

Fantastic Feats Of Endurance

"I did my best for England" — that was Jim Peters' simple verdict on his agonizing ordeal when he collapsed 200 yards from the tape in the recent Vancouver Marathon.

Similarly, when Roger Bannister streaked round the track to triumph in the Mile of the Century against his Australian rival, John Landy, — and more recently when he beat an all-star field in the 1,500 metres at Berne — he drove himself to the point of exhaustion to win a gold medal for his country.

Remarkable efforts of courage and endeavour — all of them. But some of the most fantastic feats of sporting endurance have been performed as wagers, or simply to show what can be done in the way of physical achievement.

Sportmen all over the United States are still talking about 48-year-old Ben Lloyd's walk. He completed it a few days ago, and it lasted ten years.

In 1944, Ben set out to become the unofficial walking champion of New Orleans by walking along all the 1,500 miles of streets in his home city. When he finished his self-imposed, arduous chore, he said: "I've done what I set out to do, walked through every street in my own time at my own pace."

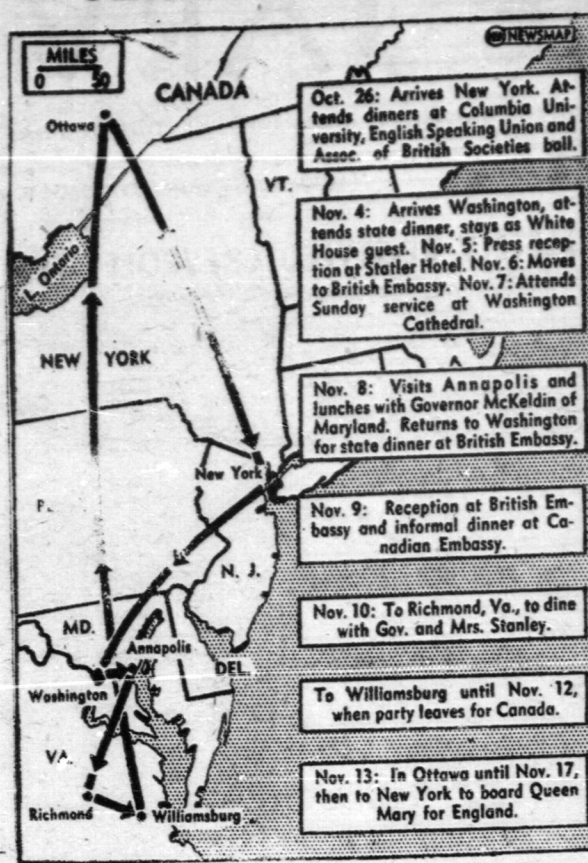
Now somebody has suggested that Ben might care to travel to London and walk through London's 2,333 miles of streets, so creating another record which is never likely to be seriously challenged.

But bachelor Ben Lloyd probably won't be interested, although he might be tempted later on to tackle a similar long walk through the streets of New York. He's quite capable of it.

Fantastic records like his don't get into the sporting handbooks, though unofficial world champions do astounding things. Take Ken Baily, for instance. He ran from Bournemouth to Paris. Impossible, you say? Well, Baily did it, nevertheless, in thirty-five and a half hours of running, in 1937.

He ran thirty-two miles to Southampton at night, boarded a liner bound for Cherbourg after taking a first-class ticket, and kept on running round the

Queen Mother Elizabeth --- And Her Itinerary



decks throughout the cross-Channel voyage. He ran the last lap, 213 miles from Cherbourg to Paris, in twenty-seven hours.

Said Baily when asked why he did it: "Just to prove it could be done and to do something for England, something to promote the cause of international friendship."

The insatiable appetite of some sportsmen for novelty has resulted in amazing feats. An Army sergeant established a ball-punching record by hitting a 40-oz. leather ball with elbows, wrists, knuckles and forearms for twenty-eight hours on end. And an Australian club swinger swung a pair of 3-lb. 6-oz. Indian clubs for 107 hours continuously.

