

# — READ THE OMAHA GUIDE —

## Medical Milestones

### An "Antidote" for Anxiety

Diseases are often associated with particular periods in history, just as they are often linked with certain geographical areas. It is not too strange, for example, to learn that when ignorance and poverty prevailed, (as in the Middle Ages) great plagues scourged the world.

Centuries later, during the Industrial Revolution, new disease patterns emerged. People had flocked to the cities, often living in overcrowded, unsanitary conditions, with poor ventilation, contaminated food and polluted water. During this period diseases like tuberculosis, typhoid fever and influenza took a huge toll of lives.

Today we live in an age of change—domestic, social and business change; changes in international economy and politics; changes that reach into the lives of us all. The disease symbols of this age are increased tension and anxiety.

Science tells us that though some degree of anxiety is desirable because it prompts us to "do something about it," anxiety is harmful when it gets out of hand. It is only when it grows out of all proportion to the problems involved and prevents us from acting that it becomes something of a medical problem.

It has been estimated that today one out of every three persons whom the doctor sees is suffering primarily from anxiety. In effect the world is suffering from an "epidemic" of anxiety.

Fortunately, we have an "antidote" for this. A new drug is now available that relieves tension and anxiety. Dr. Frank M. Berger, who introduced the relaxant meprobamate, recently developed a drug called "Miltown" which has been



effective against these conditions. It is not a barbiturate or a narcotic, and has proven safe after more than hundreds of clinical trials. A Florida doctor, for example, found that 88 of 12 of his patients suffering from anxiety and tension were helped by "Miltown." Other doctors throughout the country have had similar experiences with the new drug, both in the treatment of mild and severe cases of anxiety. "Miltown" is a drug that can be obtained only on a doctor's prescription.

## YOU CAN'T QUIT ADVERTISING YOU'RE TALKING TO A PARADE NOT A MASS MEETING



## Picnic Perfect Banana Cake



Going on a picnic? Here's the cake for you—luscious, moist banana spice, with the simplest-ever broiled frosting. Bake, broil and carry your cake in its 9-inch square pan. It is convenient to pack and just right for hearty outdoor appetites. Convenient, too, is the double-rich evaporated milk which gives this cake its tender light texture. Used just as it pours from the can, evaporated milk blends perfectly with the smooth bananas and spices to produce the delicious result.

Note: Include a can of evaporated milk in your picnic basket for the coffee drinkers in the crowd—no need to worry about spilling or spilling!

### Banana Spice Cake

- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 1 3/4 cups sifted all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 2 tablespoons lemon juice
- 1 small can (3/4 cup) evaporated milk
- 3/4 cup mashed ripe banana (about 1 1/2 medium bananas)

Cream butter. Add sugar; cream until light and fluffy. Beat in egg. Sift flour with soda, salt and spices. Stir lemon juice into evaporated milk. Add milk alternately to the egg mixture with the dry ingredients, beginning and ending with dry ingredients. Add mashed banana and mix thoroughly. Turn into greased 9-inch square baking pan. Bake in moderate oven, (350°F.) 40 minutes or until toothpick, inserted in center, comes out clean. Remove from oven and spread with frosting mixture. Place under broiler until mixture is bubbly. It takes but a minute for frosting to broil, so watch cake carefully so frosting does not scorch. Cool cake in pan on a cooling rack. YIELD: 9 generous servings.

### Broiled Frosting:

- 1/2 cup chopped nuts
  - 3 tablespoons butter, melted
  - 1/2 cup firmly packed brown sugar
  - 1 tablespoon evaporated milk
- Combine all ingredients. Spread and broil as directed above.

## Hamburger Kebabs With Onion Gravy

### Make A Different Dish



SHISH KEBABS make an intriguing dish when you're treating guests or the family to something a bit different. You can make them up in all sorts of complementary combinations: chunks of lamb alternated with small white onions and squares of eggplant; a fish kebab of shrimp, scallops and quartered fish sticks; even hamburger adapts itself beautifully to being a "kebab." Roll hamburger into small round patties about 1 1/2" in diameter and then alternate with small mushrooms and square chunks of tomato on long skewers. Then broil them for about five minutes. They're ideal for an outdoor party because you can grill them over glowing coals; indoors use the broiler to cook them.

