

Better than aspirin—even aspirin with buffering for
TENSE, NERVOUS HEADACHES

Acts Instantly to Give More Complete Pain Relief



How Tension Headaches Start

1. Tension builds up in neck and scalp muscles
2. ... puts painful pressure on nerves
3. Tension and pressure cause headache pain. Anacin contains special medication (not found in aspirin or any buffered aspirin) to relax tension, release pressure and relieve pain fast.

ANACIN® relaxes tension, releases pressure, relieves pain fast!

Tense, nervous headaches need the special medication in Anacin. Mere aspirin or even aspirin with buffering contains *only one* pain reliever and *no* special medication to relieve nervous tension. But Anacin contains a *number* of medically proven ingredients—each with a specific purpose. Anacin not only relieves pain incredibly fast but also contains special medication to relax tension, release painful pressure on nerves—assuring a better 'total' effect—more *complete* relief from pain. Anacin Tablets are safer, too. They have a smoother action and do not upset the stomach. Buy Anacin *today*.



3 out of 4 doctors recommend the ingredients in...

Lenten VARIETY (Continued)

SALMON-STUFFED POTATOES

TO PREPARE: 15 MIN. TO HEAT: 15 MIN.

(allow time for baking potatoes)

- 4 large baking potatoes
- $\frac{2}{3}$ cup (1 6-oz. can) undiluted evaporated milk
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{3}$ cup chopped green pepper
- 2 tablespoons chopped onion
- 1 cup (7 $\frac{1}{4}$ -oz. can) salmon, drained and flaked
- $\frac{1}{2}$ cup shredded sharp Cheddar cheese

1. Wash, scrub, and dry potatoes. Rub with butter; prick with a fork. Place potatoes on rack in oven. Bake at 400°F about 1 hr., or until soft when pressed with the fingers.
2. Remove potatoes from oven. To make each potato more mealy, gently roll potatoes back and forth on a flat surface.
3. Cut an opening in top of each potato. Scoop out inside and mash thoroughly or rice. Whip in, in order, the milk, butter, salt, pepper, green pepper, and onion; beat until light and fluffy. Mix in salmon and cheese. Spoon mixture lightly into potato skins, leaving tops uneven.
4. Return potatoes to oven for 15 min., or until thoroughly heated. 4 servings

EGG LOAF

TO PREPARE: 25 MIN. TO BAKE: 40 MIN.

- $\frac{1}{2}$ cup sliced cooked carrots
- $\frac{1}{2}$ cup chopped cooked celery
- $\frac{1}{2}$ cup cooked peas
- 2 hard-cooked eggs, chopped
- 1 tablespoon chopped parsley
- 1 teaspoon minced onion
- $\frac{1}{2}$ cup Medium White Sauce*
- 4 eggs, beaten
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

1. Mix first six ingredients together.
 2. Stirring vigorously, slowly pour white sauce into a mixture of the eggs, salt, and pepper. Blend in the vegetable-egg mixture. Turn into a greased 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ x 2 $\frac{1}{2}$ -in. loaf pan.
 3. Bake at 350°F 40 min., or until a silver knife comes out clean when inserted halfway between center and edge of loaf pan. Serve immediately. If desired, accompany with cheese sauce. About 6 servings
- *For Medium White Sauce—Melt 1 tablespoon butter in a saucepan. Blend in a mixture of 1 tablespoon flour, $\frac{1}{8}$ teaspoon salt, a few grains black pepper. Heat until mixture bubbles, stirring constantly. Remove from heat. Add $\frac{1}{2}$ cup milk gradually, stirring constantly. Cook rapidly and continue stirring until sauce thickens. Cook 1 to 2 min.

I was just thinking...



YOU ARE THE ONE who ran over the child. It was your car that hit another head-on in the intersection.

Don't blame the teen-agers, the old man, the heavy drinker behind the wheel. You, the good driver, bring death to the highway.

I saw you on my way home. You followed the truck for three miles and then you couldn't stand it any longer. You were conscious of my car behind you, of the long line of us. You passed the truck on a hill, and the margin of safety between you and the driver approaching was barely half a heartbeat.

I drive hundreds of miles a week and every moment of those miles I must remind myself that my steering wheel is a loaded gun, my accelerator the trigger. And now and then, save for the grace of God, I court death in the instant of irritation.

You are the woman passing the long line

of traffic. You drove down my side of the highway, hurrying, hurrying to find an opening. And, when there was none and we were face to face, you shot across to the shoulder on my lane and sat there. When I passed, you were laughing. Was it the reaction of joy at being alive? Was it assumed nonchalance?

I hated you for a second because you laughed. You made it a horrible game.

You are the good driver whose children are orphans because you took your eyes from the highway for one breath, the last you ever had.

I read the news stories, too. I see the headlines. Juvenile Cracks Up Father's Car. Eighty-Year-Old Driver Loses License. Drunken Driver Killed on Highway.

But they never say: Good Driver Dead Because He Was Impatient. Expert Motorist Kills Family Because He Was in a Hurry. It's easy to be obvious about teen-agers and old people and drunks. They're not supposed to know much about good driving. But you are.

And you're a potential murderer.

Patty Johnson