

# — READ THE OMAHA GUIDE —

Where there's a will, there's relatives.

Boston is our largest state capital.

'Flying Saucers' have been reported for over 100 years, and still remain unexplained.

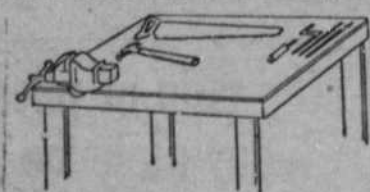
Cook County, Illinois, with 4 1/2 million people, is America's most populous county.

St. Louis is an independent city, not a part of the county.



**Look: A Small Workbench**  
EVEN a simple table can be made into a workbench. If there's limited space, a small table, of the right height, will serve, or build a table just the size you want. It isn't difficult with framing lumber, shiplap boards for a top and a working surface of Masonite 1/4" Tempered Presdwood.

Any way you look at it, the bulky workbenches of yesterday have given way to a more compact variety. Many are less than two feet wide, for example, and some aren't over three feet long. Lots of good home workshop projects can be carried out just as successfully on a small workbench, or table fixed up like one.



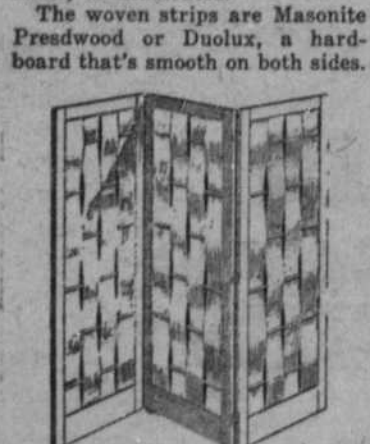
One ingredient most of them have in common—a tough, durable working surface, usually Masonite Tempered Presdwood, which is popular for this use because it's been found so satisfactory in industrial workbenches. If and when it wears out, just remove it and attach another sheet of the material, available at most lumber yards.

Even an apartment can have a workbench of the type illustrated. A portable one, which fits over a kitchen table when needed, is made by framing a panel of Tempered Presdwood with 1 by 2-inch lumber (on edge), so it will slip over the table. For padding, use an old blanket. Store the portable workbench top in a closet or utility room when it's not being used.

Woven Folding Screen  
MANY uses exist in the home for a folding screen. This useful device may be made in the home workshop. An unusual design, which any craftsman can make, is illustrated.



The woven strips are Masonite Presdwood or Driolux, a hardboard that's smooth on both sides.



Full details of construction are given in a free plan which also explains how an opening may be left in one of the panels to fit the picture tube area of a television set. Other uses for a screen with an aperture will occur to all. For example, the screen could be used to shut off a room with a sleeping baby. Without moving the screen, the mother could peek through the curtained opening to check up on the child. Youngsters could use the screen for "playing store."

To obtain the free plan, send a postal card to the Home Service Bureau, Suite 2037, 111 W. Washington St., Chicago 2, Ill., requesting "Six Home Workshop Projects," by Craft Patterns.

The average transport plane carries more weight in its wings than in the body proper.

Minds that have nothing to SAY find lots to SEE.

Dried leaves of a variety of figs are used as sandpaper in parts of Australia.

The moon affects the tide and the untied.

Highway deaths will decrease only when the motive power ceases to regulate the speed.

The man who gets pleasure out of his chosen work has a vacation every day of his life.

## Food Sense - Not Nonsense



It's not the rockin' chair that's got you-- it's that 11 am sag!

If... your body's store of food is low; energy fades; spirits droop

The hours between last night's dinner and your first meal of the new day are long. When you lengthen these hours by skipping--or skimping--breakfast, your vitality suffers.

For pep and push to carry you through till noon, eat a complete breakfast. It should include enriched or whole bread; cereal, eggs, or other meat substitute; and fruit.

Each morning a good breakfast, eat!

You'll need it to compete.

## Florida Orange Juice Travels



Whether the lunchbox is bound for school, factory or office, it's a good idea to include Florida orange juice. Working men and women as well as children need the energy and vitamin C the tasty juice provides. Put enough in the thermos container for a mid-morning pickup as well as a lunchtime treat. From every five pounds of Florida juice oranges you'll get at least one quart of flavorful juice, thanks to their thin skins. Protect your family's health by serving orange juice daily.