When it comes to serving Hamburger Kebabs, pass a gravy boat filled with a delicious onion gravy made with a handy package of onion soup mix. It fits right in with an "easy-do" menu because this gravy is so quick and simple to make.

Just add the package of onion soup mix to boiling water and then thicken with flour. Presto! You have the best onion gravy you ever tasted. Try it with Hamburger Kebabs and you'll soon be serving it over sirloin steak and roast beef as well.

### Quick Onion Gravy

- 2 1/2 cups water
  - 1 package onion soup mix
  - 2 tablespoons flour
  - 1/2 cup water
- Bring 2 1/2 cups water to a boil. Stir in the onion soup mix. Cover and cook for 10 minutes. Gradually add flour mixed with 1/2 cup water. Cook and stir constantly until thickened. Makes about 2 1/2 cups gravy.

## It's Your AMERICA



NO POSTAGE—NO ACCEPTANCE

SAUARY TAILOR REFUSED TO ACCEPT A LETTER NOMINATING HIM FOR PRESIDENT BECAUSE IT HAD NO POSTAGE STAMP.

LOYALTY TO THE LAWS OF THIS LAND AND RESPECT FOR ITS INSTITUTIONS "CONCEIVED IN LIBERTY" IS THE BULWARK OF THE AMERICAN WAY OF LIFE!

## New Hope For Cancer Stricken

One of the most common diseases among older men is also one of the most baffling to the medical profession. It is cancer of the prostate gland. This insidious form of cancer alone accounts for approximately 20,000 deaths in this country each year. Furthermore, between 3 and 8 million men living now may have cancer of the prostate. Few know it.

Dr. J. Kenneth Sokol, Northwestern University Medical School, reported in "Medical Clinics of North America," that "less than one of twenty prostate cancer cases are suitable candidates for complete removal of cancer." For this reason, new techniques are particularly important.

One of the successful approaches to the palliation of prostatic cancer has been through the use of new medicines. Among these is a new type estrogenic compound which is bringing relief and hope to many prostatic cancer patients. This new drug, Tace, has been used successfully by several

doctors in the treatment of this disease.

Drs. Grayson Carroll and Robert V. Brennan of St. Louis University School of Medicine and St. John's Hospital, St. Louis, Missouri, reported studies covering a period of 32 months with 42 patients suffering from this disease of the prostate.

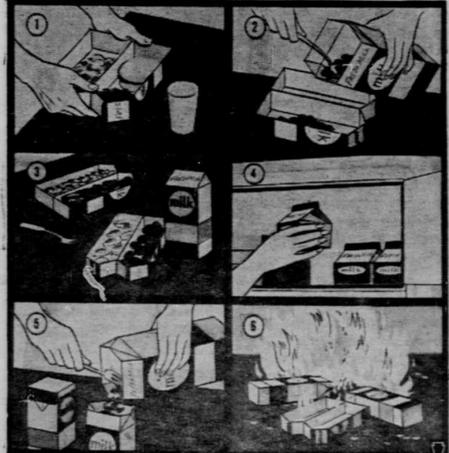
"In many patients in whom the disease had made other synthetic drugs ineffective, the administration of Tace resulted in clinical improvement," they reported through an article in "The Journal of Urology."

The effectiveness of this new estrogen was characterized by increased weight, less cancer pain, and improvement in blood pressure. Furthermore, it seemed to stop growth of cancer in other parts of the body.

However, they pointed out "sufficient time has not elapsed for us to compare the survival time in Tace-treated patients to that observed in patients treated with other synthetic or natural estrogens." Nevertheless, it is encouraging to know that all hope is not gone when a patient discovers that he has cancer of the prostate.

Tace, available only on prescription, was developed by the research laboratories of the Wm. S. Merrell company, Cincinnati, Ohio.

