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**TIDBITS® APPRECIATES
MODERN CONVENIENCES**
Kathy Wolfe

Think of all those little things you just couldn't live without. How long have they really been around? This week, Tidbits investigates the origin of several of those conveniences we make use of on a regular basis.

- Earl Tupper founded his company in 1938, promoting his new line of polyethylene containers with airtight seals named, appropriately, Tupperware. The items were initially sold in department stores, but in the early 1950s, the marketing strategy was changed to the familiar Tupperware "party." Tupper didn't just make bowls and cups; he also had a contract to make gas mask parts during World War II. He sold his plastics company in 1958 for \$16 million.
- If you think we've always used envelopes, think again! This simple item didn't come along until 1845. Prior to that, folks simply folded letters both ways and sealed them with wax. Pre-gummed envelopes weren't introduced for another 50 years.
- We all take our polio vaccinations for granted, but they weren't administered for the first time until 1954, in the city of Pittsburgh, where Dr. Jonas Salk had been conducting his experiments. A 1952 polio epidemic that killed 3,300 and paralyzed thousands inspired Dr. Salk to develop a vaccine.

turn the page for more!

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1. **ART:** Which French painter is known for his depictions of ballerinas?
2. **ANATOMY:** Where is the hyoid bone located?
3. **ANIMAL KINGDOM:** What is the only mammal that can fly on its own?
4. **GEOGRAPHY:** What is the smallest U.S. state in land area?
5. **TELEVISION:** What was the theme song of the TV sitcom "Married with Children"?
6. **MOVIES:** Who played the dad in the film "The Shining"?
7. **ADVERTISEMENTS:** What product did the first television advertisement feature?
8. **HISTORY:** Aside from Rome, where did the popes of the Catholic Church reside for a brief period in the Middle Ages?
9. **PERSONALITIES:** What actor got his start as a circus performer?
10. **FAMOUS QUOTES:** Who once said, "If you can't stand the heat, get out of the kitchen"?

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Now here's a tip!
 by Jo Ann Derson
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- When packing cookies in a single layer, I trace the shape of my container on parchment paper using the lid as a template. It's pretty easy, and it fits exactly.
- Keep a small wastepaper basket or shredder near your home's entrance, if possible. You can get rid of paper items you don't need -- think, junk mail -- before it even makes it into the house. This is especially important if you tend to let things pile up, like I do! -- R.F. in Louisiana
- For scratch paper, I use the back side of my kids' extra art pages. We choose the best to display, then they chop up the rest into small booklets, which they staple at the top. And we have notepads! -- M.L. in Iowa
- Keep a map or globe in your family or TV room. This way, when a place is mentioned on the news or in another program, you can find it quickly on the map. This is a great thing to do with kids, but it's handy and worthwhile for anyone. M.A., via email
- If you have a very stinky trash can, scrub it with a paste made from baking soda and just a bit of water. It works as a mild abrasive. Then fill a spray bottle with plain white vinegar and spray. It should foam for a moment. Let it sit for about 10 minutes, then rinse well with hot water. Clean and deodorized!
- We have large buckets that we use to store toys on our back porch. It seems that whenever we'd touch the buckets to get a toy out, a horde of mosquitoes would erupt. There's no water, so we didn't know what to do. And we didn't want to douse it with chemicals, as it's filled with kid stuff. A neighbor suggested we put a few dryer sheets in each one, and they really have worked. I guess the bugs don't like the smell! -- W.S. in Florida

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

TIDBITS QUOTE

"Today the world changes so quickly that in growing up we take leave not just of youth but of the world we were young in."
 -- Peter Medawar

CONVENIENCES (continued)

- Chester Carlson spent a good part of his life perfecting the copy machine, receiving a patent in 1937. However, the world didn't share his vision of one-touch copying, and 20 companies, including IBM, rejected his presentation before it was finally marketed for the first time in 1959 under the name "Xerox 914." By 1968, Fortune magazine ranked Carlson among the richest people in America.
- The 1950s brought all kinds of innovations to the modern home. Velcro, power steering, pocket transistor radios and Legos all hit the scene during this decade. The world's first credit card, the Diners Club card, was introduced in 1950. Issued in New York City, it offered credit at 27 restaurants. The American Express card came along eight years later.
- When your eyes begin to age, you'll be thankful for one of Benjamin Franklin's innovations. Our founding father invented bifocal eyeglasses at the age of 79.
- Travelers have had the convenience of pulling into a Holiday Inn along the road since the chain opened its first hotel in 1952 in Memphis, Tennessee.
- Masking tape was developed by the 3M Company, a sandpaper-making firm, in 1925. One of the company's young engineers, Richard Drew, was testing sandpaper at an automobile plant and noticed that painters were having difficulty painting the newly popular two-tone cars. Drew went back to 3M and immediately began work on a product to solve the painters' dilemma. Waterproof transparent "Scotch" tape came along five years later, also the creation of Richard Drew. A 3M co-worker of Drew's invented the tape dispenser with a built-in cutter blade in 1932.
- Thanks to a Chicago inventor, Whitcomb Judson, you can zip up your pants! While experimenting in 1891 with a gadget that would make it easier to button and unbutton shoes, dubbed the "Clasp Locker and Unlocker for Shoes," Judson came up with the zipper.
- The fax machine has been around longer than you think. This device that transmits a facsimile of a document through the telephone system has been around since 1944. And how about another item you'd think has been around forever, the ballpoint pen? It came out the same year as that fax machine. Nine years later, Bic introduced their now-famous brand of ballpoint pen. In 1973, Bic presented its next best-selling gadget, the disposable lighter.

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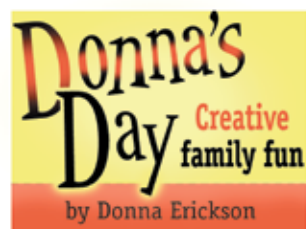
SNOWFLAKES
 by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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Make ABC Puppets With Personality

Every nook and cranny of your home can be a stage when your kids play with puppets. Stirring up imaginations can be as easy as putting your hands in socks or even drawing a face on a banana.