Two Cambridge undergraduates walked thirteen miles back-wards from Cambridge to Newmarket a few summers ago, and a Massachusetts enthusiast walked forty-five miles in twelve hours twenty minutes on stilts five feet long.

Crowds gathered in a Berlin street in 1940 to watch Bruno Kominisky and his two friends set out on a 2,000-mile barrel tour of Germany. The barrel had full accommodation for the three men, and they slept in it each night, after rolling it along all day. It was electrically lit,

but had no brakes. The three men, accompanied by a dog, accomplished the trip.

An Australian rode more than 500 miles, from Sydney to Melbourne, on a rocking-horse. The rocking-horse was fitted with a pair of roller skates, one of which was attached to reins for the cause of international friendship.

The same man achieved another freak record in the following year. He travelled 2,200 miles from Port Augusta to Brisbane, on a child's tricycle, winning a big wager.

Some years ago a cyclist undertook to ride his bike down the 350 stairs leading from the first platform of the Eiffel Tower, Paris, to the ground. He managed some of the stairs safely, but fell off his machine and injured his leg while trying to negotiate others.

He persevered and continued his ride at breakneck speed, reaching the ground without further mishap.

You'd think it impossible for a man to skip 1,000 miles — from Melbourne to Adelaide and back. Yet this was done by a man named Tom Morris. The journey lasted forty-four days.

He said afterwards that he wore out sixteen ropes during the trip.

TABLE TALKS

Jane Andrews

Gone are the days when fish dinners could be enjoyed only on the shores of ocean, lake, or stream. For now these dinners are taken as a matter of course thousands of miles inland. Quick-freezing has contributed most to this revolution in seafood eating — quick freezing and swift airplane delivery.

Gone are the days, too, when cleaning fish was a major undertaking before it could be cooked and eaten. Now fish are cleaned before you ever see them in your kitchen, and even cut to size and breaded for quick cooking.

Recently a new fish fillet has

been added to the frozen fish family. It resembles a cutlet 4 inches wide by 3 inches long, and is of uniform thickness to insure even cooking over the entire fillet. Boneless, of course, and lightly breaded. It is good either pan fried, deep fried, or broiled.

Broiled Halibut Steak, Cheese
2 pounds halibut steak
1 teaspoon salt
Dash pepper
1 cup butter, melted
6 thin slices cheese
Cut halibut in serving-size portions; sprinkle both sides with salt and pepper. Place fish portions on preheated, greased broiler pan about 2 inches from heat; brush with fat; broil 5-8 minutes or until slightly brown. Baste with fat and turn carefully. Brush other side with fat and broil 5-8 minutes, or until fish flakes easily when tested with fork. Cover fish with cheese and broil until cheese melts. Garnish and serve immediately.

A new idea for serving frozen fish fillets is to put them in a crusty golden hue, then make this pie which serves 3-4 people.

Fish Fillet Pie
1 12-oz. package frozen breaded fish fillets
1 package frozen mixed vegetables
1 can condensed cream of mushroom soup
1/2 cup milk
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 package pie-crust mix
1/4 cup grated sharp cheese

Fry or broil fish fillets according to package directions. Cook mixed vegetables and combine with onion, soup, milk, salt and pepper. Arrange breaded fish fillets in a 1 1/2-quart casserole or a 10-inch pie pan. Add soup mixture. Pour pie-crust mixture into small bowl; add grated cheese; prepare pastry as pack-

age directs. Roll out on floured board. Top casserole with pastry as you would for a pie and cut vents for steam escape (or cut in fish shapes). Bake at 425° F. 25-30 minutes, or until golden and fillet mixture steaming hot.

Garnish this broiled halibut with cheese with thin lemon slices, parsley, and paprika for a pretty as well as good fish dish.

Perhaps you'd like to serve,

for your next Sunday evening supper, a dish of shrimp Creole with spaghetti. Here is one with a special flavor that comes from long simmering of the sauce. If you're going to have a busy afternoon, cook the sauce and spaghetti in the morning and combine them just before serving.