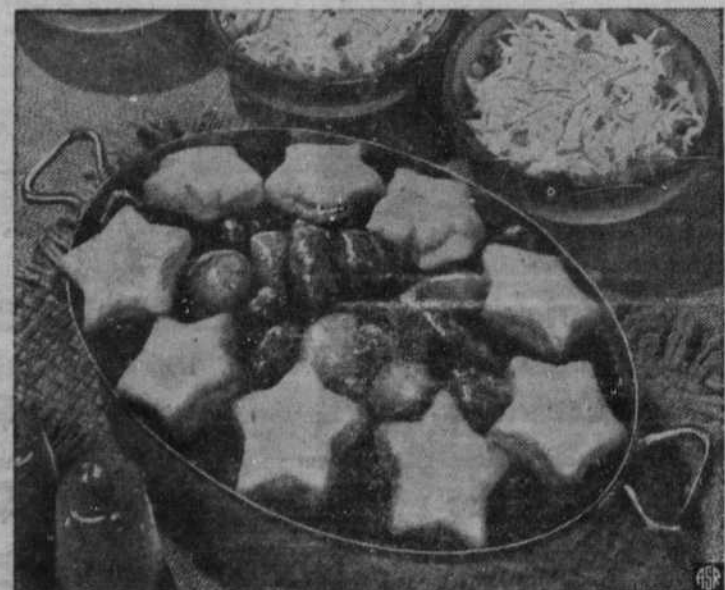
## INVITING THE UNDERTAKER-



When you have the traffic light with you, swing around the corner and fast just ignore pedestrians who also have the light with them.

Courtesy of B. F. Goodrich Safe Drive League

## Stars In Crown Of Cook Who Uses Lean Beef



Now is the time of lean beef, the grass-fed, more economical beef that comes right from the range. Lean beef makes wonderful dishes when braised or simmered. Meat Pie is typical of this culinary school. The longer cooking characteristic of beef pie brings out all the rich flavor and juiciness of the lean beef. And remember, it contains the same high quality complete protein, B vitamins and essential minerals as costlier cuts.

### MEAT PIE

- 1 1/2 pounds lean beef (boned chuck, round, flank or rump)
- 2 teaspoons salt
- 3/4 teaspoon pepper
- 3 tablespoons flour
- 1 tablespoon bacon drippings
- 3 cups water
- 2 tablespoons chopped celery leaves
- 2 sprigs parsley
- 12 small white onions, peeled
- 3 medium carrots, scraped and quartered
- \*Biscuit topping

Have beef cut in 1-inch pieces. Blend together 1 teaspoon of the salt, pepper and flour; roll pieces of meat in blended mixture. Brown meat in bacon drippings. Add water, chopped celery, parsley and remaining 1 teaspoon of the salt. Cover; simmer approximately 2 hours until meat is almost tender. Add onions and carrots. Cover and cook until vegetables are tender, about 20 minutes. To thicken mixture: blend 1 tablespoon flour with 1/4 cup cold water. Add a small amount of the hot liquid, then quickly stir into the meat mixture. Turn into casserole. Cover with biscuit topping.

YIELD: 6 servings.

### \*Biscuit Topping

- 1 1/2 cups sifted all purpose flour
- 2 teaspoons baking powder
- 1/2 cup milk
- 1/2 teaspoon salt
- 4 tablespoons lard

Sift flour, baking powder and salt into bowl. Cut in lard until well mixed. Add milk, stirring quickly until a soft ball is formed. Turn on a lightly floured board and knead gently to shape into smooth ball; roll lightly to 1/2 inch thickness and cut with star-shaped cookie cutter or floured biscuit cutter. Place on hot meat mixture. Bake in a hot oven (425° F.) 20 to 25 minutes.

## FOOD... through the ages...



ANOTHER NEW SHAPE

THE IMAGINATIVE ITALIANS GIVE THEIR BELOVED MACARONI MORE THAN 150 DIFFERENT SHAPES, FROM SPAGHETTI TO ANIMALS AND HOUSEHOLD OBJECTS.