Here's a way to tell a tale while practicing the ABC's. Make a special collection of puppets with kids that show off 26 endearing personalities, as inspired by the ABCs. Start with one or two letters, and add to your collection every week. Here's how:

1. Make a basic hand-puppet pattern by placing an adult hand (with thumb and pinkie extended to the sides and three middle fingers together) on a sheet of paper. Draw around the hand, allowing extra space on all sides. The pattern should be about 12 inches long and 8 inches wide at the widest point. Adjust the sketch to make it even, and cut out along the lines.
2. Place the pattern on two pieces of lightweight felt, then pin and cut out. Use a hole punch to punch holes around the cut-out felt pieces 1/2 inch in from the edge (except the bottom edge) and about 1/2 inch between each hole. It is easier to punch the holes one layer of felt at a time. Be sure that holes match up when placing the pieces together.
3. Match the felt pieces, and weave cording or a long shoelace in and out of the holes, beginning and ending at the bottom corners of the puppet shape. Knot each end. Your child's hand should fit in the bottom opening with the three middle fingers in the wide body and the thumb and pinkie to the sides.
4. Use felt scraps to cut a shape of an alphabet letter. Glue the letter onto the puppet. Add details such as buttons, wiggly eyes, yarn, pipe cleaners, fabric scraps, trinkets, etc., to create the puppet's features and personality. The items should represent words that start with the same alphabet letter. Here are some ideas:
 "A" is for Alligator, wearing antlers, carrying an apple with an ant crawling on top;
 "B" is for Baby Bunny with a blue bow and buttons;
 "H" is for Hippo with a heart and a hanky;
 "L" is for Lazy Lion with leaves and a lollipop;
 "P" is for Purple, Polka-dot Pig with a peace sign, pearl and pompom;
 "T" is for Turkey with a turquoise tutu and two teeth;
 "W" is for Woolly Walrus with a wiry wig;
 "Z" is for Zany Zebra with a zero and a zigzag.

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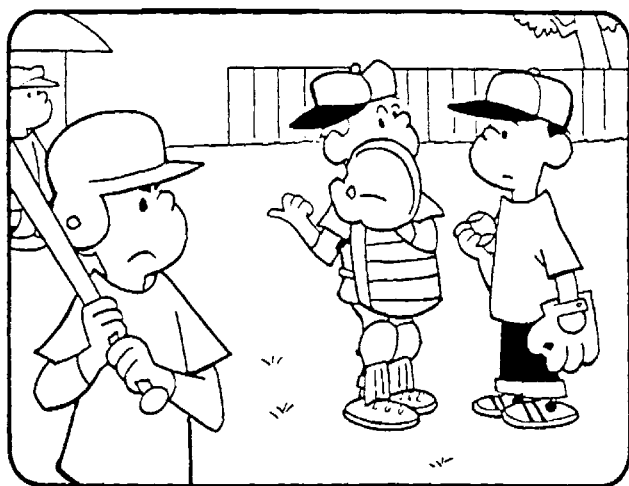
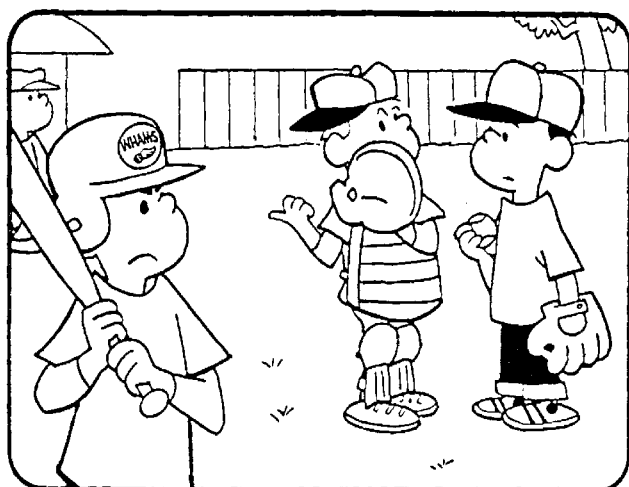
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- Sports QUIZ**
By Chris Richcreek
- 1 In 2011, Minnesota's Francisco Liriano became the fifth pitcher from the Dominican Republic to toss a no-hitter. Name three of the other four who did it.
 - 2 Alex Rodriguez holds the record for most home runs by a third baseman for a season (52). Which two players tied for the second-highest mark?
 - 3 Tom Landry was the first head coach of the Dallas Cowboys and stayed in that position for 29 years. How many head coaches has Dallas had since?
 - 4 Entering the 2011-12 season, how many times had the Marquette men's basketball team been in the Final Four?
 - 5 In 2009, the Chicago Blackhawks matched the biggest comeback in NHL history, rallying from a 5-0 deficit to beat Calgary, 6-5. What other team had a similar comeback?
 - 6 Who was the first coach to win three Major League Soccer titles?
 - 7 Name two of the last three opponents in heavyweight boxer Vitali Klitschko's WBC title defenses.

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Laugh a bit with TIPBITS
Office worker to supervisor: "I don't like the new copier. It says 'put face down,' but every time I do it, it blinds my eyes."

Strange BUT TRUE

- It was beloved American humorist Will Rogers who made the following sage observation: "You can't say civilization don't advance, for in every war they kill you a new way."
- Elkhart, Ind., has the dubious distinction of being the RV capital of the world.
- According to a survey by the magazine Vegetarian Times, if you're a vegetarian, you have 3 percent of the U.S. population for company. Only half of 1 percent of Americans are vegans, consuming no animal products at all, while 10 percent say they follow a "vegetarian-inclined" diet.
- The Hawaiian alphabet has only 12 letters.
- In 1743 one Dr. John Cohausen wrote a book called "Hermippus Redivivus," in which he described how anyone

CONVENIENCES (continued)

- Two unrelated items, the voting machine and waxed paper, were both invented by the same person, Thomas Edison. During the 1880s, this brilliant individual filed for a new patent on the average of every five days, equaling more than 1,300 items over the course of his creative life. The motion picture camera and projector, incandescent light bulbs and the phonograph are well-known Edison inventions, with lesser-known innovations being the stock ticker, dictating machine and electric pen.
- What would your life be like without computers? Although many would claim the honor of inventing the world's first computer, a 1973 American court decision officially awarded this achievement to Dr. John V. Atanasoff, a physics professor at Iowa State University. Although Dr. Atanasoff had devised his digital computer with a memory drum back in 1939, he was not credited as the "father of American computing" until after years of patent litigation. President George Bush conferred the National Medal of Science and Technology to him in 1990.
- The next time you strike a match, consider the fact that this little convenience has been around since 1816, when a Frenchman developed a friction match with a phosphorus tip, providing a simple means of access to fire.
- Do you run faster in your Nikes? No one did, prior to 1972. That's the year the company introduced its first running shoes, named after the Greek goddess of victory. The company was originally named Blue Ribbon Sports, and remained so until the name change to Nike in 1978.
- Listerine wasn't named after its inventor, Dr. Joseph Lawrence, but rather after the acclaimed British surgeon, Dr. Joseph Lister, a pioneer in establishing sanitary operating room procedures. When Lawrence originated the formula in 1879 in his St. Louis laboratory, he intended the concoction to be used strictly in the medical profession as a surgical antiseptic. It wasn't offered to the public until 1914 when it was marketed as the first over-the-counter mouthwash.
- What would sports fans do without instant replays? There was no such thing until 1963, when this was introduced in that year's Army vs. Navy football game. Fans became so confused, TV stations were flooded with telephone calls.

