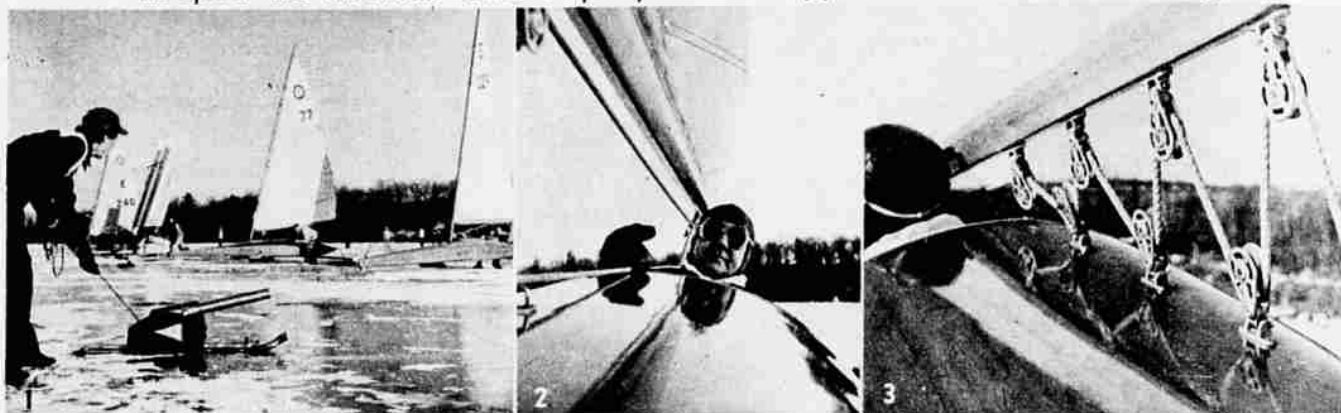


Pilots line up boats (1) for race at Greenwood Lake, N. J., favorite spot for ice sailors. Single line (2) controls swing of sail boom, and the agility with which each pilot catches wind determines his speed and direction. Series of pulleys on boom (3) eases strain on sail in strong winds.



CENTURIES ago, iceboats were a necessity in Northern Europe. They provided transportation when frigid Winters froze lakes and rivers into solid blocks. By 1790,

however, resourceful and fun-loving Americans had made a sport of them, and there are few sports as fast. A peculiar thing, in fact, is that the sport has slowed down somewhat.

Originally, small boats equipped with hundreds of feet of canvas were sent skimming over the slick surfaces at speeds topping 150 miles an hour. They were awkward,

They Sail

New kind of breakfast
and timely new recipe
enriched with Quaker Oats



DATE-BLENDED OATMEAL

Here's a brand new kind of oatmeal! And a new taste delight! It's an intriguing new way for youngsters (and grown-ups) to get the high-protein benefits of good hot oatmeal. The flavor of chopped dates or other fruit—blended into the oatmeal during the cooking—deliciously flavors every spoonful of creamy oatmeal. Try it!

Follow oatmeal recipe on package for 4 to 6 servings. During cooking, stir in $\frac{1}{2}$ cup chopped dates. Each serving may be garnished with halved dates.

"CANDY CANE" OATMEAL COOKIES

High-protein Quaker Oats adds nourishment and nut-like goodness to cookies.

1 cup butter or margarine	$\frac{1}{2}$ tsp. salt
2 tsp. vanilla	$1\frac{1}{2}$ cups Quaker
$\frac{1}{2}$ cup confectioners' sugar	Oats (quick or
2 Tbsp. water	old fashioned,
$2\frac{1}{2}$ cups sifted flour	uncooked)

Beat butter and vanilla until creamy. Add sugar gradually; beat until fluffy. Add water. Sift together flour and salt; add to creamed mixture, mixing thoroughly. Stir in oats until blended. (Dough will be quite stiff.) Shape into canes. Place on ungreased cookie sheets. Bake in slow oven (325°F.) 20 to 25 minutes; cool. Frost canes with thin confectioners' sugar frosting. Stripe with thick red frosting. Makes 36.

