



EVACUATION PLANNING for Jacksonville, Fla., made difficult because the city is divided by the St. Johns River, got a boost recently when Operation Dunkirk proved with the help of 168 boats that the river could serve as a highway to safety. One of the boats is shown checking in at the CD evacuation point, where its passenger capacity was noted and it was sent on a mock mission to one of two "destination points."

SERVE YOURSELF SANDWICH SKYSCRAPERS



Easy to make sandwiches on yeast-raised bread with assorted salads, relishes and long cold drinks make admirable fare for informal summer gatherings. Here's a new and imposing way to serve a sandwich smorgasbord for your guests. It's the Skyscraper Sandwich containing a fabulous assortment of fillings in just one many-decker structure. To assemble a Skyscraper: Select a variety of thinly sliced yeast-raised breads (they should all be the same shape) and a variety of popular fillings such as ham, salami, Swiss cheese, Cheddar cheese, chicken, corned beef. Spread the bread with margarine or butter and, if you like, a little mustard or mayonnaise. Place a generous portion of one of the fillings on each piece of bread. Pile up the prepared bread to make an 8-story sandwich. One Skyscraper should serve about three people. Guests help themselves to one, two or more layers as appetites dictate. These sandwiches are appropriate for a picnic as well as an at-home gathering. Wrap them in aluminum foil or waxed paper to keep them fresh, and carry in insulated containers.

Fun to Make—Cool to Eat



Children will love these cool treats they can make themselves. Frozen suckers out of your own refrigerator, and homemade sodas—both easy to make with fruit-flavored gelatin—wholesome and cool to little. To Make Frozen Suckers take 1 package of fruit-flavored gelatin, 1/2 cup sugar and dissolve in 2 cups of hot water. Then add 2 cups of cold water, mixing thoroughly. Pour into ice cube trays or sucker molds and freeze until almost firm. Push sticks or paper spoons into the center of each cube or mold for handle. Continue freezing until hard. Makes about 28 suckers. To Make Pink Sodas dissolve 1 package of fruit-flavored gelatin (any red flavor) in 1 cup of hot water. Add 1/2 cup of cold water. Then pour into 6 glasses. Add a scoop of ice cream to each glass and fill with carbonated water.



DAY-O BREAD

the BROADWAY PARTY LINE

by Gary Wagner

Dave Garroway, returned from his vacation happy to get back to work, "I got tired of doing nothing, it was just a little too much vacation." He also told me he was amused to read that he owns \$50,000 worth of sports cars. "Unless they mean my only 8 year old one!" Paulette Goddard, a guest recently on Masquerade Party refused to accept the usual gift offered contestants of the sponsor's product, right on the air in full sight of millions of viewers... Opera star Robert Merrill is considering a cross country tour with Louis Armstrong... Red Buttons, sensitive acting in "Sayonara" should win him the academy award, without a doubt... Guy Mitchell is very much at ease these days, "I have enough money in the bank to be able to buy that ranch I have always wanted" Tina Robin... This year's find is Tina Robin the 4 foot 11, nineteen year old bundle of dynamite who sings like a combination of Ethel Merman and Judy Garland. Six months ago still a salesclerk in a Newark, N. J. five and dime store, she has already risen to a four figure a week status. Watch this girl, she is covered with stardust... Peter Graves, star of NBC's "Fury" western series, just recently he considers his most flattering fan letter. It's from a 9 year old boy who states: "I like you a lot better than your horse" ... Arthur Murray broke up Maestro Guy Lombardo at the Hotel Roosevelt Grill with the story of his first meeting with Kathryn. "I had asked her to dance," Arthur related, "and it turned out that a tango was being played." "I bet I'm the worst dancer you've ever danced with!" cooed Kathryn. "Did you hear me? I bet I'm the worst dancer you ever danced with!" "I heard you the first time," replied Arthur, "I'm trying to think!" Leslie Nielsen, Metro's bright new star hope, is trying to persuade his brother Gordon, to come to Hollywood and try for an acting career. Gordon, a ruggedly handsome 6 foot 4 policeman in Canada. "Would make a great heavy" according to Les. When Mamie van Doren was asked why she van Doren sleeps in a round bed with black sheets, she said, "I don't like anything that's square, and black makes me feel sexy"...

