

### POTATOES GETTING SVELTE NEW IMAGE



No more half-baked ideas about potatoes.

The overstuffed image of your average potato is being replaced today by one of more moderate proportions.

Nutritionists are doing this rebuilding job by comparing the spud's supposedly high-calorie count with that of a steak. The comparison is this: A pound of steak contains

from 1,400 to 1,600 calories. The average quarter of a pound of meat serving contains about 400 calories.

On the other hand, an average serving of baked potatoes contains only 150 calories. But go light on the butter and sour cream.

—Health Insurance Institute



### Crossword Puzzle

**ACROSS**

- Dolt
- Coin
- Color
- Wing
- Forms of transport
- Young cat
- Incentive
- Pull
- Stitch
- German article
- Seaport
- Pronoun
- Through
- Humans
- Bag
- Artery
- Bone
- Withdraw
- That one
- Iberia
- Silkworm
- Consumed
- Scandinavian money
- Specimen
- Petty official
- Celestial glow
- la la
- Slimy
- Negative
- Place
- Tree
- Mohammedan title
- Make big
- Pulled
- Boy's name
- Musical syllable
- Gantry
- Obtained
- Attacker
- Publicize
- French river
- File
- Weight
- Conceal
- Biblical name
- Without
- Pass the
- Cooking vessel
- Japanese coin
- Card
- Sun's disk
- Disen-cumber
- Beast
- Wards off
- Beer mug
- Scrap
- Existence
- Whole
- Grains
- Scrutinize
- Pronoun
- Measure
- Stroke
- Pruned

**DOWN**

31. At all
34. Beast
36. Wards off
38. Beer mug
39. Scrap
40. Existence
41. Whole
42. Grains
44. Scrutinize
45. Pronoun
46. Measure
47. Stroke
48. Pruned

**Answer to Puzzle**

ACROSS: 1. Dolt, 2. Coin, 3. Color, 4. Wing, 5. Forms of transport, 6. Young cat, 7. Incentive, 8. Pull, 9. Stitch, 10. German article, 11. Seaport, 12. Pronoun, 13. Through, 14. Humans, 15. Bag, 16. Artery, 17. Bone, 18. Withdraw, 19. That one, 20. Iberia, 21. Silkworm, 22. Consumed, 23. Scandinavian money, 24. Specimen, 25. Petty official, 26. Celestial glow, 27. — la la, 28. Slimy, 29. Negative, 30. Place, 31. Tree, 32. Mohammedan title, 33. Make big, 34. Pulled, 35. Boy's name, 36. Musical syllable, 37. Gantry, 38. Obtained, 39. Attacker, 40. Publicize, 41. French river, 42. File, 43. Weight, 44. Conceal, 45. Biblical name, 46. Without, 47. Pruned, 48. Pruned.

**ACROSS**

- Passive
- Nut
- Vegetable
- Excite
- Degenerate
- Permit
- Water drops
- Goddess of dawn
- Trigonometric function
- Bitter vetch
- Contests
- By
- Wheeled vehicles
- Jar
- Deceiver
- Excellent
- Palm fiber
- Indications
- Ocean
- Great Lake
- Hint
- Sleeping places
- Slips away
- Perceive
- Salty
- Chemical compound
- Fewest
- Quiet
- Foundation
- Ship wind catcher
- Hat
- Merry
- Brave
- Tooth decay
- Malarial fever
- Concise
- Reddish brown
- Paradises
- Property
- Other
- Cotton bundle
- Indian weight
- Wolfenite

**DOWN**

- Frighten
- Siberian tribesman
- Iris root
- Press
- Capture
- Vegetable
- Building wings
- Measuring instrument
- Amends
- Fresher
- Speculative
- Belonging to you

**Answer to Puzzle**

ACROSS: 1. Passive, 2. Nut, 3. Vegetable, 4. Excite, 5. Degenerate, 6. Permit, 7. Water drops, 8. Goddess of dawn, 9. Trigonometric function, 10. Bitter vetch, 11. Contests, 12. By, 13. Wheeled vehicles, 14. Jar, 15. Deceiver, 16. Excellent, 17. Palm fiber, 18. Indications, 19. Ocean, 20. Great Lake, 21. Hint, 22. Sleeping places, 23. Slips away, 24. Perceive, 25. Salty, 26. Chemical compound, 27. Fewest, 28. Quiet, 29. Foundation, 30. Ship wind catcher, 31. Hat, 32. Merry, 33. Brave, 34. Tooth decay, 35. Malarial fever, 36. Concise, 37. Reddish brown, 38. Paradises, 39. Property, 40. Other, 41. Cotton bundle, 42. Indian weight, 43. Wolfenite.

