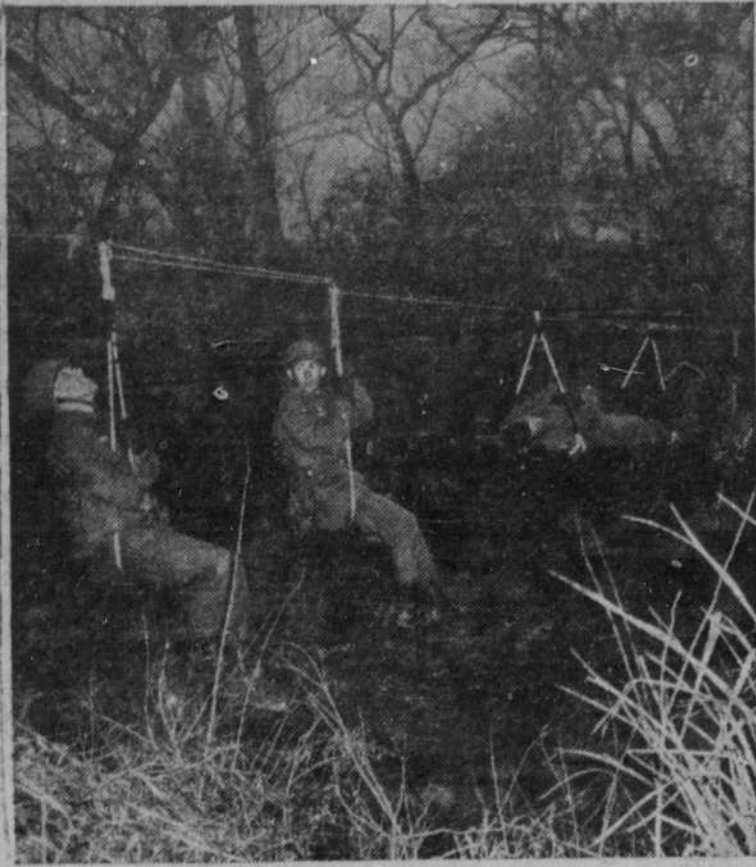


# READ THE OMAHA GUIDE



EFFECTIVE, IF UNCOMFORTABLE—Six-month trainees from Indiana learn that a stream is no barrier in evacuating combat casualties during exercises at Brooke Army Medical Center, Fort Houston, Tex. In foreground are Privates Russell L. Harrington of Stanford (left) and Ronald K. Trimble of Spencer.



Mr. and Mrs. Joseph V. Benesch and Daughter, Rita of Omaha, Nebraska  
"Joe" Benesch is Candidate for Congress from Second District  
Born and Reared on a Nebraska Farm  
Veteran World War I  
A Practicing Attorney — State Senator (2 terms)

## HERE'S HEALTH! By Lewis

### Cabbage

ANCIENT GREEKS BELIEVED THAT CABBAGE EATEN BEFORE DRINKING WINE WOULD PREVENT TIPSINESS

CABBAGE IS HIGH IN NUTRIENTS, ESPECIALLY VITAMIN 'C' AND LOW IN CALORIES... ONLY 75 TO 1 LB.

CABBAGE IS BEST COOKED QUICKLY IN AN OPEN KETTLE... USUALLY A HEAD REQUIRES NO MORE THAN 20 MIN. BOILING

TREAT YOUR FAMILY TO A GOOD OLD FASHIONED NEW ENGLAND BOILED DINNER OF CABBAGE CORNED BEEF, POTATOES AND OTHER VEGETABLES

## 76 Words... By Ed Igoe

"FOR AMERICA TOMORROW, NEXT YEAR, A GENERATION HENCE"

DID YOU KNOW PRESIDENT EISENHOWER HAS SUMMED UP HIS WHOLE PHILOSOPHY OF GOVERNMENT IN JUST 76 WORDS?

...THESE WORDS MAKE UP THE EIGHT PRINCIPLES HE GAVE THEM IN A SPEECH ON APRIL 17, 1956.

### HERE ARE EISENHOWER'S EIGHT PRINCIPLES:

1. The individual is of supreme importance.
2. The spirit of our people is the strength of our nation.
3. America does not prosper unless all Americans prosper.
4. Government must have a heart as well as a head.
5. Courage in principle, co-operation in practice make freedom possible.
6. The purpose of government is to serve, never to dominate.
7. To stay free we must stay strong.
8. Under God, we espouse the cause of freedom and justice and peace for all peoples.