As soon as those undraped poses of Lori Nelson in that girly-book, hit the newsstands, with a story captioned "The Girl Next Door", the house next door to Lori's home in the valley which has been for sale for nearly a year, was sold... Piper Laurie admits she never expected to keep her name. She told me: "I never particularly cared for my own name of Rosetta, so I selected Piper Laurie out of thin air during a conversation I was having with some friends. When I was signed by U-I, I felt sure they'd change it, but they liked it for the parts I was going to do, so I was stuck with it. Now it's too late to change..." Guy Lombardo donates prints of all his filmed television shows to Veterans' hospitals — good boy!... If you ever wondered what happened to the Dancing Cigarette Pack that used to appear on so many TV shows, she now owns a Pick-A-Rib Restaurant on New York's 52nd Street... Today's techies, Marie Wilson says, "Men are like girdles — you have to have one around no matter how much they make you suffer!" How times have changed... Jackie Gleason's fabulous duplex offices at the Park Sheraton Hotel have been taken over by CBS and Sid Caesar has subleased some of his space to the Pat Boone production department. Perry Como shaves opera star Robert Merrill, to come to Hollywood and try for an acting career.

THAT'S A FACT. THINK NOW! AND ENJOY YOURSELF LATER. BY ENROLLING IN A PAYROLL SAVINGS PLAN WHERE YOU WORK, WHERE YOU BUY U.S. SAVINGS BONDS REGULARLY YOU ARE STORING UP HAPPINESS FOR THE FUTURE! CLOSE CALL! ON JULY 12, 1954, AS THE CONFEDERATE TROOPS REACHED THE OUTSKIRTS OF WASHINGTON, D.C., PRESIDENT LINCOLN STOOD ON THE PARAPET OF FT. STEVENS, WATCHING THE BATTLE. WITHIN A FEW FEET OF HIM, ONE MAN WAS KILLED AND ANOTHER BADLY WOUNDED! PIONEER PLANE THE FIRST PLANE TO BE PURCHASED BY THE U.S. ARMY WAS BUILT BY THE WRIGHT BROTHERS IN 1903. IT WAS A BIPLANE WITH A 40 FT. WINGSPREAD, 25 HORSEPOWER 4 CYLINDER ENGINE, EQUIPPED WITH 2 SEATS FOR LANDING. IT COULD REACH A SPEED OF 41 MILES PER HOUR AND REMAIN IN THE AIR FOR AN HOUR! Better than Ever SERIES E SAVINGS BONDS NOW PAY 3 1/2% INTEREST WHEN HELD TO MATURITY AND THEY MATURE EARLIER TOO! NOW, MORE THAN EVER, IT'S SMART TO SAVE WITH U.S. SAVINGS BONDS.

Southland Chicken Salad. With chicken one of the best buys, you'll be having it often probably, which means more left-overs. Here's something different to do to stretch them, in the way of a cool, delightful salad, one with added flavor and food value with little effort. To your greens, diced celery, and diced chicken, add canned Florida grapefruit and orange sections, plump and as refreshing as a tall glass of citrus juice, and particularly fitting for summer fare. The canned sections this year are of excellent quality, low in price, and so versatile you'll find plenty of other uses for them in your menus. Here's the citrus-chicken salad recipe: Florida Chicken Salad 2 tablespoons lime juice 1 can 20-ounce Florida orange 1/4 cup mayonnaise and grapefruit sections 1/4 cup mayonnaise 2 cups diced cooked chicken 1/4 teaspoon salt 1 cup diced celery 1/8 teaspoon pepper Salad greens Drain citrus sections thoroughly. Add drained sections to chicken and celery in mixing bowl. Mix together lime juice, mayonnaise and seasoning. Add to salad and toss lightly. Serve with salad greens and garnish with additional sections. YIELD: 5 to 6 servings.