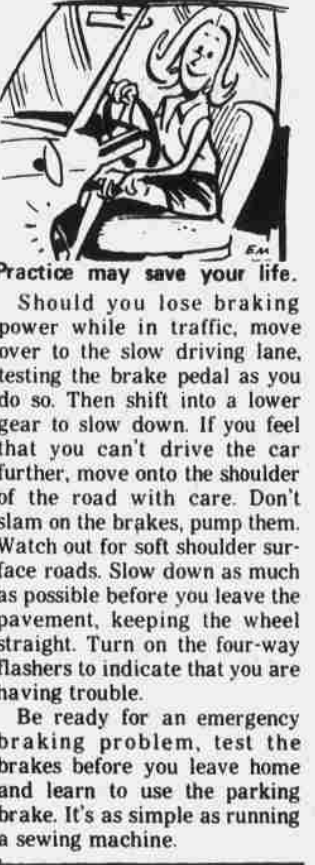
### WOMEN on Wheels

**HELPFUL SAFETY TIPS**  
by Elizabeth Stimley  
Plymouth Safety Writer

**EMERGENCY STOPS**  
If you put your foot on the brake pedal and nothing happens, don't panic, use the parking brake.

Modern cars have three braking systems — one for the front, one for the rear — and the parking brake. The possibility of all systems failing at the same time is small. You can also slow down by moving the gear shift lever into a lower gear.

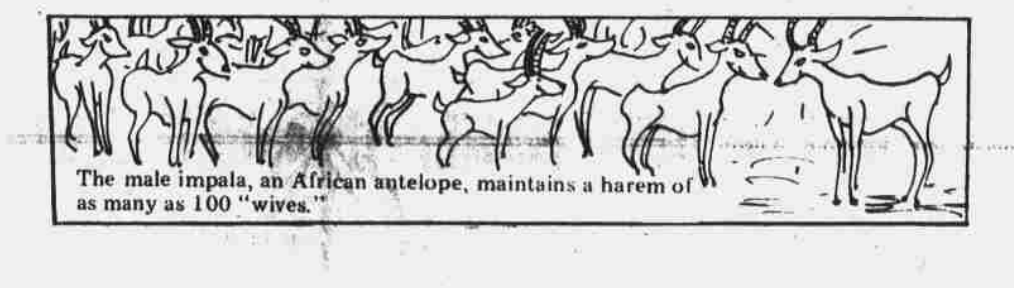
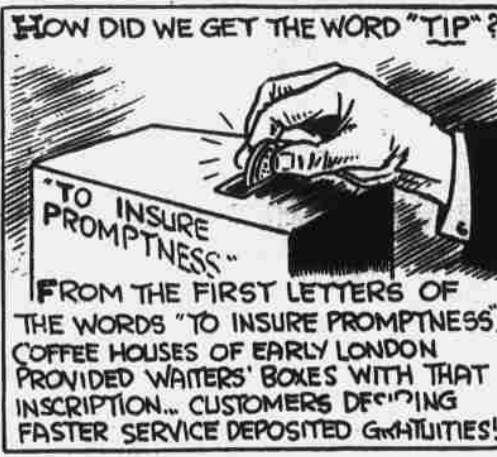
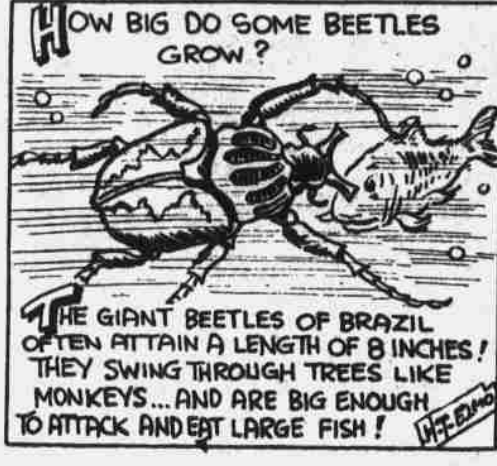
One day, go to a deserted parking lot and practice using the parking brake to stop the car. First, put the car in drive and start the car rolling slowly. Pull out on the hand lever, and press down on the parking brake. You'll find that you have to jam down on the parking brake quite hard, but it will stop the car. Do this several times until you get the feel of it.



Should you lose braking power while in traffic, move over to the slow driving lane, testing the brake pedal as you do so. Then shift into a lower gear to slow down. If you feel that you can't drive the car further, move onto the shoulder of the road with care. Don't slam on the brakes, pump them. Watch out for soft shoulder surface roads. Slow down as much as possible before you leave the pavement, keeping the wheel straight. Turn on the four-way flashers to indicate that you are having trouble.

Be ready for an emergency braking problem, test the brakes before you leave home and learn to use the parking brake. It's as simple as running a sewing machine.

