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Jumper Simplicity



SIMPLE, WELL DESIGNED and wearable, best describe this jumper in Botany's fine flannel by Georgia Kay. Fashion scoops are the higher scoop neckline, and the fine detailing at the waist.

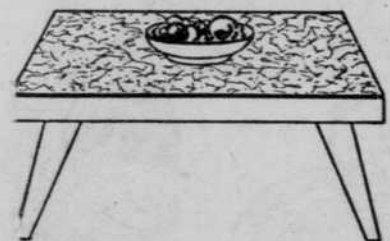
Tunic Fashion



TUNIC FASHIONS are all the news for fall and will add a completely new silhouette to your wardrobe. This long coated version made in Botany's fine worsted flannel and designed by Miss Raleigh, is a simple yet elegant costume.

Handy Jim's FIX-UP TIPS For the Home

Distinctive Table Top
IF YOU have a coffee table with a marred top but otherwise good appearance, you can make it like new without a lot of laborious refinishing. And at the same time you can give the table a distinctive feature that it never had—a marble pattern top with a surface that takes abuse.



The simple job is done by applying a new top in the form of a plastic-finished Marlite panel in one of five authentic marble patterns. Widely used for walls and ceilings, the material is available at lumber yards.

Saw a panel to fit, allowing a fraction of an inch for smoothing edges by planing and sanding. Bond the panel to the table with adhesive and leave weights on top until the adhesive is set. Wax the edges or paint them to harmonize with the marble pattern and table finish.

Your new table top, with its baked-on plastic finish over a tempered Masonite hardboard base, will defy attacks by beverages, heat and wear. Damp-cloth wiping will clean it.

How About That!

Economists predict 1955 will see a new peak in private home construction in the United States as more and more people leave big cities and move to the leisurely life offered by the suburbs.

One of the pleasures of your own home is the outdoor barbecue. Making it easier and more fun are new appliances, such as the Roto-Broil 400, which bring the kitchen outdoors. Homeowners find that they can use their rotobroiler to roast, broil, fry, grill and bake as well as barbecue!

Take Breakfast To The Park



Avoid crowded picnic areas by picnicking at breakfast time. Early risers know that picnics are more enjoyable if the surroundings are uncluttered with people—or things.

Breakfast is an easy meal to take on a picnic. Ready-to-eat cereals are just right—no cooking is necessary—merely pack the cereal box in the picnic hamper. This breakfast takes just a few minutes to pack.

- MENU**
- Shredded Wheat with
 - Fresh Sliced Peaches and Milk
 - Pecan Rolls Butter
 - Chocolate Milk

The peaches could be sliced and sugared at home. Additional sugar would not be necessary with the sweetened peaches. Pecan rolls are a favorite—butter probably would be unnecessary.

Colorful plastic spoons, paper plates (except the cereal bowls) and gay bandannas for napkins add a festive note to the outdoor breakfast.

Another way to vary the way you serve that all important meal—breakfast—is to serve it on trays that can be carried to the porch or patio.

Doctors and dietitians agree that a basic breakfast of fruit, cereal, milk, bread and butter will provide one-fourth of the daily nutritional requirement. You and your family will feel better and work better, especially in the late morning hours, if you eat a basic breakfast the year round.

Food Sense—Not Nonsense



A Twosome—Made For Each Other

Folks agree—peaches and cream, ham and eggs, bread and butter are "made for each other." A twosome, naturally made for each other in the realm of nutrition, combines plant and animal proteins. Scientists have found that these proteins pair off to provide the nation's market basket with an abundance of quality protein.

Research has disclosed that proteins are complex substances made up of many amino acids, of which eight are essential for man since they cannot be manufactured by the body. If a protein does not contain proper proportions of these essential amino acids it is said to be "incomplete." Cereal grains—plant foods—are called "incomplete" proteins because each cereal is in short supply of one or two essential amino acids. Meats, fish, poultry, eggs, and milk products—animal foods—furnish "complete" proteins. The protein of beans, peas or nuts is almost as efficient as that of animal sources, too.

Pairing off the "incomplete" proteins with the "complete" proteins or supplementing one protein with another is a simple matter. The proteins of grains need only be combined with a small amount of animal protein to produce a food of excellent quality as when bread is made using milk to supplement the wheat flour protein-wise. Pairing off can be accomplished also by eating enriched or specially breads with meals which feature one dish of meat, eggs or similar animal foods.

Other examples of good pairs protein-wise are sandwiches made with cheese, meats or fish. That favorite of children—bread and butter and a glass of milk is a perfect "made for each other" combination of proteins. Another classic pair is the breakfast bowl of cereal and milk. It is good thinking to include a variety of proteins in daily meals. These meals according to a foremost nutritionist, Dr. Henry C. Sherman, could well include a considerably larger amount of foods from grains and be supplemented with meat, milk or other animal foods for all-round good nutrition.



Joseph Makel of Calvert Distillers Company presents "best singer" trophy to Brock Peters (left) who appeared in "Carmen Jones." He accepts for singer Roy Hamilton. William L. Rowe, former Deputy Police Commissioner of New York City Police Department looks on approvingly.

Honored For Civil Rights Work



Gladstone Cotterell of Calvert Distillers of New York (right) presents to Leland W. Jones, Jr. (center) the annual civil liberties award "for outstanding contribution to the cause of civil rights." The award, sponsored by Calvert, is made annually at the New York State Elks Convention. Mr. Jones was chosen for the award by vote of members of the Elks. He is president pro tempore of the Buffalo Common Council and active in civic and social affairs of that city. Looking on are (left to right): William Tolliver, 1st vice president of New York State Elks; John Baka, Jr., Grand Traveling Representative; Ed Liberman of Calvert; Mr. Jones; Horace Griffith of Calvert and Mr. Cotterell.

Handrails Needed
Make sure that every stairway has a handrail.

Reinforce Page Holes
Want to reinforce the holes in the pages of a loose-leaf recipe book, or any kind of loose-leaf notebook, quickly and inexpensively? Simply dab each hole with colorless nail polish and let dry.

Moving Tips
Before you move: Notify your electric, gas, water, and telephone companies, so they can shut off service at the time you wish. Ask your postman or post office for a change-of-address card. Notify your life-insurance companies, newspaper office, magazine companies, and the stores where you have charge accounts, of your change of address. Ask your physician and dentist to recommend doctors in the community which is your destination.

Used His Head
On Mt. Shasta, Calif., Mountain Climber Dan O'Neill, 34, slipped and fell on the snowy slope, escaped with only minor cuts and bruises after a 40-m.p.h. head-first slide of nearly a mile, because "I kept my head, used my toes as brakes and steered with my forearms."

ARE YOU FIT TO DRIVE ?

CAN YOU PASS ?

Are you fit to drive? Safe driving depends on many factors. You must know and obey the traffic laws, of course. But what about your ability to drive—to handle a car safely?

Traffic accidents are zooming and the public is aroused. Public officials are grim. Some states are already tightening their driver licensing laws. The time is not far distant when all drivers must pass periodic re-examinations to determine their continued fitness to operate a motor vehicle. The fact that you have a driver's license today doesn't mean you will have it a few months or a year from now.

So give yourself that tougher test right now—

- How about your accident record—good or bad?
- How about your police record—good or bad?
- How about your physical and mental condition?

Don't gamble. Drive safely, obey the law, and be sure you are fit all-ways.

SLOW DOWN—LIVES ARE IN YOUR HANDS!

THE OMAHA GUIDE

— READ THE OMAHA GUIDE —