THE RIVAL WORLD. MAN'S ENDLESS WAR AGAINST THE INSECT. DO YOU HAVE ARACHNEPHOBIA? DON'T WORRY, ALMOST EVERYBODY DOES. EVEN MISS MUFFET. ALL IT MEANS IS A FEAR OF SPIDERS. SPIDERS HAVE EIGHT LEGS, THUS ARE NOT INSECTS (WHICH HAVE SIX). MORE THAN 50,000 SPECIES ARE KNOWN. THEY SPIN SILK FOR SNARES, PROTECTIVE TENTS, LOCOMOTION. THE THREAD IS STRONGER THAN COMMERCIAL SILK THOUGH A STRAND IS NO MORE THAN 3/10,000 MILLIMETER THICK. the enemy: SPIDERS HAVE EIGHT LEGS, THUS ARE NOT INSECTS (WHICH HAVE SIX). MORE THAN 50,000 SPECIES ARE KNOWN. THEY SPIN SILK FOR SNARES, PROTECTIVE TENTS, LOCOMOTION. THE THREAD IS STRONGER THAN COMMERCIAL SILK THOUGH A STRAND IS NO MORE THAN 3/10,000 MILLIMETER THICK. the attack: ALTHOUGH ALL SPIDERS HAVE VENOMOUS JAWS, FEW SHOULD BE FEARED. THEY USE THEIR POISON ON INSECTS, HARDLY EVER ON MAN. EVEN THE LARGE TARANTULA AND BLACK WIDOW SPIDER DO NOT DESERVE THEIR REPUTATION AS DREADED KILLERS, BUT BITES CAN BE VERY PAINFUL. NO SPIDERS INjure CROPS. IN THE HOUSE, THEY ARE MERELY BOTHERSOME AND SCARY. man's counterattack: DUST AWAY COBWEBS. APPLY INSECTICIDE (AS A COARSE, WET SPRAY) TO CORNERS, PIPES, STORAGE FACILITIES. REPEAT AS NECESSARY. DO NOT SPRAY ON OR NEAR FOOD. COPYRIGHT 1957-SHELL CHEMICAL CORPORATION

MOTOR MAIDS Personality Factors in Driving Safely. By Jeanne Smith, Dodge Safety Consultant. IF YOU ALWAYS "put your best foot forward" when driving, you won't have to slam your foot on the brake to avoid an accident. According to psychologists, a pleasant personality is just as important when you're behind the wheel as it is in business or social life. Substantiating this, researchers at Michigan State University's Highway Traffic Safety Center have found that it's the motorists' emotional and intellectual characteristics which determine how safely he or she drives—not reaction time, vision, physical strength or coordination. "Many traits," says Dr. William A. Mann of MSU's Safety Center, "are copied from parents and friends. If dad makes a practice of running stop signs, speeding when no police officers are around, or bragging that he can drive better after a few drinks, son and daughter are apt to copy him." The solution to this lack of understanding of good driving practices and attitudes must come through better education of the driver, Mann believes. He points, as an illustration, to the success of high school driver education courses and traffic safety schools for repeat violators. Emotional characteristics of drivers are more complex and difficult to alter, Mann believes. "Most of us," he says, "are familiar with the 'hostile' driver who isn't going to let anyone push him around, and the 'inadequate' person who is so afraid that he will do something wrong that he fouls up the smooth flow of traffic. "Angry and impatient drivers who can't wait for others to get out of the way and aggressive drivers who pass on hills and curves are all showing symptoms of frustrations and inferiority complexes." Even normal drivers who are facing serious problems may react, temporarily, in the same manner as the chronically disturbed individual. A family quarrel or reprimand by the boss may make the driver less aware of what is going on around him and therefore much more susceptible to an accident, Mann points out. "All of us should recognize the characteristics in our personality which might make us accident-prone," says Mann, "and be doubly cautious at the wheel when these conditions arise."

HERE'S HEALTH! By Lewis SLIM FACTS AND FIGURES. ACCORDING TO NUTRITION EXPERTS, MOST OBESITY IS CAUSED BY A GREATER INTAKE OF CALORIES THAN EXPENDITURE OF CALORIES AS ENERGY. THAT IS OVERWEIGHT IS DUE TO OVEREATING, NOT TO "GLANDS." EXERCISE, THOUGH HIGHLY DESIRABLE, IS ONLY A PARTIAL ANSWER TO LOSING WEIGHT. THE AVERAGE PERSON SHOULD WALK TO WORK OR TO THE STORE AT LEAST 10 MILES A WEEK WITHOUT INCREASING FOOD INTAKE TO LOSE 2 POUNDS. FOODS HIGH IN PROTEIN, VITAMIN AND MINERALS SUCH AS LEAN MEAT, MILK AND FRESH FRUITS AND VEGETABLES ARE A HEALTHFUL ANSWER TO THE NEED FOR A WELL-BALANCED DIET. DESERTS SHOULD BE KEPT TO A MINIMUM. TO OBTAIN ALL THE NATURAL VALUE OF FRESH FRUITS AND VEGETABLES, EAT SOME RAW EVERY DAY. THEY ARE GENERALLY LOW IN CALORIES.

