't tell the lovers from the deer shiners unless you talk to them."
"That's right," said the other, "How are we to know?"
The, wardens drove off into the night.


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