

— READ THE OMAHA GUIDE —

"THE SPIRIT OF '56"

LABOR

FREEDOM

— for ALL!

1776

SHAMAN

YOU CAN'T QUIT ADVERTISING

YOU'RE TALKING TO A PARADE
NOT A MASS MEETING

Angel Food Mix Inspired By Old Time Recipe



In a vigorous search to locate the best cake recipes of famous women in American history, The Dromedary Company turned to old cookbooks they used. There the Company found such treasured recipes as Mary Todd Lincoln's Yellow Cake, Martha Jefferson Randolph's Pound Cake and many others. These precious legacies from the past served as the inspiration for a very modern and very famous line of cake mixes which we enjoy today.

The year 1912 is a significant date in this story for that was the year which saw the founding of the Girl Scouts of the United States of America by Juliette Gordon Low. And from Mrs. Low's gracious birthplace in Savannah, Georgia comes the recipe which inspired one of the Company's newest mixes, Angel Food. Mrs. Low was famous not only for her interest in the Girl Scouts but as a hostess and authority on good food in return for the rights to this recipe, Dromedary is contributing to the support of her birthplace, now owned by the Girl Scouts of the U.S.A., a member of the National Trust for Historic Preservation.

Now we too can bake Angel Food as light, white and delicate as the best served in an era known for gracious living. So easy to fix too, and when you follow simple package directions—you're so sure of perfect results every time.

Here is a delicious and timely suggestion for serving this light-as-a-cloud cake.

Angel Food with Strawberries

1 pkg. Dromedary Angel Food Mix
1 cup heavy cream, whipped
2 cups fresh strawberries

Prepare Angel Food following package directions and allow to cool, thoroughly. Keep whipped cream well chilled and blend in sifted confectioners' sugar. Slice strawberries, reserving eight best berries for decoration. Blend sliced strawberries carefully with half the whipped cream and fill into center of cake. Spread remaining cream over top of cake and decorate with whole berries. Store cake in refrigerator.

FNS

Handy Jim's FIXIN'-UP TIPS For the Home

Door Knob As Brace

USING a door knob instead of a brace, when confronted by the need to bore a hole in a confined area, the craftsman can



proceed without trouble, as shown in the illustration from *Popular Mechanics*.

Simply slip the knob on the shank of the bit and tighten the setscrew so that the bit can be turned by hand.

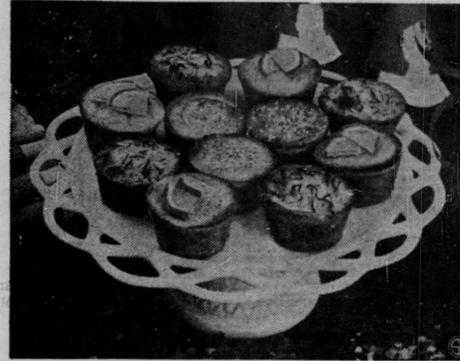
The magazine suggests another emergency method: Use a ratchet wrench that has a square hole of the proper size for the shank of the bit.



John Reed Kilpatrick, Chairman of National Citizens for Eisenhower (r), welcomes a featured speaker to last week's three-day campaign conference held in Washington: Dr. George D. Flemings, President of the national fraternity, Phi Beta Sigma, NAACP Board Member, and a Texas Democrat. In the center is Mrs. Dorothy D. Houghton of Iowa, women's division Co-chairman of National Citizens.

New Harbor
The harbor at Monrovia, Liberia, is under development under auspices of the United States and was opened as a free port July 26, 1948.

New Vanilla Cupcakes From A Mix



Do you need a reason for giving a party? If you do, you can always find one. It's a beautiful day! It's your birthday. Sis has graduated, or you just happen to feel like giving a party (and that's the best reason of all!)

Nowadays, there's no longer any excuse for saying "I just haven't the time to prepare party foods." As long as you have a package of Flako "Cuplets" Vanilla Cupcake Mix on your food shelf, you can whip up party fare in less than five minutes making time, twenty minutes baking time. This is the only cupcake mix there is with a "built-in" vanilla flavor.

Here are some suggestions for varying the basic recipe:
Little orange juice cupcakes: Substitute half a cup of orange juice for the milk in the basic recipe, prepare batter as directed on package. Add one tablespoon of grated orange rind before baking.

Spice-nut cupcakes: Blend into the dry mix one quarter of a teaspoon each of cinnamon, nutmeg and cloves. Prepare batter as directed.

Blueberry cupcakes: Stir one cup of fresh or thawed frozen blueberries into the batter before baking.

THAT'S A FACT



A WORD FOR THE LADIES

MORE WIVES THAN EVER ARE ENCOURAGING THEIR HUSBANDS TO INVEST REGULARLY IN U. S. SERIES B SAVINGS BONDS. IT'S THE FAMILY WAY TO SECURITY!



IT'S NEVER TOO EARLY TO START...

...TEACHING YOUNGSTERS THE VALUE OF A CONTINUING SAVINGS PROGRAM. GO... ENCOURAGE YOUR CHILD TO BUY U.S. SAVINGS STAMPS REGULARLY!

CAMERAGRAPHS



Seeing is Believing

Can you name him?

THIS ENGLISH PHYSICIST (1832-1919) DISCOVERED HOW TO PRODUCE A NEW TYPE OF GLASS WHICH FILTERED OUT DANGEROUS ULTRAVIOLET RADIATIONS.