Spotlight on HEALTH. Science Features. Science Fights Old Age. Modern medicine has enabled Americans to live nearly as long as the biblical three score years and ten. The diseases of aging, such as hardening of the arteries, heart disorders, and cancer, are increasingly the causes of death. Now the task of medical science is to combat these diseases so that we may enjoy this longer life. The battle against angina pectoris, an illness which increases beyond middle age, is one example in which a new, partial victory has recently been won. The meaning of angina pectoris is simply pain in the chest. It is caused by a narrowing of the coronary arteries, which cuts down the flow of blood nourishing the heart muscle. In this condition, exercise which places extra demands on the heart causes pain. In severe cases, climbing stairs, walking against the wind, digesting a heavy meal, or emotional excitement may bring on an attack. Occasionally the pain of an anginal attack can be extraordinarily severe. A French physician in the early nineteenth century compared it to "iron nails or the claw of an animal tearing asunder the front of the chest." More often the pain is described as a squeezing, crushing or vise-like sensation. It may be felt in the chest, heart, neck, left shoulder and arm, or upper stomach. Angina pectoris was first treated in the eighteenth century with narcotics and alcohol and, later, with inhalation of chloroform. None prevented or halted an attack, they merely deadened the pain. The first real victory over angina was won in 1867 when a Scotch physician used nitroglycerin, the common explosive, to treat an attack. Later it was discovered that the explosive's effectiveness was due to its temporary ability to dilate the arteries that feed the heart, not only relieving pain but stopping, or preventing, an attack. However, the effect of nitroglycerin is only temporary, seldom lasting longer than a few minutes. A new drug, derived from an explosive of the same family, was developed several years ago. Peritrate, as the drug is called, gives longer lasting relief — up to four or six hours. This advance has now been followed by the introduction of an even newer "sustained action" form of Peritrate, which provides round-the-clock protection against attacks of angina pectoris with only two tablets daily. In its new form, the drug is contained in a special wax base which gradually dissolves over a twelve-hour period. To the four million Americans — most are past middle age — who suffer from angina pectoris, this new development promises less pain and greater activity — more enjoyment of their later years.

4-H's Lead the Way to Safer Living. SAFER LIVING. 4-H's Trained in Safety. 1,000,000 800,000 600,000 400,000 1945 1950 1955 1960. The future looks brighter for more people because more 4-H Club members than ever before are being trained and educated in safety. Participation in the 1957 national 4-H safety program enables them to make their homes, farms and communities safer places in which to live and work. Boys and girls between the ages of 10 and 21 throughout the state are learning safe practices that will pay dividends later in life whether they reside on the farm or in the city. Conducted by the Cooperative Extension Service, the 4-H safety program has been supported continuously since 1946 by General Motors. Incentive awards offered to 4-H's for superior achievement include distinctive medals, college scholarships, and educational trips to the national 4-H Congress held annually in Chicago.

YOUNG IDEAS from Polly Ponds. Q: "I'm almost fourteen and would like to be popular with boys but I don't know how to get along with them. I never know what to say or anything. Could you help me?" A: Don't be afraid of them. They're just boys and probably even less adept at making sparkling conversation than you are. Just don't allow your self-consciousness to lead you into the following social pitfalls: Don't try to hide your uneasiness behind a gruff and slightly sour facade. This wouldn't attract a fly — much less a date. Don't wait for the boy to do all the talking — this only serves to make him feel awkward and uncomfortable. Never fly off in the opposite direction, either, and become so eager to please and anxious to be dated that you frighten all the boys away. This doesn't sound exciting but it never fails to work. Just be pleasant, be polite and, more than anything, be yourself. This is your key to popularity. © 1957 Ford's Good Grooming Service 25