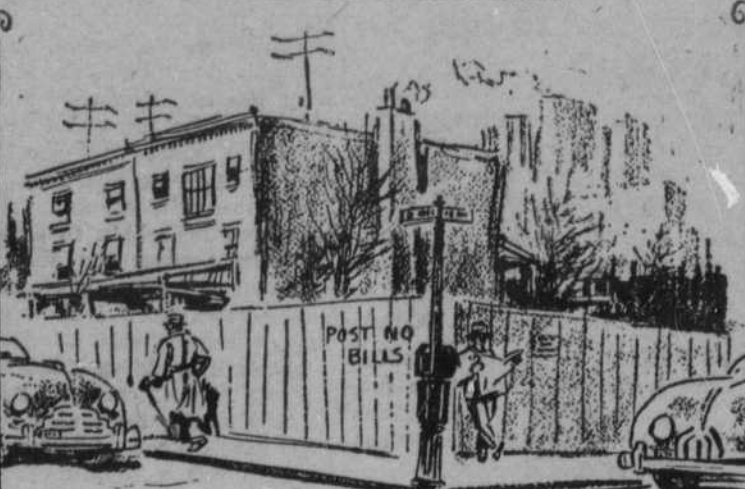
IN RESTORATION ENGLAND (1660-1688) MACARONI WAS SUCH A DELICACY THAT IT GAVE ITS NAME TO LONDON'S HIGHLY EXCLUSIVE MACARONI CLUB.

RAVIOLI WAS A MAJOR LUXURY TO EARLY ITALIANS. 13TH CENTURY MONK-HISTORIAN, SALIMBENE, WRITES WITH AWE OF FIRST TASTING IT.

THROUGH FAMOUS CHEF HECTOR BOUARDI (PRONOUNCED BOHAR-DEE), AMERICANS NOW ENJOY IN CANS READY TO SERVE, REAL ITALIAN RAVIOLI, AND SPAGHETTI WITH MEAT BALLS.

Copyright 1957, J. T. Clarke

## INVITING THE UNDERTAKER-



Don't slow up at corners. Just blow your horn. Maybe you will hear only yours and the other driver only his until you both hear Gabriel's.

Courtesy of B. F. Goodrich Safe Drive League

## THAT'S A FACT



### FATAL BLUNDER

THE ACTUAL CAPTURE OF THE BRITISH SPY MAJOR ANDRE, WAS ACHIEVED BY THREE MI-JACKERS WHOSE FIRST INTEREST WAS IN ROBING THE YOUNG ENGLISHMAN IN SEARCHING HIM. THEY FOUND INCrimINATING PAPERS WHICH PROVED HE WAS A SPY. THE MI-JACKERS THEN TURNED HIM OVER TO THE AMERICAN ARMY.

### BIG TOWN

THE SIZE OF THE COMMUNITY YOU LIVE AND WORK IN ISN'T AS IMPORTANT AS YOU THINK. YOU CAN ADD TO THE PROSPERITY OF YOUR TOWN BY INVESTING AND INVESTING REGULARLY IN U.S. SAVINGS BONDS!

### MYSTERY MOTION!

THE SECRET OF WHY A JUMPING BEAN JUMPS IS THE CATERPILLAR, OR LARVA WHICH LIVES INSIDE THE BEAN AND WHICH COLLAPSES OR UNCOILS, CAUSING THE BEAN TO JUMP!

### BE SMART

...AND START A REGULAR PROGRAM OF INVESTMENT IN U.S. SAVINGS BONDS TODAY! YOU CAN DO YOURSELF NO BIGGER FAVOR THAN SECURING YOUR FUTURE BY LETTING YOUR DOLLAR WORK FOR YOU-- AND YOUR COUNTRY!

## Trainer Shows Students How to Avert Car Crashes

Whether an impending highway crash turns into another disaster or a near miss may depend on a driver's behind-the-wheel prowess the instant after the emergency develops.

In this split-second interval, many drivers act instinctively—and often what they do is wrong. Some panic, let go of the wheel. Still others freeze, do nothing.