*Dwight D. Eisenhower* NP

## Country Living by Lucy P. Gavin

Looking through some old recipes the other day, I ran across one that used to be my favorite summer meal when I was a kid. On hot summer days when no one felt like eating a thing, mom would cook up a big bowl of cherry soup and dumplings in the afternoon — chill it — and serve it cold for dinner.

Just the thought of the delicious wine red soup and tender dumplings soaked in cherry broth was enough to tantalize my taste buds. And since my own family has a "sweet tooth" I decided to try out cherry soup on them — And did it ever make a hit!

Here's the recipe, copied from grandma's own file:

1 qt. box fresh sour cherries (not pitted)  
1 1/2 qts. cold water  
1/2 cup sugar  
Pinch of salt

Bring to a boil and let boil until skins break. Turn flame low and add dumplings.

Dumplings: Beat 1 egg lightly, adding a pinch of salt and butter the size of a hickory nut; then add 1 tablespoon milk, 1/2 teaspoon sugar. Stir in 1/4 teaspoon baking powder and enough flour to make a soft batter. Drop from end of teaspoon into boiling soup and cook about 2 minutes. Cool in refrigerator — and serve cold.

Chilled soups, salads, fruit juices, cold meats and seafood are regular summer meals at our house. I've learned to add an elegant touch by serving cold foods surrounded by ice.

A regular set of glassware "icers" comes in handy for chilled consommé or seafood cocktails but I have lots of fun making up my own ice servers, too.

To make an attractive relish tray, I line my favorite roll basket with heavy aluminum foil. Then fill it with finely crushed ice and arrange carrot curls, olives, celery hearts, green onions, radishes, green pepper rings, cucumber slices and small hot peppers — paying particular attention to color contrasts.

Ordinary glass baking dishes make fine ice servers, too. Fill the dish with ice and then place glasses of fruit juice in the ice and serve on a buffet table.

I was inspired to use a lot of ice because of the automatic ice server in my new LP-Gas refrigerator. It's actually a miniature ice making machine built right in the freezing compartment. We never have to fill ice trays or struggle with removing cubes at our house. Interesting ice circles are always available — one at a time or by the bucketful.

My husband and I have always been intrigued by the silent operation of gas refrigeration and when we planned to use LP-Gas for heating and cooking we decided to hitch up our refrigerator to our back yard "gas well" too. As a bonus we developed a new "yen" for all sorts of iced drinks and chilled foods.

## It's Your AMERICA

ORIGINAL "COONSKIN" IN THE RING  
ANDREW "OLD HICKORY" JACKSON LOST THE PRESIDENCY OF THE UNITED STATES IN 1824 — EVEN THOUGH HE HAD RECEIVED THE LARGEST POPULAR VOTE OF THE FIVE CANDIDATES. HE BECAME PRESIDENT IN 1829 AND WAS RE-ELECTED IN 1832.

LIBERTY QUOTES  
"WE BELIEVE THAT THIS COUNTRY WILL NOT BE A PERMANENTLY GOOD PLACE FOR ANY OF US TO LIVE UNLESS WE MAKE IT A REASONABLY GOOD PLACE FOR ALL OF US TO LIVE IN."  
—Theodore Roosevelt

AMERICANS ALL  
"IN THE WAR OF 1812, NEW ORLEANS WAS A DEFENSELESS CITY OF 'STRANGERS' WITH DIFFERENT HABITS AND SPEECH. JACKSON COULDN'T UNDERSTAND OR SPEAK THE LANGUAGE OF MANY OF THE PATRIOTS, YET HE AND THEY FOUGHT FOR THE RIGHT OF THESE PEOPLE TO BE FREE, INDEPENDENT AND AMERICAN — UNITING RACES, CREEDS AND LANGUAGES UNDER THE MOTHER TONGUE OF DEMOCRACY."  
—6/18/18

## A Bowlful of Salad News

Here's great news, because there's a really "new" recipe to add to the great family of salad. It's a hearty supper salad, made with a base of rice, ready in minutes with packaged pre-cooked rice. What a great blessing these hot, humid days, to be able to prepare a meal for your family that's both hearty and tasty, yet easy and quick. The added flavor of the ham mingled with the cubes of pineapple make it one of the most taste-tantalizing salads ever. This is really fine eating for a warm summer evening!