### TELL ME...



### In Our Time

FORECASTS SHOW THAT THE WORLD'S ENERGY NEEDS WILL DOUBLE BY THE MID-1980'S. THE SUCCESS OF THE APPROPRIATELY NAMED NORTH SEA VIKING FIELD OF NATURAL GAS DISCOVERED BY CONTINENTAL OIL HOLDS INTER-NATIONAL IMPLICATIONS: ZONES 50 TO 100 MILES OFFSHORE COASTLINES APPEAR TO BE THE MOST PROMISING AREAS FOR NEW SOURCES OF OIL AND NATURAL GAS.

AT A TIME WHEN EVEN THE TURBULENT, WINDSWEEPED WATERS OF THE NORTH SEA ARE PROVING NO OBSTACLE TO SAFE, ENVIRONMENTALLY SOUND PETROLEUM OPERATIONS, GAS IS NOW MOVED FROM THE VIKING COMPLEX VIA AN 86-MILE UNDERSEA PIPELINE TO ENGLAND'S SHORES WHERE IT IS USED FOR HOME AND INDUSTRIAL USE.

THIS GIANT SELF-PROPELLED RIG DRILLING FOR COCONO CAN WITHSTAND 100-FT. WAVES.

### In This World

THE LUDINGTON PUMPED STORAGE PROJECT, ON THE EASTERN SHORE OF LAKE MICHIGAN, IS 1973'S OUTSTANDING CIVIL ENGINEERING ACHIEVEMENT OF THE AMERICAN SOCIETY OF CIVIL ENGINEERS... THE LARGEST PUMPED STORAGE PROJECT IN THE WORLD (A GIANT STORAGE BATTERY), THE FACILITY PROVIDES READILY AVAILABLE POWER THAT IS CRITICALLY NEEDED DURING OUR PRESENT ENERGY CRISIS... POWER PRODUCED BY A PLANT THAT IS AS POLLUTION FREE AS OUR PRESENT TECHNOLOGY PERMITS.

EMPLOYING THE LARGEST PUMP-TURBINE AND GENERATOR-MOTORS EVER CONSTRUCTED, THE PROJECT TAKES WATER FROM LAKE MICHIGAN DURING OFF-PEAK HOURS AND PUMPS IT UP TO A HUGE MAN-MADE RESERVOIR, 1 MILE WIDE AND 2 MILES LONG.

DURING TIMES WHEN MOST POWER IS NEEDED, WATER IS RELEASED TO LAKE MICHIGAN, GENERATING 1.9 MILLION KILOWATTS OF ELECTRIC ENERGY.

### THE FIZZLE FAMILY

By H. T. ELMO

I'M ONLY A DISHRAG AROUND HERE SINCE MY WIFE WENT INTO POLITICS!

HERE SHE COMES NOW!

WHAT'S NEW? WE'RE GOING TO SWEEP THE COUNTRY!

IF YOU'RE GOING TO SWEEP THE COUNTRY, I WISH YOU'D START WITH THE LIVING ROOM!

IT'S OUTRAGEOUS THE PRICES THEY'RE CHARGING FOR MEAT THESE DAYS!

AND IT'S GETTING HIGHER EVERY DAY!

WE'VE HAD NONE FOR A WEEK! GO DOWN AND BUY SOME!

I WANT A DOLLAR'S WORTH OF MEAT, MRC!

STEP BACK HERE AND I'LL LET YOU SMELL THE HOOK!

### PUGGY

AMERICA'S MOST LOVEABLE LADDIE

SHOP WISELY! ALWAYS GET YOUR MONEY'S WORTH!

HURRY! HURRY! THE GREATEST BUY OF THE CENTURY! EVERY WORD OF THE DECLARATION OF INDEPENDENCE ON THE HEAD OF A PIN!

BUT WHAT'S ON THE OTHER END?

OOH LOOK! LAND ANY! IT'S A TINY ISLAND... BUT AT LEAST IT'S LAND!

THAT'S WHAT YOU THINK!

THIS IS DANGEROUS... WAY OUT IN THE OCEAN! I HOPE WE SEE LAND SOON!

EVERY ADVENTURE HAS ITS UPS AND DOWNS, PUGGY!

by Horace Elmo

### THAT'S A FACT

UP AND DOWN!  
CIRCUS PERFORMER CLARENCE E. WILLARD, WAS ABLE TO INCREASE HIS HEIGHT FROM 5 FEET 10 INCHES TO 6 FEET 4 INCHES AT WILL-BY CONSTANT PRACTICE IN MUSCULAR MANIPULATION!

DREAM POWER!  
U.S. SAVINGS BONDS ARE THE SAFE SURE WAY TO MAKE YOUR DREAMS COME TRUE! AND THEY'RE SO EASY TO BUY! GET THEM AT YOUR BANK-OR THROUGH YOUR SAVINGS PLAN WHERE YOU WORK! BOND POWER THAT'S REAL DREAM POWER!

FAST GERMS!  
A COUGH TRAVELS AT A VELOCITY OF 245 MILES PER HOUR!