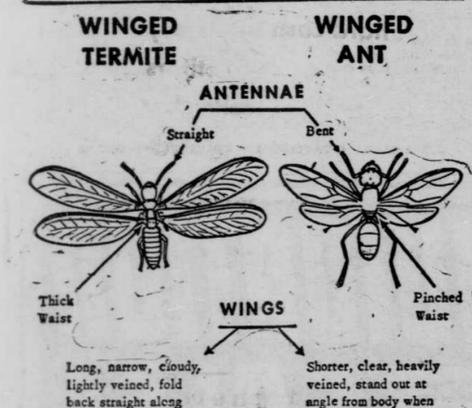
SEE NAME INVERTED



CHILDREN SHOULD START HAVING VISUAL EXAMINATIONS BEFORE SCHOOL AGE, AND SHOULD NEVER READ IN POSITIONS APT TO CAUSE EYESTRAIN, SAYS THE BETTER VISION INSTITUTE.

NIGHT DRIVING CALLS FOR: MODERATE SPEED BECAUSE OF LOW VISIBILITY; DIMMED LIGHTS WHEN APPROACHING ANOTHER CAR; REGULAR PROFESSIONAL EYE-CARE.

"Flying Ants" May Be Termites



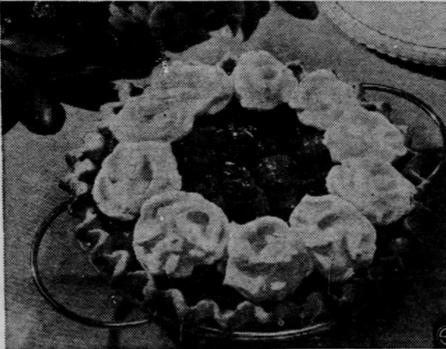
Take a good, close look at the "flying ants" that you may find glistering in the warm sunlight these days near your house or buildings. Chances are they are termites heading for a wedding in your woodwork.

Spring's mating call sends the ants and termites soaring on their frail wings, and it's only the royalty that flies. When they pair off, though, it means a new colony is beginning.

Look at the wings. If they are transparent with distinct, heavy veins, are tapered and only slightly longer than the insect's body, protruding from the sides of the body when folded, it is a winged ant with ambitions for an ant hill. If the wings are long and narrow with tiny, barely visible veins, and if they lie back parallel when folded, you are looking at a termite with designs on your doorsill.

Of course, if you have taken the precaution to use fence posts and structural members properly treated against termites, you have little cause for alarm. Wood products pressure-treated with pentas, for example, are resistant to both termites and decay. Tests have proved that this means four times more service life from wood—and no home life at all for termites.

An Old Favorite In A New Way



"Easy as pie" has long been a familiar saying in America, but it wasn't until the wonderful pie crust ready-mixes appeared on the scene that it came into its own. Flako Pie Crust Mix, in particular, is renowned for producing a tender, flaky pie crust every time. A ten-ounce package contains

Prune and Apricot Pie

1/2 pkg. (1 cup) Flako Pie Crust Mix
1/2 pkg. dried prunes
1/2 pkg. dried apricots

1/2 cup sugar
1 teaspoon lemon juice
pinch of salt

1 teaspoon flour

Prepare pastry for 9-inch single-crust pie. Line pie pan and flute edges. Wash fruit; remove pits from prunes, cover with water and simmer until done. When cool, add the remaining ingredients to fruits and blend. Pour into unbaked pie shell. Bake at 425° (hot oven) for 40-45 minutes. Serve cold with sweetened whipped cream.

If you would like a free recipe booklet for other pies, send a stamped, self-addressed envelope to the woman's editor of this paper.

Food Sense—Not Nonsense



One To Grow On—For The Life Of You

Riboflavin, the B vitamin, is for the young in heart at every age. From birth, it is essential for a child's growth and as an adult, adequate riboflavin helps make for a longer prime of life.

Much evidence exists to show that the amount of riboflavin in one's food has a large influence upon the level of health and efficiency of an individual living under average conditions. It is difficult to point out danger signs when the deficiency is not a complete lack of the riboflavin, but only a moderate one. As an example, children may grow and develop slowly which could be attributed to heredity. However, science has shown that in some cases there is a direct relationship between growth and riboflavin in the diet.

Although this B vitamin is fairly well distributed in foods and extreme deficiencies may not be too frequent, scientists regard it as an important factor in health and in building already-normal health to higher levels.

The picture offered when the diet of experimental animals supplies an amount of riboflavin above a bare minimum, may have a lesson for those who are young in heart. Here, results tend towards better development, higher adult vitality, greater freedom from disease at all ages, somewhat longer life and what is more significant—a longer prime of life.

With growing knowledge of the importance of riboflavin in maintaining healthy tissues and general health, it is recognized that many people need a better choice of food to assure an adequate amount of this B vitamin.

Where then are they to find it? Riboflavin is formed in growing plants, so therefore, leafy vegetables and grains are sources. So are meats, milk products and eggs good sources. One of the best, is enriched bread, riboflavin being one of the enriching nutrients. Six slices of enriched bread provides about 15 per cent of one's daily allowance of this vitamin, an amount slightly higher than that provided by an equal amount of whole wheat bread. Bread has another advantage—its crust is a barrier to light which can destroy this vitamin.

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