continued on next page

DOMESTIC * WILD GAME PROCESSING FROZEN FOOD LOCKERS SLAUGHTERING JERKY HAMBURGER SAUSAGE

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could live to the ripe old age of 115 -- a particularly impressive feat in the 18th century. His recipe for a long life involved burning gum olibani, styrac, myrrh and a variety of herbs, then inhaling the fumes, while at the same time "imbibing the exhalations of the nearest little girl."

- According to the law in the town of Chester, England, if you catch a Welshman within the city walls after the sun has gone down, you may shoot him with a longbow.
- Those who study such things say that the asteroids are so rich in minerals that one cubic kilometer of one of these heavenly bodies would provide the materials to make enough steel to supply the world's industry for more than a decade, with more than a century's worth of nickel, to boot.
- The shortest complete sentence in the English language is "Go."
- If you're like half of all Americans, you live within 50 miles of your childhood home.

Thought for the Day: "If you live to the age of a hundred, you've got it made, because very few people die past the age of a hundred." -- George Burns

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The Garden Bug

The common blue violet seems to be everywhere a few weeks each spring. Its delicate blossoms peek out from shady nooks along streams or roadways or in forests, parks and lawns. It may creep into your garden, taking up residence in an untended pot or forgotten flowerbox.

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What IS That?

"Dream Mine"
located east of Salem, Utah

In Aug 1894, John H. Koyle experienced a dream in which he was visited by a figure from another world. The visitor showed Koyle an ancient "Nephite" mine. The rooms contained treasure of an extinct civilization. Koyle was instructed to open a mine and extract gold for the welfare of "his" people. Specific instructions were given for the mine development. The riches would be found and released during a time of world crisis. The name "Relief Mine" was attached to the project. In 1909 the Koyle Mining Company was formed with 114,000 shares of stock issued at \$1.00 per share.

Koyle's dreams continued. He predicted the First World War and the economic crash of October, 1929. He foresaw "horseless carriages" bigger than railroad cars going down the road at great speeds. John H. Koyle died 17 May 1949 in Payson.

The mine continued in fits and starts under the leadership of Quayle Dixon for another twenty-three years. In 1961, a new company, The Relief Mine Company, succeeded the Koyle Mining Company.

Info from "The Dream Mine", Jay M. Haymond
<http://www.media.utah.edu/UHE/d/DREAMMINE.html>
To learn more about the "Dream Mine", read "Relief Mine" & "Relief Mine II" by Ogden Kraut and "The Dream Mine Story" by Norman Pierce
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CONVENIENCES (continued)

- Housewives across the country were thrilled when the Hurley Machine Company of Chicago launched The Thor, the first electric-powered washing machine, in 1908. It was a drum-like machine with a galvanized tub and electric motor.
- Due to the efforts of Lillian Gilbreth, we have shelves and butter and egg trays inside refrigerator doors, an electric food mixer, an improved electric can opener and a trash can with a foot pedal lid opener. The mother of 12 children, this industrial engineer was immortalized in the book "Cheaper by the Dozen."

FAMOUS LANDMARKS OF THE WORLD: GREAT WALL OF CHINA

It should come as no surprise that the Great Wall of China is the world's longest wall. So what are some things you don't know about this work of ancient architecture? Here are some highlights.

- Construction began on this edifice in the 7th century B.C. by feudal warlords. At that time, China was broken up into many small states, with each state having its own walls of defense, in essence, several short Great Walls.
- During the Qin Dynasty in the 2nd century B.C., the northern part of China was in danger of attack by the Mongolian and Manchu empires, and the emperor of China ordered that all the northern sections be joined together to create one unified defensive wall. Once that was completed, the Wall stretched more than 3,100 miles (5,000 km) across the country.
- The Han Dynasty followed the Qin, and the Wall was at its longest up to that point, more than 5,000 miles (8,000 km).
- As the years wore on, the Wall suffered erosion, was rebuilt and added on to many times. The Ming Dynasty, 1368 – 1644, was the time of the most recent construction, bringing the Wall to what we know today. A 2009 investigation determined that the Great Wall of the Ming Dynasty totals 5,500 miles (8,852 km). It includes 723 beacon towers, 7,062 lookout towers and 3,357 wall platforms. It's difficult to estimate the actual length of the Wall, considering all the side branches that don't actually contribute to its west-to-east length. It is believed that the fortifications extending in all directions throughout all of Northern China added together exceed 13,000 miles (50,000 km).
- It is estimated that more than a million workers perished during the various states of construction of the Great Wall, earning it the nickname of "the longest cemetery on Earth." Laborers included peasants, unemployed intellectuals, disgraced noblemen, guards and convicts. Family members of the dead workers traditionally carried a coffin with a caged white rooster on top. The rooster's crowing was said to keep the spirit of the dead awake until he had crossed the Wall. If the rooster did not crow, it was thought that the spirit would escape and wander forever along the Great Wall.

continued on next page

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| 4 | 3 | | 8 | | | 5 | | |
| | | 1 | 2 | | 7 | | 3 | |
| | | 9 | | 5 | | 7 | | 1 |

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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 Exp: 05/25/12 See Store For Details