## Cartons For Picnics Of No Returns



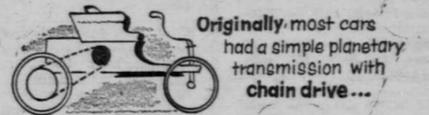
Here's how you can set a complete picnic lunch and throw away all serving items entirely without cost. It's all done with milk cartons. 1—For plates you simply split empty half-gallon waxed paper milk cartons the long way. 2—You fetch your beans, hotdogs and other foods in half-gallon cartons which you have re-sealed (by cutting off the peak of the gable top and refolding the pouring spout). 3—For serving pickles, cottage cheese, relish and condiments, use split halves of quart cartons. 4—Bring your own ice, frozen in smaller size cartons in your deep freeze unit. Your milk or fruit beverage, of course, comes in a sealed carton, also disposable. 5—A couple of extra cartons takes care of leftovers, if any. 6—You start your picnic fire with cartons, and when you are all through you dump all the used serving cartons in the fire or trash container. To return home... with no returns.

## IT'S YOUR MOVE-- Here Are Money Savers



DOLLARS SENT AWAY FOR PRINTING Never Come Back Let Us Do Your Printing

## "DRIVING THROUGH THE YEARS" The story of the Motor Car TRANSMISSION SYSTEMS - YESTERDAY AND TODAY

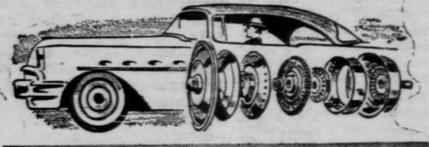


Originally, most cars had a simple planetary transmission with chain drive...

developing into the "sliding" gear with four speeds, with floorboard clutch pedal and "shift" lever on steering column or at right of driver...

...or the "three pedal" shift, with one for low, another for reverse, and one pedal for brake...

...and about 1910 the selective gear shift was introduced, with three-forward and one reverse speed... Improvements such as synchromesh gears, overdrive and Hydra-Matic, followed until in 1948 Buick introduced the torque converter transmission, Dynaflo drive considered the smoothest and most advanced transmission system on the market today.



## Named "Beau Brummel" of '56



NEW YORK — Ray Holland of Long Beach, N. Y., seated on the "throne," was crowned "Mr. Beau Brummel of 1956," and Elaine Brooks, garbed at his right in novel lounging outfit, was titled "Miss Kentucky Bred" at Uptown Press Club's annual ball in Savoy Ballroom, here, recently.

Mr. Holland, a veteran of World War II and the Korean War and now a bartender in his Long Island community, won his title because he is "consistently well-groomed, fastidious in dress and impeccable in decorum at all times."

Miss Brooks is a disk jockey on radio station WOV, here. Her racing-jockey costume was inspired by Kentucky's renown as the home of great thoroughbreds and bourbons.

## How About That!



The fluid milk and cream consumption in the United States last year averaged about...

17 1/2 QUARTS per person

Milk is the almost perfect food. It contains proteins, milk sugar, calcium, fats, phosphorus, Vitamin A, Vitamin B, Vitamin B2 and Vitamin D. (In fortified milk.)

About ten years ago, the round milk bottle became square-shaped and short-necked to fit more easily into modern space-saving refrigerators!

## New Grape Flavor Inspires Cool And Crispy Salad



Grape-flavored gelatin, one of three new dark and delicious gelatin flavors, will solve warm weather menu planning with a variety of cool and refreshing desserts and salads. Like the new black cherry and black raspberry-flavored gelatins, grape has a delightful go-together quality that makes it the perfect companion for fresh fruit, and especially peaches. For a cool salad with crispy overtones, grape-flavored gelatin is teamed with nuts, celery and peaches in an appealing side salad for a buffet supper or a light, yet substantial luncheon salad on a hot summer day.

### Crispy Peach Salad

- 1 package grape-flavored gelatin
  - Dash of salt
  - 1 cup hot water
  - 1 cup cold water
  - 1/2 cup chopped nuts
  - 1/2 cup chopped celery
  - 1 cup drained canned sliced peaches
- Dissolve grape-flavored gelatin and salt in hot water. Add cold water. Chill until slightly thickened. Fold in nuts, celery, and peaches. Pour into a serving dish or mold. Chill until firm. Serve or crisp lettuce or water cress. Makes 6 servings.