### Ham and Rice Salad

1/2 cup packaged pre-cooked rice	1 tablespoon lemon juice
1/2 teaspoon salt	1 teaspoon grated onion
1/2 cup boiling water	1/2 teaspoon prepared mustard
1/2 cup mayonnaise	1 1/2 cups diced cooked ham
1/2 teaspoon salt	1 cup drained pineapple cubes (fresh or canned)
1/2 teaspoon pepper	1 cup diced celery

Add packaged pre-cooked rice and 1/4 teaspoon salt to boiling water in saucepan. Mix just to moisten all rice. Cover and remove from heat. Let stand 13 minutes. Then uncover and let cool to room temperature.

About 1 hour before serving, combine mayonnaise, 1/2 teaspoon salt, the pepper, lemon juice, onion, and mustard, mixing well. Combine ham, pineapple, and celery in a bowl. Stir in the mayonnaise mixture. Then add the rice and mix lightly with a fork. Chill. Serve on crisp lettuce. Makes about 5 1/2 cups, or 5 or 6 servings.

## It's Your AMERICA

LIBERTY QUOTES  
"I HAVE SWORN UPON THE ALTAR OF GOD ETERNAL HOSTILITY AGAINST EVERY FORM OF TYRANNY OVER THE MIND OF MAN."  
—Thomas Jefferson

THE PATRIOT RIDES AGAIN  
ON JULY 2, 1776, CAESAR RODNEY OF DELAWARE, DESPERATELY ILL, LEFT HIS SICKBED AND RODE 60 PAINFUL MILES THROUGH A THUNDER STORM TO THE CONTINENTAL CONGRESS TO VOTE THE CREATION OF A FREE AND INDEPENDENT AMERICA.

LIFE, LIBERTY AND THE PURSUIT OF HAPPINESS  
"AS 'DELAWARE' WAS CALLED—RODNEY STAGGERED IN AND SHOUTED, 'I VOTE YES! THEN FELL EXHAUSTED TO THE FLOOR. THE PATRIOTIC COURAGE AND SELF-SACRIFICE OF OUR FOREBARS DEDICATED TO FIGHTING TYRANNY AT HOME OR ABROAD HAS MADE AMERICA 'THE LAND OF THE FREE AND THE HOME OF THE BRAVE.'"

## Your Freezer Holds This Chicken Marvel



WITHIN the depths of your freezer can be the makings for a marvelous new chicken dish. "CHICKEN DRESS-UP" is its name — a dish that not only rates the family's nod of approval, but is company-minded as well.

What a joy it is to have a supply of packaged, quick-frozen cut-up fryers or your favorite chicken parts right at your finger tips in your freezer! It means you can have spring chicken any day, and without any last minute shopping.

For "CHICKEN DRESS-UP" reach into the freezer for 2 packages of frozen chicken parts and a package of frozen lima beans. Then follow this wonderfully simple, and simply wonderful recipe:

Thaw 2 packages (1-pound size) of frozen chicken thighs, breasts, drumsticks, or wings as directed on the package. Then dust with a mixture of 1/2 cup flour, 1/2 teaspoon salt and a dash of black pepper. Sauté chicken in 1/4 cup butter or margarine until golden. Add 1 1/2 cups uncooked lima beans (10-ounce package, frozen), 1 1/2 cups tomatoes and 1 medium onion (sliced). Cover and cook slowly over low heat for 1 hour or until chicken is meltingly tender. Makes 4 to 5 servings.

Also nice to serve a crisp and green tossed salad, hot corn muffins, fruit sherbet and coffee.

Rare is This Chicken Salad: It's a wonderful help to have a supply of canned boned chicken or turkey on hand, all ready for salads and casseroles. Here's a delightfully different supper salad which also makes use of ready-prepared, canned macaroni with cheese sauce. For 6 servings, mix together lightly the contents of 2 cans (5-ounce size) boned chicken or turkey, 1 can (1 1/2-ounce size) or 1 1/2 cups macaroni with cheese sauce, 1/2 cup each of chopped onion and sliced ripe olives, 1/2 cup of French dressing, and 1/2 cup diced pimiento. Shred 1 small head of cabbage. Serve salad well chilled on beds of the shredded cabbage. Good with hot corn muffins, iced coffee.

## Gene Autry, Annie Oakley Added to Ak Rodeo Thrills



The biggest names of the Western entertainment field, Gene Autry and Annie Oakley, will add luster to Ak-Sar-Ben's World Championship Rodeo and Live Stock Show this year.

The event, which also attracts the finest cowboy competitors in the world, will open a 10-day, 11-performance stand at the Ak-Sar-Ben Coliseum September 21. There will be nine evening performances at 8 and two Sunday matinees at 2:15 through September 30.