THIS IS A HAMMER
Clearing Away Wasps
Q: Checking out the eaves last week, I saw several small wasp nests tucked into the more sheltered corners. What's the best way to get rid of these nests? -- Charlie L. in South Carolina
A: There are a few ways to remove those small wasp nests from the exterior of your house, and the quicker, the better. Wasps could possibly begin extending the nests inside the walls if they're not dealt with. In fact, you'll want to check the attic or storage space above the eaves, as well as crawlspaces under the house, for evidence of wasps before starting the removal. To remove the wasp nest, make sure the kids and pets are inside to prevent possible stings from angry wasps. Wear long sleeves, pants, work gloves and sturdy shoes to protect yourself. And of course, if you have an allergy to bee stings, don't clear the nests yourself; call in a pest-control service. The most effective way to get rid of the nests and reduce the chances of the wasps coming back is to use a chemical spray. Wait until dusk, when the wasps have returned to the nests, then

spray according to the directions on the product. You may have to wait up to a week for all activity in the nests to subside; then you can climb up to the eaves and carefully pull off the nests. An all-natural method for wasp removal is to gear up (cover all your skin, put protective netting over your face, and have an escape route) and spray each nest with a jet of water from your garden hose. This doesn't kill the wasps, and you'll probably see them building nests again in fall or spring. What if you found that the wasps have gotten inside your home's siding during your initial survey? You'll probably want to stick with the chemical spray of the outside nests (not your interior walls) in order to kill them. One of my readers recommended using a wet/dry vacuum with a hose attachment to suck up as many wasps from their entry/exit point as possible. If neither of these methods eradicate the wasps, contact a pest-control service.
HOME TIP: Found a wasp's nest in a tree at the far end of the yard? Consult a pest-control service before removing it, as the displaced wasps could simply move over to your house.
 Send your questions or tips to ask@thisisahammer.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

GREAT WALL (continued)

- Before the Ming expansion, rammed earth, adobe and stone comprised the Wall, mortared with a rice flour mixture. After the Ming, bricks were used in construction. In some places, the Wall's height reaches 25 feet (7.6 m). Its average width is about 32 feet (10 m).
- Portions of the Wall began admitting tourists in 1955, with the final section opening to the public in 1957. Both sightseers and erosion pose a serious threat to the Wall, and it is considered one of the world's most endangered monuments. With millions of visitors annually and tourists helping themselves to souvenir bricks, the Wall actually becomes a little shorter each day.
- The Wall's primary purpose has always been to defend the Chinese Empire. The last battle fought along the edifice was in 1938 during the Sino-Japanese War between the Republic of China and the Empire of Japan. Bullet marks from the battle can be seen along the Wall's length.

POST OFFICE TRUTHS

The United States Post Office delivers mail to every city and every town in every state, nearly 151 million homes, businesses and P.O. boxes. Here are some details about the origin and operation of this immense delivery system, one that receives none of its income from tax dollars.

- During the early colonial days, mail was delivered by friends, traveling merchants or Native Americans. A service between England and its colonies was developed in 1639, and a Boston tavern became the first post office mail drop for overseas mail. The colonies instituted their own monthly post route between New York and Boston, known as the Old Boston Post Road, now part of U.S. Route 1.
- Pennsylvania's founder William Penn established that area's first post office in 1683. In 1737, 31-year-old Benjamin Franklin, a local printer and publisher of the Pennsylvania Gazette, was appointed as postmaster of Philadelphia. Thirty-eight years later, Franklin became the nation's first Postmaster General, and was paid \$1,000 a year for the position.

continued on next page



Q: I have a 1957 Philco television set; only one was made. -- Pat, St. Cloud, Fla.
A: The picture you sent appears to be a Philco Model UG-4242. It was marketed as a "Predicta Holiday," and quite a few were manufactured. According to the "Antique Trader Radio and Television Price Guide," edited by Kyle Husfloen, your set is worth about \$400.

Q: I have a Japanese tea set that dates back to the 1940s. I would like to know how much it is worth. -- Vera, Baltimore, Md.
A: Your question is impossible to answer, even with the pictures you sent me. It is a little like asking how much an old car is worth. If it is a 1934 Packard Roadster, it could be valued well above \$100,000. On the other hand, if the car is a 1989 Yugo --- often called the worst car ever manufactured --- not so much. The value of an antique or collectible often depends on three factors: rarity, condition and demand. If you truly need to know the value of your tea set, contact an appraiser in the business pages of the Baltimore phone book and make certain that he or she deals in personal property, not real estate. Ask for references and expect to pay for this service.

Q: I have a 1954 Longines wrist watch which has diamonds on its face. It was given by Loren M. Berry to one of his employees "for 25 years of service, 1929-1954." Any idea of its value? -- Joseph, Barre, Vt.
A: Presentation watches are fairly common and often were given by larger companies to faithful employees upon retirement or to mark lengthy work service. To find out the value, I recommend you contact Janet Gaynor, who buys, sells and appraises estate jewelry. Her contact information is P.O. Box 35038, Tucson, AZ 85740, and 520-907-2839.

Q: I have a Duncan and Miller crystal candlestick holder in the "First Love" pattern. I've been offered \$90 for it. -- Sally, Rio Rancho, N.M.
A: Take the money and run. Your candlestick holder is worth about \$30.

Write to Larry Cox in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox is unable to personally answer all reader questions. Do not send any materials requiring return mail.

THIS WEEK'S CELEBRITY BIRTHDAYS

| | |
|----------------|---------|
| George Lopez | 4/23/61 |
| Kelly Clarkson | 4/24/82 |
| Al Pacino | 4/25/40 |
| Carol Burnett | 4/26/33 |
| Sheena Easton | 4/27/59 |
| Jessica Alba | 4/28/81 |

TIDBITS

Holidays & Observances This Week

| | |
|------|--------------------------------|
| 4/22 | Girl Scout Leaders Day |
| 4/23 | Talk Like Shakespeare Day |
| 4/24 | First cloned dog, 2005 |
| 4/25 | Hair Stylists Appreciation Day |
| 4/26 | Richter Scale Day |
| 4/27 | Babe Ruth Day |
| 4/28 | Biological Clock Day |

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Good Housekeeping
Rotelle with Ratatouille

Roasting the eggplant, pepper and onion for this dish may take a little longer than top-of-the-range cooking, but it's low-maintenance, and the resulting rich flavor is worth it.

1 medium (about 1 1/2 pounds) eggplant, cut into 1-inch cubes
 1 medium red pepper, cut into 1-inch pieces
 1 large red onion, cut into 1-inch chunks
 2 cloves garlic, crushed with garlic press
 3 tablespoons olive oil
 1/2 teaspoon ground black pepper
 Salt
 1 pint red and/or yellow cherry tomatoes, each cut in half
 1 cup (loosely packed) fresh basil leaves, coarsely chopped
 1 tablespoon red wine vinegar
 1 package (16 ounces) rotelle or fusilli pasta
 Fresh basil leaves for garnish

1. Preheat oven to 450 F. In large roasting pan (17 by 11 1/2-inches) or 15 1/2 by 10 1/2-inch jelly-roll pan, toss eggplant, red pepper, onion, garlic, oil, black pepper and 1 1/2 teaspoons salt until vegetables are well-coated.
2. Roast vegetables 35 to 40 minutes or until tender and lightly browned, stirring occasionally.
3. In large bowl, toss tomatoes with chopped basil and vinegar; set aside to allow flavors to develop.
4. Meanwhile, heat large saucepot of salted water to boiling over high heat. Add pasta and cook as label directs.
5. When pasta has cooked to desired doneness, remove 1/4 cup pasta cooking water and reserve. Drain pasta. Add pasta, roasted vegetables and reserved cooking water to tomatoes in bowl; toss well to distribute vegetables. Garnish each serving with basil leaves. Serves 4.