Shrimp Creole With Spaghetti
2 tablespoons fat
1 cup sliced celery
1/4 cup sliced green pepper

Heat fat in skillet; add celery, green pepper, onions, and mushrooms. Cook 10 minutes. Sprinkle flour over vegetables, mixing lightly. Add tomatoes, salt, and pepper. Cover and simmer 1 hour. While sauce simmers, cook spaghetti in boiling salted water until tender (about 12 minutes). Drain and rinse. Fold shrimp into sauce. Heat thoroughly and pour over spaghetti. Four servings.

Here is a way to dress up an inexpensive type of fish and produce an exotic Oriental-tasting dish. The secret is in the sauce which has a zesty flavor.

Marinate whatever fish you choose in the sauce for an hour or two before broiling it. For the table, garnish the platter with slices of stuffed olives, wedges of lemon and sprigs of parsley.

Oriental Fish
1/2 cup fresh lemon juice
4 teaspoons soy sauce
4 teaspoons ginger
2 tablespoons brown sugar
3 tablespoons oil
1 1/2 pounds fish

Mix all ingredients except fish and shake well. Place fish in bowl and pour marinade over it. Marinate for 1 hour, or, if fish is a stronger flavor, leave in the sauce for 2 hours. Broil until tender. Serves 4.

All of this propaganda ignores that the United States of America is today the most powerfully armed nation the world has ever known, and in case it is attacked can retaliate mightily.

Jersey dairymen Harry Lane, who has both latino and New Zealand White clover on his place says: "With my cattle on the latino, I have to stand guard. When they're on New Zealand White, I can get in the car and go to town."

Lane says that his New Zealand clover will also stand more tramping and closer grazing than latino.

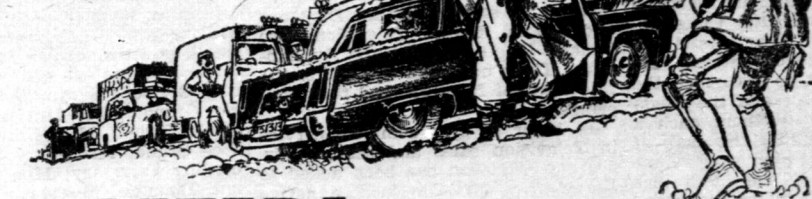
He thinks that the key to blast control lies in getting a good stand of grass. With his New Zealand White clover (two pounds per acre), he seeds 15 pounds of alfalfa, figuring on a pasture that will contain no more than 40 per cent legume.

He keeps the grass "ahead" of the clover by adding at least 100 pounds of actual nitrogen a year.

Although New Zealand White clover have been grown in Clarkamas County only five years, one dealer — Buchanan-Cellers Company, Canby, Ore. — says that it now out-sells their latino clover nine to one.

SOONER!

THIS WINTER



or LATER!

NEXT SUMMER



You'll wish you had insisted on PRESTONE BRAND ANTI-FREEZE

Without the complete protection of "Prestone" Brand Anti-Freeze, you may suffer the expense of serious cooling system damage this winter or even next summer when the anti-freeze has been drained and replaced with water and rust inhibitor.

Remember — a "substitute" anti-freeze just might get you through the winter without cooling system freeze-up. But freeze-up is less than half the hazard of winter engine operation. Many cases of summer engine overheating problems are caused by inferior anti-freeze protection during the previous winter.

"Prestone" Anti-Freeze protects the cooling system against freeze-up, rust, corrosion, acid contamination, clogging, seepage, deterioration of metal and rubber parts. That's complete protection!

It always pays to insist on "Prestone" Anti-Freeze. Don't accept "substitutes" — not if you're looking for guaranteed, complete protection, the kind that only "Prestone" Anti-Freeze can give.



NATIONAL CARBON COMPANY
DIVISION OF UNION CARBIDE CORP., NEW YORK, N.Y.

THE FARM FRONT

by John Russell

You'll probably be hearing more about New Zealand White Clover, a pasture legume from "Down Under."