Autry, foremost of all cowboy singing stars, will be accompanied by his famed horses, Champion and Little Champion, as well as Miss Oakley and the Cass County Boys.

Miss Oakley, a vivacious blonde whose real name is Gail Davis and who has developed into one of the country's TV favorites, will stage her dazzling sharpshooting act. The Cass County Boys will sing many of their recordings that have proved best sellers.

Another highlight of the program will be the appearance of the "Sweet Lass" 14-pony hitch, only one of its kind in the Midwest.

Still another new feature this year will be the staging of the Regional Contest for "Miss Rodeo America."

Meanwhile, thrills aplenty will be offered by the cowboys who are seeking the \$15,500 in prize money. They will match talents for world's championship points in the Bareback Bronc Riding, Saddle Bronc Riding, Steer Wrestling, Calf Roping and Brahma Bull Riding Contests.

Annual highlights of the show that will again be staged are the Nebraska State Hereford Show, the Quarter-Horse Show, the Cutting Horse Contest, the colorful Midwest Marching Band Championships and Ak-Sar-Ben's outstanding competition for 4-H and FFA dairy cattle and 4-H beef cattle, swine and sheep.

Prices for the rodeo fans this year are \$1.50, \$1.80 and \$2.50 for reserved seats; \$3.50 for box seats; and \$1.20 for standing room. For the convenience of out-of-town fans, mail orders for tickets, with remittance and self-addressed stamped envelope enclosed, will be filled promptly at the Ak-Sar-Ben Office, 201 Patterson Bldg., Omaha, Neb.

## QUICK-EASY PECAN RICE TIMBALES

NOW HERE'S A FINE SUGGESTION that's both new and "newsy" . . . chopped pecans in rice timbales for added flavor and texture. And they're so simple to make when you use packaged pre-cooked rice because this rice requires no "cooking." All that is necessary is to add the rice to boiling salted water and let stand, then mix it with the other ingredients. With your own pet cream sauce as the final touch—plus glazed carrots for color contrast—you have an easy-quick dish with a real gourmet touch.

### PECAN RICE TIMBALES

1 1/2 cups (5-ounce package) pre-cooked rice	2 cans condensed cream of mushroom or cream of chicken soup
1/2 teaspoon salt	1 cup chopped pecans
1 1/2 cups boiling water	1/2 cup chopped onions
2 eggs, slightly beaten	1/2 teaspoon poultry seasoning
	1/2 teaspoon pepper

Add packaged pre-cooked rice and salt to boiling water in saucepan. Mix just to moisten all rice. Cover and remove from heat. Let stand 13 minutes.

Combine remaining ingredients. Add rice and mix well. Spoon into 8 well-greased custard cups. Bake in hot oven (375° F.) 30 minutes. Remove from oven. Let stand about 5 minutes. Unmold on hot serving plate. Serve with creamed eggs, creamed mushrooms, cheese sauce, tomato sauce, or gravy. Makes 8 servings.

PECAN RICE LOAF. Use recipe for Pecan Rice Timbales, baking mixture in well-greased 8x4x3-inch loaf pan in hot oven (375° F.) 50 minutes. Remove from oven. Let stand 15 minutes. Unmold on hot platter. Makes 8 servings. (ANS)

## Fun to Cook JUNIORS CAN COOK WHOLE MEALS



Interest in junior cooking is rapidly increasing. With the full tide of teenagers yet to come, this interest is likely to grow. Contributing probably is the trend to younger marriages, bigger families and no servants. Learning to cook at a younger age is becoming more necessary.

The little boys and girls like to satisfy their creative natures by helping in the kitchen. Don't say "no" to their request. This is a valuable part of their learning-by-doing. Tiniest tots can be given simple chores like sifting flour or washing unbreakable dishes.

Junior cooking interest is seen in the many recent sets that teach cooking methods and nutrition, and in the junior cook. One can find in how boys' and girls' parents with children 7 to 14 age group interested in "Fun To Cook", written especially for them with parents in the group. Praise by parents is on its way to be.

status with sales well over the half million mark. It has been "child-tested" for easy understanding and includes safety and clean-up rules. "Fun To Cook" takes the junior cook beyond the usual recipes for cocoa and cookies to practical things such as salads, meats, vegetables, cakes, one-dish dinners and finally whole meals.

An excellent gift, "Fun To Cook Book" may be obtained by sending 25 cents for each copy you want to Margie sets, Box 52, Hollywood 28, California. You'll be interested in how boys' and girls' can grow in proportion to their participation in these close association with parents in the group. Praise by parents is on its way to be.