- Each serving: About 595 calories, 13g total fat (2g saturated), 0mg cholesterol, 1040mg sodium, 104g total carbs, 9g dietary fiber, 18g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.



King Crossword

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ACROSS

1 Macrame and origami
5 Spill the beans
9 Swine home
12 Old Italian money
13 Parks or Bonheur
14 Rage
15 "Animal House" event
17 Aviv preceder
18 Garb
19 "Monopoly" building
21 Therefore
22 "SNL" alumna
24 Bridge coup
27 Writer
28 Buscaglia
28 Giant in a nightmare, maybe
31 Moray, for one
32 Under the weather
33 Towel designation
34 Post-bath application
36 Aviate
37 Halt
38 Wild West show
40 2009 Pixar movie

DOWN

11 — Romeo
2 Urban
3 Horse's gait
4 Great cruelty
5 Cheese choice
6 Journal
7 Blond shade
8 Wash in a tub
9 Wait patiently
10 Genealogy chart
11 Holler
12 To and —
16 Acapulco gold
22 Yo-Yo Ma's instrument
23 Sacred
24 Collection
25 Meadow
26 Fine
27 Biography
29 Carnival city
30 Kreskin's claim
35 Inmate
37 Parsley servings
39 "La Toilette" painter
40 Coffee vessel
41 Take to the pool
42 Gait
43 Finds the sum
44 Look lustfully
45 Roller coaster cry
46 Goblet feature
49 Sapporo sash
50 "— the ramparts"

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top ten

Phrases From Shakespeare

- Green-Eyed Monster
- In a Pickle
- Love Is Blind
- Salad Days
- Wear My Heart on My Sleeve
- There's the Rub
- Cruel to be Kind
- Wild Goose Chase
- Dogs of War
- Strange Bedfellows



Source: www.merriam-webster.com

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TIDBITS NUGGET OF KNOWLEDGE

RCA debuted the first color television, retailing for \$1,000, in April of 1954. However, it wasn't a big hit at the time since most network programming was still in black and white. Color TV didn't become popular until the mid-1960s, when about 75 percent of network prime-time programs could be broadcast in color.



To Your Good Health
By Paul G. Donohue, M.D.

Whooping Cough Makes an Unwelcome Return

DEAR DR. DONOHUE: My husband has had a cough that seems to have lasted forever. He saw several doctors. Each gave him a different diagnosis and different treatment. None worked. The last doctor believed he had whooping cough and tested him for it. He did have it. The doctor said the cough would go away. He put him on antibiotics, but he said they wouldn't shorten the cough. Why did he give them to him? Isn't whooping cough a thing of the past, and wasn't it a children's disease? -- K.P.

ANSWER: Whooping cough -- pertussis is the medical name -- used to be a frequent childhood illness. It is highly communicable, and in some infants, it proves to be fatal. The vaccine practically eliminated it. Adults get it, too, even if they were vaccinated in childhood. The vaccine loses its power in five to 10 years. Booster shots are necessary to shield people from the bacterium that causes the illness. The typical course of whooping cough in a youngster consists of a week where the child appears to have cold symptoms. Then the child experiences explosions of a hacking cough that can be so violent that the child vomits after coughing. When the cough calms and the child takes a deep breath in, a high-pitched whooping sound is heard. The cough disappears gradually in a month. When treated early with the antibiotics erythromycin or azithromycin, the course of the infection is shortened. Adult whooping cough is different. No whooping sounds are made. Adults cough and cough, and may do so for months. They are usually seen far too late for antibiotics to do any good. However, the antibiotics are prescribed to stop the spread of the whooping cough bacterium. Whooping cough is making a resurgence and spreading across the country. Some infants have died from it. One reason is that many parents have opted to not have their children immunized out of fear of vaccine complications. Vaccines have been one of medicine's greatest achievement in prevention of diseases. Fear of them is unsound and dangerous.

DEAR DR. DONOHUE: On seven occasions, I have had severe pain in my right big toe. It hurts so bad that I feel like going to the emergency room, but I feel stupid about going for toe pain. My uncle has gout and diabetes. Can you have gout without having diabetes? What should I do? -- J.P.

ANSWER: At your next attack, you should go to a doctor immediately. You can have gout without having diabetes. They're not related. The pain of gout is severe. You are not the least bit stupid for seeking relief from it. The attacks you have sound like gout. You've had seven attacks; you're likely to have more. You can obtain effective medicine to stop them. The pamphlet on gout explains what gout is and how it is treated. To obtain a copy, write: Dr. Donohue -- No. 302W, Box 536475, Orlando, FL 3283-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

The Spats

by Jeff Pickering



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Posey

LEWORF

Wavy

RYCUL

Rugged

OGHUT

Fall

EMBLUT

TODAY'S WORD

KIDBITS

Junior Whirl

by Hal Kaufman

BIRD WATCH! See how quickly you can find the names of six birds (listed below) in the diagram at right by the simple method of using one letter from each horizontal row.

These are the six birds: Pigeon, canary, magpie, falcon, parrot, plover.

Each bird's name has six letters, match. Names may begin in any row. Letters may be used only once per row per bird. Time limit: 2 min. It is a rather easy exercise.

WORD PLAY! Insert five three-letter names of animals to complete these seven-letter words: 1. —poke. 2. —wash. 3. —walk. 4. —hole. 5. —gone.

1. Cow 2. Hog 3. Cat 4. Fox 5. Dog

FLICK AND PLOP COIN TRICK

PRACTICE this trick so that you can perform it for friends.

Place a playing card atop an extended index finger. Place a small coin atop the card.

Now, using your other index finger, flick the card out from under the coin, and have it (the coin) land on your finger. Give it a try.