While thousands of youths are taught to drive in the nation's high schools, they get precious little instruction in meeting highway emergencies.

Limited surveys of driver education programs show that trained drivers have far fewer accidents than those with no training. Good as this record is, many safety educators—like Dr. Herbert J. Stack of the Center for Safety Education at New York University—believe it would be even better if drivers were taught what to do in highway emergencies.

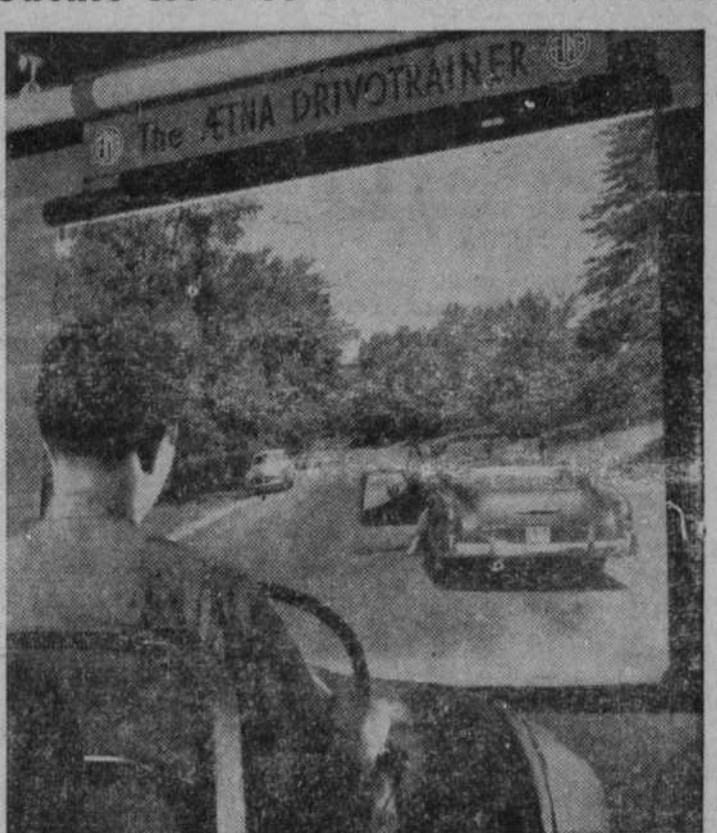
Staging crash situations with real cars to give student drivers practice in meeting emergencies on the highway would give any driver education instructor nightmares. Obviously, such a program was out of the question.

Now, however, many student drivers are receiving this vital training, thanks to a revolutionary classroom training device called the Aina Driovotrainer, which is being used in an increasing number of high schools throughout the country.

### No Risk in Driovotrainer

But with the Driovotrainer, special movies that show a driver's eyes view of the road ahead bring the highways into the classroom where beginning drivers—without risk to themselves or others—can learn how to avert a crash.

In the Driovotrainer, which was developed by the Aina Casualty and Surety Company, students take their experience a nerve-tingling series of behind-the-wheel training in small model cars which they learn to "drive" on highways shown on a



CRASH DRILLS in Driovotrainer classroom, where 15 students can be instructed at a time free of on-the-road driving hazards, teach students proper way to get out of common highway emergencies like this.

huge movie screen the same as they would appear through the windshield of a real car.

While the Driovotrainer course covers everything from basic skills like steering and shifting to more complex techniques like parallel parking and making U and Y turns, one of the 19 special training films is devoted wholly to emergency training.

In this part of the course, students experience a nerve-tingling series of potential accident situations on the Driovotrainer's movie highways and are drilled in the behind-the-wheel maneuvers that will avoid a crash. By doing what cannot be done with conventional training methods, the Driovotrainer will help future motorists to do spontaneously the thing that will avert an accident when they're on real highways. First used in the New York City schools, the Driovotrainer has since been introduced in Los Angeles, Oak Park, Ill., Oklahoma City, Dearborn and Lansing, Mich., Springfield, Mo., Fort Collins, Colo., Waterloo and Mason City, Ia., Freeport and East Meadow, N.Y.