In Clarkamas County, Ore., where it was brought in as recently as 1940, dairymen like it because they say that it doesn't bloat nearly as much as latino clover. It stands more dry weather, too.

Farmers say that New Zealand White clover causes less bloat because it grows lower, does not "top the grass" when used in a mixture. The result is that with each mouthful, an animal gets more grass in proportion to the clover.

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USDA figures show that you have to have cows that produce at least 5,000 pounds of milk per lactation to break even, with present feed costs. So, 5,000-pound cows wouldn't hold a candle to Latino's 15 top producing cows.

Latino has a few more definite ideas about running a money-making farm. He plans to have plenty of good, improved hay and pasture with a mixture of latino, alfalfa and brood. And he fertilizes at the rate of 500 pounds per acre early each spring.

That way, he gets enough pasture and hay for his cows from half as much land as he used to have in bluegrass. And he gets some of the first cutting into the silo.

Latino divides his pasture fields into six-acre plots, grazes each plot about two weeks, then cuts the stubble to encourage rapid regrowth. Even in the heat and drought of last summer he had lush pasture most of the time.

He treats each cow as an important individual, studies her. He keeps her in good flesh when she's dry. That gives the cows a reserve to call on after the heavy milk flow starts, he says.

Latino feeds a 15 per cent protein grain ration at the rate of a pound for each four pounds of milk.

He developed his herd from two foundation cows his father bought years ago. They were good producers. He uses his own herd sire plus some artificial breeding. And he keeps only top producers on his payroll — regardless of what kind of breeding they come from.

When Jo-Anne Dewey did not come home the next morning, her mother went to the police. She was shown the strap and the hair-slide. Both, she said, belonged to her daughter.

It was exactly a week later that two fishermen were fishing in the icy water of the Wind River, which flows from the mountains into the Columbia River in the south-east of the Washington State. One of them saw something white lying on a sandbank. They went to investigate and found the unclothed body of a young woman. It was Jo-Anne Dewey.

The body was examined by a leading pathologist. He was able to determine that she had been dead a week. The cause of death was carbon monoxide poisoning, probably from the exhaust of a car.

Meanwhile, the police had not neglected the slender clues in their possession.

Only the beer bottle could help them, for that yielded a set of fingerprints. By methods well known to police experts all over the world, the fingerprints were "lifted" and a set of fingerprints. By methods well known to police experts all over the world, the fingerprints were "lifted" and a set of fingerprints.

Quickly the F.B.I. report came back. "The fingerprints yielded by Utah Wilson, aged twenty-

two, now on probation after a conviction for burglary."

Utah Wilson lived near the spot where Jo-Anne had been abducted: when the police called at his home he was missing.

So was his brother, Turman, aged twenty-six, and also known to the police.

F.B.I. and police started a nation-wide search for the Wilson brothers. They were eventually found at Sacramento, California, some 400 miles away.

Charged with murder, the two men were brought back to Washington State for trial. They were sentenced to death.

The matter did not rest there. Strange forces were at work, and money and influence were found to invoke every possible delay in the procedure of America's complex criminal law. Appeal after appeal was heard, and each time sentence of death was confirmed.

At last, in December of 1952, every device of the defense had been exhausted. The execution (it is by hanging in Washington State) was fixed for midnight on January 2nd, 1953.

The governor of the state, who has the legal power to grant a reprieve, was approached. Impressed by the secret influences which were supporting the Wilsons' appeal, he forthwith ordered a stay of execution.

The governor declined to interfere with the course of justice.

Legal means having failed, there was a last-minute attempt to delay the execution. A faked telegram ordering stay of sentence was delivered at the prison at seventeen minutes past midnight on January 2nd. The telegram purported to quote instruction from the U.S. Senate.

It came too late: Turman had died at 12:09 a.m. and his brother Utah at 12:13 a.m.

At F.B.I. headquarters another file was closed — closed by a beer bottle.