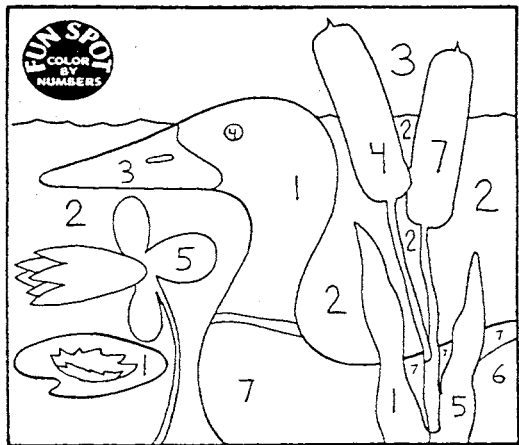
Two helpful suggestions:

- Position the coin atop the card directly over the tip of the finger.
- Flick the card with a sharp blow.

Any reasonably sized coin will do, as will a business card instead of a playing card.

It may take patience.

ROAD QUIRK! Hey, what's with the road ahead — some kind of an obstacle illusion? Insert lines from dot to dot.



DUCK STOP! Don't be shy, Mr. Mallard, come out from behind those cattails. Color-by-number code: 1—Dk. green. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Lt. green. 6—Gray. 7—DK. brown.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

ESOTERIC

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible two-words: Cere, rose

LAFF-A-DAY

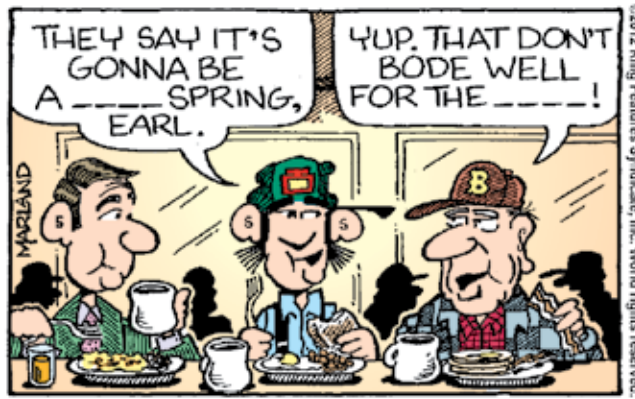


"Dear, I've just come from the doctor — and guess what my allergy is!"

POST OFFICE TRUTHS (continued)

- America's first postage stamps were issued in July of 1847, with two varieties available. The five-cent stamp featured the likeness of Benjamin Franklin, while the ten-cent denomination honored George Washington. The stamps were pre-gummed, but had to be cut from a sheet with scissors. Washington's likeness has appeared on more U.S. postage stamps than any other person's.
- Every day, approximately 563 million pieces of mail are processed. That's about 23 million pieces each hour, and 391,000 per minute.
- The Post Office operates more than 215,000 vehicles, making it the largest civilian fleet in the world. These vehicles drive over 4 million miles each day. Each time the price of gas increases by just one penny, there is an increase of \$1 million in costs to the Post Office. However, not every mail carrier drives a vehicle — about 8,800 deliver the mail strictly on foot and have earned the nickname "The Fleet of Feet."
- In the early 1960s, with the volume of mail increasing dramatically, the Post Office began working on a coding system to enable faster processing. It was dubbed the Zoning Improvement Plan, or ZIP, for short. A five-digit code was assigned to every address across the nation, with the first number designating the geographical area and the second two digits identifying a regional center. The last two signified the post office. The ZIP Code system went into effect in July 1963. Today there are more than 42,000 codes nationwide.
- If a ZIP code begins with a zero, it indicates the northeastern part of the United States. The lowest ZIP code identifies Holtsville, New York. ZIP codes beginning with nine designate the far West, with the nation's highest ZIP code of 99950 in Ketchikan, Alaska. General Electric in Schenectady, New York, has been assigned the easiest to remember, 12345.
- Houston, Texas, is the leader in the number of dog attacks on mail carriers. Last year, nearly 5,700 postal employees were attacked, with medical expenses costing the Postal Service close to \$1.2 million.
- The nation's smallest post office can be found in Ochopee, Florida, measuring just 61.3 square feet. New York City is home to the largest facility, with 393,000 square feet. Hinsdale, New Hampshire's post office has been in its current location longer than any other — 195 years!

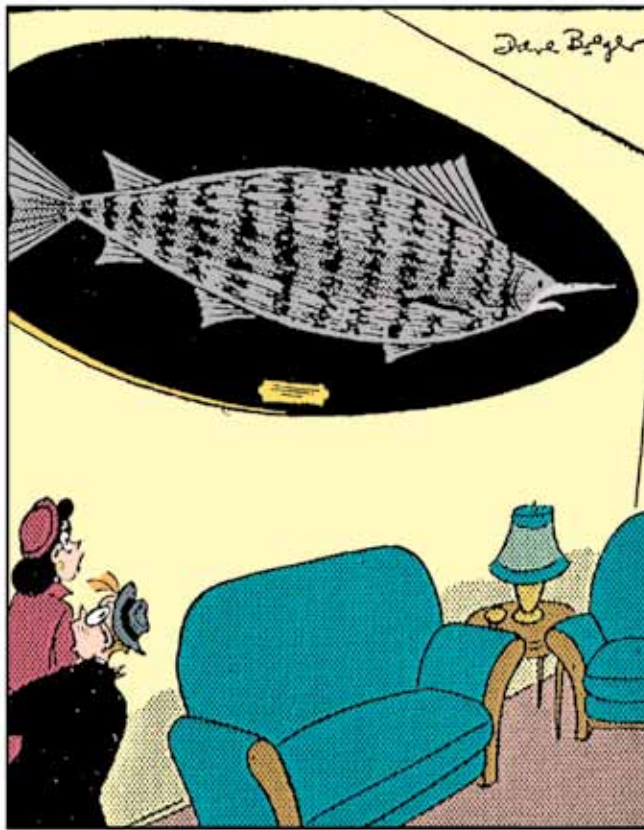
R.F.D.



by Mike Marland

TIPBITS WORD POWER
Unscramble this word:
NAIONVTONI
This word means: *A new invention or way of doing something*

MISTER BREGER By Dave Breger



"Whoever caught THAT fish is a natural-born liar!"

Comfort foods
Made fast and healthy
by JoAnna M. Lund

Peanut Butter Kisses Muffins

You'll get more than your share of hugs and kisses from everyone who finds these goodies tucked inside their lunch bags or waiting for them at the breakfast table!

- 1 1/2 cups reduced-fat biscuit baking mix
- Sugar substitute to equal 1/4 cup sugar, suitable for baking
- 1/2 cup fat-free milk
- 1/3 cup no-fat sour cream
- 6 tablespoons reduced-fat peanut butter
- 1 teaspoon vanilla extract
- 1/4 cup mini chocolate chips

1. Preheat oven to 350 F. Spray 8 wells of a 12-hole muffin pan with butter-flavored cooking spray, or line with paper liners.
2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, peanut butter and vanilla extract. Mix well just to combine. Fold in chocolate chips.
3. Evenly spoon batter into prepared muffin wells. Bake for 20 to 25 minutes or until golden brown. Place muffin pan on a wire rack and let set for 5 minutes. Remove muffins from pan and continue cooling on wire rack. Makes 8 servings.

• Each serving equals: 183 calories, 7g fat, 5g protein, 25g carb., 339mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Meat, 1/2 Fat.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

| | | | | | |
|---|---|----|---|----|----|
| | x | | - | | 23 |
| ÷ | | + | | - | |
| | + | | + | | 15 |
| x | | x | | x | |
| | - | | x | | 25 |
| 7 | | 10 | | 15 | |

DIFFICULTY: *
★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 5 6 7 8 9

PetBits

Getting the Poop on Poop-Eating
By Samantha Mazzotta

DEAR PAW'S CORNER: I recently read an article that said to use Super B complex to stop stool eating in dogs. Have you heard of this? My veterinarian has not. If so, what is the dosage? The article I read referred to golden retrievers, but my dogs weigh 35 to 45 pounds. I don't want to overdose them. -- Dianne E., via email

DEAR DIANNE: Poop-eating, known scientifically as coprophagia, is a troublesome habit in which dogs will sniff and eat their own stools or those of other animals. As you can imagine, this behavior is not only disgusting but potentially unhealthy. And it sure makes you not want to kiss your dog. Coprophagia is such a big problem that there are entire websites devoted to it. Vernon Lee's dogpoopdiet.com is one such site. It's clearly laid out and offers plenty of information both on possible causes of the behavior -- from health issues to attention-seeking -- and ways to deter it. As far as giving your dog a B complex supplement, it appears

to address the possibility that a dog is not getting enough of certain nutrients, including vitamin B, which is leading to his behavior. B vitamins are found naturally in foods like liver, kidney, heart, eggs and kelp, and in ingredients like yeast and wheat germ. Pet stores and health-food stores both sell B complex supplements for both humans and dogs. The vitamin supplement is water-soluble and tends to break down quickly when exposed to air or water, so according to some advocates, an overdose is unlikely. However, you should check dosage rates for your dogs through their vet, or a holistic practitioner, or by searching on the Internet or visiting manufacturers websites for recommended amounts.

Send your questions or pet care tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.

TIPBITS GOES LONG.....
In 1928, Otto Rohwedder brought us the greatest thing since sliced bread — a machine that not only sliced the bread, but wrapped it as well! You can see his original bread-slicing machine in Washington, D.C.'s Smithsonian Institute.

VETERANS POST
by Freddy Groves

Thieves Nabbed

The authorities are making headway in nailing individuals who steal from the Department of Veterans Affairs -- and ultimately from veterans. Here are some of the top stories:

--A man in Tennessee has been arrested for fabricating and selling phony documents. He created military award certificates, honorable discharge paperwork and replacement documents, down to the actual agency seals used. In some cases he made up names of the document signers; in others he duplicated the signature. He collected a cool \$200,000 for making these reproductions of military documents. Not only was he selling to veterans who'd genuinely earned their awards and only needed replacement documentation, but he sold to the phonies, too. Sentencing will be this summer.

--Another pair pleaded guilty after cooking up a scheme that involved staffing at one of the VA's outpatient pharmacies -- to the tune of \$8 million over seven years. It involved use of a Small Business Administration certification and illegal gratuities.

--In Missouri, a man was found guilty of accepting gratuities from contractors for sending \$3.4 million worth of VA work their way. Others in the scam were nailed for creating a fake company that was supposed to be owned by a disabled veteran.

--In South Carolina a woman was nabbed for collecting more than \$37,000 in veterans survivor funds. She'd claimed benefits after marrying a veteran who then passed away. She neglected to notify the VA that she had separated from the veteran before his death and later remarried (when the benefits should have stopped), and even went on to claim educational benefits years afterward.

What's especially encouraging is that all of these happened this year. The sum total just on these cases alone is \$11 million plus.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

Moments in time
THE HISTORY CHANNEL

- On April 27, 4977 B.C., the universe is created, according to 17th-century German mathematician and astronomer Johannes Kepler. Scientists in the 20th century developed the Big Bang theory, which showed that Kepler's calculations were off by about 13.7 billion years.
- On April 23, 1564, according to tradition, the great English dramatist and poet William Shakespeare is born in Stratford-on-Avon. It is impossible to be certain the exact day on which he was born, but church records show that he was baptized on April 26, and three days was a customary amount of time to wait before baptizing a newborn.
- On April 26, 1865, John Wilkes Booth is killed when Union soldiers track him down to a Virginia farm 12 days after he assassinated President Abraham Lincoln. The original plan involved a simultaneous assassination of Lincoln, Vice President Andrew Johnson and Secretary of State William Seward.
- On April 24, 1936, a group of firemen responding to an alarm in Camden, N.J., is televised. It was the first time an unplanned event was broadcast on television, anticipating the development of live TV news coverage.
- On April 25, 1947, President Harry Truman officially opens the first White House bowling alley. Eisenhower closed the two-lane alley in 1955 and turned it into a mimeograph room. Nixon had a one-lane alley installed underground directly beneath the North Portico entrance of the White House.
- On April 28, 1958, "The Witch Doctor," by singer/songwriter David Seville, hits the No. 1 spot on Billboard's pop charts. The song used the unusual technique of recording the singer's voice at a speed different than the music.
- On April 29, 1974, President Richard Nixon announces to the public that he will release transcripts of 46 taped White House conversations in response to a Watergate trial subpoena. On Aug. 8, 1974, Nixon avoided a Senate impeachment trial by becoming the first American president to resign from office.