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There's More Sense in New Teen-Age Fads

By EDNA MILES

Teen-agers and fads go together like cheese and crackers. Latest fads, however, have been a turn for the better and not as in years past, for the worst. Shirts and sweaters, for instance, have a tendency to fit these days and usually are worn belted in. Occasionally, there's even a touch of color added in a small scarf.

Newest addition to teen fads are shoes that mix up three or four crazy colors and come with eyelets, stitching and trim in different colors as well.

They're worn with ankle socks, of course, and are meant for after-school leisure hours. Made on a scientific foot-conforming last, they have a shock-proof arch cushion, cushioned insole and fabric uppers that "breathe."

Uppers are, of course, washable and should have frequent washings to keep the bright colors clear and fresh. One color in the shoes may be used to echo scarf or blouse, or the shoes may be worn as gay color contrast to dark blue jeans and sweater.

These teen-agers display footwear which mix several gay colors, like a patchwork quilt. Even eyelets, stitching and trim are in bright colors. They have fabric uppers and are washable.

When such a child becomes an adult he finds it difficult to adjust to the give and take of married life. Selfishness kills love. Contentment arises from home becomes a hell instead of heaven. In such a situation one may become unfaithful, and turn to another lover. This only adds to the unhappiness of all concerned. The great need is for parents and children to confess their sins and turn to Jesus Christ as Lord and Saviour. The home of which He is Head is happy.

A. Only if you beg the pardon of the person across whom you are reaching.

Q. Would it be all right for me to give a shower for my fiancée? She is a stranger in town, and none of our friends or relatives have met her yet.

A. Not a shower. Guests should never be asked to bring gifts to one who is a stranger to them. On the other hand, it would be very nice for you to give a party (not a shower) in her honor, for the purpose of introducing her to your relatives and friends.

Q. If a guest is late to dinner, and meal is already prepared, is it necessary that the men rise to greet this guest?

A. No. The host and hostess should rise, but it is less confusing for the other guests to remain seated.

Q. How does one properly remove the bones from a fish at the dinner table?

A. Lift the end of the bone with a fork, and then pinching it between the fork and the knife, lift it all the way out in some stubborn cases you may have to use the fingers, and this is quite all right if you do now allow the fingers to touch fish.

Q. If a man is forced by circumstance he has been escorting a woman to a taxi, is he supposed to pay the taxi fare?

A. Most certainly he is! He should inquire of the driver the approximate amount the fare will be, then pay him, adding enough for a tip.

Q. It is permissible to lean across one person to shake hands with another?

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SUNDAY SCHOOL LESSON

Rev. R. B. Warren, D.D., D.D.

Making Home Life Successful
Proverbs 4: 1-4; 5: 22-23; 15: 1-3; 16: 1-3

Memory Selection: My son, keep thy father's commandment, and forsake not the law of thy mother. Proverbs 6:20

Why are there so many unhappy homes? Why are so many marriages breaking on the cruel rocks of divorce?

The trouble starts in childhood. The foolish notion that from infancy he must have his own way leads to his being spoiled. He forsakes the command of his father and the law of his mother. He knows not how to honour his parents, or they have not dealt with him as parents should. The present day situation is illustrated by an incident of a mother with her child in a store. He wanted to ride the horse so he climbed on and she put in the dime. When she had finished her shopping she came for her son but he refused to get off the horse. Soon her dime was all gone and she went to the manager in desperation. He called for his psychologist. He whispered in the boy's ear and he meekly descended and went with his mother. Outside the mother asked, "What did the man say to you?" The boy replied, "The man said, 'You get off that horse this instant or I will give you the strongest threatening you ever got in your life!'"

When such a child becomes an adult he finds it difficult to adjust to the give and take of married life. Selfishness kills love. Contentment arises from home becomes a hell instead of heaven. In such a situation one may become unfaithful, and turn to another lover. This only adds to the unhappiness of all concerned. The great need is for parents and children to confess their sins and turn to Jesus Christ as Lord and Saviour. The home of which He is Head is happy.

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