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 S 11:30 - 4:30
 Next to the Santaquin Pharmacy 801.754.5378

A RIVER RUNS THROUGH IT

A P M J G D A X B W V S Q N K
 I F D (A M S T E R D A M) I L A
 X V T Q T O M J U D H S F C A
 Y O Y K O T W U S A R P R N L
 J H F D B E U Z S D X V T A R
 Q O M K I M L C E H S H N F W
 D B Z V Y O W I L G V I T R I
 Q O N L E R K I S A L H R H F
 D C A Z N I L R E B C X L A W
 V U S R Q A K O U N O E M K P
 J I H F E C D D N O D N O L B

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

| | | | |
|-----------|----------|--------|--------|
| Amsterdam | Cairo | Kiev | Rome |
| Baghdad | Calcutta | Lisbon | Tokyo |
| Berlin | Delhi | London | Warsaw |
| Brussels | Dublin | Paris | |

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 The Happy Paper For Happy Valley

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April Business of the Month
 Wal-mart
 1052 S. Turf Farm Rd

Walmart
 Save money. Live better.

Apr 25 - Ribbon Cutting
 539 So 100 We
 11:30A - Noon

Apple Valley Vision

Come & welcome Apple Valley Vision to their New Offices!

May Business of the Month
 McDonald's Restaurant

Clark Stringham and Doug Johnson have been the owner/operators since 2005. McDonald's currently employees 60 great people at this restaurant. McDonald's restaurant is located at the mouth of Payson's Historic North Main Street Business District. McDonald's is one of the largest single sources of sales tax generators in Payson City. Over the last several years, McDonald's has made a significant re-investment effort to modernize and beautify the restaurant. Clark and Doug were founding members of the Intermountain Ronald McDonald House in Salt Lake City. Ronald McDonald House Charities provides temporary home-away-from-home to serve & sustain families of seriously ill children receiving treatment at area hospitals.

RSVP: Norene Jensen, 801.636.1040, norene.invests@yahoo.com; Colin Logue, Publicity, utahavenueinsurance@gmail.com 801.609.8699 or 801.609.8699; to join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634

Pleasant Grove
 Apr 25 - Retirement Open House - Thank you to Chief Paul for his 37 years of service with the 547 So Locust Pleasant Grove Police Department!
 You are invited to attend the retirement open house for Police Chief Tom Paul on Weds, from 3:00 p.m. to 7:00 p.m. at the Community Center in the multi-purpose.

Ribbon Cutting
 May 1 - 2:00P
 789 N Main

McDonald's
 I'm lovin' it

PLEASANT GROVE STRAWBERRY DAYS RODEO

June 17 - 23, 2012

Santaquin
 Any and All Business are welcome to be a member of the Chamber of Commerce. Any interested business can contact:
 Brad Horrocks @ 801-754-5700 Nick Miller @ 801-471-7980

Spanish Fork
 Mar 24 - Miss Spanish Fork 2012! Miss Spanish Fork Whitney Talbert will host this event and will crown the new Miss Spanish Fork. The competition will be held March 24 @7:30pm at the Spanish Fork High School Auditorium! Bring the whole family and support our Miss Spanish Fork program.

March 8 - Ribbon Cutting for Rise, Prioritize, Organize Terri Williams
 March 14, 2012 Noon Networking Luncheon - MATC MATC Spanish Fork Campus, 1200 South Delmonte Rd.
 March 15, 2012 Ribbon Cutting for Extra Mart - 1085 N Chapple Drive

March 16- March 18, 2012 Parade of Gems Rock Show, Spanish Fork Fairgrounds
Springville
Business of the Year 2011: Namify was founded in 2001 by Bryan and Jenny Welton and maintains its headquarters in Springville. Today, namify.com receives more than six million page views each year. The second driver of change was to take a project that "normally" requires one to two weeks and accomplish it in a day. Today, that faster mentality has landed Namify on the Inc 5000 list of fastest-growing private companies in America for five years running. Welton currently serves as chairman of the board, with Christopher Jensen serving as chief executive officer.
 - Excerpted from an Article written by Christi Babbitt, Springville Independent News

ANSWERS

SPORTS QUIZ
 1. Cliff Curtis of the Boston Braves (1910-11), Matt Keough of the Oakland A's (1978-79) and Jo-Jo Reyes of the Toronto Blue Jays (2008-11), all with 28.
 2. Tied for sixth, with 49 home runs in 1987.
 3. Shaun Alexander had 41 rushing TDs (1996-99).
 4. Tom Chambers, Dale Ellis and Xaxier McDaniel.
 5. Three (1998, 2002 and 2006).
 6. Six feet, 7 1/2 inches.
 7. Gary Player (1961, '74, '78) and Trevor Immelman (2008).

King Crossword
 Answers
 Solution time: 25 mins.

| | | | | | | | | | | | |
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| S | O | C | H | E | R | I | | | | | |
| S | L | A | M | L | E | O | O | G | R | E | |
| E | E | L | I | L | L | H | I | S | | | |
| T | A | L | C | F | L | Y | S | T | O | P | |
| R | O | D | E | O | U | P | | | | | |
| S | P | I | N | E | A | R | R | O | W | S | |
| W | A | G | G | O | O | D | N | I | G | H | T |
| I | C | H | A | B | E | D | G | L | E | E | |
| M | E | T | S | I | R | S | S | E | E | M | |

Weekly SUDOKU
 Answer

| | | | | | | | | |
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| 3 | 5 | 8 | 6 | 9 | 2 | 4 | 1 | 7 |
| 7 | 1 | 4 | 5 | 3 | 8 | 6 | 2 | 9 |
| 1 | 4 | 6 | 9 | 8 | 5 | 2 | 7 | 3 |
| 9 | 7 | 5 | 1 | 2 | 3 | 8 | 4 | 6 |
| 8 | 2 | 3 | 4 | 7 | 6 | 1 | 9 | 5 |
| 4 | 3 | 7 | 8 | 1 | 9 | 5 | 6 | 2 |
| 5 | 8 | 1 | 2 | 6 | 7 | 9 | 3 | 4 |
| 2 | 6 | 9 | 3 | 5 | 4 | 7 | 8 | 1 |

Go Figure!
 answers

| | | | | | |
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| ÷ | | + | | - | |
| 8 | + | 1 | + | 6 | 15 |
| x | | x | | x | |
| 7 | - | 2 | x | 5 | 25 |
| 7 | | 10 | | 15 | |

Trivia test by Fifi Rodriguez

- Edgar Degas
- Throat
- A bat
- Rhode Island
- "Love and Marriage" by Frank Sinatra
- Jack Nicholson
- Bulova watches
- Avignon, France
- Pierce Brosnan
- President Harry Truman

WORD POWER ANSWER INNOVATION

SCRAMBLERS
 solution
 1. Flower; 2. Curly; 3. Tough; 4. Tumble
 Today's Word:
FUTURE